Introduction

From time immemorial man has been preparing to face uncertainties and struggling to overcome difficulties in life. Broadly speaking the difficulties and conflicts he faces can be categorised as physical on the one extreme and spiritual on the other, intervened by various other stages like ethical, intellectual, emotional, filial, occupational, professional, societal, national and so on. While enormous education, training and efforts go into tackling difficulties, conflicts and uncertainties at the basest physical level onwards, these are waning with the progression to the noblest spiritual level. It is towards strengthening in this direction that man has evolved rituals and faith in that Universal Power and set out in search thereof. Ideally, man should turn everything he does into sacred with a view to know himself and his God and towards this strengthen all his faculties. SandhyA vandana, worship of Gods three times a day at the junctures of Night-Morning-afternoon-evening, invoking their blessings and strength, is one such important activity.

Brahmanas

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A Brahmana deserves to be called so only when he conducts himself in the ways approved in the scriptures and also performs at least the basic ritual called trikAla SandhyA-vandana. SandhyA vandana is a daily duty for a Brahmana after upanayana. It is very auspicious and sacred also. TrikAla SandhyA vandana means paying obeisance to the Lord, three times a day, i.e., during sun rise, noon and sun-set. It is called SandhyA Vandana also because the obeisance is offered at the junctures of 1. Night and day, 2. morning and afternoon, and 3. Day and night. The first one, prAtaH SandhyA, is performed when the sun is about to rise and the stars are still aglitter in the sky. The second one, mAdhyaAhnika, is performed during the noon time. The third one sAyaM sandhyA, is performed just before the sunset. These junction times are regarded as highly sacred for this purpose.

Preparation

The basic preparation is to cleanse the body externally. For prAtaH SandhyA, it will be by means of the morning bath and for the other two it will be by means of washing the legs, hands and face. After this, You will wear clean clothes specially meant for this purpose. The practice is to wear a dhoti and a shalya.

Thereafter, quietly sit on either a kRiShNAjina (deer-skin seat) or on wooden plaque placed on the floor, in the pooja room (select some other neat place if pooja room is not available. While for prAtaH SandhyA you can face either East or North, for the other two you have necessarily to face North. Keep readily available minimum three vessels, two with clean water (one for Achamana and the other for Arghya) and ladle (spoon) and the third one empty (arghya pAtra).
Also ensure that you have complete privacy during the whole process and avoid external noises like music systems, TV, talking to others etc.

You will also take the following steps for prAtaH SandhyA only. Keep a set of mudras (five metallic stamps with different shapes explained later) and gopichandana (a special variety of mud ball). Then, apply gopichandana on your body. Generally, if available, nirmalya tIrtha (holy remnant water after deva pooja by self or someone) is used for this purpose. In case of unavailability of nirmAlya tIrtha i.e. Arghya Water can also be used.

Start the process invoking the blessings of the Lord by reciting the following mantras.

श्री लक्ष्मीवेद्यासाय नमः ॥
श्री गुरुभ्यो नमः । परम गुरुभ्यो नमः ॥
श्रीमदानन्दतीर्थं भगवत्पदावार्यं गुरुभ्यो नमः ॥
श्री वेदव्यासाय नमः ॥
हृरि: ॐ ॥
गोपीचन्दन पापग्र विष्णुदेह समुद्रव ।
चक्राङ्गितं नमस्तेःस्तु धारण मुक्तिदेवे भव ॥

Simultaneously, place a spoon of water (either nirmalya or Arghya Water) on the left hand palm, take a piece of gopichandana, rub vigorously and prepare a paste of gopichandana. Apply this paste at 12 places in the body - one on forehead, three on abdomen, one on chest, one each on shoulders, all 4 parts of neck, one on bottom of back-bone just above trunk and one on top of head. Then, one more is applied on the right side of the chest. Some people do also apply a similar final mark on the left side of the chest, if this is the tradition.
that they have been taught as per their sampradAya (custom).
While applying, recite Keshavadi Dwadashanama (explained below),
one nAma each for one application.

The order for applying nAmas are – on the forehead (keshavAya namaH), center of abdomen (nArAyaNAya namaH), chest (mAdhavAya namaH), front portion of neck (govindAya namaH), right side of abdomen (viShNave namaH), right shoulder (madhusudhanAya namaH), right side of neck (trivikramAya namaH), left side of abdomen (vAmanAya namaH), left shoulder (shrIdharAya namaH), left side of neck (hRiShIkeshAya namaH), back side (above tunk) (padmanAbhAya namaH), back side of neck (dAmodarAya namaH) and on the head, on the chest (shrIvatsAya namaH).

The shapes of the paste applied will be as follows. On the forehead : one set of vertical parallel lines (first apply the paste with the forefinger and later run through it with a wet cloth/finger). On the chest: heart (lotus leaf) shape. On the shoulder: leaf shape (preferably with a stem). Elsewhere: deepAkAra (burning candle light shape). Concentrate on the mantra and quickly go through the process of applying the paste instead of trying to perfect the shapes.

After applying gopichandana, apply mudras as follows in that order.

chakra mudra: one on right side of eye, five on centre of abdomen, three on heart, two on right of abdomen, three on right of chest, two on right shoulder both sides of nAma, two on right of neck, one on front of neck, one on left shoulder below the nAma.

shankha mudra - one on left side of eye, one on left of abdomen, two on left of chest, two on left shoulder both sides of nAma, two on left of neck, one on right shoulder below the nAma.
gadA mudra - one on forehead, one on left of abdomen, one on left of chest, two on left shoulder both sides of nAma below shankha mudra.

padma mudra - two on chest, two on right abdomen, two on right shoulder both sides of nAma below chakra mudra.

nArAyaNa mudra - one each overlapping on all mudras and nAma.

(Here one has to sprinkle the water (Arghya Water) for cleanliness or purity, both internally and externally, to start the SandhyA vandana)

आचमन .................. (१)

ॐ श्री केशवाय स्वाहा ।

(one has to sip water from Brahma tirtha ('Achamana Water')
(spoon or ladle) three times ..1)

ॐ श्री नारायणाय स्वाहा । (....2)

ॐ श्री माधवाय स्वाहा ।(....3)

ॐ श्री गोविन्दाय नमः ।

(wash the right palm from the left palm)

ॐ श्री विष्णुवे नमः ।

(wash the left palm with right palm)

ॐ श्री मधुसूदनाय नमः ।

(touch the upper lip)

ॐ श्री त्रिविक्रमाय नमः ।

(touch the lower lip)

ॐ श्री वामनाय नमः ।

(touch the right cheek)
ॐ श्री श्रीधराय नमः ।
(touch the left cheek) (mouth is the seat of Fire God)

ॐ श्री हृषीकेशाय नमः ।
(wash both the hands)

ॐ श्री पद्मनाभाय नमः ।
(touch the feet)

ॐ श्री दामोदराय नमः ।
(touch the centre of the head with middle finger. Head is the seat of Paramatma)

ॐ श्री सकर्षणाय नमः ।
(touch the tip of the nose with the middle finger)

ॐ श्री वासुदेवाय नमः ।
(touch the right side of the nose with index and thumb fingers)

ॐ श्री प्रदुष्माय नमः ।
(touch the left side of the nose with index and thumb fingers. Nose is the seat of Vayu)

ॐ श्री अनिरुद्धाय नमः ।
(touch the right eye with index and middle fingers)

ॐ श्री पुरुषोत्तमाय नमः ।
(touch the left eye with index and middle fingers)(eye is the seat of Sun)

ॐ श्री अन्योक्ष्जाय नमः ।
(touch the right ear with index and fourth fingers)

ॐ श्री नारसिहाय नमः ।
(touch the left ear with index and fourth fingers)(ear is the seat of Indra)

ॐ श्री अच्छुताय नमः ।
(touch the navel portion with index and small fingers. Navel is the seat of Narayana)

ॐ श्री जनार्दनाय नमः ।
(touch the heart portion with palm of the hand)(also the seat of Narayana)

ॐ श्री उपेन्द्राय नमः ।
(touch the head with the hand)

ॐ श्री हरये नमः ।
(touch the right shoulder with all fingers)

ॐ श्री कृष्णाय नमः ।
(touch the left shoulder with all fingers)(shoulder is the seat of Prajapati)

(By touching the respective organs of the body one has to remember and imagine that these gods are present in these organs)

प्राणायामः .................. (2)

(This is preamble for Gayatri Awahana i.e. welcome, for this Sri Hari or ParamAtmA is RiShi devatA and devI gAyatrI is Channdassu. Practice of prANAYAmah cleanses one of impurities and provides a resurgence of spiritual energy to revitalize one’s sAdhana.

In order to extinguish the sins or effect of base deeds in the previous night for prAtaH SandhyA this verse is uttered. The pramAna says that this mantra will destroy all the sins committed previously or previous night if it is prAtaH SandhyA, morning if it is mandhyanika SandhyA and it is afternoon till evening if it is sAyam SandhyA.)

ॐ प्रणवस्य परशुर ऋषिः । परमात्मा देवता ।
देवी गायत्री छन्दः । प्राणायामे विनियोगः ॥
A married man should hold the nose in all His five fingers while performing this and bachelors and saints/seers should hold through three fingers i.e. index, thumb and small fingers. This prANAYAmA has three parts to perform and it is called rechaka, pUraka and kumbhaka. To start with one has to leave the air from right side of the nose (1 unit of time) that is called rechaka, secondly one has to inhale the air from left side of nose (2 units of time) i.e. called pUraka and finally holding the air for 3 units of time i.e. is called kumbhaka.

Meaning of this mantra is as follows: OM = ParamAtmA who has all the virtues is to be called OM, bhUH = gunapUrna (complete virtues or characters), bhuvaH = wealthy and never become pauper or most prosperous, svaH = always happy, mahaH = prayed as the best or excellent, janaH = creation of the world by Him, tapaH = one who has the complete knowledge, satyaM = one who controls or decides about the liberation.

yaH = this paramAtmA, naH = ours, dhIyaH = mind, prachodayAt = initiates, tasya = of this paramathmA, savituH = cause of creation, devasya = special characters, vareNyaM = prayed by all, bharga = paramAthmA in knowledge form, dhImahi = pray for Him.

Apo = paramAtmA, jyoti = cause of brightness, rasaH = has got essence or substance or Ananda rUpa peaceful, amRitaM = does not have extinction, bhUH = complete virtues or characters, bhuvaH = prosperous and wealthy always, svaH = always happy, OM brahma = all virtues of ParamAtmA, dhImahi = praying for You.

The gist of this verse is:
Sri Hari in the form of Sri Gayatri is complete with all divine virtues, always prosperous and wealthy, always happy, considered to be the best or excellent, one who creates this world, one who regulates this world and one who is being prayed by all of us.

Further, Sri Hari or paramAtmA also has the power of creating the brightness (enlightenment), does not have extinction, has complete knowledge, is always prosperous and wealthy and has got complete virtues, is the paramAtmA (Supreme Being) whom I am praying.)

संहृल्प: ....................... (3)

(Hold right palm over the left palm and keep them on the right thigh and utter the following mantra)

श्री शुभे शोभने महते विषोराजया प्रवर्तमानस्य आच्छ ब्रह्मण: द्वितीय परार्ध श्री श्रेतवराह कल्पे वैवस्वत मन्न्त्रे अध्याविशिषितमे कलियुगे प्रथमपादे जम्बूद्धीपे भरतवर्षे भरतखण्डे दण्डकारण्ये गोदावर्याः।

dक्षिणे पार्श्वे शालीवाहनशके बौद्धावतारे रामक्षेत्रे अस्मिन्वर्तमानेन चाण्डराणेन अस्य श्री अमुक संवर्तसे अमुक आयने अमुक ऋतौ अमुक मासे अमुक पश्चे अमुक तिथिः अमुक वासे अमुक नक्षत्रे शुभयोग शुभकरण एवंजुंकु विशेषण विशिष्टायं शुभतिथिः)

अस्मदादिरूणां श्रीमन्नन्दाचार्याणां ह्रत्कमलम्यनिवासी सूर्यान्तर्गत श्री भारतरमणमुख्यान्तर्गत श्री लक्ष्मीनारायण प्रेरणया श्री लक्ष्मीनारायण प्रात्यथ्य प्रात: सन्यामुपाशिष्ये।

(For any prayer or performance of any sacred work whether it is Sandhya, puja, yagna, or any ritual performed by any individual this customary sankalpa has to be narrated. It denotes the commitment and determination of the performer to rightfully and sincerely perform such sacred rituals.)
Here in this sankalpa it is nothing but remembering which of the samvatsara (year), period or season (Ritau), month (mAse), the half of lunar month (pakShe), lunar day (tithau), day (vAsare), star of the day (nakShatre) has to be to according to the calendar. KAla, i.e. kAladevata is equally God. Even one has to remember that the prayer is initiated by paramAtmA and to get His blessings and love, I am performing the respective ritual. This is a must as it has been understood that without this sankalpa the prayer or ritual will not materialise or not received by the God.

The need for this is to totally concentrate on the present moment instead of the usual mind's habit of either brooding over the past or dreaming of the future.)

(Keep a spoon or ladle of water (Arghya Water) in the left hand and from tulasi or basil leaves sprinkle the water in three different directions to the organs of the body. Firstly one has to sprinkle feet, centre of the head and heart, secondly heart, feet and centre of the head and finally centre of the head, heart and feet like this one has to sprinkle three ways or nine times)

ॐ आपोहिष्ठि व्यः प्यस्य सूक्ष्मस् । सिन्युद्वीप ऋषि: ।
अपो देवता गायत्री चुंद: । मार्जने विनियोग: ॥ ....... (4.1)

ॐ आपोहिष्ठि मयो भुव: । ता न ऊर्जे द्वात: ।
महेरणाय चक्षसे । योव: शिवतमो रस: ।
तस्य भाजयते हन: । उशतोरिव मात: ।
तस्मा अर्जः मामव: यस्य क्षयाय जिन्यथ ।
आपोजनयथा च न: ॥ ....... (4.2)

(mArjanam means cleansing or scouring. It is again purifying the body and mind for offering Arghya and chanting Gayatri
mantra.

For Rik mantras sindhudvIpa is RiShiH, paramAtmA is devatA and Gayatri is Chandassu.

Here is the substance of this verse. It is prayer to Water related devatAs (aqua-Gods).

"Hey, Water related devatAs, You are bestowing on us happiness by causing the water to flow, and You bless us with grains and other related needs and also confer on us devotion and knowledge towards Sri Hari which guides all of us in the path of liberation."

"Hey, Water related devatAs, You are auspicious, You are very eminent, You are bestowing on us happiness and joy and confer on all of us love like mothers feeding and protecting their newborn kids. In order to destroy the sins which we have committed and also to acquire knowledge we are praying Sri Narayana who is omnipresent in the water and whom we are praying to bless us to lead a happy life and also to liberate us at the earliest."

जलाभिमश्चरणम् ...................... (5)

(While uttering this, take a spoon of water (Arghya Water) and sip it after completing the following portion)

सूर्यश्चत्त्वय मन्यस्य नारायण ऋषिः।
सूर्यमामन्यु मन्युपतयो रात्रिदेवता।
प्रकृतिश्चन्दः। जलाभिमश्चरणे विनियोगं। || ....... (5.1)

ॐ || सूर्यश्चत्त्वय मन्युश्चरणमन्युपतयमच्छरण नमः।
पापेऽयोक्ष्यानि || यद्रात्मा पापमकार्ष्यम्।
मनसा वाचा हस्तायामि || पद्मामुद्रेण शिष्या।
रात्रिस्तदवलुऽपमु || यक्षिः दुरितं मयं।
ईदमहं माममृत्योऽनाम सूर्य ज्योतिष्ठे जुहोमिस्वाहा || ....... (5.2)

(The verse which has started with सूर्यस्चत्त्वय, Narayana is...
Rishi, manyupathi ratri niyamaka durga is devatA and it is in prakRiti Chandassu.

"Hey, paramAtmA, You are the one who controls the Sun who is very bright, You are the one who controls Sri Rudra who is known for His wildness You protect us from the sins which are caused by the ferocity and the initiatives of Sri Rudra devatAs.

Hey, paramAtmA, please also protect me from not committing sins like, sins during night times, sins from mind, sins by mouth or talking or speaking, sins through hands, sins from feet, sins from belly and sins through the sex organs. If I commit any sins, ratrI abhimani (related) devatA should bless me to wipe it off and if any of my sins are over, I am performing homa (burnt offering) of the same to You i.e., Sri Narayana who is shining in the form of Sun."

आचमन  - (1)
पुनर्मूर्जनम् ........................ (6)
( mantra as described in (4) should be repeated )
आपोभिषेति नवर्षस्य सूक्ष्मस्य । सिन्धुद्वीपो अम्बरीशो ऋषिः
आपोदेवता । गायत्रि छन्दः पश्चमी वर्धमाना ।
सस्मी प्रतिष्ठा । अन्त्येद्रु अनुष्ठानो पुनर्मूर्जने
विनियोगः ॥ ........ (6.1)
ॐ आपोभिष्ठा ........... ॐ आपोजनयथा च न: ॥ (4.2)
( Procedure as described in (4) - should be repeated )
ॐ शं नो देवीरभिष्ठे आपो भवन्तु पीतये ।
शं योरभिस्ववन्तु न: ॥ ........ (6.3)
ईशानाः वार्ष्णां क्षयन्तीश्वर्गीयम् ।
आपोयाचामि भेषजम् ॥ ........ (6.4)
अप्सु मे सोमो अन्बर्वीदन्तविपाणि भेषजा ।
अग्रिष्ठ विश्वशम्भुवम् ॥ ........ (6.5)

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Apashabda vAchya Sri ParamAtma, You bless us with the wealth of needs like drinking water, happiness and good health.

(6.3)

Apashabda vAchya Sri ParamAtma, the grains which are grown through water mainly referring to rice and like food grains, You are the owner. You confer on us the knowledge of medicine to destroy sAnsArik troubles for two and four legged animals.

(6.4)

There are different medicines in water which can cure many diseases. Hey, ParamAtma You have manifested in the form of water to bless us with the knowledge to understand these curative medicines.

(6.5)

Hey, ParamAtma, bless us with the preventive medicine i.e. knowledge for all diseases of my body and soul so that for long time I can visualize You in my life.

(6.6)

Hey, ParamAtma, if I have committed any sins, if I have betrayed anybody and if I have cursed anybody or if I have mistaken any body please pardon me.

(6.7)

Hey, ParamAtma, now I am following Your directions and Your principles and I am drowning in water, You are like fire in
the water and rescue me and infuse in me Your energies.  

(6.8)

There is a definite relationship between water and Narayana. Sri Hari is incarnated and is omnipresent in water. Sri Hari created water-related amruta (knowledge) to lead us towards liberation. For this purpose He created day and night abhmimani (related) devatAs. For acquisition of knowledge and protection of my body (from any diseases) I am welcoming You (Narayana) to reside in my soul and body. (6.9))

आचमन - (1)

पापपुरुषविसर्जनम् (अघमर्पणम्) ............... (7)

अः ऋतंचेतस्य सूतस्य | अघमर्पण ऋषिः: |
भाववृत्ती देवता | अनुद्वा छन्दः | पापपुरुष विसर्जने
विनियोगः: ॥ ............ (7.1)

अः ऋतं च सत्यं चाभक्षाद्वस्तपसोध्यजायत | ततोराज्यजायत ततः |
समुद्रो अर्णवः | समुद्राद्वारा धिरिरस्तेरो अजायत ॥

अहो राज्याणि विदधिष्ठितस्य मिपवेषी ।
सूर्यचंद्रमस्य धाता यथा पूर्वमकल्पयत् । दिवं च
पृथिवींचान्तरिक्षमथे स्वः ॥ ............ (7.2)

(While uttering this verse take a spoon of water (Arghya Water) in right-palm then after completing the verse inhale the water from right side of the nose and exhale the air from the left side of the nose and pour out the water on the earth on one's left side.

This verse is from pApaparihari RishiH, satya and bhakti devatA and anuShTup Chanddassu . You should have the feeling that in order to extinguish the sins committed you are offering, symbolically, a spoon full of water. (7.1)

Before Brahma thought about anything, ParamAtma created truth, from the same ParamAtma night was born and from the same
ParamAthma ocean was born.

ParamAtma, the supreme head of everything, created the following in that order: four-headed Brahma, night, day and all kinds of living beings.

ParamAtma, one who is the cause of creation has created first the Sun and the moon, then He created heaven, then He created the universe, then He created the sky and then He created heavenly bodies. (7.2))

अर्घ्यप्रदानम् .......................... (8)

प्राणायाम:  (2)

संहृत्य
ॐ पूर्वोत्क एवं गुण विशेषण विशिष्टाया शुभतिथौ
सूर्यान्तगत श्री भारतीरमण मुख्यप्राणान्तगत
संवितनामक श्री लक्ष्मीनारायण प्रेरणा श्री लक्ष्मीनारायण
प्रीतिय्य प्रथ: सन्ध्यां अर्घ्य प्रधानं करिष्ये ॥ ...... (8.1)

ॐ प्रणवस्य परब्रह्म ऋषिः । परमात्मा देवता ।
देवी गायत्री छन्दः । व्याहतीमां प्रजापति ऋषिः ।
अपिवायुमूर्यं देवता । गायत्रिविरोणगुणुभ: छन्दांसि ।
गायत्र्या: विश्वामित्र ऋषिः । सविता देवता । गायत्री छन्दः
प्रातःर्घ्यप्रधाने विनियोगः ॥ ........... (8.2)

ॐ भूर्मुखः स्वः । तत्सवितुर्विशेषयम् । भर्गो देवस्य धीमहि
प्रियो योः: प्रचोदयात् ॐ ॥ (इत्य्यः) .... (8.3)

(Pratah Arghya should be offered facing the Sun i.e. facing East, you should be in standing position, seeing the Sun, both the hands should fold make like cow’s face or bowl and it should be up to your nose’s height.

Write this figure (yantra) and words (preferably in devanagari script) using your small finger in the bowl where arghya offering water (Arghya Water) has been kept:

rgsandhya.pdf

15
There is story behind this offering Arghya : Mandeha’s were powerful AsurAs (demons) and they are devoted to Sri Brahma. They got a boon from Him that even if they die one day they should be born the next day. They were trying to consume the Sun God himself as a result of these Arghyas; Whenever they were killed, because of Brahma’s blessings they are born the next day. It is believed this process goes on even now. In order to kill these AsurAs and to protect the Sun God for illuminating all of us, we have to offer three Arghyas on each occasion. Three Arghyas are offered as follows: the first one is to destroy the AsurAs’ vehicle, the second to destroy their weapons and the third to kill them. This story has been explained in Vishnu Purana of 8th chapter.

If the prescribed time for performing SandhyA has passed, You have to offer the fourth Arghya as compensation.)

ॐ प्रतिच्छेद्यत्स्य मच्छप्य वसिष्ट ऋषिःः | इन्द्रसोमो देवता ||
अनुद्द्धु प्यु:ःः | अर्घ्याधिकारार्थेः आलङ्क संक्षणार्थेः च
जपे विनियोगः || ........... (8.4)

हृरि: ॐ | प्रतिच्छन्व विच्छेद्यत्स्य सोमजाज्युतः
रक्षोभ्यो धङ्गस्यतमश्चनि यातु मद्यः || ........... (8.5)

अस्य श्री गायत्री शिरसः | ब्रह्माः ऋषिः: | आपो देवता गायत्री
(For pratichakShva verse VashiShta is RishI, Moon and Indra are devatAs and anuShTup Channadassu. This verse is for obtaining eligibility and capability for offering Arghya and protection of the soul.

The presence of Moon and Indra is invoked to watch out AsurAs see that the later will not spoil the process of performing SandhyA and prevent the performer realising the benefits thereof. It is believed that both Sun and Indra are capable of killing or destroying these AsurAs, who cause impediments and even destroy the process of performing sacred rituals.

The Lord Indra, the head of devatAs, uses His weapon, Vajrayudha for the purpose.)

(DevatA tarpna should be given to every day. For shukla pakSha (first half of lunar month) devatA tarpna is given with the first 12 names of Vishnu (keshava etc.) and during krishna pakSha (second half of lunar month) it is given with the 12 names starting from sankarshana. The procedure for giving tarpna is: take one ladle full of water from Arghya Water in left hand and pour it on right hand fingers so that it falls through the fingers (except thumb) to 'Arghya PAtra'.
This tarpana should not be given on ekadashi, gokulAShTami)

(During shukla pakSha)

केशवं तर्पयामि । नारायणं तर्पयामि । माधवं तर्पयामि ।
गोविन्दं तर्पयामि । विष्णुं तर्पयामि । मधुसूदनं तर्पयामि ।
त्रिविक्रमं तर्पयामि । वामनं तर्पयामि । श्रीधरं तर्पयामि ।
हृषिकेशं तर्पयामि । पद्मनाभं तर्पयामि ।
दामोदरं तर्पयामि ।

(During krishNa pakSha)

संहर्षणं तर्पयामि । बासुदेवं तर्पयामि । प्रभुं तर्पयामि ।
अनिरूढं तर्पयामि । पुरुषोत्तमं तर्पयामि । अधोक्षजं तर्पयामि ।
नारसिंहं तर्पयामि । अच्छुं तर्पयामि । जनारदं तर्पयामि ।
उपेन्द्रं तर्पयामि । हृं तर्पयामि । श्रीकृष्णं तर्पयामि ।

(During both shukla pakSha and krishna pakSha)

इन्द्रं तर्पयामि । अश्वं तर्पयामि । यमं तर्पयामि ।
नित्रेभिः तर्पयामि । वर्णं तर्पयामि । चायं तर्पयामि ।
कु वेरं तर्पयामि । ईशां तर्पयामि । आदित्यं तर्पयामि ।
चन्द्रं तर्पयामि । कु जं तर्पयामि । चुं तर्पयामि ।
गुरुं तर्पयामि । शुकं तर्पयामि । शानं तर्पयामि ।
राघुं तर्पयामि । केतुं तर्पयामि ।

ध्यान श्रोकम् ...................... (8.10)

हृदयस्थातु गायत्री हृदुहामुखनिःसुता ।
हत्वा ह्यादित्थ शनृंश्र प्रविश्य हृदयं मम ॥

रामापति पूर्णं मुकुन्दव्यासं च विज्ञान सहसंभानुम् ।
पूर्णप्रबोधं च सूतं दीपं क्रमात् गुरुं ग्रणमामि
मूर्द्धा ॥

भूतोऽचाटनम् ...................... (9)

अपसर्पनिविन्यस्य मन्नत्रस्य वामदेवो ऋषिः भूतानि देवता,
अनुसूयप् छुदं भूतोऽचाटने विनियोऽऽ ॥ ........ (9.1)
अपसर्पन्तु ये भूता ये भूता भूवि संस्थिताः ।
पे भूता विप्रकारस्तेनशर्यन्तु शिवाज्ञाय ॥

अपक्रामन्तु ये भूता: कृराश्रेष्ठ तु राक्षसा: ।
यद्यात्र निव्वन्तैव देवता भूवि संततम् ।
तेषामप्यविरोपेन ब्रह्म कर्म समारभेः ॥  .......... (9.2)

(This verse is from Vamadevaka namaka ParamAtma, Bhutani devatA and anuShTup Chandassu.

Meaning : All AsurAs living on this earth should disappear. Those AsurAs who obstruct good and sacred work should be destroyed by the orders of Sri Rudra devatA.

It is a prayer to the existing devatAs who are present in different forms and taking their permission to start the sacred SandhHyA and request or pray to them to destroy all AsurAs, devils etc. who are obstructing the ritual.)

(Those who have got the upadesha of tattvanyAsa, mAtRikAnyAsa etc., should do them here. AsanashuddhiH will be a part of that. After tattvanyAsa and mAtRikAnyAsa, do Gayatri Japa and nArAyaNa aShTakShara mantra japa, folllowed by any other mahA mantra, then again mAtRikAnyAsa and tattvanyAsa then sandhyopasthAnam (which will be posted later) )

आसनशृङ्खः ............................. (10)

निर्स्त: परावसु: इदमहमर्ति वसोः सदनेषीदामि आसने सोममण्डले
कूर्मस्कन्धे उपविष्यासमि । प्रश्वेति मत्रय स्मेरुपृष्ठ
ऋषि: । कूर्मा देवता । सुललं छन्द: । आसने विनियोगः ॥

अन्ततासनय नमः । कूर्मासनय नमः । ........ (10.1)

पुर्विवो त्या भूता लोका देवि त्यं विष्णुभृता । त्यं च
धारय मां देवि पवित्रं कूरु चासनम् ॥ मां च पूरं कूरुधे
नतोस्मिस्म ल्यं सुरेश्वरि ॥ ........(10.2)

ॐ इत्येकामक्रं ब्रह्म । अभिदेवता ब्रह्म इत्यायम् । गायत्रेः
(10.3)

(10.4)

(10.5)

(10.6)

(10.7)

(Paravasu was killed, I am living in the hearts of arvahasu. This has been told by Surya (Sun). By reciting this cut a thread of the cloth worn by you and make two small pieces. Throw the one on the left hand, on the left side and keep the other under the seat.

Silently think like this. Earth is like four poles i.e. four sides (North, South, East and West) having a seat like the turtle/tortoise (referring to kurma incarnation). I am sitting on that. ParmAtma is sleeping on top of snake (shesha) bed. I am bowing to You. I am bowing to Vishnu Kurma (tortoise) one who is protecting the earth (Brahmanda) from destruction.

For Prithvi verse merupRiShTha is Rishi kUrma (tortoise)
is the devatA sutalam is Channdassu. After this, settle on the seat for chanting Gayatri MantraH.

Prayer to Prithvi i.e. earth. All regions of Loka are covered by You, Prithvi Namaka Daivi, You are decorated by Vishnu vakya ParamAtma. Hey, Prithivi, You authorise me by purifying the seat where I am sitting. Prithivi, You also purify me. You are very special and I am bowing You. By uttering this, touch the seat and bow to it.

ParamAtma is called as OM; He has got the form of Brahma and Agni devatA. Like the same Brahma is Rishi, Gayatri Chanddassu and in the form of OM.

'AyAtu' verse is to welcome Gayatri. For this verse Vasudevaka ParamAthma is Rishi, Gayatri Pratipadya Narayana is devatA and it is in anuShTup Channdassu.

"Hey, Wealth bestowing devatA, bless us with Brahma verse (Gayatri) which is immortal and is considered to be the mother of all Vedas (Gayatri); Please bless me Para Brahma (Gayatri verse). By uttering this Gayatri verse all the sins committed by me in my daily life will be destroyed (extinguished)."

"I am praying to ParamAthma, who is in the form of Saraswathi who is also SandhyA devatA and knowledge devatA. Please extinguish, through the night related devatA who is none other than Sri Hari, all my sins committed in the night."

This is a prayer to ParamAtma who is in the form of Gayatri. Hey, ParamAtma - You are instrumental for everything, You have all the patience, You have all the powers, You have the vision, for devatAs You are Sharanya (protecting them), You are omnipresent, You have complete form, You are controlling everything, You are instrumental for everybody’s life-activities and enemies are being defeated by Your single word 'OM'. By
all the above things You are being called Paramatma by the name Gayatri, the same Gayatri I am inviting in my mind (AhvAna), I am welcoming Savitri, I am welcoming Saraswati, I am inviting Chhanddassu, Rishis, Parabrahma, I am inviting LakShmi and Vayu who is well known for His powers.

For Gayatri verse, Gayatri is Channdassu, Vishwamitra is Rishi and ParamAtma who is called very sacred (savitRinamaka). This ParamAtma is in the following form: His appearance is like fire in His body, His face is like four headed Brahma, He has got the heart which is covered by the whole universe, He appears like Rudra, He has the Sankarshana’s hair, He is the earth, He has yoni sthana, He has five vital airs like prANa, apAna, vyAna, udAna and samAna and He has upa prANa like devadatta, kurma, kRikara, dhananjaya and nAga, His colour appears like blood and He belongs to sankhyasana gotra. He has been called in 24 keshava nAmas, His presence is there in all three places i.e., earth, vaikuntha and pAtAla, He has covered in all four regions (i.e. North, South, East and West), He has five heads like vyakarana, shikSha, kalpa, nirukta and jyotiSha this Gayatri I am praying and worshipping.

प्राणायामः - (2)
ॐ प्रणवस्य || अमृतं ब्रह्म भूभुवस्वरोम् ||
गायत्री जपः ........................................ (11)
करन्यासः ............. (11.1)

(By uttering these verses one has to touch the respective organs)
ॐ तत्संवितुरकुट्रां नमः || (thumb)
ॐ वरेण्यं तज्ञीयाः नमः || (index finger)
ॐ भर्गो देवस्य मध्यमायां नमः || (middle finger)
ॐ धीमही अनामिकायां नमः || (ring finger)
ॐ धीयाे याे नः कनिष्ठकाभ्यां नमः। (small finger)
ॐ प्रचोदयात् करतलकरपृष्ठभ्यां नमः। (front and back side of the hands)

पद्धन्यासः ........... (11.2)
ॐ तत्सवितुहृदयाय नमः। (heart)
ॐ वरेण्य शिरसे स्वाहा। (centre portion of the head)
ॐ भगोदिवस्य शिखायेवोष्ट। (back portion of the hair of the head)
ॐ धीमहि कवचाय हुम। (both shoulders)
ॐ धीयो यो नः नेत्राभ्यं वपद। (both eyes)
ॐ प्रचोदयात् अम्रायफट। (clap)
ॐ भूभुवः स्वरोम्।

आग्न्द्व वरदे देवी जपे मे सतिभो भव।
गायन्त त्रायस्य स्यामाद्रात्री त्वं तत्: स्मृता॥ ....... (11.3)

"Hey, Gayatri, You are very special, please come and be present in me; You are protecting all of us and You are well known as Gayatri, whom I am praying."

ॐ अस्य श्री गायत्रीमत्रस्य सवितंनामक श्री लक्ष्मीनारायणो देवता।
ॐ श्री लक्ष्मीनारायण प्रसादसिद्ध्यथ यथाशक्ति जपे विनियोगः॥

ध्यानम् ................. (11.4)

ध्यायेत्सदा सवितंमुद्रान्य्यवर्ती नारायणः सरसिजासनीविषः।
केवृत्तन्त मकरकुणडलवान् किरोटी हारी हिरण्यवपुः।
पुष्तश्रमः॥

भारतीरमण मुख्यप्राणान्तर्गत सवितंनामक श्री लक्ष्मी
नारायण प्रेमन्या सवितंनामक श्री लक्ष्मीनारायण प्रीत्यथः
यथाशक्तिं गायत्रीमत्रजपं करिषे॥

(For this Gayathri verse, Vishwamitra is Rishi, Sri LakShmi Narayana is devata, in order to impress Sri LakShmi Narayana, and in order to get love and affection from Sri LakShmi Narayana I am reciting this according to my abilities and capabilities.)
While reciting the japa, imagine the following picture of Sri LakShmi Narayana who is the subject and object of your prayer. They are:

Settled in the centre of the Sun, He is sitting in the posture of a yogi (padmasana), He has been decorated with the ornament of shoulder, He has worn ear rings, He has put head gear, He has the necklace, He has the body of hiranya and He has conch shell and wheel on His both hands. The same Sri LakShmi Narayna is the subject and object of my prayer. This prayer is initiated by Sri LakShmi Narayana and I am praying to please Him and to get love from Him. I am chanting this verse sincerely according to my abilities and capabilities.

Take note of the following guidelines while reciting Gayatri Japa:

1. Laughing/Smiling, talking with others, looking here and there, sitting other than in the posture of yogi, hands together, allowing the mind to wander, touching the places which are below the navel portion etc., which are all unholy, should not be done.

2. Reciting should be with calmness and peace of mind.

3. PrataH SandhyA Gayathri japa can be recited by standing and facing towards the East till the Sunrise. Later it can be recited either standing or sitting. But Madhyanika Gayathri japa and Sayam SandhyA Gayathri japa should be recited only sitting.

4. While counting the beads, cover the right hand either by the left hand or with a cloth and the number of Gayatri mantraH to be recited should be ten or in geometrical progression thereof (i.e. 100, 1000 etc.)

5. Pause after every 5 verses.
6. There are three methods of uttering Gayatri verses. One is by uttering loudly, second is whispering i.e. speaking through lips without being heard by any body and third silently chanting in your mind, always dwelling on their meaning. It is believed that the third method is better than the second and second one is better than the first.

7. Counting of the Gayatri verses should be done through finger beads on circular basis in clockwise direction. Start counting from middle bead of ring finger (1), come down to bottom bead (2), traverse through bottom (3), middle (4) and top bead (5) of little finger, top of ring finger (6),

8. Hands should rest just above the navel during Pratah Sandhya, on the chest during Madhyahnika and on the nose during Sayam Sandhya.

9. Generally, the Gayatri japa should be performed at the same place where Sandhya is performed.)

गायत्री मन्त्रः :
ॐ भूभुवः क्षः । तत्सत्तितुविरिणयम् । भगो देवस्य धीमहि धियो योः प्रचोदयात् अः ॥ ...... (11.5)
(इति १०००, १००, १० वारं जपेत्|)
पुनः प्राणायाम करन्यास पदख्न्यास ऋषिरंदसु कृत्वा, ध्यानं च कृत्वा
भगवानं सवितुनामक श्री लक्ष्मी नारायणप्रेमण्या सवितुनामक श्री लक्ष्मीनारायण प्रीत्यथ प्रात्सन्यायः श्री गायत्रीमन्त्रजपः सम्पूर्णः । श्री कृष्णार्पणमस्तु ॥ .............. (11.6)
प्राणायामः - (2)
ॐ प्राणवस्य परम्प्र । ब्रह्म भूभुवःस्वरोम् ॥
अष्टाक्षरमन्त्रः ............... (11.7)
भारतीर्मण मुख्यप्राणान्तर्गत सवितुनामक श्री लक्ष्मी
(It is also believed that one should recite nAraYaNa aShTaKShara mantra after the Gayatri japa. It should be in 1:3 proportion, i.e. for every 10 Gayatri, you should recite 30 naraYana aShTaKShara mantra. After reciting that, for every 10 Narayana aShTaKShara MantraH you should offer one Arghya i.e. in above case you have to offer 3 Argyas.)

भगवान् सचितनामक श्री लक्ष्मीनारायण प्रेरणयाय सचितनामक श्री लक्ष्मीनारायण प्रीत्ययाङ्र श्री नारायण अष्टक्षरमात्र सम्पूर्णम्। श्री कृष्णार्पणमस्तु॥ .....(11.8)

सन्ध्योपास्यानि। ..................................(12)

जातवेदेः इत्यथस्य मत्रस्य कश्यप ऋषि:। दुर्गाजातवेदाश्रिदेवता।

ॐ जातवेदसे सुनवाम सम्मरतीयतो नन्दहाति वेद: स: न: पर्वदतिदुर्गाणि

श्री अक्षारपर्नमस्तु॥ .....(12.1)

तच्छेोयोरित्ययश्चामुविषेदेवा: शकरी छन्दः।

उपरत्य जपे विनियोगः॥

ॐ जातवेदक्रूणामहे: गातु: यज्ञाय गातु: यज्ञापत्ये।

देवीःस्वस्तिरस्तुनः। स्वस्तिर्मानुषेक्षः।

उद्धे जिगातु: भेषजम्। शान्ति अस्तु द्विपदे शं चतुष्पदे॥ .....(12.2)

नमो ब्रह्मणे इत्यथस्य मत्रस्य वामदेवो ऋषि:

लिङ्कां देवता। त्रिपुपु: छन्दः। सन्ध्योपास्यानि विनियोगः॥

ॐ नमो ब्रह्मणे नमो अस्तव्रये नम: पृथिव्ये नम: ओप्येभ्यः।

नमो वाचे नमो वाचस्पत्ये नमो विष्णवे महते करोमि॥ .....(12.3)

(इति निर्वारं प्रदक्षिणं कृत्वा)

(For jATavedasE verse kashyapa is Rishi, jATadevagni is)
devatA, triShTup Channdasu.

It is a prayer to ParamAtma to extinguish the impact of all our sins. Hey, ParamAtma, please solve or extinguish all our sins like the boats crossing the stormy ocean, here ocean is like Samsaric hurdles and boat or ship is like You and You have to take through these difficulties and make us happy.

It is also said that You are the cause of knowledge and I pray to you confer that knowledge on us to solve our problems like crushing the somalata (juice) or crushing the enemies or burning enemies, who come out cause difficulties in our life, with the knowledge acquired.  

(12.1)

For taChayo verse shamu is Rishi, vishwa devatA is devatA, shakwari is channdassu. To take refuge with ParamAtma this verse is being uttered.

This prayer is for ParamAthma who is in the form of Dhanvanthri - God for all medicines.

I am praying You to confer on me with all kinds of medicines which can cure my existing diseases and also bless me with the preventive medicines for any possible future diseases also.

I am praying to confer on me the determination to perform all my duties, including the sacred work like yagna (burnt offering) to attain salvation, with sincerity and dedication

I would like to attain MokSha like any other devatAs by doing only sAtvik work in my life.

I would like to win over the heart of ParamAtma, who is in the form of Gayatri and who can bless me to solve or extinguish all problems in my mundane life and bless me with the remedies and who keeps all human beings, all animals and all other living beings happy.  

(12.2)
For namo brahmane verse vAma deva is Rishi, lingothkya devatA and triShTup Channddassu.

I am bowing to Veda, I am bowing to Fire and related devatAs, I am bowing to the universe, I am bowing to medicines, I am bowing to speech related devatA Sri Saraswati, I am bowing to four headed Brahma and I am bowing to the one who is being prayed by all and who is omnipresent. (12.3)

दिशां दिगोशानां नमो नमः .......................... (13)

(Bowing to different poles)

ॐ नमः प्राच्ये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (East pole devatA I am bowing to You)

ॐ नमः दक्षिणायेदिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (South....)

ॐ नमः प्रतीच्ये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (West....)

ॐ नमः उदाये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (North...)  

ॐ नमः ऊधर्ये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (High rised up height..)

ॐ नमः अधराये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (Lower...)

ॐ नमः अतरिक्षाये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (Atmosphere or sky....)

ॐ नमः अवानिष्टाये दिशे याश्च देवता: एतस्या प्रतिवसन्ति
एताभ्याश्च नमो नमः । (Intermediate or subordinate..)

ॐ इन्द्राय नमः । ॐ गायत्रिये नमः ।
ॐ अग्रये नमः । ॐ सावित्रये नमः ।
ॐ यमाय नमः | ॐ सरस्वतिये नमः |
ॐ निन्द्रतये नमः | ॐ सर्वभ्योदेवताभ्यो नमः |
ॐ वरुणाय नमः | ॐ देवी-भ्यो नमः |
ॐ वायवे नमः | ॐ ऋषिभ्यो नमः |
ॐ सर्वचर्ये नमः | ॐ नमः |
ॐ िनऋतये नमः | ॐ सवाेदे वताे नमः |
ॐ वायणाय नमः | ॐ द े वीभ्याे नमः |
ॐ वायवे नमः | ॐ ऋषिभ्यो नमः |
ॐ सर्वचर्ये नमः | ॐ नमः |
ॐ इनऋतये नमः | ॐ मुनिभ्यो नमः |
ॐ ब्रह्मणे नमः | ॐ मातु-भ्यो नमः |
ॐ अनन्ताय नमः | ॐ पिल-भ्यो नमः |
ॐ सन्याये नमः | ॐ आचार्य-भ्यो नमः |
ॐ कामोकार्शिनमो नमः | ॐ मन्युरकार्शिनमो नमः ॥ ........ (13.1) 

"Hey, devatAs I am bowing to You, who always create noble desires and inspire me towards God."

ॐ नमो भगवते वासुदेवाय ।
यं सदा सर्वभूतानि स्थावराणि चराणि ।
सायं प्रातानिमस्यति सा मां सन्यामिरक्षतु ॥ ........ (13.2) 

(I am bowing to You, who is said to have six virtues; I am bowing to Your wealth and I am bowing to Your resources and I am bowing to the one who is omnipresent.)

"Hey, ParamAtma, You have been called and praised in different forms as SandhyA namaka, even animals will bow to You during SandhyA time, i.e. both early morning and evening. Hey, SandhyA devatA related ParamAthma please protect me.

"One who is born as Devaki’s son, You are loved and liked by the Brahmins, You have killed the AsurA called Madhu, You have beautiful eyes, You are omnipresent, You are immortal, You have sportive qualities, You always do sAtvik work and bestow beneficial things on cows and brahmans, You have got complete knowledge, You are the one who has spelt Vedas for the first time, Hey, ParamAtma I am bowing to You.

"Sा मां सन्यामिरक्षतु ॐ नमो नमः"
Hey, Godess Durga, I take refuge to You. You are sprinkled or bathed in milk, You have been decorated with sandal paste and bael tree leaves. I am bowing to You.

For Gayatri udwasa verse vAmadeva is Rishi, Gayatri devatA and anuShTup Channdassu.
I am praying to ParamAtma in the form of Gayatri who is omnipresent in this universe, including mountains. I am praying to You to get liberated and I know You will listen and even obey those who are devoted (brahmins) to You.

I am praying to you, ParamAtma in the form of Gayatri, through Gayantri mantra as it will confer on me virtues of uttering complete Vedas, it will confer on me virtues of taking bath in all holy rivers and I am praying this Mantra to Sri Hari who will kill or destroy all wicked people.

Just like all rain-water falling on earth ultimately reach the ocean, all prayers reach Keshava.

I bow to You Sri LakShmi Narayana in the form of Vasudeva. You have been called Vasudeva because the entire universe has taken refuge in You or the entire universe is inside You, all three Lokas are in You, all jivas, living beings and animals have taken refuge in You and You are protecting them.

You have been called Ananta, I bow to You. Anantha means You don’t have any particular place (You are omnipresent), limitless and You are replete with divine virtues. You have incarnated in thousands of forms, You have thousands of feet, eyes, heads, legs, shoulders and You have been called on in thousands of names, I bow to You, one who is holding thousand wheels. You have been called Keshava wherein fire is present inside You, please make my mind sacred to remember always Your different forms.)

गोत्राभिवादनम् ........................ (15)
ॐ भवेऽनो अपिवातय मनः । अः शान्ति: शान्ति: शान्ति: ॥
सर्वारिष्ट शान्तिरस्तु । समस्त महलोकारिणस्तु ॥
(myself bowing to You (You should hold the ears from both the
hands i.e. holding left ear from middle and forefingers of
right hand and holding right ear from middle and forefingers
of left hand, after telling the pravara one should touch
the earth.)

Please confer on me welfare, wealth resources and peace and
destroy all bad things.

Please confer welfare on the cows and brahmins who will be
there across the four oceans.)

(By performing penance, SandhyA, karma etc and by remembering
ParamAtma in His different names, His complete virtues and the
One who is immortal, any mistakes committed while performing
the above will be extinguished and the devotee will get complete
benefits of performing the ritual.

'' If by any chance if I have committed any mistake while
reciting the Mantras, while performing the SandhyA and while
remembering You, Hey, ParamAtha - who is in the form of Sri
LakShmi Narayana, please pardon me and confer on me the full
benefits of performing this ritual. )

अनेन प्रतःसन्ध्यावनन्दनेन भगवान् श्री मन्मध्वाचार्यां
हृत्कमलमध्यनिवासी अनन्तकल्याणगुणपरिपूर्णः क्षीराधिशायी
(Hold the Arghya Water in right hand, chant the above mantra and after completing the same, pour the water in hand to Arghya PAtra.

By performing this SandhyA, ParamAtma who is said to have six virtues and all six resources of wealth, who is residing in Sri Madhawacharya’s heart, who has immense divine virtues, which is full of virtues, who is sleeping in milky ocean who does not have any vices and who is omniscient, who is praised by Bharati and Sri Mukhya Prana (and who is devoted to Sri LakShmi Narayna), to please You and get Your love I am performing this and kindly grace me with your blessings.)

आचमन - (1)
अच्छुताय नमः । अनन्ताय नमः । गोविन्दाय नमः ।
अच्छुतानःगोविन्देश्योनमः ॥ .............. (16.2)

(1) I am offering to Sri Narayana, who is replete with divine virtues, all my deeds through my body, my mouth, my mind, my conscience, organs of my body, my perception, my soul and my natural disposition.)

यद्वरपदः मात्राहीं च यद्वेद ।
तत्सः क्षण्यां देव नारायण नमोऽस्तु । ते ॥ .............. (16.4)

(16.2) इति ऋग्वेदीय अंशलयन प्रातः सन्ध्यावन्दनं सम्पूर्णम् ॥

(16.3)

(16.4) इति ऋग्वेदीय सन्ध्यावन्दनं सम्पूर्णम् ॥

(16.1)
Rigvediya Sandhya Vandana
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Please send corrections to sanskrit@cheerful.com