



सन्ध्यावन्दनम् sandhyA vandanam

The version given below is followed by smArthas of Apastamba sUtram. There are a few differences in the mantrAs for the morning, noon and evening. First morning sandhyA is given below and there after only the variations are given separately for mAdhyAnikam and sAyam SandhyAvandanam.

Part I sandhyAvandanam

आचमनम् ||Achamanam ||

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Sit on a plank with a Panchapatram (or tumbler) in front, full of water and a spoon or UddharaNi.

After uttering each of the following three mantras given below pour a few drops of water on your right palm and drink it

- | | | |
|---------------------|--------------------|---------------------|
| १) अच्युताय नमः | २) अनन्ताय नमः | ३) गोविन्दाय नमः |
| 1) achyutAya namaha | 2) anantAya namaha | 3) govindAya namaha |

uttering the name of केशव kesava, touch the right cheek with the right thumb and uttering the name of नारायण nArAyaNa touch the left cheek with the right thumb.

Similarly uttering each of the following names touch the part of the body indicated below with the finger shown against each:

<i>Name of God</i>		<i>Finger</i>	<i>Part of the Body</i>
MAdhava	माधव	ring	Right eye
Govinda	गोविन्द	ring	Left eye
ViShNo	विष्णो	Index	Right nose
MadhusUdhana	मधुसूधन	Index	Left nose
Trivikrama	त्रिविक्रम	Little	Right ear
VAmāna	वामन	Little	Left ear
SrIdhara	श्रीधर	middle	Right shoulder
HruShIkeSa	हृषीकेश	middle	Left shoulder
PadmanAbha	पद्मनाभ	all	Belly button
Damodara	दामोदर	all	Head

गणपति ध्यानम् ॥ gaNapati dhyAnam ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and north for sAyam sandhyAvandanam

Gently hit the temple with the knuckles five times in all , once after each of the words (marked *) in the following sloka:

शुक्लांबरधरं * विष्णुं * शशिवर्णं * चतुर्भुजम् * ।

प्रसन्नवदनं * ध्यायेत् सर्वविघ्नोपशान्तये ॥

SuklAMbaradharaM * viShNuM * SaSivarNaM * chaturbhujam * ।

prasanna vadanaM* dhyAyet sarvavighnopaSAntaye ॥

प्राणायामः ॥ prANAyAmaha ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril with the following mantra:

ओं भूः ओं भुवःओं सुवः ओं महः ओं जनः ओं तपः ओं सत्यम्

oM bhU: oM bhuva: oghum suva: oM maha: oM jana: oM tapa: oghum satyam

Now close both the nostrils and hold the breath with the following mantra:

ओं तत्स॑वि॒तुर्व॑रि॒ण्यं॑ भ॒र्गो॑ दे॒वस्य॑ धी॒महि॑ । धि॒यो॒ यो नः॑ प्र॒चोद॑यात् ॥

oM tatsaviturvareNyaM bhargo devasya dhImahi | dhiyo yo naha prachodayAt ||
Now leave the right thumb and exhale with the following mantra:

ओमापो ज्योतीरसोऽमृतं ब्रह्म भूर्भुवः सुवरोम् ॥

om Apo jyotIrasoamRutaM brahma BurBuva: suvarom ||

Now release both the fingers.

संकल्पः ॥ saMkalpaha ॥

Face East for prAta sandhyAvandanam and mAdhyAhnikaM and North for sAyam sandhyAvandanam

Keep the left palm on the right thigh with palm facing upwards and keep the closed right palm over the left palm and chant the following:

प्रातः सन्ध्यावन्दनम् For prAta sandhyavandanam

ममोपात्त-समस्त-दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं प्रातः सन्ध्यामुपासिष्ये

mamopAtta-samasta-duritakShayadvArA SrIparameSvaraprItyarthaM
prAta: sandhyAmupAsiShye

माध्याह्निकम् For mAdhyAhnikaM

ममोपात्त-समस्त-दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं माध्याह्निकं करिष्ये ॥

mamopAtta-samasta-duritakShayadvArA SrIparameSwaraprItyarthaM
mAdhyAhnikaM kariShye ||

सायं सन्ध्यावन्दनम् For sAyam sandhyavandanam

ममोपात्त-समस्त-दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं सायं सन्ध्यामुपासिष्ये ॥

mamopAtta-samasta-duritakshayadvArA SrIparameswaraprIrtyarthaM sAyam
sandhyAMupAsiShye ||

Release the hands.

तिलकं tilakaM

Face East for prAta sandhyAvandanam and mAdhyAhnikaM and north for sAyam sandhyAvandanam

Utter the following mantra and put a tilak on the middle of your forehead with your right ring finger wetted by the water from the PanchapAtaM

ओं श्री केशवाय नमः । om srI keSavAya namaha ।

मार्जनम् ॥ mArjanam ॥

Utter the following mantra and sprinkle seven times on your head and the face (once each after ॥ marked below) with water from the tumbler using your right ring finger:

ओं आपो हि ष्ठा मयो भुवः॥ ता न ऊर्जे दधातन ॥ महे रणाय चक्षसे ॥ यो वः
शिवतमो रसः ॥ तस्य भाजयतेह नः ॥ उशतीरिव मातरः ॥ तस्मा अरं गमाम वः॥

oM Apo hi ShTha mayo bhuva: ॥ tA na Urje dadhAtana ॥ maheraNAya
chakShase ॥ yo vaha Sivatamo rasaha ॥ tasya bhAjayateha naha ॥ uSatIriVa
mAtaraha ॥ tasma araM gamAma vaha ॥

Now sprinkle water on your knees/leg

यस्य क्षयाय जिन्वथ yasya kShayAya jinvatha

Now again sprinkle water on your head

आपो जनयथा च नः ॥ Apo janayathA cha naha ॥

Now utter the following mantra and sprinkle water around you in clockwise direction:

ओं भूर्भुवःसुवः ॥ bhurbhuvaha suvaha ॥

अपां प्राशनं । apAm prASanam

Face East for prAta sandhyAvandanam and mAdhyAhnikaM and North for sAyam sandhyAvandanam

Take a few drops of water on the right palm and utter the following mantra:

प्रातः सन्ध्यावन्दनम् For prAta sandhyA:

सूर्यश्च मा मन्युश्च मन्युपतयश्च मन्युकृतेभ्यः । पापेभ्यो रक्षन्ताम् । यद्रात्र्या
पापमकार्षम् ॥ मनसा वाचा हस्ताभ्याम् । पद्भ्यामुदरेण शिश्ना । रात्रिस्तदवलुंपतु ।
यत्किंच दुरितं मयि । इदमहं माममृतयोनौ । सूर्ये ज्योतिषि जुहोमि स्वाहा ॥

sUryascha mA manyuscha manyupatayascha manyukRutebhyaha | papebhyo
rakShantAm | yadrAtriyA pApamAharSham ॥ manasa vAchA hastAbhyAm ॥
padbhyAmudareNa sisna | rAtristadavaluMpatu | yat kiMcha duritam mayi |
idamahaM mAmanrutayonau | surye jyotiShi juhomi svAhA ॥

Drink the water now.

माध्याह्निकम् For mAdhyAhnikaM

आपः पुनन्तु पृथिवीं पृथिवी पूता पुनातु माम् । पुनन्तु ब्रह्मणस्पतिर्ब्रह्म-पूता पुनातु
माम् ॥

यदुच्छिष्ट-मभोज्यं यद्वा दुश्चरितं मम । सर्वं पुनन्तु मामापोऽसतां च प्रतिग्रहं स्वाहा ॥

Apaha punantu pruthvIm prutivI pUtha punathu mAm | punanthu
brahmanaspathihi brahma-pUta punatumAm. yaduchishtam abhojyam yadvA
duscaritam mama sarvam punanthu mamApo asatAm cha pratigraham svAhA ॥

Drink the water now.

सायं सन्ध्यावन्दनम् For sAyam sandhyavandanam

अग्निश्च मा मन्युश्च मन्युपतयश्च मन्युकृतेभ्यः । पापेभ्यो रक्षन्ताम् । यद्वा
पापमकार्षम् ॥ मनसा वाचा हस्ताभ्याम् । पद्भ्यामुदरेण शिश्ना । अह-
स्तदवलुंपतु । यत्किंच दुरितं मयि । इदमहं माममृतयोनौ । सत्ये ज्योतिषि जुहोमि
स्वाहा ॥

agnischa mAmanyuscha manyupatayascha manyukRutheebhyaha | Papebhyo
rakShantAm | yadahna pApamakarSham | manasa vAchA hastabhyAm |
padbhyAmudareNa sisna | rAtristadavaluMpatu | yat kiMcha duritam mayi |
idamahaM mAmanRutayonau | satye jyotiShi juhomi svAhA ॥

Drink the water now.

आचमनम् ॥ Achamanam ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Sit on a plank with a Panchapatram (or tumbler) in front, full of water and a spoon or UddharaNi.

After uttering each of the following three mantras given below pour a few drops of water on your right palm and drink it

- १) अच्युताय नमः २) अनन्ताय नमः ३) गोविन्दाय नमः
1) achyutAya namaha 2) anantAya namaha 3) govindAya namaha

uttering the name of केशव kesava, touch the right cheek with the right thumb and uttering the name of नारायण nArAyaNa touch the left cheek with the right thumb.

Similarly uttering each of the following names touch the part of the body indicated below with the finger shown against each:

Name of God		Finger	Part of the Body
MAdhava	माधव	ring	Right eye
Govinda	गोविन्द	ring	Left eye
ViShNo	विष्णो	Index	Right nose
MadhusUdhana	मधुसूदन	Index	Left nose
Trivikrama	त्रिविक्रम	Little	Right ear
VAmara	वामन	Little	Left ear
SrIdhara	श्रीधर	middle	Right shoulder
HruShIkeSa	हृषीकेश	middle	Left shoulder
PadmanAbha	पद्मनाभ	all	Belly button
Damodara	दामोदर	all	Head

पुनर्माज्जन्म् ॥ punarmArjanam ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Utter the following mantra and sprinkle seven times on your head and the face with water from the tumbler using your right ring finger:

दधि॑क्राव॑ण्णो अ॒कारि॑षं जि॒ष्णो॑रश्व॒स्य वा॒जिनः॑ । सुर॒भि नो॒ मुखा॑ क॒रत् प्र॒ण आयू॑षि॒ तारि॑षत् ॥
ओं आपो॑ हि ष्ठा म॒यो भुवः॑ ॥ ता न॑ ऊ॒र्जे द॒धात॑न ॥ म॒हे रणा॑य॒ चक्ष॑से ॥ यो वः॑

शिव॑त॒मो रसः॑ ॥ तस्य॑ भाजय॒तेह॑ नः ॥ उ॒श॒ती॒रि॒व मा॒तरः॑ ॥ तस्मा॒ अरं॑ गमाम॒ वः ॥
dadhikrAvNNo akAriSham jishNoraSvasya vAjinaha | surabhi no mukhA karat
praNa Ayughumshi tAriShat ॥ oM Apo hi ShTha mayo bhuva: ॥ tA na Urje
dadhAtana ॥ maheraNAya chakShase ॥ yo vaha Sivatamo rasaha ॥ tasya
bhAjayateha naha ॥ uSatIriVa mAtaraha ॥ tasma araM gamAma vaha ॥

Now sprinkle water on your knees/leg

यस्य॑ क्षया॒य जिन्व॑थ॒ yasya kShayAya jinvatha

Now again sprinkle water on your head

आपो॑ ज॒नय॑था च नः ॥ Apo janayathA cha naha ॥

Now utter the following mantra and sprinkle water around you in clockwise direction:

ओं भूर्भुवः॑ सुवः॑ ॥ bhurbhuvaha suvaha ॥

अर्घ्य॑ प्रदानं ॥ **arghyapradAnam**

Face East for prAta sandhyAvandanam and mAdhyAhnika and west for sAyam sandhyAvandanam

Hold water in the palm in both the hands, utter the following mantra

ओं भूर्भुवः॑ सुवः॑ । ओं तत्स॑वि॒तुर्व॑रि॒ण्यं॑ भ॒र्गो दे॒वस्य॑ धीमहि । धियो॒ यो नः॑ प्र॒चोद॑यात् ॥

om bhUrbhuvaha suvaha | oM tatsaviturvareNyaM bhargo devasya dhImahi |
dhiyo yo naha prachodayAt ॥

and pour the water on the floor and repeat it three times for prAta and sAyam sandhyA but only two times for mAdhyAhnika

प्राणायामः॑ ॥ **prANAyAmaha**

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril with the following mantra:

ओं भूः ओं भुवःओः सुवः ओं महः ओं जनः ओं तपः ओः सत्यम्

oM bhU: oM bhuva: oghum suva: oM maha: oM jana: oM tapa: oghum satyam

Now close both the nostrils and hold the breath with the following mantra:

ओं तत्सवितुर्वरुण्यं॑ भर्गो॑ देवस्य॑ धीमहि॑ । धियो॒ यो नः॑ प्रचोदयात् ॥

oM tatsaviturvareNyaM bhargo devasya dhImahi | dhiyo yo naha prachodayAt ॥

Now leave the right thumb and exhale with the following mantra:

ओमापो॑ ज्योतीरसोऽमृतं॑ ब्रह्म॑ भूर्भुवः॑ सुवरोम् ॥

om Apo jyotIrasoamRutaM brahma BurBuva: suvarom ॥

Now release both the fingers.

प्रायश्चित्त अर्घ्यं prAyascitta argyam:

Face East for prAtha sandhyAvandanam and mAdhyAhnikaM and west for sAyam sandhyAvandanam

Say:

कालातीत प्रायश्चित्तार्थं अर्घ्यप्रदानं करिष्ये ।

kalAtIta prAyaschittArtham arghyapradAnaM kariShye |

Hold water in the palm in both the hands, utter the following mantra

ओं भूर्भुवः॑ सुवः॑ । ओं तत्सवितुर्वरुण्यं॑ भर्गो॑ देवस्य॑ धीमहि॑ । धियो॒ यो नः॑ प्रचोदयात् ॥

om bhUrbhuvaha suvaha | oM tatsaviturvareNyaM bhargo devasya dhImahi |
dhiyo yo naha prachodayAt ॥

and pour the water on the floor

आत्मप्रदक्षिणं AtmapradakShiNam

Utter the following mantra as you take a pradakshina (moving yourself on the spot clockwise one round) with few drops of water in your palm and pour it

ओं भूर्भुवः॑ सुवः॑ । om bhUrbhuvasuvaha |

ध्यानम् | dhyAnam |

Face East for prAtha sandhyAvandanam and mAdhyAhnikaM and NorthsAyam sandhyAvandanam

Utter the following mantra and meditate for a while that you and Brahma are the same

असावादित्यो ब्रह्म-ब्रह्मैवाहमस्मि । asAvAdityo brahma-brahmaivAhamasmi |

आचमनम् ||Achamanam ||

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Sit on a plank with a Panchapatram (or tumbler) in front, full of water and a spoon or UddharaNi.

After uttering each of the following three mantras given below pour a few drops of water on your right palm and drink it

- १) अच्युताय नमः २) अनन्ताय नमः ३) गोविन्दाय नमः
1) achyutAya namaha 2) anantAya namaha 3) govindAya namaha

uttering the name of केशव kesava, touch the right cheek with the right thumb and uttering the name of नारायण nArAyaNa touch the left cheek with the right thumb.

Similarly uttering each of the following names touch the part of the body indicated below with the finger shown against each:

<i>Name of God</i>		<i>Finger</i>	<i>Part of the Body</i>
MAdhava	माधव	ring	Right eye
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SrIdhara	श्रीधर	middle	Right shoulder
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Damodara	दामोदर	all	Head

नवगृहादीनां तर्पणं navagRuhAdInAM tarpaNAM

Face East for prAta sandhyAvandanam and mAdhyAhnika and north for sAyam sandhyAvandanam

Utter each mantrA given below and offer tarpanam (pour water from the palm)

आदित्यं तर्पयामि । AdityaM tarpayAmi |

सोमं तर्पयामि । somaM tarpayAmi |

अङ्गारकं तर्पयामि ।	angArakaM tarpayAmi
बुधं तर्पयामि ।	budhaM tarpayAmi
बृहस्पतिं तर्पयामि ।	bRuhapatiM tarpayAmi
शुक्रं तर्पयामि ।	SukraM tarpayAmi
शनैश्चरं तर्पयामि ।	SanaiSvaraM tarpayAmi
राहुं तर्पयामि ।	rAhuM tarpayAmi
केतुं तर्पयामि ।	ketuM tarpayAmi
केशवं तर्पयामि ।	keSavaM tarpayAmi
नारायणं तर्पयामि ।	nArAyaNaM tarpayAmi
माधवं तर्पयामि ।	mAdhavaM tarpayAmi
गोविन्दं तर्पयामि ।	govindaM tarpayAmi
विष्णुं तर्पयामि ।	viShNuM tarpayAmi
मधुसूदनं तर्पयामि ।	madhusUdanaM tarpayAmi
त्रिविक्रमं तर्पयामि ।	trivikramaM tarpayAmi
वामनं तर्पयामि ।	vAmanaM tarpayAmi
श्रीधरं तर्पयामि ।	SrIdharaM tarpayAmi
हृषीकेशं तर्पयामि ।	hRuShIkeSaM tarpayAmi
पद्मनाभं तर्पयामि ।	padmanAbhaM tarpayAmi
दामोदरं तर्पयामि ।	dAmodaraM tarpayAmi

आचमनम् || Achamanam ||

Face East for prAta sandhyAvandanam and mAdhyAhnikam and North for sAyam sandhyAvandanam

Sit on a plank with a Panchapatram (or tumbler) in front, full of water and a spoon or UddharaNi.

After uttering each of the following three mantras given below pour a few drops of water on your right palm and drink it

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PadmanAbha	पद्मनाभ	all	Belly button
Damodara	दामोदर	all	Head

End of prAta sandhyAvandanam part I

Part II सन्ध्यागायत्रीजप : sandhyA gAyatri Japaha:

गणपति ध्यानम्॥ gaNapati dhyAnam ॥

Face East for prAta sandhyAvandanam and mAdhyAhnikaM and north for sAyam sandhyAvandanam

Gently hit the temple with the knuckles five times in all , once after each of the words (marked *) in the following sloka:

शुक्लांबरधरं * विष्णुं * शशिवर्णं * चतुर्भुजम् *।

प्रसन्नवदनं * ध्यायेत् सर्वविघ्नोपशान्तये ॥

SuklAMbaradharaM * viShNuM * SaSivarNaM * chaturbhujam *।

prasanna vadanaM* dhyAyet sarvavighnopaSAntaye ॥

प्राणायामः॥ prANAyAmaha ॥

Face East for prAta sandhyAvandanam and mAdhyAhnikaM and North for sAyam sandhyAvandanam

Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril with the following mantra:

ओं भूः ओं भुवःओ३ सुवः ओं महः ओं जनः ओं तपः ओ३ सत्यम्

oM bhU: oM bhuva: oghum suva: oM maha: oM jana: oM tapa: oghum satyam

Now close both the nostrils and hold the breath with the following mantra:

ओं तत्सवितुर्वरिण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

oM tatsaviturvareNyaM bhargo devasya dhImahi | dhiyo yo naha prachodayAt ॥

Now leave the right thumb and exhale with the following mantra:

ओमापो ज्योतीरसोऽमृतं ब्रह्म भूर्भुवः सुवरोम् ॥

om Apo jyotIrasoamRutaM brahma BurBuva: suvarom ॥

Now release both the fingers.

संकल्पः॥ samkalpaha ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and West for sAyam sandhyAvandanam

Keep the left palm on the right thigh with palm facing upwards and keep the closed right palm over the left palm and chant the following:

प्रातः सन्ध्यावन्दनम् For prAta sandhyAvandanam:

ममोपात्त-समस्त-दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं प्रातः सन्ध्या गायत्री महामन्त्र जपं करिष्ये ॥

mamopAtta-samasta-duritakShayadvArA SrIparameSvaraprIttyarthaM
prAta: sandhyA gAyatrI mahAmantra japaM kariShye ॥

Release the hands.

माध्याह्निकम् For mAdhyAhnika

ममोपात्त-समस्त-दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं माध्याह्निक गायत्री महामन्त्र जपं करिष्ये ॥

mamopAtta-samasta-duritakShayadvArA SrIparameSvaraprIttyarthaM
mAdhyAhnika gAyatrI mahamantra japaM kariShye ॥

Release the hands.

सायं सन्ध्यावन्दनम् For sAyam sandhyavandanam

ममोपात्त-समस्त-दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं सायं सन्ध्या गायत्री महामन्त्र जपं करिष्ये ॥

mamopAtta-samasta-duritakshayadvArA SrIparameswaraprIrtyarthaM sAyam
sandhyA gAyatrI mahamantra japaM kariShye ॥

Release the hands.

Keep the fingers at the forehead and utter the mantrA:

प्रणवस्य ऋषिः ब्रह्मा । praNavasya RiShihi Brahma ।

Keep the fingers at the nose and utter the mantrA:

देवी गायत्री छन्दः । devI gAyatrI Chandaha ।

Keep the fingers below the heart at the centre and utter the mantra:

परमात्मा देवता । paramAtma devatA ।

Keep the tip of the fingers at the forehead and utter the mantra:

भूरदिसप्तव्याहृतीनां अत्रि-भृगु-कुत्स- वसिष्ठ-गौतम-काश्यप-आङ्गिरस ऋषयः ।
bhUrAdisaptavyAhRutInAm atri-bhRugu-kutsa- vasiShTha-gautama-
kASyapa-Anggirasa RuShaya: |

Keep the fingers at the nose and utter the mantra:

गायत्री-उष्णिक-अनुष्टुप्-बृहती-पंक्ती-तृष्टुप्-जगत्यः छन्दांसि ।
gAyatrI-uShNik-anuShTup-bRuhati-paMk^ti-tRuShTup-jagatyaha ChandAMsi |

Keep the fingers at the below the heart at the centre and utter the mantra:

अग्नि-वायु-अर्क-वागीश-वरुण-इन्द्र-विश्वदेवा देवताः ।
agni-vAyu-arka-vAgISa-varuNa-indra-viSvadevA devatA: |

प्राणायामः ॥ prANAyAmaha ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril with the following mantra:

ओं भूः ओं भुवःओ३ सुवः ओं महः ओं जनः ओं तपः ओ३ सत्यम्
oM bhU: oM bhuva: oghum suva: oM maha: oM jana: oM tapa: oghum satyam

Now close both the nostrils and hold the breath with the following mantra:

ओं तत्स॑वि॒तुर्व॑रि॒ण्यं॑ भ॒र्गो॑ दे॒वस्य॑ धीमहि । धियो॒ यो नः॑ प्र॒चो॒दयात्॑ ॥

oM tatsaviturvareNyaM bhargo devasya dhImahi | dhiyo yo naha prachodayAt ॥

Now leave the right thumb and exhale with the following mantra:

ओ॒मापो॒ ज्योती॑रसो॒ऽमृतं॑ ब्रह्म॒ भूर्भुवः॑ सु॒वरो॑म् ॥
om Apo jyotIrasoamRutaM brahma BurBuva: suvarom ॥

Now release both the fingers.

गायत्र्यावाहनम् | gAyatri AvAhanam |

(Face East for prAta sandhyAvandanam and mAdhyAhnikaM and West for sAyam sandhyAvandanam)

Keep the fingers at the forehead and utter the mantrA:

आयात्विति अनुवाकस्य, वामदेव ऋषिः ।

AyAtviti anuvAkasya vAmadeva RuShihi ।

Keep the fingers at the nose and utter the mantrA:

अनुष्टुप् छन्दः । anuShTup Chandaha ।

Keep the fingers at the below the heart at the centre and utter the mantrA:

गायत्री देवता । gAyatrI devatA

Release the hand and say:

गायत्र्यावाहने विनियोगः । gAyatrI AvAhane viniyogaha ।

keep the hand in namaskar/salutation pose (i.e with both the palms facing and touching each other and placed before the heart) and utter the following mantrA:

आया॑तु॒ वरदा॑ दे॒वी अ॒क्षरं॑ ब्रह्मस॒म्मितम्॑ । गाय॑त्री॒ छन्द॑सां मा॒तेदं॑ ब्रह्म जु॒षस्व॑ नः ॥

AyAtu varadA devI aksharam brahma sammitam !

gAyatrIm chandasAm mAtedam brahma jushasva naha

ओजो॑ऽसि॒ सहो॑सि॒ बल॑मसि॒ भ्राजो॑ऽसि॒ देवानां॑ धाम॒ नामा॑सि॒ विश्व॑मसि॒ विश्वायुः॑ सर्व॑मसि॒ सर्वायुः॑
अभि॑भूरो॒ गाय॑त्रीमावाहयामि॒ सावि॑त्रीमावाहयामि॒ सर॑स्वतीमावाहयामि ।

ojosi sahosibalamasibhrAjosi devAnAM dhAma nAmAsi viSvamasiviSvAyuhu sarvamasisArvAyuhu abhibhUroM gAyatrImAvAhayAmi sAvitrImAvAhayAmi sarasvatImAvAhayAmi |

Keep the fingers at the forehead and utter the mantrA:

सावित्र्या ऋषिः विश्वामित्रः ।

sAvitrayA Rishihi visvAmitraha

Keep the fingers at the nose and utter the mantrA:

निचृत् गायत्री छन्दः । nichRut gAyatrI Chandaha ।

Keep the fingers below the heart at the centre and utter the *mantrA*:

सविता देवता । savitA devatA ।

श्री गायत्री महामत्र जपम् । SrI gAyatri mahA mantra japam

(Face East for prAta sandhyAvandanam and mAdhyAhnika and West for sAyam sandhyAvandanam)

Chant the following mantrA 108 times for the prAtha Sandhya , 32 times for MadhyAhnika and 64 times for the sAyam Sandhya

ओं भूर्भुवः सुवः । ओं तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥
om bhUrbhuvaha suvaha । oM tatsaviturvareNyaM bhargo devasya dhImahi ।
dhiyo yo naha prachodayAt ॥

प्राणायामः ॥ prANAyAmaha ॥

Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam

Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril with the following mantra:

ओं भूः ओं भुवः ओं सुवः ओं महः ओं जनः ओं तपः ओं सत्यम्

oM bhU: oM bhuva: oghum suva: oM maha: oM jana: oM tapa: oghum satyam

Now close both the nostrils and hold the breath with the following mantra:

ओं तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

oM tatsaviturvareNyaM bhargo devasya dhImahi । dhiyo yo naha prachodayAt ॥

Now leave the right thumb and exhale with the following mantra:

ओमापो ज्योतीरसोऽमृतं ब्रह्म भूर्भुवः सुवरोम् ॥

om Apo jyotIrasoamRutaM brahma BurBuva: suvarom ॥

Now release both the fingers.

उपस्थानं | upastAnam |

(Face East for prAta sandhyAvandanam and mAdhyAhnika and West for sAyam sandhyAvandanam)

Uttering the following mantras get up with right ring finger touching the floor and after completion of mantra stand erect releasing the ring finger:

प्रातः सन्ध्यावन्दनम् For prAta sandhyAvandanam:

प्रातःसन्ध्योपस्थानं करिष्ये | prataha sandhyA upastAnam karishye

माध्याह्निकम् For mAdhyAhnika

माध्याह्निक उपस्थानं करिष्ये | mAdhyAhnika upastAnam karishye

सायं सन्ध्यावन्दनम् For sAyam sandhyavandanam

सायं सन्ध्योपस्थानं करिष्ये | sAyam sandhyA upastAnam karishye

Common for prAtha, Mahyahnika and Sayam SandhyA

उत्तमे शिखरे देवि भूम्यां पर्वतमूर्धनि । ब्राह्मणेभ्यो ह्यनुज्ञानं गच्छ देवि
यथासुखम् ॥

uttame Sikhare devi bhUmyAm parvatamUrdhani

brAhmanebhyo hyanugyanam gachCha devi yathAsukham ॥

सूर्य प्रार्थना surya prArthanA

(Face East for prAtha sandhyAvandanam and mAdhyAhnika and West for sAyam sandhyAvandanam)

Keep the hands folded in the pose of saying Namaskaram and utter the following mantras:

प्रातः सन्ध्यावन्दनम् For prAta SandhyA

ओम् मित्रस्य चर्षणीधृतः श्रवो देवस्य सानसिम् ।

सत्यं चित्रश्रवस्तमम् ॥

मित्रो जनान् यातयति प्रजानन् मित्रो दाधार पृथिवीमुत ध्याम् । मित्रः कृष्टीरनिमिषाऽभिचष्टे सत्याय

हव्यं घृतवद्विधेम ॥ प्र स मित्र मर्तो अस्तु प्रयस्वान् यस्त आदित्य शिक्षति व्रतेन । न हन्यते न

जीयते त्वोतो नैनमर् हो अश्नोत्यन्तितो न दूरात्॥

om mitrasya charShaNI dhrutaha sravo devasya sAnasim! satyam
chitrasravastamam ॥ mitro janAn yAtayati prajAnan mitro dAdhAra
pRutivImuta dhyAm| mitra kRushTIranimiSha abhichashte satyAya havyaM
ghRutavadvidhema!! pra sa mitra marto astu prayasvAn yasta Aditya SikShati
vratena ! na hanyate na jIyate tvoto nainamhum ho aSnotyantito na dUrAt॥

समष्ट्यभिवादनम् samaShTyaBivAdanam

Facing east say सन्ध्यायै नमः sandhyayai namaha

Facing south say सावित्र्यै नमः savitryai namaha

Facing west say गायत्र्यै नमः gAyatryai Namaha

Facing north say सरस्वत्यै नमः sarasvatyai namaha

Face east and utter :

सर्वाभ्यो देवताभ्यो नमः ।

sarvAbyo devatAbyo namaha ।

कमोऽकार्षीन् मन्युरकार्षीत् नमो नमः

kamo akArShIn manyurakArShIt namo namaha ।

माध्याह्निकम् For mAdhyAhnika

आ सत्येन रजसा वर्तमानो निवेशयन्नमृतं मर्त्यं च । हिरण्ययेनसविता रथेना देवो याति भुवना

विपश्यन् । उद्वयं तमसपरि पश्यन्तो ज्योतिरुत्तरम् ॥ देवं देवत्रा सुर्यमगन्म ज्योतिरुत्तमम् ॥

उ॒दु॒त्यम् जा॒तवे॒दसं दे॒वं वह॑न्ति के॒तवः॑ । दृ॒शे वि॒श्वाय॑ सू॒र्यम् । चि॒त्रं दे॒वानाम् उ॒दगा॒दनी॑कं
 चक्षु॑ मि॒त्रस्य॑ वरु॒णस्याग्नेः॑ । आ॒प्रा॒द्यावा॑ पृथि॒वी अ॒न्तरि॑क्षु॒ः सूर्य॑ जग॒तस्त॒स्थुष॑श्च ।
 तच्चक्षु॑र्दे॒वहितं॑ पु॒रस्ता॑च्छु॒क्रमु॑च्चरत् । पश्ये॑म श॒रद॑श्श॒तं जीवे॑म श॒रद॑श्श॒तं
 नन्दा॑म श॒रद॑श्श॒तं मोदा॑म श॒रद॑श्श॒तं भवा॑म श॒रद॑श्श॒त ५ श्रु॑णवाम श॒रद॑श्श॒तं
 प्र॒ब्रवा॑म श॒रद॑श्श॒तमजी॑तास्याम श॒रद॑श्श॒तं ज्योक्च॑ सू॒र्यं दृ॒शे ।

A satyena rajasA vartamAno niveSayannamRutaM martyaM cha | hiraNyayena
 savita rathenA devo yAti bhuvanA vipaSyau udvayaM tamasapari paSyanto
 jyotiruttaram || devaM devatrA suryamaganma jyotiruttamam || udutyam
 jAtavedasaM devaM vahanti ketava: | ddRuSe viSvAya sUryam chitraM
 devAnAm udagAdanIkaM chakShur mitrasya varuNasyAgne: | A aprA dyAvA
 pRuthivI antharikShaghum sUrya AtmA jagatastasthuShaScha |
 tachchakShurdevahitam purastAchChukramuchcharat | paSyema SaradaSSataM
 jeevema SaradaSSataM nandAma SaradaSSataM modAma SaradaSSataM
 bhavAma SaradaSSataghum SrRuNuvAma SaradaSSataM prabravAma
 SaradaSSatamajItAsyAma SaradaSSataM. jyokcha sUryaM ddRuSe

See the sun and say the following mantras;

य उ॒दगा॑न्म॒हतोऽर्ण॑वा॒द्विभा॑ज॒मान॑सरि॒रस्य॑ म॒ध्यात् स मा॑ वृष॒भो लो॑हि॒ताक्षः॑
 सूर्यो॑ वि॒प॒श्चिन्म॑नसा पुनातु ।

ya udagAn mahatarnavan vibrAjamAnaha sarirasya madhyAth sa mA
 vrushabho lohitAkShaha sUrya vipaschin manasa punAthu

सम॒ष्यभि॑वादनम् samaShTyaBivAdanam

Facing east say स॒न्ध्यायै॑ नम sandhyayai namaha

Facing south say सावित्र्यै नमः sAvitrayai namaha
Facing west say गायत्र्यै नमः gAyatriyai namaha
Facing north say सरस्वत्यै नमः sarasvatyai namaha

Face east and utter :

सर्वाभ्यो देवताभ्यो नमः ।

sarvAbyo devatAbhyo namaha ।

कामोऽकार्षीन् मन्युरकार्षीत् नमो नमः

kamo akArShIn manyurakArShIt namo namaha ।

सायं सन्ध्यावन्दनम् For sAyam sandhyA: Face west

इ॒मं मे॑ वरु॒ण श्रु॒धी ह॒वम॒ध्या च॑ मृ॒डय॑ । त्वा॒मव॒स्युरा॑च॒के ॥ त॒त्वा या॒मि ब्र॒ह्मणा॑

व॒न्द॒मा॒नस्तदा॑शा॒स्ते य॑ज॒मानो॑ ह॒विर्भिः॑ । अ॒हे॒ड॒मानो॑ वरु॒णेह॑ बो॒ध्युरु॑श॒स् मा न॒ आयुः॑ प्र॒मोषीः॑ ॥

यच्चि॒द्धि ते॒ विशो॑ यथा॒ प्रदे॑व वरु॒ण व्र॒तम् । मि॒नीम॒सि ध्य॑वि॒ध्यवि॑ ॥

यत्किं॑चे॒दं वरु॒ण दै॒व्ये ज॑ने॒भिद्रो॑हं॒ मनु॑ष्या॒श्चराम॑सि । अ॒चि॒त्ती॒ यत्तव॑ ध॒र्मा यु॒योपि॑म॒ मा

न॒स्तस्मा॑दे॒नसो॑ दे॒व री॑रिषः ॥ कि॒त॒वा॒सो य॑द्वि॒रि॒पुर्न॑ दी॒वि यद्वा॑ घा स॒त्यमु॑त॒ यन्न॑ वि॒द्म । सर्वा॑ ता

वि॒ध्य शि॒थिरे॑व॒ दे॒वाथा॑ ते॒ स्याम॑ वरु॒ण प्रि॒यासः॑ ॥

imaM me varuNa SrudhI havamadhyA cha mRuDaya | tvAmavasyurAcha ||
tatvA yAmi brahmaNA vandamAnastadASaste yajamAno havirbhi: |
aheDamAno varuNeha bodhyuruSahum mA na Ayu: pramoShI: ||
yachchi@ddhi te viSo yathA pradeva varuNa vratam | minImasi
dhyavidhyavi ||

yat kiMchedam varuNa daivye janebhidrohaM manuShyAScharAmasi | achitti

yattava dharmA yuyopima mA nastasmAdenaso deva rIriSha: || kitavAso
yadriripurna dIvi yadvA ghA satyamuta yanna vidma | sarvA tA viShya Sithireva
devAthA te syAma varuNa priyAsa: ||

समष्ट्यभिवादनम् samaShTyaBivAdanam

Facing east say सन्ध्यायै नमः sandhyayai namaha
Facing south say सावित्र्यै नमः sAvitrayai namaha
Facing west say गायत्र्यै नमः gAyatriyai namaha
Facing north say सरस्वत्यै नमः sarasvatyai namaha
Face West and utter :
सर्वाभ्यो देवताभ्यो नमः ।
sarvAbyo devatAbhyo namaha ।
कमोऽकार्षीन् मन्युरकार्षीत् नमो नमः
kamo akArShIn manyurakArShIt namo namaha ।

नमस्कारः Namaskaram:

(Face East for prAtha sandhyAvandanam, north for madhyahnika and West for sAyam sandhyAvandanam)

The mantra will change from person to person depending upon his name, gothra and sutra. With vaisvAmitra, Agahmarshana and kausika as the three rishis I am giving below the mantra for Apastamba sUtra and kausika gothra with name lakshminarayanan. Depending upon one's variables the corresponding words need to be replaced. The variables are given in bracket for easy substitution as applicable to each individual.

आभिवादये (वैश्वामित्र, आघमर्षण, कौशिक,) त्रया र्षेय प्रवरान्वित (कौशिक) गोत्रः

(आपस्तम्ब) सूत्रः (यजुः) शाखाध्यायी (लक्ष्मीनारायण) शर्म नामाहं अस्मि भोः

AbhivAdaye (vaiSwAmitra, AghamarShaN, kauSika,) trayArSheya
pravarAnvita (kauSika) gotra: (ApastaMba) sUtra: (yaju:) SakhAdhyAyI
(lakShmInArAyaNa) Sarma nAmAhaM asmi bho:

दिग्देवता-वन्दनम् / digdevatA-vandanam

For prAta sandhyA and mAdhyAhnikam start from east and finish with north and for sAyam sandhya start from west and finish with south

Face east and say प्राच्यै दिशे नमः prAchyai diSe nama: |

Face south and say दक्षिणायै दिशे नमः dakShiNAyai diSe nama: |

Face west and say प्रतीच्यै दिशे नमः pratIchyai diSe nama: |

Face north and say उदीच्यै दिशे नमः udIcyai diSe nama: |

Face east for prAta snadhyAvandanam and mAdhyAhnikam and west for sAyam sandhyA.

keep the palms together and fingers pointing away from you

1) direct the fingers to top and say ऊर्ध्वाय नमः UrdhvAya namaha

2) direct the fingers to floor and say अधराय नमः adharAya namaha

3) direct the fingers to top and say अन्तरिक्षाय नमः antarikShAya namaha

4) direct the fingers to floor and say भूम्यै नमः bhUmyai namaha

5) direct the fingers to top and say ब्रह्मणे नमः brahmaNe namaha

6) direct the fingers to floor and say विष्णवे नमः viShNave namaha

यमवन्दनम् yamavandanam

Face south and chant the mantras :

यमाय नमः । यमाय धर्मराजाय मृत्यवे चान्तकाय च ।

वैवस्वताय कालाय सर्वभूत-क्षयाय च ॥

औदुंबराय दध्नाय नीलाय परमेष्ठिने ।

वृक्रोदराय चित्राय चित्रगुप्ताय वै नमः ॥

चित्रगुप्ताय वै नमः ओं नम इति

yamAya namaha | yamAya dharmarAjAya mRutyave chAntakAya cha |
vaivasvatAya kAlAya sarvabhUta-kShayAya cha ||
auduMbarAya dadhnAya nIlAya parameShThine |
vRukodarAya chitrAya chitraguptAya vai namaha ||
chitraguptAya vai namaha oM nama iti ||

विश्वरूप प्रार्थना viSvarUpa prArthanA

Face north and chant the following mantra:

ऋ॒त्ꣳ स॒त्यं॑ परं॑ ब्र॒ह्म॑ पु॒रुषं॑ कृ॒ष्ण-पि॑ङ्गळम् । ऊ॒र्ध्व॒रि॒तं॑ वि॒रूपा॑क्षं॒ वि॒श्वरू॑पाय॒ वै नमो॑ नमः॑ ॥
विश्वरूपाय वै नमः ओम् नम इति ।

Rutahum satyaM paraM brahma puruShaM kRuShNa-piMgaLam |
UrdhvaretaM virUpAkShaM viSvarUpAya vai namo namaha ||
viSvarUpAya vai nama: om nama iti |

सूर्यनारायण-वन्दनम् sUryanArAyaNa-vandanam

(Face East for prAta sandhyAvandanam and mAdhyAhnikaM and West for sAyam sandhyAvandanam)

Keep folded hands in Namaskaram pose and pray to Surya BhagavAn with the following:

नमः सवित्रे जगदेक-चक्षुषे जगत्-प्रसूति स्थिति-नाश-हेतवे
त्रयीमयाय त्रिगुणात्म-धारिणे विरिञ्चि-नारायण-शंकरात्मने ॥
ध्येयः सदा सवितृमण्डल-मध्यवर्ती नारायणः सरसिजासन-संनिविष्टः ।
केयूरवान् मकरकुण्डलवान् किरीटी हारी हिरण्मयवपु-र्धृत-शंख-चक्रः ॥
शंख-चक्र-गदापाणे द्वारकानिलयाच्युत । गोविन्द पुण्डरीकाक्ष रक्ष मां शरणागतम् ॥
आकाशात् पतितं तोयं यथा गच्छति सागरम् । सर्वदेव-नमस्कारः केशवं प्रति गच्छति ॥

श्री केशवं प्रति गच्छत्यो नम इति ॥

nama: savitre jagadeka-chakShuShe jagat-prasUti sthiti-nASa-hetave
trayImayAya triguNAtma-dhAriNe viriMchi-nArAyaNa-SaMkarAtmane ||
dhyeya: sadA savitRumaNDala-madhyavartI nArAyaNaha sarasijAsana-
saMniviShTaha |
keyUravAn makarakunDalavAn kirITI hArI hiraNmayavapu-rdhRuta-SaMkha-
chakraha ||
SaMkha-chakra-gadApANe dwArakAnilayAchyuta | govinda puNDarIkAkSha
rakSha mAM SaraNAgatam ||

AkASAt patitaM toyaM yathA gachChati sAgaram | sarvadeva namaskAra:
keSavaM prati gachChati ||

SrI keSavaM prati gachChatyOM nama iti ||

नमस्कारः Namaskaram:

(Face East for prAta sandhyAvandanam, north for madhyahnika and West for sAyam sandhyAvandanam)

The mantra will change from person to person depending upon his name, gothra and sutra. With vaisvAmitra, Agahmarshana and kausika as the three rishis I am giving below the mantra for Apastamba sUtra and kausika gothra with name lakshminarayanan. Depending upon one's variables the corresponding words need to be replaced. The variables are given in bracket for easy substitution as applicable to each individual.

आभिवादे (वैश्वामित्र, आघमर्षण, कौशिक,) त्रया र्षेय प्रवरान्वित (कौशिक) गोत्रः

(आपस्तंब) सूत्रः (यजुः) शाखाध्यायी (लक्ष्मीनारायण) शर्म नामाहं अस्मि भोः

**AbhivAdaye (vaiSwAmitra, AghamarShaNa, kauSika,) trayArSheya
pravarAnvita (kauSika) gotra: (ApastaMba) sUtra: (yaju:) SAKhAdhyAyI
(lakShmInArAyaNa) Sarma nAmAhaM asmi bho:**

समर्पणम् | samarpaNam

(Face East for prAta sandhyAvandanam and mAdhyAhnika and North for sAyam sandhyAvandanam)

sit down and take a few drops of water in the right palm and chant the following:

कायेन वाचा मनसेन्द्रियैर्वा
बुद्ध्यात्मना वा प्रकृतेः स्वभावात्
करोमि यद्यत् सकलं परस्मै
नारायणायेति समर्पयामि ॥

kAvena vAchA manasendriyairvA
buddhyAtmanA vA prakRute svabhAvAt |
karomi yadyat sakalaM parasmai
nArAyaNAyeti samarpayAmi ||

आचमनम् ॥Achamanam ॥

Face East for prAta sandhyAvandanam and mAdhyAhnikaM and North for sAyam sandhyAvandanam

Sit on a plank with a Panchapatram (or tumbler) in front, full of water and a spoon or UddharaNi.

After uttering each of the following three mantras given below pour a few drops of water on your right palm and drink it

- | | | |
|---------------------|--------------------|---------------------|
| १) अच्युताय नमः | २) अनन्ताय नमः | ३) गोविन्दाय नमः |
| 1) achyutAya namaha | 2) anantAya namaha | 3) govindAya namaha |

uttering the name of केशव kesava, touch the right cheek with the right thumb and uttering the name of नारायण nArAyaNa touch the left cheek with the right thumb.

Similarly uttering each of the following names touch the part of the body indicated below with the finger shown against each:

<i>Name of God</i>	<i>Finger</i>	<i>Part of the Body</i>	
MAdhava	माधव	ring	Right eye
Govinda	गोविन्द	ring	Left eye
ViShNo	विष्णो	Index	Right nose
MadhusUdhana	मधुसूधन	Index	Left nose
Trivikrama	त्रिविक्रम	Little	Right ear
VAmara	वामन	Little	Left ear
SrIdhara	श्रीधर	middle	Right shoulder
HruShIkeSa	हृषीकेश	middle	Left shoulder
PadmanAbha	पद्मनाभ	all	Belly button
Damodara	दामोदर	all	Head

जपस्थान प्रोक्षणम् japasthAna prokShaNam

(Face East for prAta sandhyAvandanam and mAdhyAhnikaM and North for sAyam sandhyAvandanam)

Take a few drops of water in the hand and sprinkle it with the following mantras on the area where you were seated while doing the sandhyAvandanam:

अद्या नो देवसवितः । प्रजावत् सावीः सौभगम् । परादुष्वज्यसुव ॥

विश्वानि देव सवित-दुरितानि परा सुव । यद्भद्रं तन्म आसुव ॥

adhyA no devasavita: | prajAvat sAvI: saubhagam |

parAduShvapnyahumsuva ||

viSvAni deva savita-duritAni parAsuva |

yadbhadraM tanma Asuva ||

Touch the sprinkled water on the floor with the right ring finger and put the water mark on your forehead.

ब्रह्मार्पणं brahmArpaNam

(Face East for prAta sandhyAvandanam and mAdhyAhnikaM and North sAyam sandhyAvandanam)

Pour some water uttering the mantra:

ओं तत् सत् ब्रह्मार्पणमस्तु । oM tat sat brahmArpaNamastu ।

Proof reading was done by Sri. Ramasubramania Sastrigal and Venkatesa VAdhyAr both of Mumbai.

The end of part II and
End of prAta/mAdhyahnikaM/sAyam sandhyAvandanam