

Y Yoga Practice

2008

PURCHASE
TAKEN



VEDA MATRA GAYATHRI

HOW TO STAY YOUNG

Bharat Thakur explains how yoga can knock years off your body and mind

Yoga is the only science that can reduce your biological age, says Yoga Guru Bharat Thakur, who adds, "It's not about having faith. There are simple techniques that improve various aspects of your body like flexibility, muscle tone, body shape, posture, blood circulation and hormonal levels."

For example, as you get older your spine and back gets stiff. "Yoga has many *asanas* (poses) that work on flexibility of the spine. If your spine is flexible, you will have better blood circulation to your whole upper body and head, including nose, eyes, hair and skin. Naturally, your skin will glow and you will look healthy. Similarly, there are postures and techniques that makes your eyes flexible and remove dark eye circles," he says.

Ask him any other tips that you look younger and Bharat Thakur says, "You can have 30 ml of pomegranate juice, three times a day. This will help you to look younger."



Bharat Thakur

Parvatasana

perfood containing antioxidants that slow down the aging process."

Dr Kamala, a dentist, says, "Artistic Yoga has been a life changing experience for me. It enriched my life and taught me to listen to every part of my body. I have taken classes with six different teachers and each one was exceptionally good. Yoga has helped me to keep myself active, tone my body and feel a lot younger."

Studios: Jubilee Hills, Secunderabad, Gachibowli, Hitech City
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ON

Religion	Currency
Roman Catholic	Argentine Peso
Christianity	Australian Dollar
Roman Catholic	Euro
Roman Catholic	Euro
Roman Catholic	Real
Roman Catholic	Can. Dollar
Buddhism	Yuan
Christianity	CFA Franc
Roman Catholic	Cuban Peso
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20 minutes o to boost mem

While yoga exercises are known to help build one's physical stamina, a new study has explored the benefits of this ancient Indian practice of meditation for the brain too. According to the research, 20 minutes of yoga per day effectively improves a person's mental ability in terms of memory and concentration. Moreover, yoga is found to be more effective at boosting brain power than conventional aerobic exercise.

Conducted on 30 female students, the experiment required the participants to do experimental 20-minute sessions involving seated, standing and supine postures that included isometric contraction and relaxation of different muscle groups and regulated breathing. The session concluded with a meditative posture. The researchers found that the participants who practiced yoga for 20 minutes daily showed significant improvement in memory and concentration compared to the control group.



Jerusalem	Hebrew
Rome	Italian
Tokyo	Japanese
Amman	Arabic
Seoul	Korean
Kuwait City	Arabic
Kuala Lumpur	Malay
Mexico City	Spanish
Kathmandu	Nepali
Wellington	English
Abuja	English
Oslo	Norwegian

Yoga is a rational system
for training Human Body
If U can perform 200/250/300/350
of at least one time 200/250/300/350
U will achieve U's life's ambition
Best of luck ..

CHAPTER 3

YOGĀSANAS

योगासन

1 SŪRYANAMASKĀRA सूर्यनमस्कार (SALUTATIONS TO SUN)

Sūryanamaskāra combines Yogāsanas and Prāṇāyāma. As such, it comes in between Śīthilikaraṇa Vyāyāma and Yogāsanas and brings about the general flexibility of the body preparing it for further Āsanas and Prāṇāyāma. This is usually done both at sunrise and sunset, facing the Sun, after chanting the following verse:

हिरण्मयेन पात्रेण सत्यस्यापिहितं मुखम् ।
तत् त्वं पूषन् अपावृणु सत्यधर्माय दृष्टये ॥ (Īśa. Up. 15)

Hiraṇmayena Pātreṇa Satyasyāpihitam Mukham,
Tat tvam Pūṣan Apāvṛṇu Satya-dharmāya Dṛṣṭaye ॥

Like a lid to a vessel, O Sun, your
Golden orb covers the entrance to Truth.
Kindly open the entrance, to lead me to Truth.

There are mainly 2 modes of performing Sūryanamaskāra. In one, there are 12 steps or counts and in the other only 10 in each round. Each round of Sūryanamaskāra is done after the utterance of "Omkar" with the appropriate "Bija"

STUDENT

S for Self control
 T for Thirst for Knowledge
 U for Upright & unassuming
 D for Devotion to study/Disciple
 E for Eagerness to learn new things
 N for Nobility of Mind
 T for Truthfulness & Talent

Utkatasana (Squat pose):
 Stand straight, arms in front at shoulder level. Feet should be half a foot apart. Inhale. Exhaling lower hips, keep the back straight. Do not tilt forward. Hold for 30 seconds.



Parvatasana (Mountain pose):
 This pose is universally called the inverted "V" pose. Go on all fours, palms under shoulders, legs bent at knees. Inhale. Exhaling, lift the hips up, knees off the ground. Push into the heels, and apply pressure from the shoulders. Breathe and hold looking at the stomach, for as long as you're comfortable. Repeat a few times.

Yoga way
 Back denotes muscular and health. Try as to boost stamina, and tone your body

Dhanurmasa

HYDERABAD TIMES, THE TIMES OF INDIA

VARIETY

Experience health and happiness with yoga

The internationally renowned yoga guru, Bharat Thakur, revolutionised yoga by integrating all 5 aspects of yoga — strength, flexibility, endurance, agility and coordinative ability — into one powerful practice — artistic yoga. An intense, dynamic and fun practice, it not only assists you rapid weight loss in a month's time, but body sculpting, toning



Katrina Kaif.
 Veena Vasudev, head of Artistic Yoga, Hyderabad, says, "I have seen hundreds of people become slim, toned, happy and absolutely radiant with this yoga. It's the most natural way to get fit — no machines, medication or crash diets. Most importantly, yoga helps sustain your weight loss,"
Studies: Katrina Kaif

CALEN

2007

JANUARY

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FEBRUARY

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APRIL

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MAY

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W T

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13	14
15	16
17	18

Yoga is an integral part of my workout

OURS - A UNIVERSAL RELIGION

OURS — A UNIVERSAL RELIGION

□ H.H. SRI CHANDRASEKHARENDRA SARASWATI
Paramacharya of Kanchi Kamakoti Peetham

[Soulful homage to His Holiness whose 107th avataradin is on Friday, May 19, this year.]

The Vedic religion was the earliest religion of mankind. All other religions arose only after it.

There are evidences to conclude that it was prevalent all over the globe. We shall mention a few of them.

An inscription unearthed in Egypt and dated 1280 B.C., contains the terms of a treaty between Rameses II and

the Hittites. In this treaty, *Maitravaruna*, a Vedic dual deity has been cited as a witness. (Vide: H.R. Hall's "Ancient History of the Near East" pp. 364 *et seq.*). Ancient Egyptian kings bore names like Rameses I, Rameses II, Rameses III etc., resembling the name of Rama who was the incarnation of God Vishnu.



In the island of Madagascar off the eastern coast of South Africa, most of the place names

have affinities with the name of RAMA

THE POWER OF MEDITATION

R. H. KARMARKAR

Karmarkar passed away in Mumbai on April 14, 2000.
See 'A Tribute.'

urudev R. D. Ranade is a rare example of one who had attained equal eminence and vision. He achieved excellence in different fields—writer, thinker, author and benefactor.

A saint's spiritual qualities are all his own; but the world to know them? A saint's mystical qualities must have social dimensions. A mystic is not a saint. He is not socially conscious. He is the conviction of the conviction of the conviction. He discusses the spiritual which a real saint from the included mauna, equanimity, self-sacrifice and altruism. Those

remember that he was an embodiment of these virtues.

The first virtue of a saint is mauna or silence. The saint remains silent because he is all the while merged in God and is enjoying the vision of God. He palpably feels God's presence and God's power and as a result, all speech comes to an end.

Closely connected with this is the next virtue of humility. The saint is silent about his own greatness; in fact he is not even conscious of it. The sense of egoism is totally eliminated. The more learned a man is, the more humble he is. There is no exhibition of learning.

Another mark of a God-

on the body is so great that one finds a pivotal role of mind in the causation of all diseases.
Prasanna Ananta DOCTOR SPEAKS

Indriyamanaha

ithyabhideeyathe."

swastha

[happiness of the soul, senses, and the mind would ensure good health for all times]

Human consciousness is the foundation on which rests the superstructure of the human body and its ramifications.¹⁰ Ayurveda correctly identifies mind as a quantum concept at the subatomic level, which pervades the whole organism. The latest concept of teleportation gives credence to this view. Management of diseases in Ayurveda should, per force, take the patient's mental state into consideration first. Ayurveda is a holistic science.

The science of Yoga in Indian wisdom does just that.

"Chitta vritti nirodhaha yogaha"—if one could control

latest truth in modern medicine is seen here has proclaimed thousands of years ago. There is a common thread that if you could keep your heart as you grow old, you will live long. This has been elegantly in the exercises of (pranaayaama) with heart rate variability with breathing is controlled. The arrhythmia of an infant can be brought back alive even in old age. One could practise this technique. A very recent publication in The Lancet shows the great physiological advantages of this method in severely ill patients with heart failure.

Bibliography

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SANDHYAVANDANAM.

to Hindu mythology, human life is sacred because of the spirituality to our birth. Everybody born into this world is called a "Prakritha purush" or 'animal distinguished from "Sanskrittha purusha" or 'refined man', because his life was not yet any discipline or refinement. In order to bring him a disciplined man and bring into his life, there is a particular ritual called UPANAYANAM. The Upanayana becomes a purificatory rite of study of scriptures because the vedas are so holy, that to study them, one must be purified. This is the second stage in the life of a person (a person with two lives). After this ritual, the person becomes a part of his spiritual life. What is the meaning of the word Sandhya? Sandhya means the time of the day: the event between the morning and afternoon is called DAWN, the one between afternoon and the evening is called DUSK. Vandanam means worship. Put together, the ritual of Sandhyavandanam is a worship of the God that you pray for.

mind) and Bhagavadanugraham (God's grace). Though we are not supposed to ask for material benefits, still there are many blessings in the form of long life; happiness, prosperity, ultimately Gnana or wisdom. Since the ultimate goal of life is spiritual, physical involves Pranayama and Japam, physical health is gained automatically. It has been proved that Pranayama is very good for physical health. Pranayama is taught as a therapy at a premium to relieve stress and tension. Pranayama not only helps the system but also helps the mind towards transcendence. In the prayers that form part of Sandhyavandanam, we ask the Lord for long life, health & prosperity.

1. Jeevema saradassatham = May I live for 100 years
2. Pasyema saradassatha: May we see you 100 years
3. Nandama saradassatham: May we rejoice with you
4. Modama saradassatham: May we be joyous
5. Bhavama saradassatham: May we shine with you
6. Srunuvamasaradassatham: May we hear good from you
7. Prabravama saradassatha: May we speak good to you
8. Ajeetha syama saradassatha: May we be overcome by bad defeat for the next hundred years

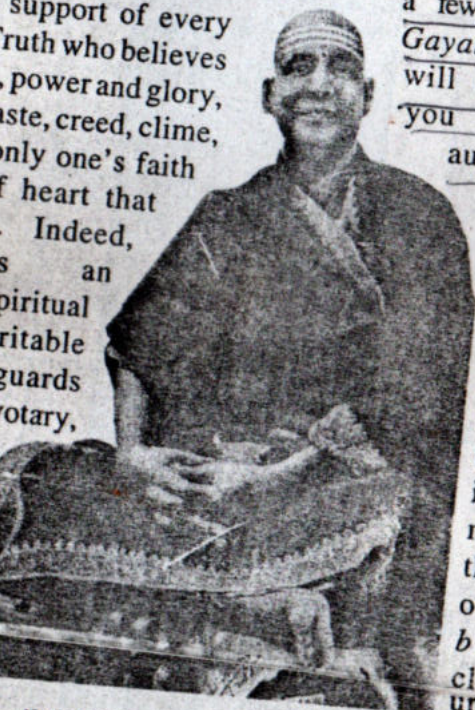
Philosophy of Gayatri-Sadhana

LINESS SRI SWAMI SIVANANDAJI MAHARAJ

antras, the supreme
st potent power of
the great, glorious
tra.

support of every
truth who believes
power and glory,
aste, creed, clime,
only one's faith
of heart that

Indeed,
s an
spiritual
ritable
guards
otary,



(8-9-1887-To-14-7-1963)

Dr. Kuppaswamy a flourishing Medical Practitioner in
1917, was initiated into Sannyasa Ashrama at Holy Rishikesh,
ami Shri Vishvananda and named Swami Sivananda.

highest spiritual illumination.

Whatever your Ista-devata may
be, the regular repetition of
a few mala-s of

Gayatri every day
will bestow upon
you all that is

auspicious and
benevolent,
herein and
hereafter.

It is
wrong to
conceive of
the notion
that Gayatri
is solely
meant for
the chosen
orthodox
brahmin
class. It is
universal

S JOURNAL 19

C R COVER



GAYATRI (Hymn to)

ॐ भूर्भुवस्सुवः
तत् सवितु वरेण्यं ।
भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात् ॥

Om bheorbhuvassuvah
tat savitru varenyam
bhargo devasya dheemahi
dhiyo yonah prachodayaat

(The first line invokes
Brahman through the symbolic
Om. That Brahman covering the
world of matter of space (Bhu),
world of mind and time
(Ehuvah) and Heaven (Suvah)

We meditate upon the
adorable glory of the radiant
sun. May he awaken our
intellect!

Veda (36.3) con
invocation of th
It is associated
Vishvaamitra. C
name of the m
syllables each of
also known as
Mantra as it is ad
Divine person in th
who considered to
symbolic represent
Supreme Reality
destroys darkness an
life and He is iden
the Inner self of man
Gayatri is derived th
त्रायते इति गायत्रि - The
protects the chant

--

We meditate
on the most adorable
Supreme Spirit -
(Radiant SUN).

Who directs
inspires our
Intelligence &
UNDERSTANDING

JANUARY

The above gives Three

7 Monday 8 Tuesday 9 Wednesday

③ basic data in the 104 A:

① Hard earned wealth

② Suffer's Humiliation

③ Wealth steadily liquidates

① Hard earned wealth This is a continuum from birth to death, a period of time for its gradual increase in wealth as a result of hard earned collection by the

② SUFFER'S HUMILIATION This can be a continuum from birth to death, a permanent condition a perpetual process to endure for the rest

③ His wealth steadily liquidates When the time for the diminishing process for the accumulated wealth

However this could not happen in a single

But a week for you

JANUARY

The above gives Three

7 Monday

8 Tuesday

9 Wednesday

③ basic data in the 1944:

① Hard earned wealth

② Suffers Humiliation

③ Wealth steadily liquidates

① Hard Earned Wealth This is a continuous process in the birth-death space, period of time for its gradual increase in WEALTH as a result of hard earned collection by ^{the} person.

② SUFFERS HUMILIATION This can be a continuous condition from birth to death, a person exhibits a ~~perpetual~~ ^{perpetual} position to endure for the better.

③ This Wealth steadily liquidates When takes sometime for the diminishing processes for the accumulated wealth.

However this could not happen in a short period.

Best of luck for you.

JANUARY

Meaning of Sandhya Vandanam

NOTES	MONDAY	TUESDAY	WEDNESDAY
① ओम् =	¹ ॐ = Important This Month	= The primeval ² Sound	
② भूर् =	भूर् ः =	The physical world	
③ भुवः =	भुव ः =	The Mental world	
④ सुवः =	⁷ सुव ः =	⁸ The spiritual world	⁹
⑤ तत् =	तत् =	That (Transcendental Paramatma)	
⑥ सवितुर =	¹⁴ सवितुर् =	¹⁵ The sun (The creator)	¹⁶
⑦ वरेण्यम् =	वरेण्यम् =	The most adorable (highest)	
⑧ अमोघः =	अमोघः =	Luster; Effulgence; Tejas	
⑨ देवस्य =	²¹ देवस्य =	²² Resplendent = Supreme Lord	²³
⑩ धीमही =	धीमही =	We meditate upon	
⑪ धियो =	धियो =	²⁹ The intellect; ³⁰ understanding	
⑫ यो =	यो =	Who (May this light)	
⑬ नः =	नः =	Our	
⑭ प्रचोदयात् =	³¹ प्रचोदयात् =	³² Enlighten; ³³ guide; ³⁴ inspire	

DEC-JAN

YOGA + Results

Week 1

31 Monday

365-0

1

Tuesday

1-365

2

Wednesday

2-364

How is YOGA found in a Birth Chart?

Example 1 When all the benefits in their ^{regular} order occupy 5th, 6th & 7th houses from the House of Lagna (Birth Chart) is termed as SUBHAKAL YOGA.
(Shloka 21/6 of Phala Deepika)

Example 2 When the Lord of the Lagna, the Sun & Moon occupy an angle or trine in their exaltation, own results SHRIKANTA YOGA. (SLN 028) ^{Family life}

Like the above, even so many combinations formed by aspect, angle & true positions or spl. positions in the Birth Chart are termed as YOGA.

The combinations of planets exists in Birth Chart for all his life & the effects interfere with the Birth Chart are in their condition.

YOGA + Results

Week 1

DEC-JAN

31 Monday

365-0

1 Tuesday

1-365

2 Wednesday

2-364

How is YOGA found in a birth chart-

Example 1

When all the benefits in their ^{regular} order occupy 5th, 6th & 7th houses from the House of LAGNA (BUT) is termed as SUBHAGAL YOGA.
(Stone 21/6 of Phala Deepik)

Example 2

When the Lord of the LAGNA, the Sun & Moon occupy an angle or trine in their exaltation, or results SHRIKANTHA YOGA. (SLN 028)

Like the above, even so many combinations formed by aspect, angle & true position or spl. positions in the birth chart are termed as YOGA.

The combinations of planets exists in birth for all his life & the facets interpreted to birth ones own specific condition.

JANUARY

Yoga suggests the

14 Monday

14-352

15 Tuesday

15-351

16 Wednesday

Week

16-3

BASIC QUALITY of LIFE

not a deceptive pattern of LIFE

YOGA KARAKA combinations to form a

may not be in "full force" when

other planetary positions, nor in the

may be more powerful in the (positive negative)

to find the effects of YOGA KARAKA &

whether a person is passing through

favorable / unfavorable DASHA period

The Quality assigned to a YOGA

we have to satisfy many hidden

Conditions & the very name of

such & such YOGA in a Birth Chart

will not result / culminate in

BEST / BAD effect as expected for

all the times of one's life

So keep praying to GOD for best of Ur

JANUARY

Realities about YOGA

Week 4

21 Monday

21-345

22 Tuesday

22-344

23 Wednesday

23-343

YOGA is a completely rational system
for training a man to reach his
highest possible level of integration

It is universal, not bound by dogmas
beliefs, a limitation of any religion

Thus it is available to all, irrespective
of any limiting race, caste or creed
sex, nationality or religion

The various dogmas of Yoga are in next page.

Notes

Notes

Notes

28 Monday

YOGA²⁸⁻³³⁸

29 Tuesday

29-337

30 Wednesday

30-336

① Yoga is perfect control of mind on all its le

② Yoga is the state of equilibrium

③ Yoga is a system of training by which MAN remains completely unaffected by worldly happenings (Gita)

④ Yoga is complete freedom from MIB

⑤ Women / commercial people / people of low cast and can reach highest level of Yoga

Notes

⑥ Everybody can do it, but or some can reach higher level of practices with continuous

Notes

Notes

FEBRUARY

NOTES

MONDAY

TUESDAY

WEDNESDAY

Important This Month

Many people have
 Confused Conceptions about
 They equate it to difficult, ¹
 acrobat like: feels pained
 Some mendicants or yogins
 lying on a bed of nails
¹¹ Walking on water etc etc
 Yoga is a very well tested Science
 System of living human org
¹⁸ in all its aspects - body/mind
 & bringing it to the highest
 possible integration.

This Yoga is a method to produce

25

26

27

a well integrated man
 to "SUPER MAN" as postulated
 some scientific thinkers

JANUARY

2008

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MARCH

2008

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24	25	26	27	28	29	30

FEBRUARY

NOTES	MONDAY	TUESDAY	WEDNESDAY
	Important This Month Many people have wrong or Confused Conceptions about Yoga. They equate it to difficult, painful acrobat like feats performed by some mendicant or yogins like lying on a bed of nails or		
	11 Walking on water etc etc		
	Yoga is a very well tested scientific system of training human organism		
	18 in all its aspects — body/mind/spirit — to bring into the highest possible integration.		
	25 This Yoga is a method to produce		
	a well integrated man nearer to "SUPER MAN" as postulated by		
	some scientific thinkers		

JANUARY 2008

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21	22	23	24	25	26	27
28	29	30	31			

MARCH 2008

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

FEBRUARY

NOTES	MONDAY	TUESDAY	WEDNESDAY
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Important This Month

Many people have wrong or confused conceptions about Yoga. They equate it to difficult, painful acrobat like: feels payamed by some mendocent or yogins like lying on a bed of nails or walking on water etc etc.

Yoga is a very well tested scientific system of keeping human organism in all its aspects — body/mind/spirit — in the highest possible integration.

This Yoga is a method to produce a well integrated man nearer to "SUPER MAN" as postulated by some scientists.

FEBRUARY 2008						
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FEBRUARY 2008						
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18	19	20	21	22	23	
25	26	27	28	29	30	

Yajur
5 Proks

Nyasa

- S
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- a
- a

Mantra

1. H
2. T
3. S

4 Monday

35-331

5 Tuesday

36-330

6 Wednesday

37-32

To formulate a precise definition
 of Yoga is very difficult because Yoga
 touches & can influence all aspects of
 human life & activity. But some
 explanations about the nature of Yoga
 often quoted as definitions of Yoga
 clearly show its scientific nature & purpose.
 The most famous text of Patanjali's Yoga
 Sutra says:

Notes

Notes

Notes

"Yoga is the most powerful
 control of mind and body
 to its highest levels of
 consciousness & health".

FEBRUARY

11 Monday

42-324

12 Tuesday

43-323

13 Wednesday

Week

44-324

Other definitions are

1) Yoga is the state of Equilibrium

2) A training by time men can remain completely unaffected by anything happening

3) Yoga is a complete freedom from MISERY

All these indicate that Yoga considered to be a method of producing a MAN.

Who is not integrated, equilibrated, mastered by his own mind, who can face all the adversities going to world stage boldly and overcome them in the most successful way

FEBRUARY

YOGA

VS

SANDHYA VANDANA

Week 8

18 Monday

49-317

19 Tuesday

50-316

20 Wednesday

51-315

My Concept of yoga synchronises

with my daily "SANDHYA VANDANA"

which I perform daily once to cover
all the three periods of the day

covering "Prakriti - Manas - Sattva"

for about three hours from (10 AM to 1 PM)

Starting from "AUM NAMO"

1) Aum Namo

2) Anantaya

3) Govindaya

Notes

Notes

Notes

and then

starting from
Keshava namo

FEB-MAR

What is YOGA?

Week 9

25 Monday

56-310

26 Tuesday

57-309

27 Wednesday

58-308

Most people misunderstand YOGA as physical exercises
 comprising bodily twists, bends, stretches & poses
 all together called Asana. Although ~~YOGA~~ ^{ASANA} is
 an important part of YOGA, it defines YOGA
 only in a general sense & not in a complete sense.
 In fact, YOGA is a way of life, a culture to live
 live happily with all its splendours.

YOGA is an important tool of evolution.
 It leads the body & transforms it & integrates
 into a threefold Mind-Body-Soul amalgamation.
 It starts at the subtle & ends at the gross level,
 making it "Superior to all other disciplines" — Micky Mehra

Notes

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Notes

Holistic Health Guru

Human body is a complex ~~NATURE~~ ^{NATURE} marvel
 having a highly complex machinery of nerves & bones
 with sophisticated monitoring controls and
 safeguarding systems.

Om trivikramaaya namaH	little finger to touch right ear
Om vaamanaaya namaH	little finger to touch left ear
Om shriidharaaya namaH	middle finger to touch right shoulder
Om hR^ishhiikshaaya namaH	middle finger to touch left shoulder
Om padmanaabhaaya namaH	four fingers to touch navel
Om daamodaraaya namaH	four fingers to touch head

YOGA is one among six philosophical schools of Hinduism
the other five being:

Sankhya.

Nyaya.

Mīmāṃsā.

Vaiśeṣika

It is a fully developed science based on a deep
inner study of human body & intense self-experimentation
and practices of our ancient Rishis.

MARCH

NOTES	MONDAY	TUESDAY	WEDNESDAY
	¹ The Rishis in their deep meditation ² Understood the intricate physical ³ psychological & ⁴ physiological ⁵ systems of the human body - they devised Various yogic disciplines like Asana Pranayama Relaxation Meditation of various techniques for enhancing the physical moral mental & spiritual well being of humanity as a whole These techniques, which are highly technical, scientific & effective of practical significance in India, many centuries ago, somehow got dropped along the way, but now again came to the surface & becoming popular all over the world as proven methods of Holistic Health Management		

FEBRUARY 2008

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

APRIL 2008

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MARCH

YOGA Defined

Week 10

3 Monday

63-303

4 Tuesday

64-302

5 Wednesday

65-301

The word "YOGA" comes from the Sanskrit root "YUJ" which means "to unite", "to merge", "to add" & "to integrate". In one context, it is the "unity of MAN with GOD" and "Communion with the Universal Spirit".

It is an agency for uniting people of diff. cultures, nationalities & religions together in an universal spirit of brotherhood.

It is unity in diversity & representative unity & integration of all positive life forces.

It is the integration of mind, body & spirit, to live a life healthy, prosperous, happy & peaceful & ^{nature} ²

In another context,

YOGA has been described as harmony, balanced wisdom in work & skillful living amongst a variety of hectic activities

In Shri Bhagavad Gita defines
YOGA as

Skill in work

Bhagavat Gita defines

MARCH

Yoga as a skill in work

Week 11

10 Monday

70-296

11 Tuesday

71-295

12 Wednesday

72-294

YOGA represents a moderation,
a balanced approach,
or a middle way avoiding extremes

These extremes may be in Eating
Sleeping
Working
drinking &

Other emotional reactions
or over indulgence sensory enjoyment
Yoga teaches us how to discriminate these extremes,
moderates them, & make us to follow a middle path

YOGA is not recommended for one who eats too much
or for one who does not eat at all.
or for one who is always awake

Yoga becomes the destroyer of pain for him
who is moderate in eating & recreation,
who is moderate in exultation in actions &
who is moderate in sleep & wakefulness

Sang Bhagavat Gita

MARCH

YOGA is ~~not~~ the entire life itself

Week 12

17 Monday

77-289

18 Tuesday

78-288

19 Wednesday

79-287

and not a physical
a mental or
a psychic feat

also not the kind of rotten life,
Constantly swinging between extremes
of exuberance and depression;
indulgence and denial
sensuousness and asceticism

but a harmonious flow of the divine will
along the wiser middle path of moderation
In gluttony there is pain, as also in abstinence
Pleasure is invariably followed by pain
Vanity is accompanied by fear complex
and injured pride.

"The yogi who pursues the middle path is
blissfully free from all these vagaries of life"

Notes

Notes

Notes

Says Swami Venkatesananda

(Contd)

24 Monday

84-282

25 Tuesday

85-281

26 Wednesday

86-280

Since Yoga developed in India,
it got associated with Hinduism &
its multifarious philosophies.

However, if you see with an open mind
you will find that Yoga is independent
of any religious doctrines & dogmas.

It never accepted any particular religious
social
or political
belief systems.

It is essentially a science of personal growth and
any person irrespective of his color, creed or sex
or religion can practice it & propagate it.

Yoga does not discriminate any person
or belief. It is a way of life. It is not at all
contrary to what your faith holds for you.
On the contrary, yoga may help to strengthen
your own beliefs according to your own religion.

MAR-APR

Who is the founder of yoga?

Week 14

31 Monday

What is the science of yoga?

Tuesday

92-274

Wednesday

93-275

Acharya Bheagwati was the FATHER of yoga

The Science of yoga is one of the Unique contributions of India to the world. It seeks to discover & realize & propagate the Reality through YOGIC PRACTICES.

Acharya Bheagwati hailed from the district of GONDA in Uttar Pradesh of India. He prescribes the control of Prana (Life's breath) as the means to control our human body, mind & soul, which then leads us to good health & inner happiness.

p. l. o

Notes

Notes

Notes

APRIL

NOTES	MONDAY	TUESDAY	WEDNESDAY
	Important This Month 1 Achanya Patanjali's 84 effectively enhance the efficiency of our Respiratory system Circulation system 7 8 Nervous system 9 Digestive system & Endocrine system & many other organs of the human body. 84- limbs line to Achanya Patanjali 14 the attainment of 15 ULTIMATE 16 BLISS of 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		2 Yogic Postures 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

YOGA has
shows that
SAMADHI

size through discipline of: YAMA; ASANA
NIYAMA
PRANAYAMA
PRATYAKHAR
DHARANA &
DHARANA

The Science of YOGA gained popularity because of its Scientific Approach & Health Benefits

YOGA holds the honoured place as one of six philosophies in the Indian Philosophical systems

Achanya Patanjali can be forever remembered as a PIONEER in the HAPPY SCIENCE OF SELF-DISCIPLINE & SELF REGULATION

MARCH 2008

Mo	Tu	We	Th	Fr	Sa	Su
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY 2008

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

What is Importance of YOGA?

Week 15

7 Monday

98-268 8 Tuesday

99-267 9 Wednesday

100-266

Breath is life & hence

Better we breathe the longer we live

To breathe slowly & steadily for long,

is to prolong youthfulness & life.

So says a YOGI. Let caution us to breathe

as if, at birth, only a fixed number of

breaths have been allotted to everybody

If so even slow breath we take

preserves an respiratory credit balance &

prolongs an existence. It can even

be considered as an obligation, because

if we are programmed in this way,

because we have a task to accomplish

a destiny to fulfill in their
limited span of time.

Notes

Notes

Notes

14 Monday

105-261

15 Tuesday

106-260

16 Wednesday

107-259

The yogi obtains a greater Qty of oxy gen & expels more gaseous toxins, like Carbon Dioxide, than a sedentary person. Who "breathes superficial" at 18 times a minute. This is because it is not the volume of air that matters but Qty of oxygen which is actually absorbed & assimilated in the body. Air is nourishment & requires to be digested, just like any liquid or solid food in the digestive tract.

(contd)

Notes

Notes

Notes

APRIL

Yoga session

Week 17

21 Monday

112-254

22 Tuesday

113-253

23 Wednesday

114-252

The Yoga Session offers a good opportunity to practise slow-breathing. Whenever we think about it, we can breathe slowly & deeply with awareness, utilizing the technique of "Slow ^{Yogic} breathing". One or two minutes of this practice can be more beneficial than 59 min of shallow breathing. We should schedule frequent sessions of slow breathing throughout the day, especially when we are at outdoors. Each minute of practice increases our vitality & health. Each slow & deep breath rejuvenates us, in the sense that it revitalises our tissues. This is not merely affection, but a personal & civic duty.

Notes

Notes

Notes

(Contd)

28 Monday

119-247

29 Tuesday

120-246

30 Wednesday

121-245

A session of Asanas includes not only conscious breathing, but also the practice of continuous controlled breathing, deep or slow, with asanas included.

Just as a handful of pearls do not make a necklace, a succession of ^{asanas} becomes a series only if breath links them together. Of course, the breath must be accompanied by mental awareness.

The unconscious breath: It is true that it is quite impossible to stay conscious of the breath all day long during our daily work. Therefore whether we are yoga practitioners or not, for most of our lives, our breathing is unconscious. So the practice of Yogic breathing can only be small part of an active active living life, let alone our sleeping time, during which, it is seemingly impossible to control our breath. But there is another aspect to remember.

(Contd)

MAY

NOTES

MONDAY

TUESDAY

WEDNESDAY

Important This Month

If we can manage to practise slow & deep breathing several times we can eventually influence our subconscious breath. After practising only one or two minutes; even if we forget about it immediately, our body continues with a deeper & slower breathing rate than usual for a variable time. The usual rhythm of respiration, shallow & quick, does not supervene immediately. The more we prolong & repeat our practices, the more of our unconscious respiration will slow down & deepen permanently, even during sleep.

It is brilliant to preserve. Therefore let us breathe slowly & deeply, each time we think of it. & let us hope that it is as often as possible. God Bless You.

APRIL 2008

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUNE 2008

Mo	Tu	We	Th	Fr	Sa	Su
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Sandhyavandanam

You are here: [SriPedia](#) - [ebooks](#)

Introduction

The Vedas prescribe prayers at sunrise and sunset, which constitute a change from darkness to light and hence a Sandya time (that is a time of junction). Sandya vandanam or prayers at Sandya time

Contents

- [Scriptural Authority \(Pramanam\)](#)
- [Meaning and Philosophical significance](#)
- [Performing the ritual](#)
 - [Format and Anatomy](#)
 - [Who can perform](#)
 - [When to perform](#)
 - [Things you need](#)
 - [Exceptions](#)
- [Recitation of mantras](#)
- [Science, electricity and health](#)
- [Visual Storyboard](#)
- [Ritual Variations](#)
- [Further Reading: External links](#)
- [Credits](#)

Yajur Veda Pratah Sandhyavandanam Procedure

1. [Achamanam](#) (2 times)
2. [PrAnAyamam](#)
3. [Sankalpah Sandya](#)
4. [Satvika tyaga](#)
5. [Prokshanam](#)
6. [Prasanam](#)
7. [Achamanam](#)
8. [Punar Prokshanam](#)
9. [PrAnAyamam](#)
10. [Arghyam](#)
11. [PrAnAyamam](#)
12. [Prayaschitta Arghyam](#)
13. [Achamanam](#)
14. [Kesavadi Tarpanam](#)
15. [Achamanam](#)
16. [Japa Vidhih](#)
17. [Gayatri japam](#)
 - a [PrAnAyam mantra japa](#)
 - b [Pranayamam \(3 times\)](#)
 - c [Gayatri Avahanam](#)
 - d [Gayatri japam](#)
 - e [Pranayamam \(3 times\)](#)
 - f [Upastanam](#)
18. [Sandyadi devata vandanam](#)
19. [AbhivAdanam](#)
20. [DikvandanAm](#)
21. [AbhivAdanam](#)
22. [Achamanam](#)
23. [Satvika Tyaga](#)
24. [Arghyam](#)
25. [SriRanga Mangala manini](#)

Variously spelled: Sandyavandanam Sandhyavandanam Sandyaavandanam Sndhyaavandanam Sandya Sandhya Sandyaa Sandhyaa

Achamanam

Procedure Notes Video download: Achamanam (1 min, 12secs)
12 megs

1. Sit in Kukustana with hands between legs
2. Twist the right palm so that the little finger, ring finger and middle finger are stretched while first finger is bent inwards forming a hollow in the middle of the palm. The thumb will remain separate from the first finger.
3. Put a small quantity of water from the vessel in the palm (only a small quantity of water can be taken), swallow (not sip) this water.

water.

Or who is aya Namah

Repeat above uttering two times each

existence

aya Namah

aya Namah

4. Gargle in another mouth (lips) with water and wash hands.

hand.

5. Recite the following mantras

Om keshavaaya thumb to touch right
namaH

Om naaraayaNaaya thumb to touch left cheek
namaH

Om maadhavaaya ring finger to touch right
namaH eye

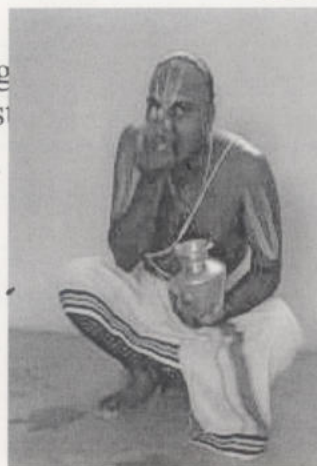
Om vindaaya ring finger to touch left
namaH eye

Om ishhaNave index finger to touch right
namaH nostril

Om madhusuudanaaya index finger to touch left
namaH nostril

Om Trivikramaaya namaha (little finger to touch Right Ear)
Om Varanaya namaha (little finger to touch left Ear)
Om Bhadrakaya namaha (Middle finger to touch right shoulder)
Om Vishvakaya namaha (Middle finger to touch left shoulder)
Om Padmanabhaaya namaha (4 fingers touch Navel) Padmanabhaaya Namaha

<http://www.ibiblio.org/sripedia/ebooks/sandhya/yv/achamanam.html>



Step 3



Step 4



Step 5





Step 1



Step 1

3 Yajur Veda: Pratah Sandhya Vandanam

Sankalpah Sandhya

Procedure Notes Video download: Sankalpah (9secs) 1.6 meg

1. Left hand is kept on the right thigh and then covering it with right palm. Then words conveying our intention is recited as under.
2. Sri Bhagavadajnaya Sriman NArayana Prithartham
Pratah Sandhyam upasisye



Step 1

Sankalpah Notes

- Sankalpah is essentially an expression of intention or purpose. It is addressed to one's own self to get determination.

level
4 Yajur Veda: Pratah Sandhya Vandanam

Satvika Tyaga

Procedure Notes

Video download: Santvika Tyaga
(26secs) 4.4 meg

1. Recite with folded hands
2. Bhagavaneva (to be filled in)



Step 1

Satvika Tyaga

- This is for Sri Vaishnavas only. Essence of SriVaishnavism is complete surrender to God. Hence every activity is dedicated to the Lord. By reciting these lines, with folded hands, one surrenders his ego and dedicates himself to the service of the Lord, praying at the same time to the Lord (residing as antaryami) to help him in the performance of the act.
- **Re: Satvika ThyAgaha Mani**
Varadarajan (Mon Jun 12 2000)
- **Re: [Satvika ThyAgaha] M.S.HARI**
(Madabhushi Sarangarajan Hari) (Mon Jun 12 2000)

Yajur Veda: Pratah Sandhya Vandanam

5

Prokshanam

Procedure Notes Video download: Prokshanam (47secs) 8.1

meg

Nyasa

- sindhu dvipa rishihh (head)
- devi gayathri chandahah (nose)
- aapo devata (chest)
- apaaM prokshaNe viniyogaH

Mantra

1. Hold the tumbler in the left hand
2. Take a small quantity of water in the right hand palm
3. Sprinkle it on the head through right hand fingers, reciting at the same time the mantras.

Om aapohishhThaa mayobhuvaH

prokshaNa of the Head

Om taa na uurje dadhaatana

prokshaNa of the Head

Om mahe raNaaya chakshase

prokshaNa of the Head

Om yovaH shivatamo rasaH

prokshaNa of the Head

Om tasya bhaajayatehanaH

prokshaNa of the Head

Om ushatiiriva maataraH

prokshaNa of the Head

Om tasmaa araN^gamaama vaH

prokshaNa of the Head

Om yasya kshayaaya jinvatha

prokshaNa of the big Toes



Nyasa

Step 2



Yajur Veda: Pratah Sandhya Vandanam

6

Prasanam

Procedure Notes Video download: [Prasanam \(42secs\)](#) 7.2

meg

Nyasa

- suuryashchetyanuvaakasya agnir
R[^]ishhiH (head)
- devi gayathri chandahah (nose)
- suuryo devata (chest)
- apaaM praashane viniyogaH

Mantra

1. Place "tiirtham" in the hollow of right palm and recite as follows

oM | suuryashcha maa manyushcha
manyupatayashcha manyukR[^]itebhyaH |
paapebhyo rakshantaam.h | yadraatryaa
paapamakaarshham.h | manasaa vaachaa
hastaabhyaam.h |
padbhyaamudareNa shishnaa |
raatristadavalumpatu | yatkiMcha duritaM
mayi | idamahaM maamamR[^]itayonau |
suurye jyotishhi juhomi svaahaa ||

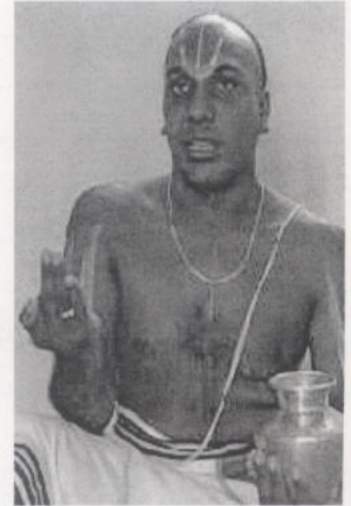
2. Swallow the water from the palm



Nyasa



Step 1.



Mantra

Step 2

7

Achamanam

Procedure Notes Video download: Achamanam (1 min, 12secs)

12 megs

1. Sit in Kukustana with hands between legs
2. Twist the right palm so that the little finger, ring finger and middle finger are stretched while first finger is bent inwards forming a hollow in the middle of the palm. The thumb will remain separate from the first finger.
3. Put a small quantity of water from the vessel in the right hand palm (only a small quantity of water should be taken), swallow (not sip) this water uttering:

Om Achutaya Namah

Repeat 3 above uttering two times each repeating

Om Anantaya Namah

Om Govindaya Namah

4. Clean your mouth (lips) with water and wash hand
5. Recite the following mantras

Om keshavaaya thumb to touch right
namaH cheek

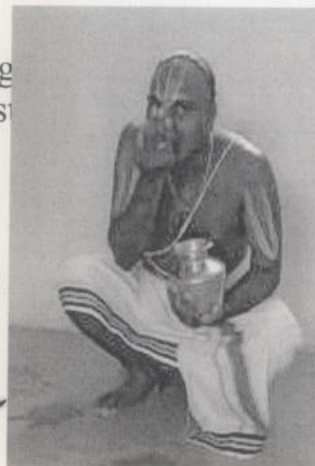
Om naaraayaNaaya thumb to touch left cheek
namaH

Om maadhavaaya ring finger to touch right
namaH eye

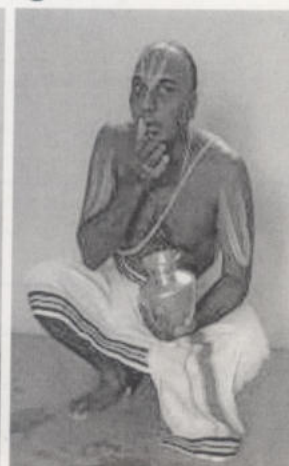
Om govindaaya ring finger to touch left
namaH eye

Om vishhNave index finger to touch right
namaH nostril

Om madhusuudanaaya index finger to touch left
namaH nostril



Step 3



Step 4



Step 5

8

Yajur Veda: Pratah Sandhya Vandanam

Punya Prokshanam

Procedure Notes

Video download: Punya Prokshanam
(46secs) 8 meg

Nyasa

- dadhikraavNNa iti mantrasya vaamadeva
R^ishhiH (head)
- anushhTup.h chhandaH (nose)
- dadhikraavaa devataa (chest)
- apaaM prokshaNe viniyogaH

Mantra

1. Hold the tumbler in the left hand
2. Take a small quantity of water in the right hand palm
3. Sprinkle it on the head through right hand fingers, reciting at the same time the mantras.

Om dadhikraavNNo akaarishhaM
prokshaNa of the Head
Om jishhNorashvasya vaajinaH
prokshaNa of the Head
Om surabhi no mukhaakarath
prokshaNa of the Head
Om pra Na aayuumshhi taarishhat.h
prokshaNa of the Head
Om aapohishhThaa mayobhuvaH
prokshaNa of the Head
Om taa na uurje dadhaatana
prokshaNa of the Head
Om mahe raNaaya chakshase
prokshaNa of the Head
Om yovaH shivatamo rasaH



Nyasa

Step 3

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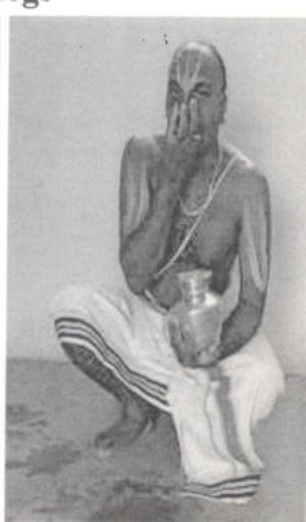
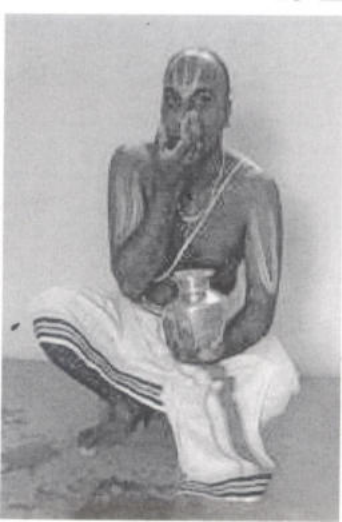
6 Thursday

7 Friday

8 Saturday

*prokshaNa of the Head**Om tasya bhaajayatehanaH**prokshaNa of the Head**Om ushatiiriva maatarah**prokshaNa of the Head**Om tasmaa araN^gamaama vaH**prokshaNa of the Head**Om yasya kshayaaya jinvatha**prokshaNa of the big Toes**Om aapo janayathaa chanaH**prokshaNa of the Head**Om bhuurbhuvassuvaH (Take little water on your right palm and throw around your head in clockwise direction like pradaxiNaM)*Step 3 (toes)
(clockwise)

Step 3





Mantra Step 3







Mantra 2/3



Mantra 4



Yajur Veda: Pratah Sandhya Vandanam

12

Prayaschitta Arghyam

Procedure Notes

Video download: Prayaschitta Arghyam
(54secs) 9.3 meg

Sankalpah

1. Left hand is kept on the right thigh and then covering it with right palm. Then words conveying our intention is recited as under.
2. Sri Bhagavadajnaya Sriman NArayana Prithyartham
Pratah Sandhyam kaalaatiita
praayashchittartham turiiya
arghyapradaanaM karishhye



Nyasa

- arghyapradaana mantrasya saandiipanii
R^ishhiH (head)
- devi gayathri chhandaH (nose)
- savitaa devataa (chest)
- turiiya arghyapradaane viniyogaH

Mantra 2/3

Mantra 4

Mantra

1. Stand erect holding tumbler in the left hand between thumb and first finger.
2. Hold both palms together, separating the thumb of the right hand from rest of fingers.
3. Take water in both palms - holding palms at the level of the face.
4. Recite mantra verbally - throw the water up in the air, looking at the sun, while doing so the heels of both legs should be raised.



Mantra 5
6

Mantra

(That is arghyam is offered standing on toes). Offer 1 arghyam

5. Water to be taken in right hand & thrown around the head
6. Turn around clockwise, saluting the sun with both hands (Arghyam)

<http://www.ibiblio.org/sripedia/ebooks/sandhya/yv/p-arghyam.html>

(Aparitya for a delay)

Yajur Veda: Pratah Sandhya Vandanam

13

Achamanam

Procedure Notes Video download: Achamanam (1 min, 12

12 megs

1. Sit in Kukustana with hands between legs
2. Twist the right palm so that the little finger, ring finger and middle finger are stretched while first finger is bent inwards forming a hollow in the middle of the palm. The thumb will remain separate from the first finger.
3. Put a small quantity of water from the vessel in the right hand palm (only a small quantity of water should be taken), swallow (not sip) this water uttering:

Om Achutaya Namah

Repeat 3 above uttering two times each repeating

Om Anantaya Namah

Om Govindaya Namah

4. Clean your mouth (lips) with water and wash hand
5. Recite the following mantras

Om keshavaaya thumb to touch right
namaH cheek

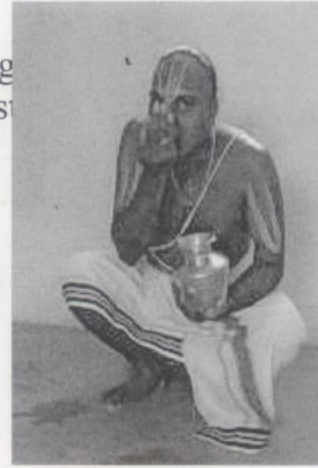
Om naaraayaNaaya thumb to touch left cheek
namaH

Om maadhavaaya ring finger to touch right
namaH eye

Om govindaaya ring finger to touch left
namaH eye

Om vishhNave index finger to touch right
namaH nostril

Om
madhusuudanaaya index finger to touch left
namaH nostril



Step 3



Step 4



Step 5

15
266
10 Thursday 11 Friday 12 Saturday
Yajur Veda: Pratah Sandhya Vandanam

Kesavadi Tarpanam

Procedure Notes

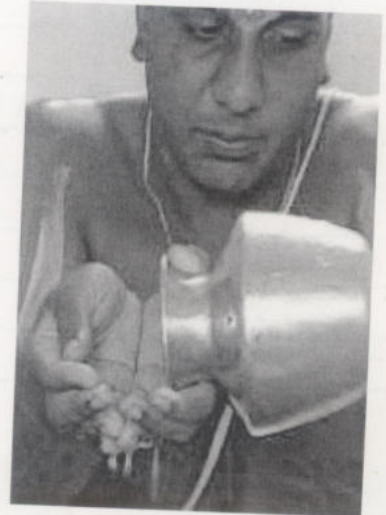
Video download: Kesavadi Tarpanam
(27secs) 4.7 meg

1. Similar to Arghyam but the heels need not be raised - hold tumbler in the left hand between thumb and first finger.
2. Hold both palms together, separating the thumb of the right hand from rest of fingers.
3. Take water in both palms - holding palms at the level of the face.
4. Recite mantra verbally - let water through the tips of the finger to the ground. Offer 1 tarpanam

Om keshavaM tarpayaami
Om naaraayaNaM tarpayaami
Om maadhavaM tarpayaami
Om govindaM tarpayaami
Om vishhNuM tarpayaami
Om madhusuudanaM tarpayaami
Om trivikramaM tarpayaami
Om vaamanaM tarpayaami
Om shriidharaM tarpayaami
Om hR^ishhiikshaM tarpayaami
Om padmanaabhaM tarpayaami
Om daamodaraM tarpayaami



Step 1,2,3



Step 4

Yajur Veda: Pratah Sandhya Vandanam

15

Achamanam

Procedure Notes Video download: Achamanam (1 min, 1

12 megs

1. Sit in Kukustana with hands between legs
2. Twist the right palm so that the little finger, ring finger and middle finger are stretched while first finger is bent inwards forming a hollow in the middle of the palm. The thumb will remain separate from the first finger.
3. Put a small quantity of water from the vessel in the right hand palm (only a small quantity of water should be taken), swallow (not sip) this water uttering:

Om Achutaya Namah

Repeat 3 above uttering two times each repeating

Om Anantaya Namah

Om Govindaya Namah

4. Clean your mouth (lips) with water and wash hand
5. Recite the following mantras

Om keshavaaya thumb to touch right
namaH cheek

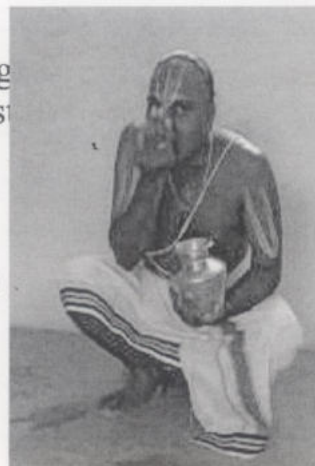
Om naaraayaNaaya thumb to touch left cheek
namaH

Om maadhavaaya ring finger to touch right
namaH eye

Om govindaaya ring finger to touch left
namaH eye

Om vishhNave index finger to touch right
namaH nostril

Om index finger to touch left
madhusuudanaaya nostril
namaH



Step 3



Step 4

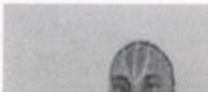


Step 5





Inst 4



17(a) contd

- sarveshhaaM praaNaayaame viniyogaH

Installation of the Lord Download: Video
(59secs) 10 meg

1. Procedure to be filled in

Mantra Download: Video
(43secs) 7.5 meg

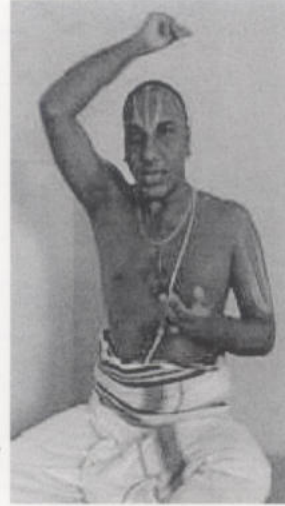
muktaavidruma hemaniila dhavaLachchhaayaiH
mukhaistriikshaNaiH
yuktaamindukalaa nibaddhamakuTaaM
tatvaartha varNaatmikaaM |
gaayatriiM varadaabhayaaM kushakashaM
shubhraM kapaalaM guNaM
shaN^khaM chakramathaaravindayugaLaM
hastairvahantiiM bhaje ||

(meditate on the form of gaayatrii devi)

omaapo jyotiraso.amR^itaM brahma
bhuurbhuvassuvarom.h

*(while chanting the above mantra perform aatma
parishuddhi with the two palms by gently
touching from head to toe)*

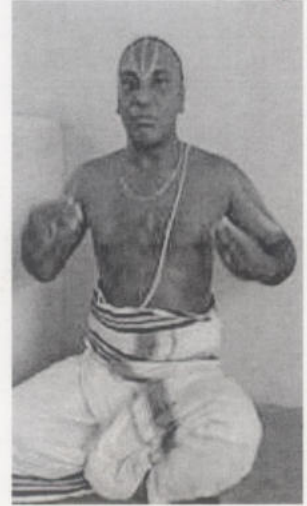
arkamaNDala madhyasthaM
suuryakoTisamaprabham.h |
brahmaadi sevya paadaabjaM naumibrahma
ramaasakham.h ||



Inst 4



Gayatri 1



Gayatri 2

Gayatri

17(b) Gayatri Japan.

Yajur Veda: Pratah Sandhya Vandanam

Ind

b) Pranayanam mantra japa

Procedure Notes

Video download: Nyasa 8 meg Inst 10 meg Mantra 7.5 meg

Nyasa

Download: Video (46secs) 8 meg

- oM praNavasya R^ishhi brahmaa
touch the head
devii gaayatreei chhandaH
touch the nose
paramaatmaa devataa
touch the chest
- oM bhuuraadi sapta vyaahR^itiinaaM atri
bhR^igu kutsa vasishhTha
gautama kaashyapa aaN^girasa R^ishhayaH
touch the head
gaayatreei ushhNik.h anushhTup bR^ihatii
paN^ti tR^ishhTup jagatyaH chhandaH {gm}
si touch the nose
agni vaayu arka vaagiisha varuNa indra
vishvedevaaH devataaH touch the chest
- saavitryaa R^ishhiH vishvaamitraH
touch the head
deviigaayatreei chhandaH
touch the nose
savitaa devataa touch
the chest
- gaayatreei shiraso brahma R^ishhiH touch
the head
anushhTup chhandaH touch
the nose
paramaatmaa devataa touch
the chest



Nyasa (head)



Inst-1



Inst 2
3



Inst

17(c)

Yajur Veda: Pratah Sandhya Vandanam

Index

Gayatri aavahanam

Procedure Notes

Video download: Nyasa 7.2meg Inst 9.2
meg Mantra 7.5 meg

Nyasa

Download: Video
(42secs) 7.3 meg

- aayaatu ityanuvaakasya vaamadeva
R^ishhiH *touch the head*
anushhTup.h
chhandaH *touch the*
nose
gaayatrii
devataa *touch*
the chest

gaayatrii aavaahane viniyogaH

*(hold the palms together in
praNaama/namaste posture)*

- aayaatu varadaa devii aksharaM brahma
sammitam |
gaayatriiM chhandasaaM maatedaM
brahma jushhasvanaH |

ojosi sahosi balamasi bhraajosi devaanaaM
dhaama naamaasi
vishvamasi vishvaayuH sarvamasi
sarvaayuH abhibhuuroM

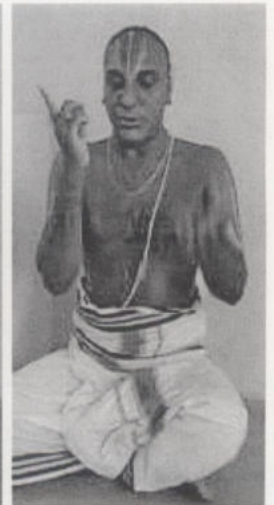
- gaayatriiM aavaahayaami (*aatma
aavaahanam*)



Nyasa (head)



Inst-1

Inst 2
3

Inst

Installation of the Lord

Download: Video
(54secs) 9.2 meg

17(d)

Yajur Veda: Pratah Sandhya Vandanam

Ind.

Gayatri Japam

Procedure Notes

Video download: Gayatri Japam (1m 3secs)
10.8 megs

1. Before commencing gayatri japam some preliminaries such as Pranayamam, sankalpah, pranayamam or pranayamam mantra japam, gayatri aavahanam should be completed.
2. For pratah and madhyanika it is done standing, while for sayam it is done sitting.
3. The japam is done 10, 28, 108 or 1008 times.
4. The counting is done in fingers, with thumb moving to different positions to indicate the number. By using right hand for units and left hand for tens we can count upto 100.
5. The hands for counting should be covered by the upper garment.
6. The hands are held at neck level for pratah, chest level for madhyanika and navel level for sayam.

Om

Bur bhuvah svahah

Tat savitur vareniyam

bhargo devasya dhimahi

diyo yo nah prachodyat

The mantra is in 5 sections, for Sandhyavandanam the first two sections are combined and each of the four sections above should be uttered in one breath.

7. Reciting a few times correctly with words and pauses will be better than reciting *incorrectly*.



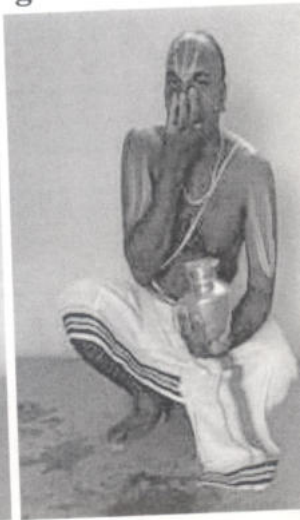
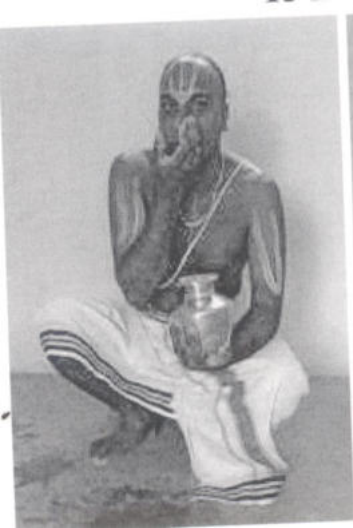
Step 4



Step 6



Step 5



Video download: Gayatri upastanam (1
32secs) **15 megs**



17(f)

Yajur Veda: Pratah Sandhya Vandanam

Gayatri upastanam

Procedure Notes

Video download: Gayatri upastanam (1
32secs) 15 megs

Sankalpah

shrii bhagavadaaGYayaa
shriimannaaraayaNa priityarthaM
praataH sandhyaa gaayatree
upasthaanaM karishhye

Nyasa

uttama ityanuvaakasya vaamadeva
R^ishhiH *touch the head*
anushhTup.h
chhandaH *touch*
the nose
gaayatree
devataa
touch the chest
gaayatree udvaasane viniyogaH

Mantra

uttame shikhare devii bhuumyaaM
parvata muurdhani |
braahmaNebhyo hyanuGYaanaM
gachchhadevi yathaa sukham.h ||

Perform the udvaasana mudra with the
palms stand up and hold the palms in
praNaama/namaste posture

oM | mitrasya charshhaNiidhR^itaH
shravodevasya saanasim.h |
satyaM chitra shravastamam.h ||



Sankalpah



Nyasa (chest)



Mantra

18

Yajur Veda: Pratah Sandhya Vandanam

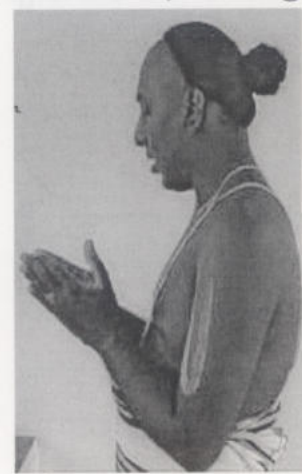
Ind

Sandyadi devata vandanam

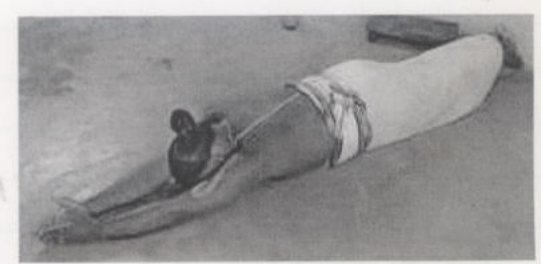
Procedure Notes

Video download: Sandyadi devata vadanam (1min 05ecs) 11 megs

1. Recite the mantras commencing with facing east:
Om Sandhyayai Namah (East)
Om Savitrai Namah (South)
Om Gayatrai Namah (west)
Om Saraswatai Namah (North)
Om sarvaabhyo devataabhyo namo namaH (East)
Om kaamokaarshhiit.h manyurakaarshhiit.h namo namaH (East)
2. Namaskaram (4 times)



Step 1



Step 2



Why is 'cliff yoga' such a hot fad?

People have tried yoga in offices, on a paddle-board, on the sand, in water and now, they're taking this fitness regimen to a new height, quite literally! Say hello to extreme yoga, where a bunch of folks are doing their *asanas* in the most extreme locations — atop a cliff, on the edge of a mountainside and by a lake. Climber and adrenaline junkie Martina Cufar has done extreme yoga atop a 3,500 metre mountain peak at Mont Blanc and other practitioners are trying their 'Yoga on Snow' at snowy peaks like St Moritz. A daily in China recently carried a series of photographs showing young girls practising yoga on a mountain peak 2,000 metres high. The cliff exercises at Funiu mountain in country's central Henan province is another example of this fad. Back home, several Indian yoga retreats have been set up in the Himalayas. What's the lofty challenge all about?

NO OTHER DISTRACTIONS

Based on the mantra of 'mindfulness' this involves quiet meditation with little or no distractions around — there is no blaring of horns, no sound of chatter and the daily cacophony; it's just you in tune with nature. This is said to be so effective that it converts your exercise period into the most productive time. As you get in sync with your thoughts, you slowly learn to control inner stress.

ACROYOGA

Another offshoot of this is 'acroyoga' done by two people and mostly enjoyed outdoors at a height or in some other exotic location. This is a mix of physical and mental discipline and as the practitioners do the poses with graceful movements, it brings about greater focus and mindfulness. The acrobatic styles vary from lifting and balancing someone's weight on the feet to pushing back as you hold another's body weight.

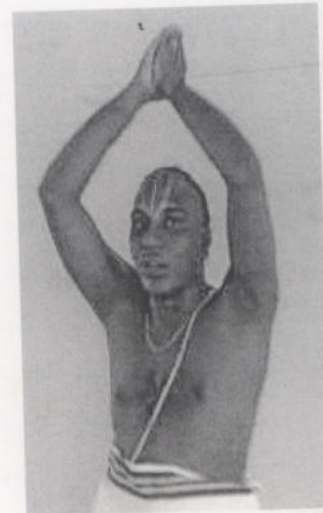
Yajur Veda: Pratah Sandhya Vandanam

20

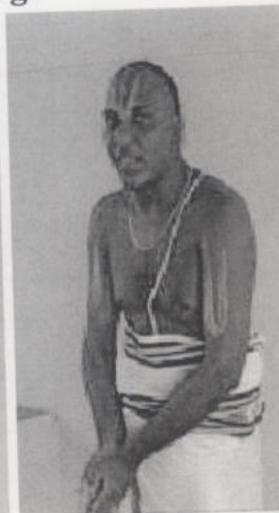
Dikh vandanam

Procedure Notes Video download: Dikh vandanam (1min 56s)
20 megs

- oM praachyai dishe namaH *Facing East*
oM dakshiNaayai dishe namaH *Facing South*
oM pratiichyai dishe namaH *Facing West*
oM udiichyai dishe namaH *Facing North*
oM uurdhvaaya namaH *East*
folded palms upwards
oM adharaaya namaH *East*
folded palms to the ground
oM antarikshaaya namaH *East*
folded palms upwards
oM bhuumyai namaH *East*
folded palms to the ground
oM vishhNave namaH *East*
folded palms straight
- dhyeyassadaa savitR^imaNDala
madhyavartii
naaraayaNaH sarasijaasana sannivishhTaH |
keyuuravaan.h makarakuNDalavaan.h
kiriiTii
haarii hiraNyaya vapuH dhR^ita shaN^kha
chakraH ||



Step 1 (up)



Step 1 (down)



Step 3

shaN^kha chakra gadaa paaNe dvaarakaa
nilayaachyuta |
govinda puNDariikaaksha raksha maaM
sharaNaagatam.h ||

namo brahmaNya devaaya
2nd part of the prayer. (1) Namah to the Lord (2) Namah to the Lord (3) Namah to the Lord

2. NAMAKAM : 1. TIME

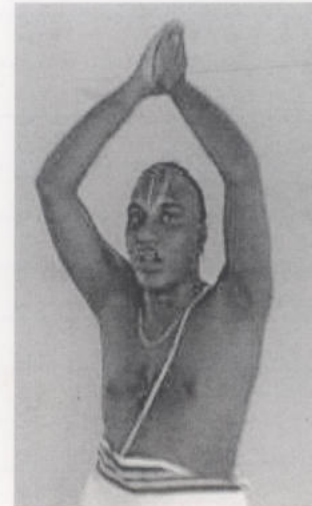
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Dikh vandanam

Procedure Notes Video download: [Dikh vandanam \(1min 56s\)](#)

20 megs

1. oM praachyai dishe namaH *Facing East*
- oM dakshiNaayai dishe namaH *Facing South*
- oM pratiichyai dishe namaH *Facing West*
- oM udiichyai dishe namaH *Facing North*
- oM uurdhvaaya namaH *East*
folded palms upwards
- oM adharaaya namaH *East*
folded palms to the ground
- oM antarikshaaya namaH *East*
folded palms upwards
- oM bhuumyai namaH *East*
folded palms to the ground
- oM vishhNave namaH *East*
folded palms straight



Step 1 (up)



Step 1 (down)



Step 3

- * 2. dhyeyassadaa savitR^imaNDala
madhyavartii
naaraayaNaH sarasijaasana sannivishhTaH |
keyuuravaan.h makarakuNDalavaan.h
kiriiTii
haarii hiraNyaya vapuH dhR^ita shaN^kha
chakraH ||

shaN^kha chakra gadaa paaNe dvaarakaa
nilayaachyuta |
govinda puNDariikaaksha raksha maaM
sharaNaagatam.h ||

namo brahmaNya devaaya *ನಮಃ ಬ್ರಹ್ಮನೈವ ದೇವಾಯ*
ಸರ್ವವ್ಯಾಪಕನಾದ ದೇವತೆಯನ್ನು ನಮಿಸುವೆನು

3. NAMASKARAM : 4 TIMES

Yajur Veda: Pratah Sandhya Vandanam

Ind

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Abhivadanam

Procedure Notes

Video download: Abhivadanam (15secs) 2.7 megs

1. The palms of the hands are kept near ears, the body is bent at waist level and Abhivadanam is recited.

abhivaadaye (.....) (.....) (.....)
 +optionally (.....) (.....).
 thrayarsheya or panchashreya
 pravaraanvita (1)
 (.....) gotraH (2)
 (.....) suutraH (3)
 (.....) shaakhaadhyaayii (4)
 shrii (.....) sharmaanaamaahaM
 asmibhoH|| (5)



Step 1

Note: The blanks have to be filled in - see notes below

2. After completing the recitation, the right forehand crosses above the left forehand, and touch the feet of elders.
3. By Abhivadanam an individual expresses his descent-namely dynastic rishis, gotra, sutra, veda, saka and name.

Achamanam

Procedure Notes Video download: Achamanam (1 min, 12secs)

12 megs

1. Sit in Kukustana with hands between legs
2. Twist the right palm so that the little finger, ring finger and middle finger are stretched while first finger is bent inwards forming a hollow in the middle of the palm. The thumb will remain separate from the first finger.
3. Put a small quantity of water from the vessel in the right hand palm (only a small quantity of water should be taken), swallow (not sip) this water uttering:

Om Achutaya Namah

Repeat 3 above uttering two times each

repeating

Om Anantaya Namah

Om Govindaya Namah

4. Clean your mouth (lips) with water and wash hand
5. Recite the following mantras

Om keshavaaya thumb to touch right
namaH cheek

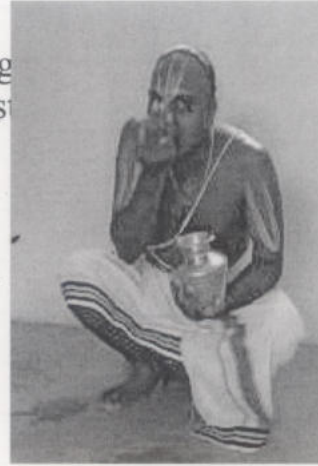
Om naaraayaNaaya thumb to touch left cheek
namaH

Om maadhavaaya ring finger to touch right
namaH eye

Om govindaaya ring finger to touch left
namaH eye

Om vishhNave index finger to touch right
namaH nostril

Om index finger to touch left
madhusuudanaaya nostril
namaH



Step 3



Step 4



Step 5

Yajur Veda: Pratah Sandhya Vandanam

Indo

Satvika Tyaga

Procedure Notes

Video download: Santvika Tyaga
(26secs) 4.4 meg

1. Recite with folded hands
2. Bhagavaneva (to be filled in)



Step 1

Satvika Tyaga

- This is for Sri Vaishnavas only. Essence of SriVaishnavism is complete surrender to God. Hence every activity is dedicated to the Lord. By reciting these lines, with folded hands, one surrenders his ego and dedicates himself to the service of the Lord, praying at the same time to the Lord (residing as antaryami) to help him in the performance of the act.
- **Re: Satvika ThyAgaha Mani**
Varadarajan (Mon Jun 12 2000)
- **Re: [Satvika ThyAgaha] M.S.HARI**
(Madabhushi Sarangarajan Hari) (Mon Jun 12 2000)



(13ecs) 2.3 megs



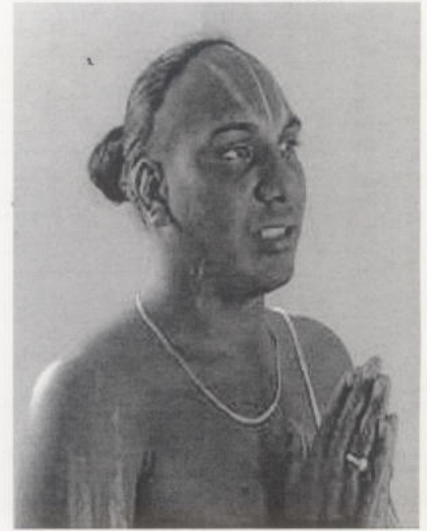
25

SriRanga Mangala Manim

Procedure Notes

Video download: [Sriranga Mangala Manim](#)
(13ecs) 2.3 megs

1. shriiraN^ga maN^gaLanidhiM
karuNaanivaasam.h
shriiveN^kaTaadri shikharaalaya
kaalamegham.h |
shriihastishaila shikharojvala paarijaatam.h
shriishaM namaami shirasaa yadushaila
diipam.h ||



Step 1

SriRanga Mangala manim Notes

- Deities installed in our temples are "Archa" forms of the Lord. "Archa Murthys" at Srirangam, Tirumala, conjeevaram and Melkote are classified as "Swayamvakta" forms of the Lord. That is the Lord resides at these places by His self will (not installed by any one) to bless his devotees. One of these tenets of Bhagavan Ramanuja is that every Srivaishnava should remember the Lord at these places everyday. Hence, this hymn has been included in the Sandyavandanam in accordance with the tents of Sri Ramanuja.