

ओ३म् कृण्वन्तो विश्वम् आर्यम्

Om

*Kriṇvanto Vishwam Aryam
Making the Universe Noble*

**The Procedure
Of the
Sandhyaa and Havan**

संध्या व हवन विधि

महर्षि दयानंद सरस्वती कृत संस्कार विधि से

Extracted from the Sanskaar Vidhi

By

**Maharṣhi Dayaananda
Saraswatee**



Contents

1. Preparation and Etiquettes तैयारी और शिष्टाचार	1
2. Transliteration guide for romanizing various phonetics.....	4
3. Early morning prayers प्रातः कालीन प्रार्थना	5
4. Gaayatree Mantra गायत्री मंत्र	7
5. Sandhyopaasanaa संध्योपासना	8
6. Brahma Sootra Dhaaraṇa ब्रह्म सूत्र धारण	29
7. Deva Yajña देव यज्ञ	30
8. Ishwara Stuti Upaasanaa ईश्वर स्तुति उपासना	31
9. Swasti Vaachana स्वस्ति वाचन	34
10. Shaanti Karaṇa शांतिकरण	38
11. Shiva Saṅkalpa Stotra शिव संकल्प स्तोत्र	41
12. Brahma Stotra ब्रह्म स्तोत्र	44
13. Agni Hotram अग्निहोत्रम्	47
14. Brihada Viśeṣha Yajña बृहद विशेष यज्ञ	56
15. Offerings for specific Reasons विशेष आहुति	61
a. Thanking Mother Nature प्रकृति के लिए आहुति	61
b. Poornimaa (Full Moon) Yajña पूर्णिमा यज्ञ	61
c. Amaavasyaa (No Moon) Yajña अमावस्या यज्ञ	62
d. Praying for health स्वास्थ्य के लिए आहुति	63
e. Starting Education विद्यारम्भ	64
f. Starting New Job / Business व्यवसाय आरम्भ	67
g. Birthday / New born जन्मदिवस / वंश वृद्धि	67
h. New Year / Holi / Deepawali नव संवत्सर (वर्ष) / होली / दीपावली	68
i. Harmony at home पारिवारिक सौहार्द	69
j. Wedding Anniversary विवाह वर्षगांठ	70
k. Remembering a departed soul दिवंगत स्मृति	71
l. Work related to government शासन से शांति	71
m. New Vehicle नवीन वाहन	72
16. Bali Vaishva Deva Yajña बलि वैश्वदेव यज्ञ	73
17. Poornaahuti पूर्णाहुति	75
18. Mukha Sparshah मुख स्पर्शः	77
19. Vaamdevya Gaana वाम देव्य गान	78
20. Yajñ Praarthanaa Bhajan यज्ञ प्रार्थना भजन	79
21. Prayers for Universal Happiness विश्व कल्याण प्रार्थना	81
22. Aaratee Bhajan आरती भजन	82
23. Shaanti paatha शांति पाठ	83
24. Jay Ghosh जय घोष	84
25. Meal Time Prayer भोजन मंत्र	84
26. Prayer for Common Understanding सामाजिक सौहार्द	85
27. Principles of Arya Samaaj आर्यसमाज के दस नियम	86

तैयारी और शिष्टाचार Preparation and Etiquettes:

१. सब समय पर मंदिर पधारें. विशेषतः यजमान अवश्य ही समय से पहले पधारें.
२. सेल फोन आदि मंदिर में घुसने से पहले बंद कर दें.
३. अपने बच्चो पर नियंत्रण रखें. यदि वह शोर करे या उपद्रव मचाएँ तो उन्हें दूसरे कमरे में ले जाएँ ताकि प्रार्थना में व्यवधान न आए
४. उजले रंग के वस्त्र पहने. काले या गहरे रंग वाले वस्त्र न पहनें
५. आसान पर अन्य परिवारो के सदस्यो को भी बैठने दें
1. Show up on time before the start of the prayer service, especially the Yajmaan.
2. Switch off all cell phones and / or any other electronic devices, before entering the Mandir.
3. Families / individuals with child(ren) should ensure that their child(ren) are quite throughout the entire prayer service. Please take your child(ren) to another room if they are noisy or disruptive.
4. Wear light or bright colored clothing. Avoid any dark or dull colored clothing.
5. Happily share the vedi aasana with other families.

प्रसाद और भोजन की तैयारी: Prasaad and Meals served after the prayer service:

१. भोजन और प्रसाद को सात्विक तरीके से बनाएँ
 - क) दूध, दही, पनीर, मक्खन के अतिरिक्त सभी पशु मूल के पदार्थों का मंदिर में लाए भोजन और प्रसाद में प्रयोग न करें.
 - ख) भोजन व प्रसाद स्वच्छ बर्तनों में बनाएँ. उन बर्तनों का प्रयोग न करें जिनमे कभी भी अंडा, माँस आदि पकाया गया हो
 - ग) उस रसोई में न पकाएँ जहाँ माँस, अंडा आदि मौजूद हो
 - घ) भोजन व प्रसाद बनाने से पहले स्नान करें
 - ङ) भोजन व प्रसाद प्रसन्न मन से प्रभु को ध्यान में रखकर बनाएँ
 - च) विशेष गंध वाली सब्जियों जैसे प्याज, लहसुन आदि का प्रयोग न करें
२. प्रसाद में नमक का प्रयोग न करें
 1. Prasaad and meals for the congregation should be prepared keeping saatvik principles in mind.
 - a) All animal origin products except dairy (milk, butter, cheese, ghee, yogurt) are considered non-vegetarian and unfit for human consumption.
 - b) Prepare food in utensils that have never been used to cook any non-vegetarian food.
 - c) Take a proper bath before the preparation of the food.
 - d) Prepare food in kitchen where no non-vegetarian food is present.
 - e) Prepare food prayerfully and with happy thoughts in your mind.
 - f) Do not use smelly vegetables like onions and garlic in the food prepared to be served in mandir.
 2. Do not put any salt in the prasaad

संध्योपासना Sandhyopaasanaa

१. यदि संभव हो तो आचमन और अंग स्पर्श के लिए एक लोटे में स्वच्छ जल और एक श्वेत तौलिया ले लें। जल उपलब्ध न हो तो भी संध्या अवश्य करें।
२. पद्मासन, सुखासन (पालथी) या अन्य किसी आरामदायक तरीके से बैठे। पीठ और गर्दन सीधी रखे। आँखे अधखुली रखे।
३. संध्या के दौरान ध्यान लगाए और प्राणायाम द्वारा श्वास पर नियंत्रण रखें।
४. मंत्र का उच्चारण करते हुए उसमें निहित भाव की ओर ध्यान दें।
५. ध्यान लगाते हुए प्राणायाम करने का तरीका
 - क) मंत्र का मानसिक उच्चारण करते हुए धीरे धीरे श्वास अंदर ले। साथ ही मंत्र में निहित भाव का स्मरण करें। अभ्यास के साथ पूरे मंत्र का उच्चारण एक श्वास में किया जा सकता है।
 - ख) श्वास को यथाशक्ति अंदर रोक कर रखें
 - ग) मंत्र का मानसिक उच्चारण करते हुए धीरे धीरे श्वास छोड़ें। साथ ही मंत्र में निहित भाव का स्मरण करें। अभ्यास के साथ पूरे मंत्र का उच्चारण एक श्वास में किया जा सकता है।
 - घ) श्वास को यथाशक्ति बाहर रोक कर रखें।
 - ङ) अगले मंत्र पर जाएँ और यही क्रम दोहराए।
1. Sandhya is the foundation of the spiritual experience. Make sure to attend it.
2. If possible, take a "lota" (water cup) and a white towel for aachamana and aṅga sparsha.
3. Sit in a comfortable position, with back and neck erect and eyes slightly closed.
4. Meditate and practice deep breathing throughout the Sandhyopaasanaa.
5. Contemplate on the meaning of the mantra while chanting it.
6. The **steps** for proper deep breathing exercise while meditating are:
 - a) Inhale slowly while mentally chanting a mantra and contemplating its meaning. With practice you should be able to mentally chant the whole mantra in a single breath.
 - b) Hold the breath as long as you comfortably can.
 - c) Slowly release the breath while mentally or softly chanting the same mantra again. Complete this phase and force all air out even if the mantra finishes before the breathing cycle is complete.
 - d) Hold the air out as long as you comfortably can.
 - e) Now go to the next mantra and follow the same cycle again.

प्राणायाम की मात्राएँ: एक अवधि में धीरे धीरे श्वास अंदर लें, दुगनी अवधि श्वास को अंदर रोक कर रखें, फिर एक अवधि में धीरे धीरे श्वास छोड़ें और दुगनी अवधि श्वास को बाहर रोके। अभ्यास के साथ अवधि बढ़ाई जा सकती है। जितना आराम से हो उतना ही करे ताकि ध्यान में विघ्न ना पड़े।

Duration of the breathing cycle: The proper duration for the various stages of the breathing cycle during praanaayaam is: 1 length for breathing in, 2 lengths for holding the breath in, 1 length for breathing out and 2 lengths for holding the breath out. For example, if you take 10 seconds for breathing in, then you should hold the breath in for

20 seconds, exhale out in 10 seconds and hold the breath out for 20 seconds. *However, work towards it slowly and make sure that you are comfortable enough to be able to meditate.*

न करे:

- १) मंत्र का उच्चारण ज़ोर ज़ोर से ना करे. मन ही मन में उच्चारण ध्यान लगाने में मदद करेगा. यदि मुँह से उच्चारण करना ही हो तो इतना धीमे से करे की आपके बगल में बैठे व्यक्ति तक आवाज़ न पहुँचें.
- २) जल्दबाज़ी न करे. मंत्रों के बीच में विराम लें.
- ३) सभा में की गयी संध्या में लाउडस्पीकर का प्रयोग यथा संभव न करें.
- ४) गहरे रंग के कपड़े उर्जा सोखते हैं ऊँहे संध्या और हवन के दौरान न पहने.
- ५) यजमान यदि देर से पधारे तो हवन वेदी पर बैठने की अपेक्षा न करें.

Don't:

1. **Don't chant loudly** during Sandhya. Mental chants are the best. If you need to chant verbally, chant so softly that person sitting next to you can't hear you.
2. **Don't rush** your chants. Never begin the next mantra while the prior mantra is still unfinished.
3. **Avoid using microphones and amplifier systems** during Sandhya.
4. **Don't wear dark or dull colored clothing.**
5. Yajmaan, in case you decide to come late, please **don't complain** about not being invited to the hawan vedi.

Transliteration guide for Romanizing various phonetics:

Devanagari script has 15 vowels and 39 consonants and it is very difficult to transliterate the original sounds using 26 letters from roman alphabet. Following guideline has been used for transliteration while compiling this booklet.

Vowels:

The long vowel sound is represented by double occurrence of a roman vowel

अ a	आ aa	इ i	ई ee	उ u	ऊ oo	ऋ ri	ॠ ree
ए e	ऐ ai	ओ o	औ au	अं aṅ, aṅ̃, aṇ̇, an, am	अँ aṁ	अः aḥ	

Consonants:

Devanagari has provision for several nasal sounds, retroflex consonants and dual consonants. Please refer to following table for transliteration of the consonants.

						Nasal	Approximant	Fricative	
Guttural कंठ्य	क ka	ख kha	ग ga	घ gha		ङ ṅa			ह ha
Palatal तालव्य	च cha	छ chha	ज ja	झ jha		ञ ña	य ya	श sha	
Retroflex मूर्ध्य	ट ṭa	ठ ṭha	ड ḍa	ढ ḍha	ळ ḷa	ण ṇa	र ra	ष ṣha	
Dental दन्त्य	त ta	थ tha	द da	ध dha		न na	ल la	स sa	
Labial ओष्ठ्य	प pa	फ pha	ब ba	भ bha		म ma	व va / wa		
Biconsonantal conjuncts	क्ष (क् + ष) kṣha	त्र tra	ज्ञ (जू + ज) jñā						

प्रातः कालीन प्रार्थना Early morning Prayers:

प्रातरग्निं प्रातरिन्द्रं हवामहे प्रातर्मित्रावरुणा प्रातरश्विना ।
प्रातर्भगं पूषणं ब्रह्मणस्पतिं प्रातः सोममुत रुद्रं हुवेमः ॥१॥

Om Praatar agnim praatar indram havaamahe
Praatar mitraa varuṇaa praatar ashvinaa
Praatar bhagam pooṣhaṇam brahmaṇas-patim
Praataḥ somam-uta rudram huvema.

In the early morning as we begin the day, (as we rise), we invoke Agni, the holy fire, the great purifier; Indra, the cosmic energy; Mitra and Varuṇa, sun and ocean; the Ashwins, twin divinities of nature's energies of prana and udana; Bhaga, spirit of grandeur and glory; Poosha, spirit of nourishment and vitality; Brahmaṇaspati, Lord Supreme of the universe and the Divine Word; Soma, herbal energy; Rudra, lord of justice and freedom from evil and ailment.

प्रातर्जितं भगमुग्रं हुवेम वयं पुत्रमदितेर्यो विधर्ता ।
आध्रश्चिद्यं मन्यमानस्तुरश्चिद्राजा चिद्यं भगं भक्षीत्याहः ॥२॥

Om Praatar jitam bhagam-ugram huvema vayam
Putram-aditeryo vidhartaa
Aadrash-chidyam manyamaanasturash-ch-idraajaa
Chidyam bhagam bhakṣheetyaaha.

As we begin the day we invoke Bhaga, all victorious lord and spirit of glory, child of indestructible mother Infinity and sustainer of all regions of the universe, universally acknowledged and adored, to whom the weakest as well as the most powerful and brilliant prays and says "O Lord, may I move on the pathway of Dharma to obtain the glory and grace I need".

भगु प्रणेतर्भगु सत्यराधो भगोमां धियमुदवा ददन्नः ।
भगु प्र णो जनय गोभिरश्वैर्भगु प्र नृभिर्नृवन्तः स्यामः ॥३॥

Om Bhaga praṇetar bhaga satyaraadho
Bhagemaam dhiyam-udavaa dadannaḥ
Bhaga pra ṇo janaya gobhir-ashvair-bhaga
Pra nribhir-nrivantaḥ syaama

O Bhaga, lord of power and glory, you are the leader. Lord of light, you are the giver of victory in the field of truth. Lord omniscient, protect and promote this wisdom and intelligence of ours, giving us more and ever more of it. Lord of universal prosperity, provide us with adequate resources of land, cattle, the light of knowledge, speed and success in the field of transport, communication and achievement. O lord of life and humanity let us be blessed with leaders and workers of exceptional all-round qualities.

उ॒तेदानीं॑ भ॒गव॑न्तः स्या॒मो॒त प्र॑पि॒त्व उ॒त म॑ध्ये अ॒ह्ना॒म् ।
उ॒तोदि॑ता म॒घव॑न्त्सूर्य॒स्य व॒यं दे॒वानां॑ सु॒मतौ॑ स्या॒म॑ ॥४॥

**Om Utedaaneem bhagavantah syaamota
Prapitva uta madhye ahnaam
Utoditaa maghavant-sooryasya vayam
Devaanaam sumatau syaama**

O God, may we be happy and prosperous now, at this very time and at the end of the day, in the middle of the day and through the seasons . And also, O lord of power and glory, let us enjoy the good-will and kindness of the divinities during the day-time and all other times.

भ॒ग ए॒व भ॒गवाँ॑ अस्तु दे॒वास्ते॑न व॒यं भ॒गव॑न्तः स्या॒म ।
तं त्वा॑ भ॒गु॒ सर्व॑ इ॒ज्जो॑हवीति॒ स नो॑ भ॒ग पु॒र॒ए॒ता भ॒वे॒ह॑ ॥५॥

—ऋ० मं० ७ । सू० ४१ ॥

**Om Bhaga eva bhagavaam astu devaastena
Vayam bhagavantah syaama
Tam tvaa bhaga sarva ijjo haveeti
Sa no bhaga pura-etaa bhaveha**

Bhaga, lord of glory is really the lord of glory. By virtue of his grace, let us too be masters of power, prosperity, and excellence, brilliant and generous. O lord of universal power and grace, all life and humanity does homage and obeisance unto you. O lord of prosperity and excellence, you alone are worthy to be our guide, pioneer and leader.

As a pelude to Sandhayaa, chant **Om** and **Gayatree Mantra** at least three times, contemplating on their meanings. The **Gaayatree Mantra** has been taught in a disciplic succession by ancient Rishis, to assist us to unlock the source of inspiration.

**ओ३म्, (यजु० अ० ४०।मं० १७) भूर्भुवः स्वः। तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात् ॥**

यजुः० अ० ३६।मं० ३॥ ऋ० मं० ३।सू० ६२।मं० १०॥

**Om bhoor bhuhwah swah,
Tat savitur varenyam Bhargo devasya dheemahi,
Dhiyo yo nah pracho-dayaat.**

<p>ओंकार आद्य अक्षय, अद्वैत अज अनुपम अदभुत अजर अजन्मा, अव्यय अनघ अरूपम हो सत्य रूप स्वामी, चित चारू चेत धारी आनंद ओजमय हो, आदर्श आर्त हारी प्राणेश! प्रार्थना है, पथ पुण्यमय दिखाओ मिथ्या ममत्व मत्सर, मल मोह मद मिटाओ सेवा सुमन पिरोकार, माला महत बनाऊँ अनुराग भावना से, भगवान पर चढ़ाऊँ मुद मांगलिक मन से, मैं मोक्ष धाम जाऊँ सर्वोच्च शांति सुखकर, सात्विक समृद्धि पाऊँ विश्वात्मा विनय है, वर दीजिए विचारी धी धर्ममय धवल हो, ध्रुव धैर्य ध्यानधारी</p>	<p>Omkaar aady akshay, adwait aj anupam Ad-bhut ajar ajanmaa, av-yay a-nagh aroopam Ho satya roop swaamee, chit chaaroo chet dhaaree Aanand ojamay ho, aadarsh aart haaree Praanesh praar-tha-naa hai, path punya-may dikhaa-o Mithyaa ma-matwa mat-sar, mal moh mad mitaa-o Sewaa suman pirokar, maalaa mahat banaa-oon Anuraag bhaawa-naa se, bhagawaan par chadhaa- oon Mud maangalik man se, mai moksh dhaam jaa- oon Sarvochch shaanti sukhakar, saat-wik samriddhi paa-oon Vishwaatmaa vinay hai, var deejiye vichaaree Dhee dharmamay dhawal ho, dhruv dhai-ry dhyaana-dhaaree</p>
--	---

God is dear to me like my own breath. He is the dispeller of my pains, and the giver of happiness. I mediate on the supremely adorable light of the divine creator, that it may inspire my thought and understanding.

Oh Soul of Life, the Holy King of Kings!
Oh God of all the regions, high and low,
Oh Lord of Joy, Whose Glory nature sings,
Who shapes the earth and lets the mortals grow.
We seek Thy blessed Feet to meditate
Upon Thy Glorious Form of Holy Light
Which drives away the gloom of sins we hate
And makes the souls of righteous people bright.
My heart, oh Father, meekly prays to Thee
To win Thy Grace, to make me good and wise,
And bless my mind with knowledge, full and free
From dark and vicious thoughts of sins and lies.

अथ संध्योपासना विधिः

ATHA SANDHYO'PAASANAA VIDHIḤ

Here Begins the Procedure Of

Sandhyaa Upaasanaa (Brahma yajña)

We now Commence The Song of the Soul Established In Divine Meditation. We meditate on the Supreme Soul and the Universe, to discover our relationship with both.

FIRST PERFORMANCE

आचमन AA-CHAM-ANA:

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (Chant the mantra once and sip the water thrice).

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥ १ ॥

—यजुः० ३६।१२

1. Om shanno deveer abhiṣṭaya 'aapo bhavantu peetaye.
Shanyor abhi sravantu naḥ.

देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए। यह नीर हो सुधामय कल्याण दान दीजिए॥ नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा। बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥	Devee swaroop eeshwar poorṇ abheesṭ keeji-e yah neer ho sudhaa-may kalyaan daan deeji-e Nit riddhi siddhi barse hit ho sadaa hamaaraa bahatee rahe hriday me sad-dharm prem dhaaraa
--	--

TRANSLATION

May the All-Pervading Divine Mother, the Bestower of light and happiness, be helpful to us in satisfying the cravings of our body and soul, and may She shower on us Her blessings and happiness from all around.

May the Divine Waters be for our drink and fulfillment. May they continually flow from the fountain of peace all around us.

*O All-pervading Mother, Sweet and Divine,
Be pleased to bless the cravings of my soul
To reach thy bosom. May this world of mine,
Be filled with peace and bliss from pole to pole.*

SECOND PERFORMANCE

इंद्रिय स्पर्श INDRIYA SPARSHA:

Touching the limbs with sacramental water, and praying that these limbs may earn me fame (yasha) and strength (bala).

अथेन्द्रियस्पर्शः —

ओं वाक् वाक् । ओं प्राणः प्राणः । ओं चक्षुः चक्षुः । ओं श्रोत्रं
श्रोत्रम् । ओं नाभिः । ओं हृदयम् । ओं कण्ठः । ओं शिरः । ओं बाहुभ्यां
यशोबलम् । ओं करतलकरपृष्ठे ॥

2. Om vaak vaak	(Touch lips)
Om praanaḥ praanaḥ	(Nostrils)
Om chakṣuḥ chakṣuḥ	(Eyes)
Om shrotram shrotram	(Ears)
Om naabhiḥ	(Navel)
Om hridayam	(Heart)
Om kanṭhaḥ	(Throat)
Om shiraḥ	(Head)
Om baahu-bhyaam yasho-balam	(Shoulders)
Om kara-tala kara-priṣṭhe	(Palms, front and back)

तन मन वचन से होंगे, हम शुद्ध कर्म कारी
दुष्कर्म से बचेंगी, सब इंद्रिया हमारी
वाणी विशुद्ध होगी, प्रिय प्राण पुण्यशाली
होंगी हमारी आँखे, ये दिव्य ज्योति-वाली
ये कान ज्ञान भूषित, यह नाभि पुष्टि-कारी
होगा हृदय, दयामय! सम्यक सुधर्म धारी
भगवान! तेरी गाथा, गाएगा कंठ मेरा
सिर मे सदा रमेगा, गौरव गुरुत्व तेरा
होंगे ये हाथ मेरे यश ओज तेज-धारी
मेरी हथेलियाँ भी होंगी पवित्र प्यारी

Tan man vachan se hoṅge, ham shuddh karm
kaaree
Duṣh-karm se bacheṅgee, sab indriyaa hamaaree
Vaaṅee vishuddh hogee, priy praan puṅya-shaalee
Hoṅgee hamaaree aankhe, ye divy jyoti-waalee
Ye kaan jñaan bhooṣhit, yah naabhi puṣṭi-kaaree
Hogaa hriday, Dayaamay! samyak sudharm
dhaaree
Bhagawaan! teree gaathaa, gaa-egaa kanṭh meraa
Sir me sadaa ramegaa, gaurav gurutw teraa
Hoṅge ye haath mere yash oj tej dharee
Meree hathe-liyaan bhee hoṅgee pavitr pyaaree

TRANSLATION

O Supreme One! May You inspire virtue and grace in all the limbs of my body, that they may earn me fame and strength. May my speech be sweet and fulfilling. May my breathing provide my body with enough vital air. May I absorb the best influences from the outside world through my eyes and ears. May I exercise control in my sensual passions, and my heart possess harmonizing emotions. May I consume righteous and healthy food (vegetarian), and sustain pious thoughts. And may I use my hands only to worship You and perform good actions.

I make a vow before Thy sacred Throne
To try and hold my mortal heart away
From sin; my human organs shall be prone
To keep the world I give Thee on this day.
My tongue, my nose and both the sides of palm,
My eyes, my ears, the genitals and my heart
My hands, my throat, and head, serene and calm,
Will sure remain from sinful deeds apart.

THIRD PERFORMANCE

मार्जन MAARJANA:

Seeking God's blessings in purifying the whole body of any impurities (by sprinkling water) and thinking of scrubbing clean all body part and the action performed through them.

ओं भूः पुनातु शिरसि। ओं भुवः पुनातु नेत्रयोः। ओं स्वः
पुनातु कण्ठे। ओं महः पुनातु हृदये। ओं जनः पुनातु नाभ्याम्। ओं
तपः पुनातु पादयोः। ओं सत्यं पुनातु पुनश्शिरसि। ओं खं ब्रह्म
पुनातु सर्वत्र ॥

- | | |
|-----------------------------------|---------------------|
| 3. Om bhooḥ punaatu shirasi. | (Sprinkle the head) |
| Om bhuvah punaatu netrayoḥ. | (Eyes) |
| Om svah punaatu kaṇṭhe. | (Throat) |
| Om mahah punaatu hridaye. | (Heart) |
| Om janah punaatu naabhyaam. | (Navel) |
| Om taph punaatu paadayoḥ. | (Feet) |
| Om satyam punaatu punash-shirasi. | (Head) |
| Om kham brahma punaatu sarvatra. | (All over) |

<p>जीवन स्वरूप जगपति! मस्तक पवित्र करदो दयार्द्र हो दयामय, नयनों मे ज्योति भरदो आनंद मय अधीश्वर, हमको सुकंठ दीजिए भगवन हृदय सदन मे, हरदम निवास कीजिए जग के जनक हमारी हो नाभि निर्विकारी पद भी पवित्र होवे, हे सर्वज्ञानधारी पुनि-पुनि पुनीत सिर हो, हे सत्यरूप स्वामी सर्वांग शुद्ध होवे, व्यापक विभो! नमामि</p>	<p>Jeevan swaroop jaga-pati! mastak pavitr kardo Dayaardr ho dayaamay, nayano me jyoti bhardo Aanand may adheesh-var, hamko sukanth deejie e Bhagavan hriday sadan me, hardam nivaas keejie Jag ke janak hamaaree ho naabhi nir-vikaaree Pad bhee pavitr hove, he sarv jñaan dhaaree Puni puni puneet sir ho, he saty roop swaamee sarvaang shuddh hove, vyaapak vibho namaami</p>
---	---

TRANSLATION

For complete purity in my entire personality, I pray that The Lord, the basis of all existence, grant me knowledge that can help purify my thinking; my vision; my speech; my hearing; my sensual impulses; my movements; my understanding; and my entire personality; so that all my thoughts and actions conform to the dharma.

But Glorious Father! I am weak and frail
And hence depend on Thy Loving Grace,
My sole efforts will not, O Lord, avail
The frightful host of heinous sins to face.
So, therefore, Lord, I meekly pray to Thee
To make me pure in mind, and too strong
To yield to tempting sins. O make me free
To sit in peace and sing Thy Glory's song.
O Living, Holy, Happy Father, Great,
The Wise and Omnipresent King of all,
The Sole Eternal Master of my fate,
My mind and soul Thy gracious blessings call
To make my head, my eyes and passions pure,
To change my vicious heart; and guide my feet,
To grace my brain and throat, and make it sure
That sin will nowhere find a welcome seat.

FOURTH PERFORMANCE

प्राणायाम PRAANĀA-YAAMA:

Controlling the breath, and contemplating the qualities of the Supreme Lord.

Please refer to the instructions on page 1.

ओं भूः । ओं भुवः । ओं स्वः । ओं महः । ओं जनः । ओं तपः ।
ओं सत्यम् ॥ इति प्राणायाममन्त्राः । तैत्ति० आ० प्रंप० १० । अनु० २७ ॥

4. Om bhooḥ.

Om bhuhwah.

Om swah.

Om mahah.

Om janah.

Om tapah.

Om satyam.

सर्वेश सर्व-व्यापक, संपूर्ण सर्वज्ञाता शिव सत्य रूप सुंदर, सर्वत्र ही सुहाता सक्रिया सगुण सचेतन, सर्वज्ञ सध्यदाता तेरी शरण मे आया, हूँ आर्त हो विधाता	Sarvesh sarva-vyaapak, sampoorṇ sarva-jñāataa Shiv saty roop sundar, sarvatr hee suhaataa Sakriyaa saguṇ sachetan, sarvajñ sadhya-daataa Teree sharaṇ me aayaa, hoon aart ho vidaataa
---	--

TRANSLATION

The Supreme Lord is:

Bhooḥ -	<i>Dearer than breath, and Basis of all existence</i>
Bhuhwah -	<i>Dispeller of all pains, Origin of all becoming</i>
Swah -	<i>Bestower of Happiness</i>
Mahah -	<i>Worthy of Worship, and the Fount of greatness</i>
Janah -	<i>Origin of creativity</i>
Tapah -	<i>Impeller of action</i>
Satyam -	<i>Personification of Truth</i>

I meditate on these qualities of God and I pray that I may be like Him as far as my capabilities would permit. May I be dear to others (on the path of righteousness) as He is to me. May I relieve people of their pains, and make them happy. May I earn respect from others (the righteous) and be creative in my dealings. In being motivated to act righteously, may I be a channel for God's Truth.

I hold my breath in sacred awe and pray
O God of Life, O Holy God of Bliss;
O Father, Great and Wise, and True, this day

My soul arrives Thy Glorious Feet to kiss.

FIFTH PERFORMANCE

अघमर्षण AGHAMARṢHAṆA:

Discovering the process of the creation of the universe, and identifying God as the Creator, Sustainer and Destroyer, in an effort to decrease the tendency to commit sin.

ओ३म् ऋ॒तं च॒ स॒त्यं चा॒भी॒द्वा॒त्तप॒सोऽध्य॑जायत ।
ततो॒ रात्र्य॑जायत॒ ततः॑ समु॒द्रोऽअ॑र्ण॒वः ॥ १ ॥

5. Om Ritañ cha satyañ cha-abheed-dhaat tapaso'dhya-jaayata

Tato raatr-ya-jaayata tataḥ samudro 'arṇavaḥ

ऋत सत्यके सहारे संसारको सजाया तेरा महान कौशल है सिन्धु ने दिखाया	Rit saty ke sahaare, sansaar ko sajaayaa Teraa mahaan kaushal, hai sindhu ne dikhaayaa
---	---

TRANSLATION

In the beginning, the Cosmic Laws were first generated to govern the order in which the universe had to be created; and then, the universe itself became manifest, all through the conscious Creative Will-force of God. After each cycle of creation, there follows a grand dissolution of all created things, resulting in total darkness. When this prolonged period of dissolution comes to an end, a new cycle of creation begins, with atomic particles becoming agitated in one big ocean-like mass.

*By God's command His Nature brought to light
The principles and the atoms of this earth.
Then came chaos and heat and motion bright,
And then the waves of ocean got their birth.*

ओं सु॒मु॒द्राद॑र्ण॒वा॒दधि॑ संवत्स॒रोऽअ॑जायत ।
अ॒हो॒रा॒त्राणि॑ वि॒दध॒द्वि॒श्वस्य॑ मि॒षतो॒ व॒शी ॥ २ ॥

6. Om Samudraad arṇavaad adhi Samvat-saro 'ajaa-yata.

Aho-raa-traaṇi vida-dhad vishvasya miṣhato vashee

पहले के कल्प जैसे, रवि चन्द्र फिर बनाए दिन रात पक्ष संवत, मे काल क्रम चलाए	Pahale ke kalp jaise, ravi chandr phir banaae Din raat pakṣh samwat, me kaal kram chalaae
---	--

TRANSLATION

The agitated, heated particles, in this ocean, combine in their own way, resulting in the formation of the stars, planets and other luminous bodies, and these begin to rotate in their own orbits. This rotation causes the concept of Time to be born. The Controller of this immense cosmos, as if without effort, causes this Time to be divided into day and night.

And after these the planets moved aright
 Along the annual course of heaven blue.
 The King of all creates the day and night
 Without effort and their order due.

ओं सूर्याचन्द्रमसौ धाता यथापूर्वमकल्पयत् ।
 दिवं च पृथिवीं चान्तरिक्षमथो स्वः ॥ ३ ॥

ऋ० अ० १०।व० ४८।मं० १-३ ॥

7. Om Sooryaa chandra-masau dhaataa Yathaa poorvam akal-payat
 Divañ cha prithiveeñ Cha-antar-ikṣham-atho swaḥ

ध्यौ अंतरिक्ष धरनी, नित नेम पर टिकाए तूरम रहा सभी मे, तुझमे सभी समाए	Dhyau antarikṣh dhara-nee, nit nem par ṭikaae Too ram rahaa sabhee me, tujhme sabhee samaae
---	--

TRANSLATION

In this cycle of creation, God created the sun, moon, heaven, earth and sky, and all the natural elements like air, fire, and water, and all life forms. These He created exactly as He did in the past creations, and as He would do in future ones, too.

And, as before, the Maker made again,
 The sun, the moon, and bodies dark and bright,
 The sky above, the place unknown to pain –
 The home of bliss - the Realm of Holy Light.

आचमन AA-CHAM-ANA:

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (Chant the mantra once and sip the water thrice).

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥ १ ॥

—यजुः० ३६।१२

8. Om shanno deveer abhiṣṭaya 'aapo bhavantu peetaye.
 shanyor abhi sravantu naḥ.

देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए। यह नीर हो सुधामय कल्याण दान दीजिए॥ नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा। बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥	Devee swaroop eeshwar poorṇ abheesṭ keeji-e yah neer ho sudhaa-may kalyaan daan deeji-e Nit riddhi siddhi barse hit ho sadaa hamaaraa bahatee rahe hriday me sad-dharm prem dhaaraa
--	--

SIXTH PERFORMANCE

मनसा परिक्रमा MANASAA PARI-KRAMAA:

Certifying the Presence of God in all directions and expressing our gratitude for the bounties He provides for us to achieve perfection.

ओं प्राची दिग्गिरिधिपतिरसितो रक्षितादित्या इषवः । तेभ्यो
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ १ ॥

9. Om Praachee dig-agnir adhi-patir asito rakṣhita-adityaa iṣhavaḥ.
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.
Iṣhu-bhyo nama ebhyo astu.
Yo's maan dweṣṭi, yam vayam
Dwiṣhmas-tam vo jambhe dadhmaḥ.

हे ज्ञान पुँज गणपति! बंधन विहीन न्यारे पूरब मे रम रहे हो, रक्षक पिता हमारे रवि रश्मियो से जीवन, पोषण प्रकाश पाता विज्ञानमय विधायक, ब्रह्माण्ड को चलाता हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He jñaan puñj gaṇapati! Bandhan viheen nyaare Poorab me ram rahe ho, rakṣhak pitaa hamaare Ravi rashmiyo se jeevan, poṣhaṇ prakash paataa Vijñāana-may vidhaayak, brahmaaṇḍ ko chalaataa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
---	--

TRANSLATION

In the eastern direction, we discover the supreme presence of Agni, the Lord of Light, under whose control the morning sun rises. He is free from limitations, and protects by sending us arrow-like rays of inspiration from His Sun of Divine Wisdom.

We acknowledge, O Radiant One, Your Rulership, Your Protection, and the blessed gift of rays that keep us away from the darkness of ignorance.

We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.

*Thou art before us, Father Good and Wise!
 The Mighty King who saves the world from woes
 Who made the sun that from the East does rise
 And on this earth its beams of luster throws –
 The lustrous beams which shower life on earth
 And makes us living through Thy blessed grace.
 Oh Lord, to thank Thee for Thy gift of life
 We bend our knees before Thy Holy Face.
 We also thank Thee for Thy Rule benign
 Thy kind protection and Thy blessings sweet
 And those who are the dreaded foes of mine
 I lay them humbly at Thy Gracious Feet.*

दक्षिणा दिगिन्द्रोऽधिपतिस्तिरश्चिराजी रक्षिता पितर इषवः ।
 तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।
 योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ २ ॥

10. Om Dakṣhiṇaa dig indro'dhi-patis
 tirash-chi-raajee rakṣhitaa pitara iṣhavaḥ.
 Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.
 Iṣhu-bhyo nama ebhyo astu.
 Yo's maan dweṣṭi, yam vayam
 Dwiṣhmas-tam vo jambhe dadhmaḥ.

हे इंद्र रूप ईश्वर! दक्षिण मे भी दिखाते जड़ जीव जन्तुओ से, सत्वर सदा बचाते वैदिक सुधा पिलाते, हो ज्ञानियो के द्वारा तुमसे लगन लगी है सर्वस्व हो हमारा हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He Indr roop eeshwar! dakṣhiṇ me bhee dikhaate Jad jeev jantu-o se, satwar sadaa bachaate Vaidik sudhaa pilaate, ho jñaanियो ke dwaaraa Tumse lagan lagee hai sarvasw ho hamaaraa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaa-wa-naa ho, to nyaay tere haste
--	---

TRANSLATION

In the southern direction, we discover the supreme presence of Indra; the Lord Who scatters and finally destroys the dark clouds of ignorance that impede the free functioning of our intellect. He possesses heavenly, infinite Glory, and protects by sending us learning through parents and teachers on earth.

We thank You, O Glorious One, for Your Rulership, Your Protection, and for the blessed gift of teachers who stimulate our intellect.

We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.

Oh Mighty Sovereign! Thou art to our right
 The Great protector from the dreaded brood
 Of boneless reptiles. Lord of Vedic Light!
 Thy sages come to teach us what is good.
 We also thank Thee for Thy Rule benign
 Thy kind protection and Thy blessings sweet
 And those who are the dreaded foes of mine
 I lay them humbly at Thy Gracious Feet.

**प्रतीची दिग्वरुणोऽधिपतिः पृदाकू रक्षितान्नमिषवः । तेभ्यो
 नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।
 योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ३ ॥**

11. Om Prateechee dig varuṇo 'dhi-patiḥ
 pri-daa-koo rakṣhita-annam iṣhavaḥ.
 Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.
 Iṣhu-bhyo nama ebhyo astu.
 Yo's maan dweṣṭi, yam vayam
 Dwishmas-tam vo jambhe dadhmaḥ.

<p>पश्चिम मे भी प्रकट हो, तुम ही वरुण कहाते विषधारीयो के बाधा विग्रह विफल बनाते सब प्राणीयो का पोषण, करते हो अन्न द्वारा दुख मे दया दिखाते, सुख मे तुम्ही सहारा हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते</p>	<p>Pash-chim me bhee prakaṭ ho, tum hee Varuṇ kahaate Viṣha-dhaari-yo ke baadhaa vighrah viphal banaate Sab praṇiyo kaa poṣhan, karte ho ann dwaaraa Dukh me dayaa dikhaate, sukh me tumhee sahaaraa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste</p>
--	---

TRANSLATION

In the western direction, we discover the supreme presence of Varuna, the Lord worthy of our final choice and acceptance. He inspires into our thinking the inner sounds of intuition that destroy our animal tendencies. He protects by providing us natural and pious food.

We express our greatfulness, O Choice-worthy One, for Your Rulership, Your Protection, and blessed gift of grains that provide sanctity to our mind.

We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.

Thou art behind us, gracious King, adored
As Great Protector from bony beasts
Thou save our humble lives having stored
The hungry earth, O Lord, with human feast.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

उदीची दिक् सोमोऽधिपतिः स्वजो रक्षिताशनिरिषवः । तेभ्यो
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।
योऽस्मान् द्वेषि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ४ ॥

12. Om Udeechee dik somo 'dhi-patiḥ
swajo rakṣhitaa shanir iṣavaḥ.
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.
Iṣhu-bhyo nama ebhyo astu.
Yo's maan dweṣṭi, yam vayam
Dwiṣhmas-tam vo jambhe dadhmaḥ.

हे सोम रूप स्वामी! उत्तर उपांग तेरा सर्वत्र सब दिशा मे, है आप का बसेरा विद्युत-विधान द्वारा, जगती को जगमगाया जीवो मे चेतना का, संचार कर दिखाया हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He Som roop swaamee! Uttar upaaṅg teraa Sarvatr sab dishaa me, hai aap kaa baseraa Vidyut vidhaan dwaaraa, jagatee ko jagama- gaayaa Jeevo me chetanaa kaa, sañchaar kar dikhaayaa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
---	---

TRANSLATION

In the northern direction, we discover the supreme presence of Soma, the Essence of devotional peace. His light, Peace and Beauty are all self-created in Him. He protects by sending arrow-like sparks of His Natural Peace into our troubled hearts.

We offer our appreciation, O peaceful One, for Your Rulership, Your protection, and the blessed gift of sparks of Peace that replace tension and discontent.

We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.

And Thou art to our left, O Peaceful King
To save us from the self-borne insects' bane
By Nature's heat. Thy praise we humbly sing,
O Loving Savior from the pangs of pain!
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

ध्रुवा दिग्विष्णुरधिपतिः कल्माषग्रीवो रक्षिता वीरुध इषवः ।
तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ५ ॥

13. Om Dhruvaa dig viṣṇur adhi-patiḥ
kal-maṣha-greevo rakṣhitaa vee-ru-dha iṣhavaḥ.
Tebhyo namo'dhipati-bhyo namo rakṣhi-tribhyo nama.
Iṣhu-bhyo nama ebhyo astu.
Yo's maan dweṣṭi, yam vayam
Dwiṣhmas-tam vo jambhe dadhmaḥ.

हे विष्णु सर्व व्यापिन! नीचे निवास करते फल फूल पेड़ पल्लव, सब मे तुम्ही विचरते तुम कर रहे हो रक्षण, संतान-वत हमारा दुख सुख सभी समय मे, साथी सखा सहारा हम बार बार भगवन! करते तुम्हे नमस्ते यदि द्वेष भावना हो, तो न्याय तेरे हस्ते	He Viṣṇu sarv vyaapin! neeche niwaas karte Phal phool peḍ pallav, sab me tumhee vicharate Tum kar rahe ho rakṣhaṇ, santaan-wat hamaaraa Dukh sukh sabhee samay me, saathee sakhaa sahaaraa Ham baar baar bhagavan! Karte tumhe namaste Yadi dweṣh bhaawanaa ho, to nyaay tere haste
--	--

TRANSLATION

In the lower direction, we discover the supreme presence of Vishnu, the Lord Who pervades every particle of the earth on which we live. He creates and sustains the diversity of colors and shapes that make life interesting. He protects by providing trees and plants.

We graciously accept, O All-Pervading One, Your rulership, Your Protection, and the blessed gift of vegetation that neutralizes the poison gases in the atmosphere.

We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.

Thou art below us, Omnipresent King
To nourish life with plants of tuberous roots
And verdant trees that leafy shelter brings,
And yield to us ten thousand kinds of fruits.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

ऊर्ध्वा दिग्बृहस्पतिरधिपतिः श्वित्रो रक्षिता वर्षमिषवः । तेभ्यो
नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु ।
योऽस्मान् द्वेष्टि यं वयं द्विष्मस्तं वो जम्भे दध्मः ॥ ६ ॥

अथर्व० कां० ३। अ० ६। सू० २७। मं० १-६ ॥

14. Om Oor-dhwaa dig brihas-patir adhi-patih
shwi-tro rakshिताa varsham-ishavaḥ.
Tebhyo namo'dhipati-bhyo namo rakshi-tribhyo nama.
Ishu-bhyo nama ebhyo astu.
Yo's maan dweshṭi, yam vayam
Dwiṣmas-tam vo jambhe dadhmaḥ.

अंतर दृगो से दिग्पति! ऊपर भी दृष्टि आते
ऋतु सिद्ध वृष्टि होती, सब सृष्टि को चलाते
भौतिक विभूतियाँ है, सब आपकी निशानी
कैसे कहेगी वाणी, अदभुत अकथ कहानी
हम बार बार भगवन! करते तुम्हे नमस्ते
यदि द्वेष भावना हो, तो न्याय तेरे हस्ते

Antar drigo se dig-pati! Oopar bhee driṣṭi
aate
Ritu siddh vriṣṭi hotee, sab sriṣṭi ko chalaate
Bhautik vibhoo-tiyaa hai, sab aapa-kee
nishaanee
Kaise kahegee vaanee, adabhut a-kath
kahaanee
Ham baar baar bhagavan! Karte tumhe namaste
Yadi dwesh bhaawanaa ho, to nyaay tere haste

TRANSLATION

In the upper direction, we discover the supreme presence of Brihaspati, the Lord of great powers. Who has produced the sun, moon, and countless stars found in the heavens above. He is Pure and Wondrous, and of golden color like the sun. He protects by sending rainfall.

We offer our devotion, O Mighty One, for Your Rulership, Your protection, and the blessed gift of rain that increases fertility in the earth, quenches our thirst, washes our impurity, and cools the fire of vice that burns our divine energy.

We also commend into Your Justice whatever ill-feeling anyone may have for us or we may have for anyone.

Thou art above us, Great and Holy King
To develop and protect us on this earth.
Thy grace the vital drop of rain doth bring
To fill with corn the seat of mortal birth.
We also thank Thee for Thy Rule benign
Thy kind protection and Thy blessings sweet
And those who are the dreaded foes of mine
I lay them humbly at Thy Gracious Feet.

SEVENTH PERFORMANCE

उपस्थान UPA-STHAANA:

Feeling the living presence of God after having a direct vision of Him.

ओम् उद्वयं तमसस्पारि स्वः पश्यन्तुत्तरम् ।

देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम् ॥ १ ॥

यजुः० अ० ३५ । मं० १४

15. Om Ud-vayam tama-sas pari swaḥ pashyanta 'ut-taram,
Devan devatraa sooryam aganma jyotir ut-tamam.

रवि रश्मि के रमैय्या! पावन प्रभा दिखा दो
अज्ञान की तमिस्रा, भूलोक से मिटा दो
देवो के देव अनुदिन, हो दिव्य दृष्टि प्यारी
श्रुति गान को ना भूले, रसना कभी हमारी

Ravi rashmi ke ramaiyyaa! paawan prabhaa
dikhaa do
Ajñaan kee tamisraa, bhoo-lok se miṭaa do
Devo ke dev anudin, ho divy dṛiṣṭi pyaaree
Shruti gaan ko naa bhoole, rasanaa kabhee
hamaaree

Transcending the dazzling wonders of the world, and realizing the even more wondrous potentials of my own soul, may I come face to face with the most wondrous resplendence of God. He is the Divine Sun that gives light to the sun, moon and stars.

*May I obtain the glorious God of Light
The wisest God of Bliss and Lord Supreme
The Sun that keeps the souls of mortals bright
And forms my humble prayer's sacred theme.*

उदु त्यं जातवेदसं देवं वहन्ति केतवः ।

दृशे विश्वाय सूर्यम् ॥ २ ॥

—यजुः० अ० ३३।मं० ३१ ॥

16. Om Udut-yam jaata-vedasam Devam vahanti ketavaḥ
Drishe vishwaaya sooryam.

सुंदर सुपथ दिखाया, मद मोह लोभ टारा अज्ञान तम मिटाया, वर वेद ज्ञान द्वारा जीवन मे ज्योति प्राणो मे प्रेरणा तुम्ही हो मन मे मनन, बदन मे बल-साधना तुम्ही हो	Sundar supath dikhaayaa, mad moh lobh ṭaaraa Ajñaan tam miṭaayaa, var ved jñaan dwaaraa Jeevan me jyoti praanō me preraṇaa tumhee ho Man me manan, badan me bal-saadhanaa tumhee ho
---	---

All words of wisdom and all objects in the world point to God's existence, so that we can see Him as we see the sun everyday. It is He Who is the origin of all Wisdom and is present in all created things.

The various objects of this wondrous earth
Are beacon flags to guide us on to know
The Glorious Sun of Life Who gives us birth
And sent His Veda, the righteous path to show.

चित्रं देवानामुदगादनीकं चक्षुर्मित्रस्य वरुणस्याग्नेः । आप्रा द्यावा-
पृथिवीऽअन्तरिक्षःसूर्यऽआत्मा जगतस्तस्थुषश्च स्वाहा ॥ ३ ॥

—यजुः० अ० ७।मं० ४२ ॥

17. Om Chitram devaanaam ud-agaad aneekam
Chakṣhur mitrasya varuṇasya-agneḥ,
Aapraa dyaawaa pri-thi-vee 'antarikṣham
Soorya 'aatmaa jagatas tas-thu-ṣhach cha swaahaa!

आश्चर्यमय अलौकिक, अदभुत अपूर्व करनी
है आपमे अवस्थित, अधि अंतरिक्ष अवनी
माया मृषा मिटाकर, मन्तव्य पथ दिखाओ
भव बन्धनो से भगवन! इस भक्त को छुड़ाओ

Aash-charya-may alaukik, adabhut a-poorv
karnee
Hai aap me awas-thit, adhi antariksh awa-nee
Maayaa mriṣhaa miṭaakar, mantavy path
dikhaa-o
Bhav bandhano se bhagawan! is bhakt ko
chhuḍaa-o

TRANSLATION

In Samaadhi, in Divine Realization, I come face to face with God's wondrous Light which has suddenly become manifest in my harmonized self. This light is a Path-finder for any person who has given up infatuation and hate, who has chosen the path of good works, and who is knowledgeable. It is the same Light that pervades heaven, earth and sky. This Divine is the Indweller in all that moves and does not more. Swaahaa! Yes, indeed this is the Truth!!

How wondrous is this Lord of Holy Light
The sun's Support, the God of moon, the Source
Of shining bodies, the Lord of fire bright,
The heaven's Lord, the King of earth, the Force
That made the sky and countless kinds of things
That moves and do not move. O Lord of might,
My humble heart Thy sacred prayer sings
To let me think, speak and act right.

ओं तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् । पश्येम शरदः शतं
जीवेम शरदः शतं शृणुयाम शरदः शतं प्र ब्रवाम शरदः शतमदीनाः
स्याम शरदः शतं भूयश्च शरदः शतात् ॥ ४ ॥

यजुः० अ० ३६।मं० २४ ॥

18. Om Tach chakṣhur devahitam Purastaach chhukram uch-charat
Pashyema sharadaḥ shatam
Jeevema sharadaḥ shataṃ
Shriṇu-yaama sharadaḥ shatam
Pra bra-vaama sharadaḥ shatam
Adeenaah syaama sharadaḥ shatam
Bhooyash cha sharadaḥ shataaat.

विधना विनय यही है, मैं वीरवर कहाऊँ होकर शतायु स्वामिन, तुमसे लगन लगाऊँ सौ साल तक हमारी, आँखे हो ज्योति धारी हो श्रोत श्रव्य शाली, सक्षम सदा सुखारी वाणी विराट विभु की, विरदावली सुनावे परतंत्रता है पातक, स्वातन्त्र्य मन्त्र गावें सौ वर्ष से अधिक भी, जीवित रहे करारी सर्वांग की क्रियाएँ स्थिर रहे हमारी	Vidhanaa vinay yahee hai, mai veeravar kahaa-oon Hokar shataayu swaamin, tumse lagan lagaa- oon Sau saal tak hamaaree, aankhe ho jyoti- dhaaree Ho shrot shravya-shaalee, saksham sadaa sukhaaree Vaanee viraat vibhu kee, viradaa-walee sunaawe Para-tantra-taa hai paatak, swaa-tan-try mantr gaawen Sau varsh se adhik bhee, jeevit rahe karaa-ree Sarvaang kee kriyaa-en, sthir rahe hamaaree
--	--

TRANSLATION

His is the Divine Eye that shows the way to all righteous people. Everywhere we turn, we find His Eye present in front of us, shedding Light, and ever watchful of our movements.

May we live for a hundred years and, in our daily life perceive His living Presence in all our actions. For a hundred years may we listen to His Glory and Majesty as described in the Knowledge He revealed (in Vedas, Upanishads etc.), and even proclaim such Glory for all to hear. With God as our Guide, may we never be subjected for a hundred years, and even for more than a hundred years.

That Ever-wakeful Eye, Eternal, Pure
That watches close the deeds of right and wrong
Whose Holy Grace the learned souls secure
May bless in life my prayer's sacred song.
And may we live and see a hundred years;
A hundred autumns hear His Holy Name,
And sing His Glory free from human fears
That close attends the heels of earthly fame.
And if we live for more than a hundred years,
The same delights attend us all the days
We live, and bring us all the sacred cheers
For which the heart to gracious heaven prays

आचमन AA-CHAM-ANA:

Sipping sacramental water as amrita, the nectar of deathlessness, and asking for a life filled with happiness. (Chant the mantra once and sip the water thrice).

ओं शन्नो देवीरभिष्टयऽआपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥ १ ॥

—यजुः० ३६।१२

19. Om shanno deveer abhiṣṭaya 'aapo bhavantu peetaye.
shanyor abhi sravantu naḥ.

देवी-स्वरूप ईश्वर पूर्ण अभीष्ट कीजिए।
यह नीर हो सुधामय कल्याण दान दीजिए॥
नित ऋद्धि-सिद्धि बरसे हित हो सदा हमारा।
बहती रहे हृदयमें सद्धर्म प्रेम-धारा॥

Devee swaroop eeshwar poorṇ abheesṭ
keeji-e
yah neer ho sudhaa-may kalyaan daan deeji-e
Nit riddhi siddhi barse hit ho sadaa hamaaraa
bahatee rahe hriday me sad-dharm prem
dhaaraa

EIGHTH PERFORMANCE
अथ ब्रह्म गायत्री सावित्री गुरु मंत्र

ATHA BRAHMA GAAYATREE SAAVITREE GURU MANTRA

Chant Om and Gayatree Mantra at least three times, contemplating on their meanings. The Gaayatree Mantra has been taught in a disciplic succession by ancient Rishis, to assist us to unlock the source of inspiration.

ओ३म्, (यजु० अ० ४०।मं० १७) भूर्भुवः स्वः । तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

यजुः० अ० ३६।मं० ३॥ ऋ० मं० ३।सू० ६२।मं० १०॥

20. Om bhoor bhuhwah swah,
Tat savitur vareṇyam Bhargo devasya dheemahi,
Dhiyo yo naḥ pracho-dayaat.

ओंकार आद्य अक्षय, अद्वैत अज अनुपम
अदभुत अजर अजन्मा, अव्यय अनघ अरूपम
हो सत्य रूप स्वामी, चित चारू चेत धारी
आनंद ओजमय हो, आदर्श आर्त हारी
प्राणेश! प्रार्थना है, पथ पुण्यमय दिखाओ
मिथ्या ममत्व मत्सर, मल मोह मद मिटाओ

Omkaar aady akṣhay, adwait aj anupam
Ad-bhut ajar ajanmaa, av-yay a-nagh aroopam
Ho satya roop swaamee, chit chaaroo chet dhaaree
Aanand oja-may ho, aadarsh aart haaree
Praaṇesh praar-thanaa hai, path puṇya-may
dikhaa-o
Mith-yaa ma-matwa mat-sar, mal moha mad
mitaa-o

सेवा सुमन पिरोकार, माला महत बनाऊँ अनुराग भावना से, भगवान पर चढ़ाऊँ मुद मांगलिक मन से, मैं मोक्ष धाम जाऊँ सर्वोच्च शांति सुखकर, सात्विक समृद्धि पाऊँ विश्वात्मा विनय है, वर दीजिए विचारी धी धर्ममय धवल हो, ध्रुव धैर्य ध्यानधारी	Sewaa suman pirokar, maalaa mahat banaa-oon Anu-raag bhaa-wa-naa se, bhagawaan par chaḍhaa-oon Mud maangalik man se, mai mokṣh dhaam jaa- oon Sarvochch shaanti sukhakar, saat-wik samriddhi paa-oon Vishwaatmaa vinay hai, var deejiye vichaaree Dhee dharma-may dhawal ho, dhruv dhairy dhyaana-dhaaree
--	--

TRANSLATION

God is dear to me like my own breath. He is the dispeller of my pains, and the giver of happiness. I mediate on the supremely adorable light of the divine creator, that it may inspire my thought and understanding.

Oh Soul of Life, the Holy King of Kings!
 Oh God of all the regions, high and low,
 Oh Lord of Joy, Whose Glory nature sings,
 Who shapes the earth and lets the mortals grow.
 We seek Thy blessed Feet to meditate
 Upon Thy Glorious Form of Holy Light
 Which drives away the gloom of sins we hate
 And makes the souls of righteous people bright.
 My heart, oh Father, meekly prays to Thee
 To win Thy Grace, to make me good and wise,
 And bless my mind with knowledge, full and free
 From dark and vicious thoughts of sins and lies.

NINTH PERFORMANCE

समर्पण SAMARPAṆA:

Surrender and Dedication

**हे ईश्वर दयानिधे! भवत्कृपयाऽनेन जपोपासनादिकर्मणा
 धर्मार्थकाममोक्षाणां सद्यः सिद्धिर्भवेन्नः ॥**

21. He eesh-vara dayaa-nidhe!
 Bhawat kripa-yaa 'nena
 Japo-paa-sanaa-di karmaṇaa
 Dharmaartha kaama mokṣhaa-ṇaam
 Sadyaḥ siddhir bhawen-naḥ

हे ईश्वर! हे दया के असीम भंडार! आप की कृपा से जप और उपासना द्वारा हमें धर्म, अर्थ, काम, और मोक्ष शीघ्र सिद्ध होंगे

He eeshvar! He dayaa ke aseem bhaᅇdaar! Aap kee kripaa se jap aur upaasanaa dwaaraa hame dharm, arth, kaam, aur mokᅇsh sheeghr siddh hove.

TRANSLATION

O Lord! O Infinite Treasure of Mercy! By Your Grace, may we very soon realize Dharma, Artha, Kaama, Mokᅇsha through our Japa and Upaasanaa

Dharma:	righteous living.
Artha:	righteous wealth.
Kaama:	righteous enjoyment.
Mokᅇsha:	emancipation from the world.
Japa:	recitation of God's Name
Upaasanaa:	communion with God.

TENTH PERFORMANCE

नमस्कार NAMASKAARA: Final Obeisance to God

तत ईश्वरम् नमस्कुर्यात्

Tata Eeshwaram Namas-kuryaat

(Let Us All Now Pay Final Obeisance to God!)

ओं नमः शम्भुवाय च मयोभुवाय च नमः शङ्कराय च
मयस्कराय च नमः शिवाय च शिवतराय च ॥

यजुः० अ० १६। मं० ४१ ॥

22. Om Namaᅇ sham-bhawaaya cha mayo bhawaaya cha
namaᅇ shaᅇ-karaaya cha mayas-karaaya cha
namaᅇ shivaaya cha shiva taraaya cha

<p>हे मंगलेश शंकर! मंगल करो हमारा पावन प्रकाश पाए, परमार्थ पुण्य द्वारा परि ज्ञान पय पिलादो, अवढर अगाध दानी तेरी शरण मे आया, है भक्त यह भवानी अब अंत मे प्रभुजी, तुमको नमन करे हम वेदो के ज्ञान द्वारा, जीवन सफल करे हम</p>	<p>He maṅgalesh shaṅkar! maṅgal karo hamaaraa Paawan prakaash paa-e, paramaarth puṇy dwaaraa Parijñaan pay pilaado, avaḍhar a-gaadh daanee Teree sharaṇ me aayaa, hai bhakt yah Bhawaanee Ab ant me prabhu-jee, tumko naman kare ham Vedo ke jñaan dwaaraa, jeevan saphal kare ham</p>
--	---

Salutations unto You, Lord, the Embodiment and Bestower of Peace and Bliss! Salutations unto You, Benevolent and Auspicious One! Yes, indeed, I offer my salutation unto you, since you are more benevolent than anyone else in this immense creation.

And now I bow to Thee, O God of calm,
O God of Peace, and Lord of Bliss Divine!
Thy Grace supplies to burning hearts a balm,
Thy blessings in my right desires shine!
Finally I bow to Thee again and again
Thy Vedic knowledge brings success in my life.

ओ३म् शान्तिश्शान्तिश्शान्तिः ॥

23. **Om Shaantish** – *May Peace come to us from all Cosmic Forces!*
Shaantish – *May Peace come to us from all living creatures!!*
Shaantih – *May Peace come to us from our inner self!!!*

इति सन्ध्योपासनविधिः

Iti Sandhyo-'paasa-na vidhiḥ

Here Comes To an End The Procedure Of

Sandhyaa Upaasanaa

The Song Of The Soul Established In Divine Meditation

Has Now Come To An End!!

ब्रह्म सूत्र धारण Brahma-Sootra Dhaaraṇa – Sacred Thread

All Aryas/Hindus are required to be invested with the *Sacred Thread* (*Yajñopaveet, Janeo, Brahma Sootra*) in order to become a *Dwija* (twice born) to be “fit to perform Yajña, study the Vadas and/or chant Mantras”. The full *Upanayana Sanskaar* is performed for children, but because many practicing Hindus/Aryas did not go through this *Sanskaar*, for one reason or the other, it is strongly recommended that these individuals be invested with the *Sacred Cord* through the following procedure - only after fully understanding the significance of being invested:

If the Yajmaan is sponsoring the Yajña, before kindling the diyaa, the Yajmaan stands and holds the Janeo in hands, as directed; if the person is not the Yajmaan, it is administered to that person desirous of receiving the Sacred Cord in/at a Yajña being performed by/for someone else before the chanting of the Gayaaytree Mantra; either way purohit chants

ओं यज्ञोपवीतं परमं पवित्रं प्रजापतेर्यत्सहजं पुरस्तात् ।
आयुष्यमग्र्यं प्रतिमुञ्च शुभ्रं यज्ञोपवीतं बलमस्तु तेजः ॥

Om Yajño-paveetam paramam pavitram
Prajaa-pater yat sahajam purastat
Aayuṣhyam agryam prati-muñcha shubram
Yajño-paveetam balam astu tejah

This divine cord is supremely pure and has been existing with God since the beginning. This cord inspires a new life-style, and motivates you to go forward. Wear this beautiful cord, and cultivate emotional strength and luster in your personality.

यज्ञोपवीतमसि यज्ञस्य त्वा यज्ञोपवीतेनोपनह्यामि ॥

Om yajño-paveetam-asi yajñasya tvaa
Yajño-paveetenopa-nahyaami

You are now inducted into a new life-style of sacrifice and study. With this cord you are bound to a life of sacrificial discipline

(The Janeo is now placed over head on the **left shoulder** and hangs under right arm, as directed, then Yajña commences.)

Note: Before the Gayaatree Mantra is chanted the person invested with the Janeo circumambulates the Kund once and chants/recites the Third Principle of Arya Samaj then makes an offering of Ghee:

वेद सब सत्यविद्याओं का पुस्तक है। वेद का पढ़ना-पढ़ाना और
सुनना-सुनाना सब आर्यों का परम धर्म है।

Ved sab saty vidyaaon kaa pustak hai. Ved kaa padhanaa padhaanaa, Aur sun-naa sunaa-naa Sab aaryon kaa param dharma hai

Veda is the scripture of all true knowledge. Reading, teaching, hearing and reciting the Veda is the first duty of all Aryas.

देव यज्ञ - अग्निहोत्र

Devayajña - Agnihotra

The following are preliminary procedures/Mantras leading to the Agnihotra
अथ आचमन विधि: **Atha Aachamana Vidhiḥ**

Here Begins the Procedure of Aachaman – Sipping Sacramental Water

Aachamana is the sipping of sacramental water from the right palm. This is an act performed before the performance of the Agnihotra Ceremony. The aspirant seeks to symbolically wash his/her inner self of all impurity.

ओम् अमृतोपस्तरणमसि स्वाहा ॥१॥

1. **Om amritopas-tara-ṇamasi swaahaa.**

O Divine Waters! You are the Support of Eternal Life.

ओम् अमृतापिधानमसि स्वाहा ॥२॥

2. **Om amritaapidhaa-namasi swaahaa.**

O Divine Waters! You are the Protector of Eternal Life.

ओं सत्यं यशः श्रीर्मयि श्रीः श्रयतां स्वाहा ॥३॥

3. **Om satyam yashaḥ shreer mayi shreeḥ shra-ya-taam swaahaa.**

May wealth, consisting of Truth, fame and riches take refuge in me.

अथ अंग स्पर्श विधि: **Atha Aṅga Sparsha Vidhiḥ**

Here Begins the Procedure of - Aṅga Sparsha

i.e. Touching the body parts with Sacramental Water

The aspirant now touches the body parts with sacramental water, praying that these remain strong, healthy and fulfill their functions in accordance with *Dharma*

ओं वाङ्म आस्येऽस्तु ॥ इस मन्त्र से मुख ।

1. **Om vaṅṅ ma aasye 'stu.**

(Lips)

ओं नसोर्मे प्राणोऽस्तु ॥ इस मन्त्र से नासिका

2. **Om nador me praṅṅo 'stu.**

(nostrils)

ओम् अक्ष्णोर्मे चक्षुरस्तु ॥ इस मन्त्र से दोनों आँखें

3. **Om akṣṅṅor me chakṣhur astu.**

(eyes)

ओं कर्णयोर्मे श्रोत्रमस्तु ॥४॥ इस मन्त्र से दोनों कान

4. **Om karṅṅa-yor me shro-tram astu.**

(ears)

ओं बाह्वोर्मे बलमस्तु ॥५॥ इस मन्त्र से दोनों बाहु

5. Om baah-wor me balam astu. (arms)

ओम् ऊर्वोर्मऽओजोऽस्तु ॥६॥ इस मन्त्र से दोनों जंघा

6. Om oor-wor ma 'ojo 'stu. (thighs)

ओम् अरिष्टानि मेऽङ्गानि तनूस्तन्वा मे सह सन्तु ॥

7. Om ariṣh-ṭaani me'ngaani tanoos tanwaa me saha santu. (all over)

May the speech in my mouth be sanctified in God. May the breath in my nostrils, the sight in my eyes, and hearing in my ears be sanctified in God. May the force in my arms and legs be sanctified in God. May my limbs be all unharmed. And, may my outer self be in harmony with my inner self.

अथेश्वरस्तुतिप्रार्थनोपासनामन्त्राः

ATHESHVARA STUTI PRAARTHANO-PAASANAA MANTRAAH

Here begins the Glorification of, Prayer to, and Communion with God. In this chant of Eeshwar Stuti, Praarthanaa, Upaasana, we seek to describe the Qualities of God, petition to Him in terms of our legitimate needs, and become one with Him, in His Own Words – the Words of the Vedas.

ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ।

यद् भद्रं तन्ऽआ सुव ॥१॥ –यजुः अ० ३०। मं० ३॥

1. Om Vishvaani deva savitar duritaani paraa-suva
Yad bhadran tanna'aa suva

O God! O Creator of this Universe! O Radiant Cause of all manifestations! Do remove from us all that is difficult in our experience, and all tendencies to transgress Your Laws, and bring unto us all that is beautiful, benevolent and auspicious.

हिरण्यगर्भः समवर्त्तताग्रे भूतस्य जातः पतिरेक आसीत् ।

स दाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम ॥२॥

–यजुः अ० १३ । मं० ४॥

2. Om Hiranya-garbhah sama-varitta-taagre
Bhootasya jaatah patir-eka aaseet,
Sa daa-dhaara prithiveem dyaamu temaam
Kasmai devaaya haviṣhaa vidhema

God is the Sustainer of luminous bodies and the Source of Light, and He has been present even before the creation of this universe. He is known to be the Sole Master of all beings. He sustains this earth and heaven. Unto that Blissful Divinity do we offer our worship with love and devotion.

यऽ आत्मदा बलदा यस्य विश्वऽ उपासते प्रशिषं यस्य देवाः ।
यस्य च्छायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ॥३॥
—यजुः अ० २५। मं० १३॥

3. Om Ya' aat-madaa bala-daa yasya vishva'
Upaasate prashisham yasya devaah,
Yasya-ch-chhaayaa' mritam yasya mrityuh
Kasmai devaaya haviṣhaa vidhema

He gives us the consciousness that we are souls, and provides us with strength. All wise people worship Him, and they obey His commands. Under His shade flows the nectar of immortal bliss, and opposing Him brings us daily death. Unto that Blissful Divinity do we offer our worship with love and devotion.

यः प्राणतो निमिषतो महित्वैकऽ इद्राजा जगतो बभूव ।
यऽईशेऽ अस्य द्विपद्श्चतुष्पद्ः कस्मै देवाय हविषा विधेम ॥४॥
—यजुः अ० २३। मं० ३

4. Om Yaḥ praṇa-to niṣha-to mahitvai-ka'
Id-raajaa jagato babhoova,
Ya' eeshe' asya dvipa-dash chatuṣh-padaḥ
Kasmai devaaya haviṣhaa vidhema

He, through His Own Glory, is the Sole King of this entire breathing and winking world. He controls all bipeds and quadrupeds. Unto that Blissful Divinity do we offer our worship with love and devotion.

येन द्यौरुग्रा पृथिवी च दृढा येन स्वः स्तभितं येन नाकः ।
योऽअन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम ॥५॥
—यजुः अ० ३२। मं० ६॥

5. Om Yena dyaur-ugraa prithivee cha driḍhaa
Yena swaḥ stabhitam yena naakah,
Yo' antarikṣhe rajaso vimaanah
Kasmai devaaya haviṣhaa vidhema

He Who has steadied the thunderous heaven and the solid earth and confers happiness free from all sorrow. He Who creates the planets with bird-like movements, and causes them to revolve in space. Unto that Blissful Divinity do we offer our worship with love and devotion.

प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परि ता बभूव ।
यत्कामास्ते जुहुमस्तनोऽस्तु वयं स्याम पतयो रयीणाम् ॥६॥
—ऋ० म० १०। सू० १२१। म० १०॥

6. Om Prajaa-pate! Na twa-deta-anya-nyo
Vishvaa jaataani pari taa babhoova,
Yat kaamaas-te juhumas tan-no' astu
Vayam syaama patayo rayeeṇaam

O Prajapati! O Master of this entire creation! No-one, except You, can control the creatures of this visible, and other invisible worlds. May those righteous desires, for which we come to Your Shelter, be fulfilled. May we be masters of earthly and heavenly riches.

स नो बन्धुर्जनिता स विधाता धामानि वेद् भुवनानि विश्वा ।
यत्र देवाऽ अमृतमानशानास्तृतीये धामन्ध्यैरयन्त ॥७॥
—यजु० अ० ३२। म० १०॥

7. Om Sa no bandhur janitaa sa vidhaataa
Dhaamaani veda bhuva-naani vishvaa,
Yatra devaa' amritam-aa-na-shaanaas
Triteeye dhaamanna-dhyair-ayanta

He alone, O people, is our mother, father, brother, sister, and friend, creator and Law-giver. He knows all names, regions and beginning events. In Him are the liberated souls, moving about at their own free will and enjoying the essence of eternal life, sustained in the third state of consciousness.

अग्ने नय सुपथा रायेऽ अस्मान् विश्वानि देव वयुनानि विद्वान् ।
युयोध्युस्मज्जुहुराणमेनो भूयिष्ठान्ते नमऽउक्ति विधेम ॥८॥
—यजुः अ० ४०। म० १६

8. Om Agne! naya su-pathaa raaye' asmaan
Vishvaani deva vayunaani vidvaan,
Yuyo-dhyas-maj juhuraṇam-eno
Bhooyiṣh-ṭhaan te nama' uktim vidhema

O Agni! O God! Lead us on the right path to the wealth of liberation, for You know all pathways leading in that direction. Remove from us all sins that lead us astray. Again and again we offer You words of humble salutation and praise.

हे सकल जगत के उत्पत्तिकर्ता! समग्र, ऐश्वर्ययुक्त, शुद्ध स्वरूप, सर्व सुखो के दाता परमेश्वर! आप कृपा करके हमारे संपूर्ण दुर्गुण, दुर्व्यसन और दुःखो को दूर कीजिए. जो कल्याणकारक गुण, कर्म, स्वभाव और पदार्थ है, वे सब हमको प्राप्त कराइये!

He sakal jagat ke ut-patti-kartaa! Samagr, aishwarya-yukt, shuddh svaroop, sarv sukho ke daataa Parmeshvar! Aap kripaa karke hamaare sampoorṇ durguṇ, durvyasan aur duḥkho ko door keejiye. Jo kalyaṇa-kaarak guṇ, karm, svabhaav aur padaarth hai, ve sab hamko praapt karaa-i-ye! (Note: This is the Hindi arth for the first Mantra)

॥ इतीश्वरस्तुतिप्रार्थनोपासनाप्रकरणम् ॥

Iteeshvara Stuti Praarthano-paasanaa Prakaraṇam

Here Comes To An End The Eeshvar Stuti Praa'rthanaa Upaasanaa Chant

अथ स्वस्तिवाचनम्

Atha Swasti Vaachanam

Here Begins the Swasti Vaachana Chant

We now begin Swasti Vaachana. These are prayers for a harmonized life. We pray that the Supreme Cosmic Force, God, and all other Cosmic forces - the sun, moon, stars, air, earth, sky and heaven, and teachers, parents and friends may contribute their powers to help make our lives blissful.

अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम् ।
होतारं रत्नधातमम् ॥१॥

1. Om Agnim-eeḷe purohitam Yajñasya devam rit-vijam
Hotaaram ratna-dhaatamam

We praise Agni, God. We praise Him Who has been present even before this creation. He is Glorious Lord of this Cosmic Sacrifice, and is worthy of our worship in all seasons. We praise Him Who is the Creator and Supreme Sustainer of all the jewel-like planets that decorate the Cosmic Drama.

स नः पितेव सूनवेऽग्ने सूपायनो भव ।

सचस्वा नः स्वस्तये ॥२॥ — ऋ० म० १। सू० १। मं० १, १।

2. Om Sa naḥ piteva soonave'gne soopaayano bhava
Sachas-vaa naḥ swastaye

Come to us, sweetly and readily, O Agni, O God as a parent comes unto a child. Unite us, Lord with Yourself and with the bounties of this world for Swasti (noble living, fortune and prosperity).

स्व॒स्ति नो॑ मिमी॒ताम॒श्विना॒ भगः॑ स्व॒स्ति दे॒व्यदि॑तिर॒नुर्वणः॑ ।
स्व॒स्ति पू॒षा अ॒सुरो॑ दधातु नः स्व॒स्ति द्यावा॑पृथि॒वी सु॑चे॒तुना॑ ॥३॥

3. Om Swasti no mimeetaam ashvinaa bhagaḥ
Swasti devyaditir aṇar-vaṇaḥ,
Swasti pooṣhaa asuro dadhaatu naḥ
Swasti dyaavaa prithivee suchetu-naa

May all dual forces measure Swasti for us. May our fortune and wealth bring us Swasti. May the Divine Earth and the irresistible mountains yield Swasti for us. May the clouds that provide us life through rain-fall sustain Swasti for us, and may the sun and all the planets confer Swasti unto us through the supreme knowledge they contain.

स्व॒स्तये॑ वा॒युमु॒प ब्र॒वाम॒है सोमं॑ स्व॒स्ति भुव॑नस्य॒ यस्पतिः॑ ।
बृ॒हस्पतिं॑ स॒र्वगणं॑ स्व॒स्तये॑ स्व॒स्तय॑ आ॒दित्या॑सो॒ भवन्तु॑ नः ॥४॥

4. Om Swastaye vaayum upa-bravaamahai
Somam Swasti bhuva-nasya yas-patiḥ,
Brishas-patim sarva-gaṇam swastaye
Swastaya aadityaaso bhavantu naḥ

Let us, in our search for an elevated existence, explore the qualities of air, and even of the moon that influences operations on Earth. We call upon the Teacher of Wisdom, surrounded by eager students, to teach us for Swasti, and may those people who are benefactors of all of creation help us in achieving this elevated existence.

वि॒श्वे दे॒वा नो॑ अ॒द्या स्व॒स्तये॑ वै॒श्वान॒रो वसु॑र॒ग्निः स्व॒स्तये॑ ।
दे॒वा अ॑वन्त्वृ॒भवः॑ स्व॒स्तये॑ स्व॒स्ति नो॑ रु॒द्रः पा॒त्वहं॑सः ॥५॥

5. Om Vishve devaa no adyaa swastaye
Vaish-vaa-naro vasur-agniḥ swastaye,
Devaa avant-vribha-vaḥ swastaye
Swasti no rudraḥ paat-vam-hasaḥ

Let all wise people instruct us today for **Swasti**. Let fire, present everywhere, benefiting all creatures, be for our facility and comfort. Let all forces that bring light to the world, protect us while we acquire this comfort, and let the system of social justice protect us from wrong-doing, yielding **Swasti** for us.

स्व॒स्ति मि॒त्रावरु॑णा स्व॒स्ति प॑थ्ये रेवति ।
स्व॒स्ति न॒ इन्द्र॑श्चा॒ग्निश्च॑ स्व॒स्ति नो॑ अदिते कृधि ॥६॥

6. Om Swasti mitraa varuṇaa Swasti pathye revati

Swasti na indrash-cha-agnish-cha Swasti no adite kridhi

Mother Earth! May you cause us to walk on the path of individual enrichment while we make use of hydrogen and oxygen, electricity and fire.

स्व॒स्ति प॒न्था॒मनु॑ चरेम सूर्याचन्द्रमसाविव ।
पुन॑र्द॒दता॑घ्नता जान॒ता सं ग॑मेमहि ॥७॥

—ऋ० मं० ५। सू० ५१।११-१५॥

7. Om Swasti panthaa-manu charema Sooryaa Chandrama-saaviva

Punar dadataa ghnataa Jaanataa saṅ gamemahi

Let us all follow the path of **Swasti**, like sun and moon. Let us be in the company of those who constantly give of what they have, who never hurt the feelings of others, and who know much of God and His Wisdom.

इ॒षे त्वो॒र्जे त्वा॑ वा॒यव॑ स्थ दे॒वो वः॑ स॒विता॑ प्रा॒र्षय॑तु
श्रे॒ष्ठ॒तमा॑य॒ कर्म॑ण॒ऽआ॒प्याय॑ध्वम॒घ्न्या॒ऽइन्द्रा॑य भा॒गं प्र॒जाव॑तीरनमी॒वाऽ
अ॒य॒क्ष्मा मा व॑ स्तेन॒ऽई॒शत॑ माघश॒ंसो ध्रु॒वाऽअ॒स्मिन् गो॑प॒तौ स्या॑त
ब॒ह्वीर्य॑ज॒मान॑स्य प॒शून् पा॑हि ॥२३॥ —यजु० अ० १। मं० १

8. Om Iṣhe tvorje tvaa vaayava stha

devo vaḥ savitaa

praarpayatu Shreṣṭha-tamaaya karmaṇa'

Aap-yaa-ya-dhwam-aghnyaa'

indraaya bhaagam Prajaa-vateerana-meevaa' ayakṣhmaa

maa va stena' eeshata maagha shanso

Dhruvaa' asmin gopatau syaata bahveer yajamaanasya

pashoon paahi

O God! We pray to You to strengthen us that we may continually strive for wisdom, inner strength, discrimination and physical power to righteously attain enjoyable objects (material/physical and spiritual). May we seek Your inspiration for doing good deeds, becoming progressive and enjoying righteous means of comforts. May our cows/animals be free from diseases and produce good offspring and provide plenty of milk/service for the welfare of the nation. May the sinful (those indulging in adharmic acts) not be within our midst. May the cows and other resources remain in plenty with us and may we be their protectors. O God! Protect the cattle, family and all possessions of the host, who performs dharmic/good deeds.

भद्रं कर्णेभिः शृणुयाम देवा भद्रं पश्येमाक्षभिर्यजत्राः ।

स्थिरैरङ्गैस्तुष्टुवाचं सस्तनूभिर्व्यशेमहि देवहितं यदायुः ॥

9. Om

Bhadram karṇe-bhiḥ shrīṇu-yaama devaa
Bhadram pash-ye-maakṣha-bhir yajatraaḥ,
Sthirair-aṅgais-tuṣṭu-vaam-sas tanoobhir
Vyashe-mahi devahitam yad-aayuh

May we, while becoming wise, hear with our ears that which is noble. Becoming sanctified, may we see with our eyes that which is auspicious. Singing God's praises with strong and healthy bodies, let us enjoy the life-span determined by good deeds.

अ॒ग्न॑ आ॒ या॒हि॑ वी॒तये॑ गृ॒णा॒नो॑ ह॒व्य॑दा॒तये॑ ।

नि॑ हो॒ता स॒त्सि॑ ब॒र्हि॑षि ॥२९॥

10. Om

Agna aa yaahi veetaye Gri-ṇaano havya-daataye
Ni hotaa satsi barhiṣhi

O Radiant One, O God, come to me from all directions to set me apart from the powers of darkness. I sing Your glory at this critical moment in my life, and beg for the gift of discriminating knowledge. Be seated in the temple of my heart and fulfill my heart-felt dharmik desires.

त्वम॑ग्ने॒ यज्ञा॑नाथं॒ होता॑ विश्वे॒षाथं॑ हितः ।

दे॒वैर्भि॑र्मानु॒षे ज॑ने ॥३०॥ —साम० पूर्वा० प्रपा० १। मं० १, २॥

11. Om

Twam agne yajṇaa-naam hotaa Vish-we-ṣhaam hitaḥ
Devebhir maanuṣhe jane

You, O Radiant Being, O God, are the One sought out in all acts of benevolence and sacrifice. This is acknowledged to be true by enlightened people in human society.

ये त्रिषप्ताः परियन्ति विश्वा रूपाणि बिभ्रतः ।
वाचस्पतिर्बला तेषां तन्वो अद्य दधातु मे ॥३१॥

—अथर्व० कां० १। सू० १। मं० १॥

12. Om Ye tri-ṣaptaaḥ pari-yanti vishvaa roopaṇi bi-bhra-taḥ
Vaachas-patir balaa teṣhaam Tanvo adya dadhaatu me

Three numbers (singular, dual and plural) and seven cases (nominative, accusative, instrumental, dative, ablative, genitive, and locative) are the foundations in the Science of Grammar. They surround and sustain all word-forms, causing differences in meanings. May the Teachers of Wisdom, today, make me knowledgeable in their use so that I may understand and explain the deepest imports of Words of Wisdom.

॥ इति स्वस्तिवाचनम् ॥

Iti Swasti Vaachanam

Here Ends the Swasti Vaachana chant.

अथ शान्तिकरणम्

Atha Shaanti Karaṇam

Here begins the Shaanti Karaṇa Chant

We now begin Shaanti Karana. These are prayers to God and to the Cosmic Forces to yield peace in our personality. Without Shaanti, there can be no Swasti. Without peace there can be no nobility in life. And, this peace is the actual cooling down of the five fires of lust, anger, greed, infatuation and vanity that burn and destroys our divine energy.

शं न इन्द्राग्नी भवतामवोभिः शं न इन्द्रावरुणा रातहव्या ।
शमिन्द्रासोमा सुविताय शं योः शं न इन्द्रापूषणा वाजसातौ ॥१॥

1. Om Shan na indra-agnee bhava-taam avobhiḥ
Shan na indraa varuṇaa raata-havyaa,
Sham-indraa somaa su-vi-taaya shan yoḥ
Shan na indraa pooṣha-ṇaa vaaja-saatau

May the Supreme One, God, Possessor of Radiant Light, give us peace with His protective resources. May the Supreme One, possessor of Choiceworthiness, bountiful in gifts, bring us peace. May the Supreme One and His Devotion create tranquility in us. And, may the Supreme One and His Nourishment grant us harmony in the battle of life.

शं नो भगः शमु नः शंसो अस्तु शं नः पुरन्धिः शमु सन्तु रायः।
शं नः सत्यस्य सुयमस्य शंसः शं नो अर्यमा पुरुजातो अस्तु ॥२॥

2. Om Shan no bhagaḥ shamu naḥ shanso astu
Shan naḥ puran-dhiḥ shamu santu raayah,
Shan naḥ satyasya su-yamasya shansah
Shan no aryamaa puru-jaato astu

May our fortune yield us peace; may the observance of law and order in society bring us peace. May economic prosperity that sustains citizenship confer peace. May our practice of truth and self-discipline generate peace, and may the soul, who performs actions and is born again and again, progress in peace.

शं नो धाता शमु धर्त्ता नो अस्तु शं न उरूची भवतु स्वधाभिः।
शं रोदसी बृहती शं नो अद्रिः शं नो देवानां सुहवानि सन्तु ॥३॥

3. Om Shan no dhaataa shamu dharttaa no astu
Shan na u-roo-chee bhavatu sva-dhaabhiḥ,
Sham rodasee brihatee shan no adriḥ
Shan no devaanaam suha-vaani santu

May air and sunlight be peacefully supportive of life. May the spacious earth, with its life-sustaining grains, produce peace in us. May the extensive sky, containing mountain-shaped masses of clouds, rain down peace, and may our invocations of Nature's bounties be chanted in peace.

शं नो अग्निर्ज्योतिरनीको अस्तु शं नो मित्रावरुणावश्विना शम्।
शं नः सुकृतां सुकृतानि सन्तु शं न इषिरो अभि वातु वातः ॥४॥

4. Om Shan no agnir jyotir aneeko astu
Shanno mitraa varuṇaa vash-vinaa sham,
Shan naḥ sukritaam sukri-taani santu
Shan na iṣhiro abhi-vaatu vaataḥ

May fire, whose force is light, bring us peace. May hydrogen and oxygen, and all other dual forces, generate peace. May the actions of righteous people create an atmosphere of peace, and may the refreshing winds blow peace on us.

शं नो द्यावापृथिवी पूर्वहूतौ शमन्तरिक्षं दृशये नो अस्तु ।
शं न ओषधीर्वनिनो भवन्तु शं नो रजसस्पतिरस्तु जिष्णुः ॥५॥

5. Om Shan no dyaavaa prithivee poorva-hootau
Sham antariksham drishaye no astu,
Shan na osha-dheer vanino bhavantu
Shan no rajasas patir-astu jishnuh

May light and darkness inspire peace at the time of dawn when we make our first invocations. May the sky be there for us to look at, to expand our vision. May medicinal herbs and forest trees contribute to a healthy and peaceful surrounding. And may the sun that victoriously rules over this planetary system be for our peace.

शं न इन्द्रो वसुभिर्देवो अस्तु शमादित्येभिर्वरुणः सुशंसः ।
शं नो रुद्रो रुद्रेभिर्जलाषः शं नस्त्वष्टा ग्नाभिरिह शृणोतु ॥६॥

6. Om Shan na indro vasu-bhir devo astu
Sham aaditye-bhir varunaḥ su-shansaḥ,
Shan no rudro rudre-bhir jalaaṣaḥ
Shan nas-tvaṣh-ṭaa g-naa-bhi-riha shri-ṇotu

May electricity, the cosmic force acting in conjunction with the eight Vasus (earth, water, fire, air, space, moon, sun, and stars) that keep the universe inhabited, send forth peace to us. May the twelve months that make up the year give us the gift of peace. May the soul, made comfortable in the body by the presence of the vital airs, traverse the pathways of the world in peace. And, may the discriminating scholar, with words of inspiration, motivate us to listen for peace.

शं नः सोमो भवतु ब्रह्म शं नः शं नो ग्रावाणः शमु सन्तु यज्ञाः ।
शं नः स्वरूपां मितयो भवन्तु शं नः प्रस्वशुः शम्बस्तु वेदिः ॥७॥

7. Om Shan naḥ somo bhavatu brahma shan naḥ
Shan no graa-vaa-ṇaḥ shamu santu yaj-ñaaḥ,
Shan naḥ svaroo-ṇaam mitayo bhavantu
Shan naḥ prasvaḥ sham-vastu vedih.

May the devotion that we generate and the **Mantras** we chant in our ceremonies bring us supreme peace. May the ceremonies themselves, and everything associated with them – the ceremonial altars, the stones used to build them, the measurements of the pillars in the ceremonial halls, and the well-grown herbs offered onto the blazing ceremonial fires – all yield peace unto us.

भगवन! हमारा ऐश्वर्य शांतिदायक हो, हमारी प्रशंसा शांतिदायक हो, हमारी बुद्धि शांतिदायक हो, सब प्रकार के धन शांतिदायक हो, शासन शांतिदायक हो, श्रेष्ठो का मान करने वाला न्यायकारी भगवान शांतिदायक हो.

Bhagavan! hamaaraa aishwary shaanti-daayak ho, hamaaree prashansaa shaanti-daayak ho, hamaaree buddhi shaanti-daayak ho, sab prakaar ke dhan shaanti-daayak ho, shaasan shaanti-daayak ho, sheshtho kaa maan karne waalaa nyaaya-kaaree bhagavaan shaanti-daayak ho.

May the vegetable kingdom bring us peace and harmony. May the all round knowledge of the material world bring happiness to us. May we derive the fullest benefit from Mother Earth. May our experiments be blessed with success and may the pillars of our buildings be built on good foundations and may our houses be well designed. May the stores of grains and children in the household bring us peace and happiness.

अथ शिवसंकल्प मंत्रः Atha Shiva Saṅkalpa Mantraḥ

Here we begin the Shiva Saṅkalpa Mantras

यज्जाग्रतो दूरमुदैति दैवं तदु सुप्तस्य तथैवैति ।
दूरङ्गमं ज्योतिषां ज्योतिरेकं तन्मे मनः शिवसङ्कल्पमस्तु ॥

8. Om Yaj-jaagrato dooram-udaiti daivam
tadu suptasya tathavaiti,
Dooraṅgamam jyotiṣhaam jyotir-ekam
tanme manaḥ shiva-saṅkalpam-astu.

That far going light of all lights that flies to the distances in one's wakeful state, and even so, in one's sleep, may that my mind be filled with beautiful and benevolent thoughts.

येन कर्माण्यपसो मनीषिणो यज्ञे कृण्वन्ति विदथेषु धीराः ।
यदापूर्वं यक्षमन्तः प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

9. Om Yena karmaṅ-yapaso manee-ṣhiṇo
yaj-ñe kriṅvanti vida-the-ṣhu dhreeraaḥ,
Yada poorvam yak-ṣham antaḥ prajaa-naam
tanme manaḥ shiva-saṅkalpam-astu

That mind, with the help of which wise people perform sacred deeds in sacrifices, and patient people enter into the battlefield of life, that which is the unique, mysterious light hidden in the innermost recess of our heart, may that my mind be filled with beautiful and benevolent thoughts.

यत् प्रज्ञानमुत चेतो धृतिश्च यज्ज्योतिरन्तरमृतं प्रजासु ।
यस्मान्न ऋते किञ्चन कर्म क्रियते तन्मे मनः शिवसङ्कल्पमस्तु ॥

10. Om Yat prajñāa-nam-uta cheto dhritish-cha
yaj-jyotir antar amritam prajaasu,
Yasmaan-na rite kiñ-chana karma kriyate
tanme manaḥ shiva-saṅkalpam-astu

That mind which is consciousness in itself, that which is awareness, that which is patience, and sustenance and memory, that which is the Amrita Jyotee, the deathless light, hidden in the hearts of all created beings, that without which no action can be performed, may that my mind be filled with beautiful and benevolent thoughts.

येनेदं भूतं भुवनं भविष्यत् परिगृहीतमृतेन सर्वम् ।
येन यज्ञस्तायते सप्तहोता तन्मे मनः शिवसङ्कल्पमस्तु ॥

11. Om Yene-dam bhootam bhuva-nam bhaviṣh-yat
pari-griheetam amritena sarvam,
Yena yaj-ñas-taayate sapta hotaa
tanme manaḥ shiva-saṅkalpam-astu.

That deathless light by which is sustained all the past, present and future, that by which the sacrifice that has seven priests (five senses, ego, and intellect) is extended and spread, may that my mind be filled with beautiful and benevolent thoughts.

यस्मिन्नृचः साम यजूंषि यस्मिन्प्रतिष्ठिता रथनाभाविवाः ।
यस्मिंश्चित्तः सर्वमोतं प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

12. Om Yasmin-nrichaḥ saama yajoomṣhi
yasmin pratish-ṭhitaa ratha-naa-bhaa-vivaa-raaḥ,
Yas-minsh-chittam sarvam-otam prajaa-naam
tanme manaḥ shiva-saṅkalpam astu

That mind in which is sustained the knowledge of the Rigveda, the music of the Saama-veda, and the sacred deeds of the Yajurveda, like spokes in the hub of a wheel, that in which is woven and interwoven all consciousness of all beings, may that my mind be filled with beautiful and benevolent thoughts.

16. Om Abhayam mitraad abhayam amitraad
Abhayañ jñaa-taad abhayam parok-ṣhaat,
Abhayan naktam abhayan divaa naḥ
Sarvaa aashaa mama mitram bhawantu

No fear from our friends, or from those who are unfriendly to us. No fear from the known, or from the unknown. No fear in the night, or in the day. May we be friends unto all directions, and may all directions be friendly unto us.

॥ इति शान्तिकरणम् ॥

Iti Shaanti Karaṇam
Here ends the Shaanti Karaṇa Chant.

अथ ब्रह्म स्त्रोतम्

ATHA BRAHMA STROTAM

Here Begin the Verses in Praise of God

नमस्ते सते ते जगत्कारणाय नमस्ते चिते सर्वलोकाश्रयाय।
नमोऽद्वैततत्त्वाय मुक्तिप्रदाय नमो ब्रह्मणे व्यापिने शाश्वताय॥

1. Namaste sate te jagat kaara-ṇaaya
Namaste chite sarva lokaashra-yaaya
Namo 'dvaita tattvaaya mukti pra-daaya
Namo brahmaṇe vyaapine shaash-va-taaya.

Salutation to that Being, God, Who creates and supports the different worlds. Salutation to that Truth Who is unequalled, and Who grants liberation. Salutations to that Eternal, Supreme Self Who pervades all regions.

त्वमेकं शरण्यं त्वमेकं वरेण्यं, त्वमेकं जगत्पालकं स्वप्रकाशम्
त्वमेकं जगत्कर्तृ, पातृ प्रहर्तृ, त्वमेकं परं निश्चलं निर्विकल्पम्

2. Twamekam sharaṇyam twamekam vareṇyam
Twamekam jagat-paala-kam swa prakaa-sham
Twamekam jagat kartri paatri pra-har-tri
Twamekam param nish-cha-lam nir-vi-kalpam.

You are my sole Refuge, worthy of my final choice. You are the One Protector of the world with Your Self-Radiance. You alone create, sustain and destroy the universe. You are the One Great Motionless Being free from change.

भयानां भयं भीषणं भीषणानां गतिः प्राणिनां, पावनं पावनानाम्
महोच्चैः पदानां नियन्तृ त्वमेकं परेषां परं रक्षणं रक्षणानाम्

3. **Bha-yaa-naam bhayam bhee-ṣha-ṇam bhee-ṣha-ṇaa-naam**
Gatiḥ praa-ṇi-naam paawa-nam paawanaa-naam
Mahoch-chaiḥ padaa-naam niyantri twamekam
Pare-ṣhaam param rak-ṣha-ṇam rak-ṣhaa-ṇaa-naam

Your are feared even by the fearless, and You rule even the rulers. You are the Goal of all creatures. You purify all those who teach the virtue of purity. In a powerful way, You are the One Controller of every step taken. You are the Greatest and the Protector of all protectors.

वयं त्वां स्मरामो, वयं त्वां भजामो वयं त्वां जगत्साक्षिरूपं नमामः
सदेकं निधानं निरालम्बमीशम् भवाम्भोधिपोतं शरण्यं व्रजामः

4. **Vayam twaam sma-raa-mo vayam twaam bha-jaa-mo**
Vayam twaam jagat saak-ṣhi roopam namaamaḥ
Sadekam nidhaa-nam ni-raa-lam-bam-eesham
Bhawaam-bhodhi potam sharaṇ-yam vrajaa-maḥ

We think of You, we worship You, we bow to You, O Witness to the drama of this universe. We go to the Shelter of that Unique Being – the Basis of everything, Self-supporting, and Supreme, - a vessel in the sea of Life.

न तस्य कश्चित् पतिरस्ति लोके न चेशिता नैव च तस्य लिङ्गम्
स कारणं करणाधिपाधिपो न चास्य कश्चित् जनिता न चाधिपः

5. **Na tasya kash-chit patir-asti loke**
Na cheshi-taa naiva cha tasya liṅgam
Sa kaa-ra-ṇam kara-ṇaa-dhipaa-dhipo
Na chaasya kash-chit janitaa na chaadhi-paḥ

In this world, there is no-one above You, and no ruler greater than You. You are without form, image and defining mark. You are the Ultimate Cause of all causes. You are King of all living organisms. No one created You, or rules over You – You are the Creator and Ruler of all.

तमीश्वराणां परमं महेश्वरं तं देवतानां परमं हि दैवतम्
पतिं पतीनां परमं परस्ताद विदाम देवं भुवनेशमीड्यम्

6. **Tameesh-wa-raa-ṇaam paramam mahesh-wa-ram**
Tam deva-taa-naam para-mam hi daiva-tam
Patim patee-naam para-mam paras-taad
Vidaama devam bhuwa-nesham eed-yam

We realize You as the Supreme Lord of all lords, the Supreme God of all gods, the Supreme Protector of all protectors, Lord of the world, Worthy of our praise.

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव
त्वमेव विद्या द्रविणम् त्वमेव त्वमेव सर्वम् मम देव देव

7. Twameva maataa cha pitaa twameva
Twameva bandhush cha sakhaa twameva
Twameva vidyaa dravinam twameva
Twameva sarvam mama deva deva

You alone are our Mother, Father, Brother and Friend. You are the Source of our learning and wealth. You are our all-in-all, God of all gods!

इति ब्रह्म स्त्रोतम्

Iti Brahma Strotam

Here ends the **Brahma Strotam** Chant.

अथ अग्निहोत्रम् ATHA-AGNI-HOTRAM

Here begins the Agnihotra Sacrifice. Since we know God to be the Divine Light, we surrender ourselves to Him symbolically by the kindling of this sacrificial fire. Onto this blazing fire, we make offerings of our self- symbolized in Ghee [clarified butter] and Saamagree [mixed herbs].

समिधा चयन SAMIDHAA CHAYANA :

Choose thinner Samidhaa (sacrificial wood) and arrange them in the Kunda in a manner that the spaces between Samidhaas are aerated to support easy combustion.

अग्नि प्रदीपन AGNI PRA-DEE-PANA: - Kindling the sacrificial fire.

Instructions: Chant the following mantra, and light a deepak (deeyaa).

ओं भूर्भुवः स्वः ॥

1. Om bhoor bhuvah swah.

Before I kindle this sacrificial fire, I meditate on the Light of Wisdom that pervades earth, sky and heaven, and I pray that this Wisdom may be my unerring guide in my quest to know my soul, God and the universe.

अग्नि आधान AGNI AADHAANA: Chant the following mantra then from the lighted deepak kindle a piece of camphor placed on a spoon and place it in the kunda between thin samidhaas previously arranged.

ओं भूर्भुवः स्वर्द्यौरिव भूमना पृथिवीव वरिम्णा ।
तस्यास्ते पृथिवि देवयजनि पृष्ठेऽग्निमन्नादमन्नाद्यायादधे ॥

—यजुः अ० ३। म० ५॥

2. Om bhoor bhuvah swar dyaur-iva bhoomnaa

prithiveeva varimṇaa,

Tasyaas-te prithivi deva-yajani

Prish-the'gnim annaa- dam-annaa dyaayaa dadhe.

Kindling this fire that pervades earth, sky and heaven, I pray that I become broad in vision like heaven, and richly abundant like earth. O Earth, many sages in ancient times, seated on your surface, performed this sacrifice. Today, like the sages of the past, I place this food-consuming fire on this very surface of yours. May I acquire wholesome food.

अग्नि समिन्धान AGNI SAMINDHANA: - Fanning the fire (if necessary), causing it to rise.

ओम् उद्बुध्यस्वाग्ने प्रतिजागृहि त्वमिष्टापूर्ते संसृजेथामयं च ।
अस्मिन्सधस्थेऽध्युत्तरस्मिन् विश्वे देवा यजमानश्च सीदत ॥

—यजुः अ० १५। मं० ५४॥

3. Om ud-budhya-swa-agne prati-jaagrihi
twam iṣṭāa poortte saṁ-srije-thaamayañ cha.
Asmintsadhasthe' adhyut-tarasmin
vishve devaa yaja-maanash cha seedata.

Be awakened, O Divine Fire, and watch over my life. May both you and this sacrificer, together, accomplish earthly and heavenly deeds. In this life, and in future lives too, may all wise people and the sacrificer be seated together for this noble performance.

समिधाधान SAMIDH AADHAANA: - Offering three Samidhaas (pieces of sacrificial wood).

ओम् अयं त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्ध
वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा॥
इदमग्नये जातवेदसे इदं न मम ॥१॥ —इस मन्त्र से एक

4. Om Ayanta idhma aatmaa
jaata-vedas tene-dhyasva var-dhasva ched-dha vardhaya
chaasmaan praja-yaa pashu-bhir brahma-varchasena-
annaa-dyena samedhaya swaahaa,
Idam agnaye jaata-vedase, idanna mama
(With this mantra, offer first Samidhaa.)

Oh Self-effulgent Lord, source of all knowledge. Be thou our guest. Through Thy grace, may this fire be kindled and inflamed. Invigorate us also; bless us with noble offsprings, cattle and true knowledge, with spirituality and digestibility. Hail to Thee; this offering is for the Source of all knowledge and not for us.

ओं समिधाग्निं दुवस्यत घृतैर्बोधयतातिथिम् ।
आस्मिन् हव्या जुहोतन् स्वाहा ॥ इदमग्नये इदं न मम ॥२॥

5. Om samidhaagnim duvasyata
ghritair bodhaya taa-tithim,
Aasmin havyaa juho-tana swaahaa,
Idam agnaye, idanna mama. (Do not offer samidhaa with this mantra)

Serve Agni (God) with well-kindled powers (concentration and devotion) and awaken that Guest with the essence of your personality. In this physical fire, make your sacramental offerings to God and the cosmic forces.

सुसमिद्धाय शोचिषे घृतं तीव्रं जुहोतन ।
अग्नये जातवेदसे स्वाहा ॥ इदमग्नये जातवेदसे इदं न मम ॥३॥

6. Om Su-samid-dhaaya sho-chi-ṣhe
ghritam teevram juhotana,
Agnaye jaata-vedase swaahaa,
Idam agnaye jaata-vedase, idanna mama.
(With this and prior mantra, offer second samidhaa)

Unto this well-kindled, blazing fire, unto this Jaata vedas Agni, the supreme purifier, offer the supremely purified essence of your personality. This is truthfully unto Jaata-vedas Agni, and no more mine.

ओं तन्त्वा समिद्धिरङ्गिरो घृतेन वर्धयामसि ।
बृहच्छोचा यविष्ठ्य स्वाहा ॥ इदमग्नयेऽङ्गिरसे इदं न मम ॥४॥
—यजुः अ० ३। मं० १, २, ३॥

7. Om Tan-tvaa samid-bhir-aṅgiro
ghritena vardha-yaamasi,
Brihach chho-cha ya-viṣh-ṭhya swaahaa,
Idam agnaye 'ṅgirase, idanna mama.
(With this mantra, offer third Samidhaa.)

We enhance you with sacrificial fuel and with our purified essence, Oh Aṅgiras. Blaze forth in brilliance, and vigorously burn out the impurity in this my body, offered for purification. This body offering is truthfully unto Aṅgiras Agni, it is no more mine.

पंच घृत आहुति PAÑCHA GHRIT AAHUTI: Five Ghee Oblations

ओम् अयं त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्ध
वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा ॥
इदमग्नये जातवेदसे इदन्न मम ॥५॥

8. Om Ayanta idhma aatmaa
jaata-vedas tene-dhyasva var-dhasva ched-dha vardhaya
chaasmaan praja-yaa pashu-bhir brahma-varchasena-
annaa-dyena samedhaya swaahaa,
Idam agnaye jaata-vedase, idanna mama

Oh Jaata-vedas Agni! Oh Divine Fire present in all creation! This, my body, is a fuel Offered unto You. Be kindled with this fuel, and make us shine in our lives. Become enhanced and make us go forward, enriching us with noble offsprings, comforts in life, proper foods, and with the brilliance of Divine Knowledge. This offering is made from the Depth of our soul unto Jaata-vedas Agni; this is no more ours.

जल सिंचन

JALA SIÑCHANA: *Fill right palm with water, and sprinkle around the Kunda as directed. Take proper care to not get water inside the kund.*

ओम् अदितेऽनुमन्यस्व ॥ इस मन्त्र से पूर्व ।

9. **Om adite 'nu-man-yasva.** (Sprinkle in Eastern side from South to North)
O Aditi! Consent unto a life of good deeds.

ओम् अनुमतेऽनुमन्यस्व ॥ इस से पश्चिम ।

10. **Om anumate 'nu-man-yasva.** (Western side from South to North)
O Anumati! Consent unto life of good deeds.

ओं सरस्वत्यनुमन्यस्व ॥ इस से उत्तर ।

11. **Om saraswat-yanu-man-yasva.** (Northern side from west to east)
O Saraswati! Consent unto life of good deeds.

**ओं देव सवितः प्रसुव यज्ञं प्रसुव यज्ञपतिं भगाय ।
दिव्यो गन्धर्वः केतपूः केतं नः पुनातु वाचस्पतिर्वाचं नः स्वदतु ॥**
—यजुः अ० ३०। म० १

12. **Om deva savitaḥ! prasuva yajñam
prasuva yajña-patim bhagaaya,
Divyo gandharwaḥ keta-pooh
ketan-naḥ punaatu
vaachas-patir vaachan-naḥ swa-datu**

(Sprinkle in all four directions, starting from south east corner in a clockwise direction back to start)

O Deva Savitah! Inspire my life of sacrifice onward, and inspire me, the sacrificer, to attain fortune. The divine waters sustain one's body and wash one's thought clean of impurity, May these waters, indeed, purify my thought and understanding. And may the Lord of Speech inspire sweetness in the words that I utter.

आघारावाज्यभागाहुति AAGHAA-RAAV-AAJYA-BHAAG-AAHUTI:

Four Ghee Oblations (While offering spread the ghee from western direction to the eastern direction all along the edge of the kund.)

ओम् अग्नये स्वाहा ॥ इदमग्नये इदन्न मम ॥

13. **Om agnaye swaahaa,** (Make oblation onto the fire, to the North)
Idam agnaye, idanna mama.

Unto Agni, the force of cosmic strength, is this offering truthfully made. Nothing is mine.

ओं सोमाय स्वाहा ॥ इदं सोमाय इदं न मम ॥

14. **Om somaaya swaahaa,** (Oblation to the South)
Idam somaaya, idanna mama.

Unto Soma, the force of cosmic harmony, is this offering truthfully made. Nothing is mine.

ओं प्रजापतये स्वाहा ॥ इदं प्रजापतये इदन्न मम ॥

15. **Om prajaa-pataye swaahaa,** (Oblation to the Center)
Idam prajaa-pataye, idanna mama.

Unto Prajaapati, the force of cosmic creation, is this offering truthfully made. Nothing is mine.

ओम् इन्द्राय स्वाहा ॥ इदमिन्द्राय इदन्न मम ॥

16. **Om indraaya swaahaa,**
Idam indraaya, idanna mama. (Center)

Unto Indra, the force of cosmic control, is this offering truthfully made. Nothing is mine.

प्रधान होम

PRADHAANA HOMA: - Principal Sacrifice, relating to the purpose of the Havan.

प्रातः काल आहुति

PRAATAH KAAL AAHUTI: - Morning Ghee-Saamagree Oblations.

Make offerings of ghee, saamagree, and sthaaleepak (special grain preparation)

ओं सूर्यो ज्योतिर्ज्योतिः सूर्यः स्वाहा ॥१॥

17. **Om sooryo jyotir jyotiḥ sooryaḥ swaahaa.**

The Divine Sun possesses Light, and this Light shines in the rising sun.

Swaahaa – this declaration of realized truth comes from the depth of my soul.

ओं सूर्यो वर्चो ज्योतिर्वर्चः स्वाहा ॥२॥

18. **Om sooryo varcho jyotir varchaḥ swaahaa.**

The Divine Sun possesses Splendor, and this Splendor shines in the rising sun. Swaahaa.

ओं ज्योतिः सूर्यः सूर्यो ज्योतिः स्वाहा ॥३॥

19. Om jyotiḥ sooryaḥ sooryo jyotiḥ swaahaa.

Light resides in the Divine Sun, and the rising sun reflects this Light. Swaahaa.

ओं सजूर्देवेन सवित्रा सजूरुषसेन्द्रवत्या ।

जुषाणः सूर्यो वेतु स्वाहा ॥४॥

20. Om sajoor devena savitraa sajoor uṣhasendra-vatyaa
Juṣhaaṇaḥ sooryo vetu swaahaa.

The Divine Sun is in harmony with the rising sun and the brilliant dawn. May this beloved Divine Sun be realized in me.

सायं काल आहुति

PRADHAANA HOMA - SAAYAM KAAL AAHUTI:- Evening Oblations

Make offering of Ghee and Saamagree

ओम् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ॥१॥

21. Om agnir jyotir jyotir agniḥ swaahaa.

The Divine Fire possesses Light, and this Light shines in the earthly fire that we kindle at night. Swaahaa.

ओम् अग्निर्वर्चो ज्योतिर्वर्चः स्वाहा ॥२॥

22. Om agnir varcho jyotir varchaḥ swaahaa.

The Divine Fire possesses Splendor, and this Splendor shines in the earthly fire. Swaahaa.

ओम् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ॥३॥

इति मन्त्रं मनसोच्चार्य तृतीयाहुतिर्देया ।

23. Om agnir jyotir jyotir agniḥ swaahaa. - (Silent chant then make offering)

The Light that shines in the earthly fire is the Light that belongs to the Divine Fire.

ओं सजूर्देवेन सवित्रा सजू रात्र्येन्द्रवत्या ।

जुषाणोऽअग्निर्वेतु स्वाहा ॥ ४ ॥ य० अ० ३। मं० ९,१० ॥

24. Om sajoor devena savitraa
sajoo-raatryendra-vatyaa,
Juṣhaaṇo' agnir vetu swaahaa.

The Divine Fire is in harmony with the setting sun and with the moonlit night. May this beloved Divine Fire be realized in me.

प्रातः सायं आहुति

PRAATAH SAAYAM AAHUTI:

Morning and Evening Oblations of Ghee and Saamagree

ओं भूर्ग्नये प्राणाय स्वाहा ॥ इदमग्नये प्राणाय इदं न मम ॥१॥

25. Om bhoor agnaye praanaaya swaahaa,
Idam agnaye praanaaya, idanna mama.

Unto the earthly fire that acts like breath to energize all creatures, do I make this truthful offering.

ओं भुवर्वायवेऽपानाय स्वाहा ॥ इदं वायवेऽपानाय इदं न मम ॥२॥

26. Om bhavar-vaayave 'paanaaya swaahaa,
Idam vaaya-ve 'paanaa-ya, idanna mama.

Unto the atmospheric wind that cools the surrounding and removes uneasiness by providing fresh air, do I make this truthful offering.

ओं स्वरादित्याय व्यानाय स्वाहा ॥ इदमादित्याय व्यानाय इदं
न मम ॥३॥

27. Om swar-aadit-yaaya vyaanaa-ya swaahaa,
Idam aadit-yaaya vyaanaa-ya, idanna mama.

Unto the heavenly sun that makes the world happy by giving light, and causing rain to fall and grains to ripen, do I make this truthful offering.

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः स्वाहा ॥
इदमग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः इदं न मम ॥४॥

28. Om bhoor bhuvah swar-agni vaay-vaa-ditye-bhyah
praana-apaana vyaane-bhyah swaahaa,
Idam agni vaay-vaa-ditye-bhyah
praana-apaana vyaane-bhyah, idanna mama.

Unto earth, sky and heaven, and unto the corresponding fire, air and sun, with their functions of energizing, removing pains and making the world happy, do I make this truthful offering.

ओम् आपो ज्योती रसोऽमृतं ब्रह्म भूर्भुवः स्वरों स्वाहा ॥ ५ ॥

29. Om aapo jyotee raso 'mritam brahma
bhoor bhuvah swar-om swaahaa.

In the performance of this sacrifice, I have sought to discover the secrets surrounding:

- 1) God, the Supreme-most, All-pervading, and of the nature of Light, Love and Immortality, and
- 2) The Earth, Sky, and Heaven.

Om Swaahaa! Yes, indeed, they have all been truthfully described in this sacrifice. May they all become known to me.

Praying for a functional intellect

ओं यां मेधां देवगुणाः पितरश्चोपासते । तया मामद्य मेधयाग्ने
मेधाविनं कुरु स्वाहा ॥६॥ —यजुः अ० ३२। मं० १४॥

30. Om yaam medhaam deva-gaṇaaḥ pitarash chopaa-sate
Tayaa maamadya medhaya-agne
Medhaa-vinam kuru swaahaa.

O Radiant Lord of Knowledge! Make me knowledgeable today with that same knowledge which the company of the learned and people of wisdom strive to attain, so that I may indeed know You and the world.

Praying for a discriminating intellect

ओं विश्वानि देव सवितर्दुरितानि परा सुव ।
यद् भद्रन्तन्ऽ आ सुव स्वाहा ॥७॥ —यजुः० अ० ३०। मं० ३॥

31. Om vishvaani deva savitar duritaani paraa-suva
Yad bhadran tan-na' aa suva swaahaa.

Take away from my mind, Radiant Creator, all tendencies to transgress Your Laws, bringing unto me, instead, all that is beautiful, benevolent and auspicious.

Praying for a realized intellect

ओम् अग्ने नय सुपथा रायेऽअस्मान् विश्वानि देव वयुनानि
विद्वान् । युयोध्युस्मज्जुहुराणमेनो भूयिष्ठान्ते नमऽउक्ति विधेम
स्वाहा ॥८॥ —यजुः अ० ४०। मं० १६॥

32. Om agne naya su-pathaa raaye 'asmaan
Vishvaani deva vayu-naani vidvaan,
Yuyo-dhyas-maj juhuraanam eno
Bhooyish-ṭhaan-te nama 'uktim vidhema swaahaa.

O Radiant Lord of Light! Lead me unto the right path that I may attain the wealth of liberation, for You know all the pathways that lead in that direction. Separate sin from me, for it only leads me astray. Again and again, I offer you words of salutations and praise.

स्विष्ट कृत आहुति

SVIṢṬĀ-KRIT AAHUTI:

Oblation for Atonement

Make offerings of Bhaat [cooked grains] or Ghee.

ओं यदस्य कर्मणोऽत्यरीरिचं यद्वा न्यूनमिहाकरम् । अग्निष्ट-
त्स्विष्टकृद्विद्यात् सर्वं स्विष्टं सुहुतं करोतु मे । अग्नये स्विष्टकृते
सुहुतहुते सर्वप्रायश्चित्ताहुतीनां कामानां समर्द्धयित्रे सर्वान्नः
कामान्तसमर्द्धय स्वाहा ॥ इदमग्नये स्विष्टकृते इदं न मम ॥

33. Om yadasya karmaṇo 'tyaree-richam
yad vaa nyoonam-ihaa karam,
Agniṣṭat-sviṣṭa-krid vidyaat,
sarvam sviṣh-ṭam su-hutam karotu me,
Agnaye sviṣṭa-krite su-huta-hute
sarva-praayash-chitt-aahuteenaam
kaamaa-naam samar-ddhayi-tre
sarvaan naḥ kaamaant samard-dhaya swaahaa,
Idam agnaye, sviṣṭa-krite, idanna mama.

O Agni, O God, You are the All-knowing One, You fully know whatever is excessive or lacking in my performance of this sacrifice. May You, the Fulfiller, fulfill my performance by harmonizing it with my intent, righteous in nature, and making it well-performed. I beseech You to make me successful in all that I righteously and appropriately desire. I address this prayer to You Who fulfills all offerings and makes them well-performed, Who accepts all confession and repentance, and Who grants success in all righteous wishes. All this is unto Agni, the Fulfiller, nothing is mine.

प्रजापत्याहुति PRA-JAA-PAT-YAA'HUTI: Silent Oblation to Prajaapati

Chant mantra silently and make offering (Ghee and Saamagree) with Swaahaa

ओं प्रजापतये स्वाहा ॥ इदं प्रजापतये इदन्न मम ॥

34. Om prajaa-pata-ye swaahaa.
Idam prajaa-pata-ye, idanna mama. (Chant silently)

Unto Prajaapati, the Silent Witness to the drama of this Universe is this offering made. Nothing is mine.

For a special occasion / sanskaara (Brihad Vishesh Yajña) now perform the following offerings and then make offerings specific to that occasion / sanskaara

बृहद विशेष यज्ञ BRIHADA VISHEṢHA YAJÑĀ

Mantras and Oblations for Big, Special Occasions / Sanskaaras.

पवमान आहुति PAVA-MAAN AAHUTI:

Oblations for Purification and Enlightenment.

Make offerings of Ghee only with these Mantras

ओं भूर्भुवः स्वः । अग्न् आयूषि पवसु आ सुवोर्जमिषं च नः ।
आरे बाधस्व दुच्छुनां स्वाहा ॥ इदमग्नये पवमानाय इदन्न मम ॥१॥

35. Om bhoor bhuvah swah,

Agna aayoomṣhi pavasa aa suvor-jamiṣham cha naḥ

Aare baadhas-wa duch-chhu-naam swaahaa.

Idam agnaye pava-maanaa-ya, idanna mama.

Om, Bhooh, Bhuvah, Swah, Oh God, Thou art the giver of life. Purify and lengthen our lives and grant us strength and proper food. Oh Thou check our misfortunes. This is for God the sacrificer, not for me.

ओं भूर्भुवः स्वः । अग्निर्ऋषिः पवमानः पाञ्चजन्यः पुरोहितः ।
तमीमहे महागयं स्वाहा ॥ इदमग्नये पवमानाय इदन्न मम ॥२॥

36. Om bhoor bhuvah swah,

Agnir riṣhiḥ pawa-maanaḥ paañcha-janyaḥ purohitaḥ

Tamee-mahe mahaa-gayam swaahaa.

Idam agnaye pawa-maanaa-ya, idanna mama.

Om, Bhooh, Bhuvah, Swah, The wise God is purifier and well-wisher of all. We pray to Him the Almighty. This is for the purifying God and not for me.

ओं भूर्भुवः स्वः । अग्ने पवस्व स्वपा अस्मे वर्चः सुवीर्यम् ।
दधद्रयिं मयि पोषं स्वाहा ॥ इदमग्नये पवमानाय इदन्न मम ॥३॥

—ऋ० मं० ९। सू० ६६। मं० १९-२१॥

37. Om bhoor bhuvah swah,

Agne pawaswa swapaa asme varchaḥ su-veeryam

Dadhad rayim mayi poṣham swaahaa.

Idam agnaye pawa-maanaa-ya, idanna mama.

Om Bhooh, Bhuvah, Swah. Oh God of glorious actions pour on us splendor and powers, grant us nourishing wealth. This is for the purifying God and not for me.

ओं भूर्भुवः स्वः । प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परि ता
 बभूव । यत्कामास्ते जुहुमस्तनो अस्तु वयं स्याम पतयो रयीणां स्वाहा ॥
 इदं प्रजापतये इदन्न मम ॥४॥ —ऋ० मं० १०। सू० १२१। मं० १०॥

38. Om bhoor bhuvah swah,
 Prajaa-pate na twad-etaan-yanyo
 vishwaa jaataani pari taa babhoowa,
 Yat kaamaas-te juhumas tan-no astu
 vayam syaama patayo rayeeṇaam swaahaa.
 Idam prajaa-pataye, idanna mama.

Om, Bhooh, Bhuvah, Swah. Oh Prajaapati, Lord of all, none except Thee comprehends all these created objects. When we invoke Thee for our desired object; Oh God, let it be ours. Let us be possessors of all wealth. This is for the Lord of the universe and not for me.

अष्ट आज्याहुति AṢṬĀ AAJYAA-'HUTI: Eight Oblations for Auspiciousness.
 Offer ghee and saamagree.

ओं त्वं नो अग्ने वरुणस्य विद्वान् देवस्य हेळोऽव यासिसीष्ठाः ।
 यजिष्ठो वह्नितमः शोशुचानो विश्वा द्वेषांसि प्र मुमुग्ध्यस्मत्
 स्वाहा ॥ इदमग्नीवरुणाभ्याम् इदं न मम ॥१॥

39. Om twan no agne varuṇasya vidvaan
 devasya heḷo 'va yaa-si-seeṣh-ṭhaah,
 Yajiṣh-ṭho vahni-tamaḥ shoshu-chaano
 vishvaa dveṣhaan-si pra-mumug-dhyas-mat swaahaa.
 Idam agnee-varuṇaa-bhyaam, idanna mama.

O Agni, O God! O Knowledgeable One! Bless our effort towards driving away from us the tendency to show disrespect to others. O Great Sacrificer, the Best Leader, the Most Glorious, help us shed all sorts of hatreds and ill wills. This is for God, the Ruler of the universe not for me.

ओं स त्वं नो अग्नेऽवमो भवोती नेदिष्ठो अस्या उषसो
 व्युष्टौ । अव यक्ष्व नो वरुणं रराणो वीहि मृळीकं सुहवो न
 एधि स्वाहा ॥ इदमग्नीवरुणाभ्याम् इदं न मम ॥२॥

—ऋ० मं० ४। सू० १। मं० ४, ५॥

40. Om sa twan-no agne 'vamo bhavotee
Nediṣh-ṭho asyaa uṣhaso vyuṣh-ṭau,
Ava yak-ṣhwa no varuṇam ra-raaṇo
veehi mriḷeekam suhavo na edhi swaahaa.
Idam agnee-varuṇaa-bhyaam, idanna mama.

O Agni, O God, be closest to us. At the break of the dawn, be our nearest Friend in offering help. May we, with the help of the knowledge granted by You, destroy all binding influences and promote our peaceful nature. Accept our offerings. Be with us - this is for God, King of the universe, not for me.

ओम् इमं मे वरुण श्रुधी हवमद्या च मृळय ।

त्वामवस्युराचके स्वाहा ॥ इदं वरुणाय इदं न मम ॥३॥

—ऋ० मं० १। सू० २५। मं० १९॥

41. Om imam me varuṇa shrudhee
Havam adyaa cha mriḷaya,
Tvaam avasyur aacha-ke swaahaa.
Idam varuṇaaya, idanna mama.

O Varuna! King of kings, hear this call of mine, be gracious unto me as I am longing for help, I call out to thee. This is for the King of the universe and not for me.

ओं तत्त्वा यामि ब्रह्मणा वन्दमानस्तदा शास्ते यजमानो हविर्भिः ।

अहेळमानो वरुणेह बोध्युरुशंस मा न आयुः प्र मोषीः स्वाहा ॥

इदं वरुणाय इदं न मम ॥४॥

—ऋ० मं० १। सू० २४। मं० ११॥

42. Om tat-twaa yaami brahmaṇaa vanda-maanas
tadaa shaaste yajamaano havir-bhiḥ,
Aheḷa-maano varuṇeha bo-dhyu-ru-shansa
maa na aayuh pra-mo-ṣheeh swaahaa.
Idam varuṇaaya, idanna mama.

I Come to Thee with my prayers adoring. Thy worshipper craves this with humble supplications. O Varuna, King of kings, be here without anger. O, Thou of wide reputation, let not our life be cut short. This is for the King of Kings, Father of all, and not for me.

ओं ये ते शतं वरुण ये सहस्रं यज्ञियाः पाशा वितता
महान्तः। तेभिर्नो अद्य सवितोत विष्णुर्विश्वे मुञ्चन्तु मरुतः
स्वर्काः स्वाहा ॥ इदं वरुणाय सवित्रे विष्णावे विश्वेभ्यो
देवेभ्यो मरुद्भ्यः स्वर्केभ्यः इदं न मम ॥५॥

43. Om ye te shatam varuṇa ye sahasram
Yaj-ñi-yaah paashaa vita-taa mahaantaḥ,
Tebhir no adya savi-tota viṣhnur
vishve muñ-chantu marutaḥ svark-kaah swaahaa,
Idam varuṇaaya savitre viṣhnave vishve-bhyo
Devebhyo marud-bhyaḥ svarkke-bhyaḥ, idanna mama.

O Varuna, Great Ruler, whatever are Thy hundred fold, sacrificial bonds; whatever are thousand-folds, by them may Savitaḥ, Vishnu, and all wise people help us to gain liberation. This offering is for Varuna, Savita, Vishnu and all sages and wise people-not for me.

ओम् अयाश्चाग्नेऽस्यनभिशस्तिपाश्च सत्यमित्त्वमयाऽसि।
अया नो यज्ञं वहास्यया नो धेहि भेषजं स्वाहा ॥ इदमग्नये
अयसे इदं न मम ॥६॥

44. Om ayaash chaagne 'syana-bhi shasti-paash cha
Satyam-it tvam ayaa 'si,
Ayaa no yajñam vahaas-ya-yaa
no dhehi bheṣha-jaṁ swaahaa.
Idam agnaye ayase, idanna mama.

O Agni, O God, Thou art found everywhere, You are Protector of the virtuous. Carry our sacrifice to a successful end and help us that we may sustain cure for our transgressions. Verily art Thou all moving, O all moving God; Thou accept our sacrifice. Give health unto us, this sacrifice is for God the moving and not for me.

ओम् उदुत्तमं वरुण पाशमस्मदवाधमं वि मध्यमं श्रथाय।
अथा वयमादित्य व्रते तवानागसो अदितये स्याम स्वाहा ॥ इदं
वरुणायाऽऽदित्यायादितये च इदं न मम ॥७॥

—ऋ० मं० १। सू० २४। मं० १५॥

45. **Om ud-ut-tamam varuṇa paasham-asmad
avaadhamam vi madhya-mam shra-thaaya,
Athaa vayam aaditya vrata
tavaanaa-gaso adita-ye syaama swaahaa.
Idam varu-ṇaayaa 'dit-yaaya-aditaye cha, idanna mama.**

O Varuṇa! King of Kings, loosen the bonds that bind us in the upper, middle, and lower levels - impure thoughts; impure emotions of lust, greed, anger, etc.; and excessive, uncontrolled sense-enjoyment. And thereafter may we be sinless, O Great Ruler, O Imperishable One, Thy Government is for the sake of the world at large. This offering is for the King, the government and the world and not for me.

ओं भवतन्ः समनसौ सचेतसावरेपसौ । मा यज्ञं हिंसिष्टं
मा यज्ञपतिं जातवेदसौ शिवौ भवतमद्य नः स्वाहा ॥ इदं जातवेदोभ्याम्
इदं न मम ॥८॥

—यजुः अ० ५। मं० ३॥

46. **Om bhavatan-naḥ sa-manasau
sa-cheta-saav-are-pasau,
Maa yajñam him sish-ṭam
maa yajñapatim jaataveda-sau
Shivau bhavatam adya naḥ swaahaa.
Idam jaata-vedo-bhyaam, idanna mama.**

O God of the universe, free us from all evils, may we, married couple, be one-minded and well disposed. Harm not the sacrifice or the tradition of sacrifice. Harm not the lord of sacrifice. O knowing One, be kind to us now and forever. This is for the Knowing One, Father of all, not for me.

Oblations for any special occasions/ sankaaras should be performed now.

Routine offerings for specific reasons

Thanking Mother Nature प्रकृति के लिए आहुति

ओ३म् शन्नो मित्रः शं वरुणः शन्नो भवत्वयमा ।
शन्नोऽइन्द्रो बृहस्पतिः शन्नो विष्णुरुरुक्रमः ॥
नमो ब्रह्मणे नमस्ते वायो त्वमेव प्रत्यक्षं ब्रह्मासि । त्वामेव प्रत्यक्षं
ब्रह्मं वदिष्यामि ऋतं वदिष्यामि सत्यं वदिष्यामि तन्मामवतु
तद्वक्तारमवतु । अवतु माम् । अवतु वक्तारम् ।
ओ३म् शान्तिश्शान्तिश्शान्तिः ॥ १ ॥
— [तुलना—तै०आ०प्रपा० ७ । अनु० १]

**Om Shanno mitraḥ sham varuṇaḥ shanno bhavat-varyamaa
Shanna'indro brihaspatiḥ shanno Viṣṇu-ru-rukramaḥ
Namo brahamaṇe Namaste vaayo
twameva pratyakṣham brahmaasi
twaameva pratyakṣham brahama vadiṣhyaami
ritam vadiṣhyaami
satyam vadiṣhyaami
tanmaam-avatu tad-vaktaaram-avatu
avatu maam avatu vaktaaram
Om Shaantish shaantish shaantiḥ**

May various elements and forces of nature, Mitra (air), Varuna (water), Aryama (Sun), Indra (rain & thunder), Brihaspati (intellect) and Vishnu (heaven) be propitious with Us. Salutations to you O God; Salutations to you O Vayu (all sustaining elements of mother nature); You indeed are the manifestation of God. I Proclaim, You indeed are the manifestation of God. I speak about the divine truth. I speak about the timeless truth. Protect me and protect the teacher.

As per Sansankaar Vidhi (p 177) following oblations (Offering of cooked grains) should be performed on the last day of a moon phase, waxing (full moon) or waning (No moon)

Poonima (Full Moon) Yajña पूर्णिमा यज्ञ

ओम् अग्नये स्वाहा

Om agnaye swaahaa

ओम् अग्नीषोमाभ्याम् स्वाहा

Om agnee-ṣhomaabhyaam swaahaa

ओं विष्णवे स्वाहा

Om viṣṇave swaahaa

ओं भूर्गनये स्वाहा ॥ इदमग्नये इदन्न मम ॥

Om bhooragnaye swaahaa. Idam agnaye, idanna mama

ओं भुवर्वायवे स्वाहा ॥ इदं वायवे इदन्न मम ॥

Om bhavar-vaayave swaahaa. Idam vaayave, idanna mama

ओं स्वरादित्याय स्वाहा ॥ इदमादित्याय इदन्न मम ॥

Om swaraa-dityaaya swaahaa. Idam aadityaaya, idanna mama

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ॥

इदमग्निवाय्वादित्येभ्यः इदन्न मम ॥

Om bhoor-bhuvah swar-agni-vaayva-aditye-bhyah swaahaa.

Idam-agni vaayvaa-dityebhyah, idanna mama

Amaavasyaa (No Moon) Yajña अमावस्या यज्ञ

ओम् अग्नये स्वाहा

Om agnaye swaahaa

ओम् इंद्राग्नीभ्याम् स्वाहा

Om indraa-gneebhyaam swaahaa

ओं विष्णवे स्वाहा

Om viṣṇave swaahaa

ओं भूर्गनये स्वाहा ॥ इदमग्नये इदन्न मम ॥

Om bhooragnaye swaahaa. Idam agnaye, idanna mama

ओं भुवर्वायवे स्वाहा ॥ इदं वायवे इदन्न मम ॥

Om bhavar-vaayave swaahaa. Idam vaayave, idanna mama

ओं स्वरादित्याय स्वाहा ॥ इदमादित्याय इदन्न मम ॥

Om swaraa-dityaaya swaahaa. Idam aadityaaya, idanna mama

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ॥

इदमग्निवाय्वादित्येभ्यः इदन्न मम ॥

Om bhoor-bhuvah swar-agni-vaayva-aditye-bhyah swaahaa.

Idam-agni vaayvaa-dityebhyah, idanna mama

Praying for health स्वास्थ्य के लिए आहुति

भद्रं कर्णेभिः शृणुयाम देवा भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिर्व्यशेमहि देवहितं यदायुः ॥

Om Bhadrañ karṇe-bhiḥ śriṇu-yaama devaa
Bhadram pash-ye-maak-ṣhabhir-yajatraaḥ,
Sthirair-aṅgais-tuṣṭu-vaam-sas tanoobhir
vyashe-mahi devahitam yad-aayuh

Om, O God, may we hear with our ears what is auspicious,
May we see with our eyes what is auspicious and adorable,
May we be prayerful (in life) with steadiness in our bodies (and minds),
May we offer our lifespan allotted by You (for the service of Your cause, i.e. perform Dharmic actions)

ओं स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः ॥
स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ॥

Om Svasti Na Indro Vriddha-Shravaaḥ,
Svasti Naḥ Poṣhaa Vishva-Vedaah
Svasti Nas-Taarkshyo Ariṣṭa-Nemih

Svasti No Brihaspatir-Dadhaatu (RV 1:89:8&6 Also from Upanishads)

May Indra, God, (of Vedas Who is of great wisdom and glory) grant us well-being (by bestowing wisdom).
May Pushah (God as The Nourisher) Who is of great knowledge grant us well-being (by nourishing us and granting knowledge). May Taarksya (Lord of great Protective Power and a thunderbolt/destroyer to misfortunes) grant us well-being (by protecting us from misfortunes).
(And) May Brihaspati (God as the Ultimate Guru of the Devas) grant us Well-Being,

ओम् आपः शिवाः शिवतमाः शांताः शान्ततमास्तास्ते कृण्वन्तु भेषजम्

Om Aapaḥ shivaah shiva-tamaah shaantaah shanta-tama-asta-aste
kriṇvantu bheṣhajam.

O all pervading God; You are beneficent, make me Benevolent. You are the Giver of Peace, cure me of my illness. By Your grace, may the germ destroying medicines prove effective in curing me speedily.

ओं तनूपा अग्नेऽसि तन्वं पाहि । आयुर्दा अग्नेऽस्यायुर्मे देहि ।
वर्चोदा अग्नेऽसि वर्चो मे देहि । अग्नेयन्मे तन्वा ऊनं तन्म आपृण ॥

Om tanoopaa agne 'si tanvam me paahi
aayur-daa agne 'syaayur me dehi
varcho-daa agne 'si varcho me dehi
agne yan-me tanvaa oonam tan-ma aa-priṇa

O God; Make my body healthy, grant me physical strength, grant me stamina and longevity, By your mercy, may I get well and strong, Kindly remove from my body all ailments and weakness so I may acquire vigor and vitality.

ओं तेजोऽसि तेजो मयि धेहि | ओं वीर्यमसि वीर्यम् मयि धेहि |
ओं बलमसि बलम् मयि धेहि | ओं ओजोऽस्योजो मयि धेहि |
ओं मन्युरसि मन्युम् मयि धेहि | ओं सहोऽसि सहो मयि धेहि ||

Om tejo 'asi tejo mayi dhehi – Om viryamasi viryam mayi dhehi
Om balamasi balam mayi dhehi – Om ojo'sy ojo mayi dhehi
Om manyurasi manyum mayi dhehi – Om saho'si saho mayi dhehi

O Powerful God. Give me power, make my body strong, remove my weakness and give me strength. Give me intelligence, consciousness and perception. Give me righteous anger to destroy sins, and grant me resoluteness and tolerance.

ओं त्र्यम्बकं यजामहे सुगन्धिम् पुष्टि वर्धनम्
उर्वारुकमिव बंधनान् मृत्योर्मुक्षीय माऽमृतात्
त्र्यम्बकं यजामहे सुगन्धिम् पतिवेदनम्
उर्वारुकमिव बंधनादितो मुक्षीय मामुतः

Om Tryambakam yajaamahe sugandhim puṣhti vardhnam,
Urvaa-rukam-iva bandhanaan mrityor mukṣheeya maa'mritaat.
Tryambakam yajaamahe sugandhim pativedanam
Urvaarukam iva bandhanaadito mukṣheeya maamutaḥ

Great Divine Sustainer of the three worlds, destroyer of illness and supporter of all Who is worthy of our worship! Just as a ripe fruit is detached automatically from the stem, similarly free us from ailments but not from immortality. Grace us with a healthy, long life.

Starting Education विद्यारम्भ

ओं सह नाववतु | सह नौ भुनक्तु सह वीर्यं करवावहै |
तेजस्वि नावधीतमस्तु | मा विद्विषावहै ||

Om Saha naavavatu, Saha nau bhunaktu
saha veeryam karavaa-vahai
Tejasvi-naa-vadhee-tamastu
Maa vid-vi-ṣhaa-vahai

O God, Let us all unite and protect ourselves. Let us render service to others and let our studies be beneficial and brilliant. Let there be no hatred among us.

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Saraswati namastubhyam varade kaamaroopiṇi

Vidyaarambham kariṣhyaami, siddhirbhavatu me sadaa (Rishi Agasthya)

O Sarasvati, God of all knowledge, salutations to You, the giver of boons, the One who fulfills righteous desires. As I begin my studies, may there always be accomplishment for me.

सत्यम् ब्रूयात् प्रियम् ब्रूयान् न ब्रूयात् सत्यमप्रियम् ।
प्रियम् च नानृतं ब्रूयाद् एष धर्मः सनातनः ॥

**Om Satyam brooyaat priyam brooyaan
Na brooyaat satyam apriyam,
Priyam cha naanritam brooyaad
Eṣha dharmah sanaa-tanah**

A person should speak Truth, and speak it pleasantly (for the well being of people at large). One should not speak truth that is unpleasant (like calling a blind person blind). Also, one should not speak untruth that is pleasant (simply to please others). This is Sanaatana Dharma, the Eternal Law.

ओं यां मेधां देवगुणाः पितरश्चोपासते । तया मामद्य मेधयाग्ने
मेधाविनं कुरु स्वाहा ॥६॥ —यजुः अ० ३२। मं० १४॥

Om yaam medhaam deva-gaṇaah Pitarash chopaa-sate

Tayaa maam-adya medhaya-agne Medhaa-vinam kuru swaahaa

O Radiant Lord of Knowledge! Make me knowledgeable today with that same knowledge which the company of the learned and people of wisdom strive to attain, so that I may indeed know You and the world.

ओं विश्वानि देव सवितर्दुरितानि परा सुव ।

यद् भद्रन्तन्ऽ आ सुव स्वाहा ॥७॥ —यजुः० अ० ३०। मं० ३॥

Om vishvaani deva savitar duritaani paraa-suva

Yad bhadran tan-na' aasuva swaahaa.

Take away from my mind, Radiant Creator, all tendencies to transgress Your Laws, bringing unto me, instead, all that is beautiful, benevolent and auspicious.

ओम् अग्ने नय सुपथा रायेऽस्मान् विश्वानि देव वयुनानि
विद्वान्। युयोध्युस्मज्जुहुराणामेनो भूरिष्ठान्ते नमऽउक्ति विधेम
स्वाहा ॥८॥

—यजुः अ० ४०। मं० १६॥

Om agne naya su-pathaa raaye 'asmaan
Vishvaani deva vayu-naani vidvaan,
Yuyo-dhyas-maj juhuraanam eno
Bhooyish-ṭhaan te nama' uktim vidhema swaahaa.

O Radiant Lord of Light! Lead me unto the right path that I may attain the wealth of liberation, for You know all the pathways that lead in that direction. Separate sin from me, for it only leads me astray. Again and again, I offer you words of salutations and praise.

Starting New Job / Business व्यवसाय आरम्भ

ओं शत हस्त समाहर सहस्र हस्त सं किर |

कृतस्य कार्यस्य चेह स्फातिम् समावह ||

Om Shat-hasta samaahara sahastra hasta sam kira
Kritasya kaaryasya cheha sphaatim samaavaha

Earn with one hundred hands and give with a thousand hands. Expand your business and increase both your earnings and giving.

ओं येन धनेन प्रपणम् चरामि धनेन देवा धनमिच्छमानः |

तस्मिन्म इन्द्रो रुचिमा दधातु प्रजापतिः सविता सोमो अग्निः ||

Om yena dhanena prapaṇam charaami dhanena devaa
dhanam-ichchha-maanaḥ

Tasminma indro ruchimaa dadhaatu prajaapatiḥ savitaa somo agniḥ
I want to invest into righteous business and earn righteous wealth. May God help me work hard and increase my interest in my endeavors.

ओं मोघमन्नम् विन्दते अप्रचेताः सत्यम् ब्रवीमि वध इत्स तस्या |

नार्यमणम् पुष्यति नो सखायं केवलाघो भवति केवलादि ||

Om mogham-annam vindate aprechetaaḥ satyam bravimi vadha itsa
tasyaa

Naaryamaṇam puṣhyati no sakhaayam kevalaagho bhavati kewalaadi

The one who earns selfishly only to feed himself is feeding on sin. Wealth should not only be earned righteously but also should be selflessly utilized for the greater good of the entire society.

Birthday / New born जन्मदिवस / वंश वृद्धि

ओं तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् । पश्येम शरदः शतं
जीवेम शरदः शतं शृणुयाम शरदः शतं प्र ब्रवाम शरदः शतमदीनाः
स्याम शरदः शतं भूयश्च शरदः शतात् ॥ ४ ॥

यजुः० अ० ३६।मं० २४ ॥

Om Tach chakshur devahitam Purastaach chhukram uch-charat
Pashyema sharadaḥ shatam
Jeevema sharadaḥ shatam
Shriṇu-yaama sharadaḥ shatam
Pra bra-vaama sharadaḥ shatam
Adeenaah syaama sharadaḥ shatam
Bhooyash cha sharadaḥ shataat.

ओं सं मा सिंचंतु मारुतः सं पूषा सं बृहस्पतिः ।
सं मायमग्निः सिंचतु प्रजया च धनेन च दीर्घमायुः कृणोतु मे ॥

Om Sam maa siñchantu maarutaḥ
Sam puṣhaa sam brihaspatiḥ
Sam maayam-agniḥ siñchatu prajayaa
Cha dhanena cha deergha-maayuh kriṇotu me.

May the five elements - the life-giving air, the nourishing earth, the food digesting-energy, the juice promoting water, and the balance-maintaining sky - make my body healthy and strong. I pray for Thy blessings to live a hundred years in the company of my kith and kin and be provided with adequate wealth and prosperity.

ओं शतम् जीव शरदो वर्धमानः शतम् हेमन्तान् शतमु वसन्तान् ।
शतम् इंद्राग्नी सविता बृहस्पतिः शतायुषा हविषेमम् पुनर्दुः ॥

Om Shatam jeeva sharado vardha-maanah
Shatam hemantaan shatamu vasantaan.
Shatam indraagnee savitaa brihaspatiḥ
Shataa-yuṣhaa haviṣhemam punar duḥ.

May you, consume food that promote long life, strength, and intellect, happily see a hundred years. May you reach a full span of a hundred years with peace.

New Year / Holi / Deepawali नव संवत्सर (वर्ष) / होली / दीपावली

Offering of newly harvested grains

ओं पृथिवी द्यौः प्रदिशो दिशो यस्मै द्युभिरावृताः ।
तमिहेन्द्रमुपह्वये शिवा नः सन्तु हेतयः स्वाहा ॥१॥

Om Prithivee dyauh pradisho disho yasmai dyubhiraa-vritaah
Tam-ihendram-upahvaye shivaa nah santu hetayah swaahaa

ओं यन्मे किञ्चिदुपेप्सितमस्मिन् कर्मणि वृत्रहन् ।
तन्मे सर्वः समृध्यतां जीवतः शरदः शतः स्वाहा ॥२॥

Om Yanme kiñchid-upepsitam-asmin karmaṇi vritrahan
Tanme sarvaṃ samridhyataam jeevataḥ sharadaḥ shatam swaahaa

ओं सम्पत्तिर्भूतिर्भूमिर्वृष्टिर्ज्यैष्ठ्यः श्रैष्ठ्यः श्रीः प्रजामिहावतु
स्वाहा ॥ इदमिन्द्राय इदन्न मम ॥३॥

Om Sampattir-bhootir-bhoomir-vriṣṭir-jyaiṣṭhayaṃ shraiṣṭhyaṃ
shreeḥ prajaam-ihaavatu swaahaa. Idam-indraaya idanna mama.

ओं यस्याभावे वैदिकलौकिकानां भूतिर्भवति कर्मणाम् ।
इन्द्रपत्नीमुपह्वये सीताः सा मे त्वनपायिनी भूयात् कर्मणि
कर्मणि स्वाहा ॥ इदमिन्द्रपत्न्यै इदन्न मम ॥४॥

Om Yasyaabhaave vaidika-laukikaanaam bhootir-bhavati karmaṇaam
Indra-patneem-upahvaye seetaaṃ sa me tvanapaayinee bhooyaat
karmaṇi karmaṇi swaahaa. Idam-indra-patnyai idanna mama.

ओम् अश्वावती गोमती सूनृतावती बिभर्ति या प्राणभृतो
अतन्द्रिता । खलमालिनीमुर्वरामस्मिन् कर्मण्युपह्वये ध्रुवाः सा मे
त्वनपायिनी भूयात् स्वाहा ॥ इदं सीतायै इदन्न मम ॥५॥

Om Ashvaavatee gomatee soo-nritaavati bibhar-tti yaa praṇa-bhrito
atandrita khala-maalineem-urvaraam-asmin karmaṇy-uphvaye
dhruvaam saa me tvana-paayinee bhooyaat swaahaa.
Idam seetaayai idanna mama.

The use of the blade of the plough benefits the horses, cows and our work. It protects all beings with its hard work. It is strong and useful for the production of grains for animals and aeration of the earth. May it fulfill all our desires. We are giving this oblation for the blade of the plough and not for ourselves.

ओं सीतायै स्वाहा ॥१॥

Om Seetaayai swaahaa

May there be good appreciation for Sita, the blade of the plough.

ओं प्रजायै स्वाहा ॥२॥

Om Prajaayai swaahaa

May there be prosperity for all the subjects.

ओं शमायै स्वाहा ॥३॥

Om Shamaayai swaahaa

May there reign prosperity and satisfaction.

ओं भूत्यै स्वाहा ॥४॥

Om bhootyai swaahaa

May all good fortune come to everyone.

ओं व्रीहयश्च मे यवाश्च मे माषाश्च मे तिलाश्च मे मुद्गाश्च मे

खल्वाश्च मे प्रियंगवश्च मे मेऽणवश्च मे श्यामाकाश्च मे नीवाराश्च मे

गोधूमाश्च मे मसूराश्च मे यज्ञेन कल्पन्ताम् स्वाहा

Om Vreehaya-shcha me yavaa-shcha me maashaa-shcha me

tilaa-shcha me mudgaa-shcha me khalvaa-shcha me

priyaṅgava-shcha me me'ṇa-vashcha me shyaamaakaa-shcha me

neevaaraa-shcha me godhoomaa-shcha me masooraa-shcha me

yajñena kalpantaam swaahaa.

O mankind, make different kinds of palatable food with the help of Rice, Jauo, Urad, Wheat, Massor etc. and offer them in the holy yajña. You consume this food and give it to others.

Prayers for Harmony at home पारिवारिक सौहार्द

अनुव्रतः पितुः पुत्रो मात्रा भवतु संमनाः ।

जाया पत्ये मधुमतीं वाचं वदतु शन्तिवान् ॥

Om Anu-vrataḥ pituḥ putro Maatraa bhavatu sam-manaaḥ.

Jaayaa patye madhu- mateem vaacham vadatu shanti-vaan swaaha

Let the child be obedient to the father and same mind as the mother. Let the wife speak unto her husband (and vice versa) sweet words that would yield peace for the home.

Supreme merciful God, we, the members of this family, have assembled here to offer our prayers. Grant us wisdom and understanding for the promotion of mutual love and affection. May there be complete absence of hatred. May harmony prevail among all the members of the family. May the interaction between the members of this family and others be full of justice, love and mercy. May all members of the family be polite, respectable, and dutiful and may all interact courteously and truthfully.

मा भ्राता भ्रातरं द्विक्षन्मा स्वसारमुत स्वसा ।

सम्यञ्चः सव्रता भूत्वा वाचं वदत भद्रया ॥

**Om Maa bhraataa bhraataram dvikṣhan-maa sva-saaram-uta sva-saa,
Sam-yañchaḥ sa-vrataa bhootvaa
vaacham vadata bhadrayaa swaaha**

O Children of the Family! Let no brother hate his brother (or sister), and let no sister hate her own sister (or brother). Completely united, and following the same goals, speak words to each other in a pleasant and cultural manner.

ओं मातृ देवो भव स्वाहा

ओं पितृ देवो भव स्वाहा

ओम् आचार्य देवो भव स्वाहा

ओम् अतिथि देवो भव स्वाहा

Om Maatri devo bhava swaahaa

Om Pitri devo bhava swaahaa

Om Aachaarya devo bhava swaahaa

Om Atithi devo bhava swaahaa

See your mother as your god, your father, your teacher and your guest as gods.

Wedding Anniversary विवाह वर्षगांठ

ओं समञ्जन्तु विश्वे देवाः समापो हृदयानि नौ ।

सं मातरिश्वा सं धाता समु देष्ट्री दधातु नौ ॥

Om Samañjantu vishve devaaḥ samaapo hridyaani nau

Sam maatarishvaa sam dhaataa samu deṣṭree dadhaatu nau

O all learned ones present in this yajña! We solemnly declare in your presence that our hearts are harmoniously united together like water from two different sources. May we, by God's grace, remain united and may the divine powers guide us to remain as husband and wife for the rest of our lives.

ओं मम व्रते ते हृदयम् दधामि मम चित्तमनुचित्तम् ते अस्तु
मम वाचमेकमना जूषस्व प्रजापतिष्ट्वा नियुनक्तु मह्यम्

Om mama vrate te hridayam dadhaami
Mama chittam-anuchittam te astu
Mama vaachamekamanaa jooṣhasva
prajaapati-ṣhṭvaa niyunaktu mahyam

May our hearts remain favorable to each other. May our thoughts be alike, May we respect each other's view points. May we remain helpful to each other.

Remembering a departed soul दिवंगत स्मृति

ओं पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते

Om Poornam-adaḥ Poornam-idam
Poornaat-poornam-udachyate
Poornasya Poornam-aadaaya
Poornam-eva-avashiṣhyate

O God, your perfection, fullness and completeness in all respects are explicitly and implicitly expressed in your perfect name "Om" and other lesser names, although you are one eternal being. The material and spiritual (prakriti and atma) worlds emanated from you (with perfection) without diminishing your perfection, even a bit and exist as separate eternal entities.

The union and separation of these independent and complete (full) entities will continue into eternity without any change of completeness and perfection.

Work related to government शासन से शांति

१ २ ३ ४ ३ १ २ ३ १ २ ३
स नः पवस्व शं गवे शं जनाय शमर्वते ।

१ २ ३ १ २ ३ १ २ ३ १ २ ३
शं राजन्नोषधीभ्यः ॥२६॥ —साम० उत्तरा० प्रपा० १। मं० ३॥

Om Sa naḥ pavas-va sham gave Sham janaaya sham arvate
Sham raajan-noṣha-dhee-bhyaḥ.

O King! O God! With your Peaceful Flow bring peace to the world of animals, and peace to the world of human beings, too. Peace, indeed, to the world of trees and plants.

स्वस्ति प्रजाभ्यः परिपालयन्तां न्याय्येन मार्गेण महीं महीशाः
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनो भवन्तु

**Om Svasti prajaa-bhyaḥ pari-paala-yan-taam
Nyaay-yena maargeṇa maheem maheeshaaḥ
Go-braahmaṇ-ebhyaḥ shubham astu nityam
Lokaah samastah sukhino bhavantu**

May there be happiness for all people. May the rulers righteously rule. May there be enough for all, animals and human, at all times. May all beings be happy.

**आ ब्रह्मन् ब्राह्मणो ब्रह्मवर्चसी जायतामा राष्ट्रे राज्ञ्युः
शूरऽइषव्योऽतिव्याधी महारथो जायतां दोग्ध्री धेनुर्वोढा-
नड्वानाशुः सप्तिः पुरन्धिर्योषा जिष्णू रथेष्ठाः सभेयो
युवास्य यजमानस्य वीरो जायतां निकामे निकामे नः
पर्जन्यो वर्षतु फलवत्यो नऽओषधयः पच्यन्तां योगक्षेमो
नः कल्पताम् ॥२२॥**

**Om aa brahman brahmaṇo brahma varchasee jaayataamaa raashṭre
raajanyaḥ shoora' iṣhavyo'ti vyaadhee mahaaratho jaayataam
dogdhree dhenur voḍhaana ḍvaanaashuḥ saptiḥ purandhir yoṣhaa
jiṣṇoo ratheṣṭhaaḥ sabheyo yuvaasya yajamaanasya veero
jaayataam nikaame nikaame naḥ parjanya varṣhatu falavatyo na'
oṣhadhayaḥ pachyantaam yogakṣhemo naḥ kalpataam**

YV 22:22

Lord Supreme of the visible and invisible worlds, in this country of ours and throughout the World, let the Brahmanas develop as a community of brilliant individuals of Dharma, illustrious scholars of universal knowledge. Let the Kshatriyas rise as a force of heroic protectors for the nation. May the cows be fertile and abundant in milk, other domesticated animals be healthy and contribute to our welfare; our women and men in society kind and generous; may our children be brave and fearless, perform their duties, in keeping with Dharma.

May the clouds provide showers for us according to the need of the season. May the herbs and trees mature and ripen with abundant fruits. May this land, and all others, be blessed with a ceaseless cycle of growth, prosperity, happiness, and protection for the benefit of all.

New Vehicle नवीन वाहन

**ओं सुत्रा-माणम् पृथिवीं द्याम् अनेहसम् सुशर्माणम् अदितीम् सुप्रणीतिं
दैवीं नावम् स्वरित्राम् अनागसम् अस्रवंतीं आरू-हेमा स्वस्तये**

Om Sutra-maanam prithiveem dyaam anehasam
susharmaanam aditeem supraṇeetim
daiveem naavam swaritraam anaagasam
asra-wanteem aaroo-hemaa swastaye

Sprinkle water in all four walls of the vehicle

East

ओं श्रीश्च त्वा यशश्च पूर्वे संधौ गोपायेताम्

Om Shreeshcha twaa yashashcha poorve sandhau gopaayetaam

South

ओं यज्ञश्च त्वा दक्षिणा च दक्षिणे संधौ गोपायेताम्

Om yajñash cha twaa dakṣhinaa cha dakṣhine sandhau gopaayetaam

West

ओं अन्नं च त्वा ब्राह्मणश्च च पश्चिमे संधौ गोपायेताम्

Om annan cha twaa braahmaṇsh cha pashchime sandhau gopaayetaam

North

ओं ऊर्कं च त्वा सूनृता च उत्तरे संधौ गोपायेताम्

Om oork cha twaa soonritaa cha uttare sandhau gopaayetaam

बलि वैश्वदेव यज्ञ विधिः Balivaishvadeva Yajña Vidhih

– Prayers for feeding Animals and Birds

Offer oblations of Ghee and kheer with the following Mantras:-

ओमग्नये स्वाहा ॥ १ ॥ ओं सोमाय स्वाहा ॥ २ ॥ ओमग्नीषोमा-
भ्यां स्वाहा ॥ ३ ॥ ओं विश्वेभ्यो देवेभ्यः स्वाहा ॥ ४ ॥ ओं धन्वन्तरये
स्वाहा ॥ ५ ॥ ओं कुह्वै स्वाहा ॥ ६ ॥ ओमनुमत्यै स्वाहा ॥ ७ ॥ ओं
प्रजापतये स्वाहा ॥ ८ ॥ ओं सह द्यावापृथिवीभ्यां स्वाहा ॥ ९ ॥ ओं
स्विष्टकृते स्वाहा ॥ १० ॥

1. Om agnaye swaahaa
2. Om somaaya swaahaa
3. Om agneeshomaabhyaam swaahaa
4. Om vishvebhyodevebhyah swaahaa
5. Om dhanvantaraye swaahaa
6. Om kuhvai swaahaa
7. Om anumatyai swaahaa
8. Om prajaapateye swaahaa
9. Om saha dyaavaa-prithivee-bhyaam swaahaa
10. Om swiṣṭa krite swaahaa

Afterwards give the sweet rice to birds and animals, fish and the poor with the following Mantras:-

ओं सानुगायेन्द्राय नमः ॥ ओं सानुगाय यमाय नमः ॥ ओं सानुगाय वरुणाय नमः ॥ ओं सानुगाय सोमाय नमः ॥ ओं मरुद्भ्यो नमः ॥ ओम् अद्भ्यो नमः ॥ ओं वनस्पतिभ्यो नमः ॥ ओं श्रियै नमः ॥ ओं भद्रकाल्यै नमः ॥ ओं ब्रह्मपतये नमः ॥ ओं वास्तुपतये नमः ॥ ओं विश्वेभ्यो देवेभ्यो नमः ॥ ओं दिवाचरेभ्यो भूतेभ्यो नमः ॥ ओं नक्तञ्चारिभ्यो भूतेभ्यो नमः ॥ ओं सर्वात्मभूतये नमः ॥ ओं पितृभ्यः स्वधायिभ्यः स्वधा नमः ॥ १-१६ ॥

1. Om saanugaay-endraaya namaḥ	East
2. Om saanugaaya yamaaya namaḥ	South
3. Om saanugaaya varuṇaaya namaḥ	West
4. Om saanugaaya somaaya namaḥ	North
5. Om marudbhyo namaḥ	Aerial region
6. Om adbhyo namaḥ	Aqueous region
7. Om vanaspatibhyo namaḥ	Vegatations
8. Om Shriyai namaḥ	South-east
9. Om bhadraakaalyai namaḥ	North-east
10. Om brahma-pataye namaḥ	
11. Om Vaastupataye namaḥ	Middle
12. Om Vishvebhyo devebhyo namaḥ	
13. Om divaacharebhyo bhootebhyo namaḥ	
14. Om naktañ chaaribhyo bhootebhyo namaḥ	Upper region
15. Om sarvaatmabhootaye namaḥ	Back
16. Om pitribhyaḥ svadhaayibhyaḥ svadhaa namaḥ	South

शुनां च पतितानां च श्वपचां पापरोगिणाम् ।

वायसानां कृमीणां च शनकैर्निर्वपेद् भुवि ॥^१

Shunaam cha patitaanaam cha shva-pachaam paapa-rogiṇaam

Vaaya-saanaam krimeeṇaam cha shan-akair-nirva-ped bhuvi

Divide the remaining portion of kheer into six parts and serve the same to dogs, poor people, ants, crows, etc., birds and animal and make them happy.

पूर्णहुति रूप आधारावाज्यभागाहुति

POORŅAAHUTI ROOPA, AAGHAA-RAAV AAJYA-BHAAG AAHUTI

Completion Procedure - Offerings for Perfection Four Oblations of Ghee

ओम् अग्नये स्वाहा ॥ इदमग्नये इदन्न मम ॥

47. **Om agnaye swaahaa,** (Offer onto the fire, to the North)
Idam agnaye, idanna mama.

Unto **Agni**, the force of cosmic strength, is this offering truthfully made. Swaahaa

ओं सोमाय स्वाहा ॥ इदं सोमाय इदं न मम ॥

48. **Om somaaya swaahaa,** (South)
Idam somaaya, idanna mama.

Unto **Soma**, the force of cosmic harmony, is this offering truthfully made.

ओं प्रजापतये स्वाहा ॥ इदं प्रजापतये इदन्न मम ॥

49. **Om pajaapataye swaahaa.** (Center)
Idam prajaapataye, idanna mama.

Unto **Prajaapati**, the force of cosmic creation, is this offering truthfully made.

ओम् इन्द्राय स्वाहा ॥ इदमिन्द्राय इदन्न मम ॥

50. **Om indraaya swaahaa.** (Center)
Idam indraaya, idanna mama.

Unto **Indra**, the force of cosmic control, is this offering truthfully made.

व्याहृति आहुति VYAAHRITI AAHUTI:

Make Oblations of Ghee with the Vyaahritis (Bhooh, Bhuvah, and Swah).

ओं भूरग्नये स्वाहा ॥ इदमग्नये इदन्न मम ॥

51. **Om bhoor agnaye swaahaa, Idam agnaye, idanna mama.**
May Om, God, be in my earthly fire of consciousness. So do I make this truthful offering. Swaahaa

ओं भुवर्वायवे स्वाहा ॥ इदं वायवे इदन्न मम ॥

52. **Om bhuvar vaayave swaahaa, Idam vaayave, idanna mama.**
May Om be in the airs of my skies. So do I make this truthful offering; swaahaa.

ओं स्वरादित्याय स्वाहा ॥ इदमादित्याय इदन्न मम ॥

53. **Om swar aadityaaya swaahaa, Idam aadityaaya, idanna mama.**
May I enjoy the bliss of the heavenly sun, that is born of the Universal Indivisible Mother; so do I truthfully make this offering. Swaahaa

ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ॥ इदमग्नि-
वाय्वादित्येभ्यः इदं न मम ॥

54. Om bhoor bhuvah svaragni vaayvaa-dityebhyah swaahaa.
Idam agni vaayvaa-dityebhyah, idanna mama.

May Om, God, be in my earthly fire of consciousness, in the airs of my skies, in the
Bliss of my heavenly sun; so do I truthfully make this offering. Swaahaa

अथ ब्रह्म गायत्री सावित्री गुरु मंत्र

ATHA BRAHMA GAAYATREE SAAVITREE GURU MANTRA

Oblation with Ghee and Saamagree.

ओ३म्, (यजु० अ० ४० । मं० १७) भूर्भुवः स्वः । तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

यजुः० अ० ३६ । मं० ३ ॥ ऋ० मं० ३ । सू० ६२ । मं० १० ॥

55. Om bhoor bhuvah swah, YV 36:3; RV 3:62:10
Tat savitur varenyam
bhargo devasya dheemahi
Dhiyo yo nah pracho-dayaat swaahaa.

*God is dear to me like my own breath. He is the Dispeller of my pains, and the giver of happiness.
I meditate on the supremely adorable Light of the Divine Creator, that It may inspire my thought
and understanding.*

*O Soul of Life! The Holy King of kings!
O God of all the regions, high and low!
O Lord of joy, Whose Glory Nature sings,
Who shapes the earth and lets the mortals grow.*

*We seek Thy blessed Feet to meditate
Upon Thy Glorious Form of Holy Light!
Which drives away the gloom of sins we hate,
And makes the souls of righteous people bright.*

*My heart, O Father, meekly prays to Thee
To win Thy grace, to make me good and wise,
And bless my mind, with knowledge, full and free
From dark and vicious thoughts of sins and lies.
Yes, From dark and vicious thoughts of sins and lies.*

पूर्णाहुति POORNAAHUTI:

Final Oblation for Completion.

Chant thrice, each time offering Ghee and Saamagree. Offer all of the remaining ghee and saamagree with the third chant.

ओं सर्व वै पूर्णं स्वाहा ॥

56. Om sarvam vai poorṇam swaahaa

All is perfect; all is complete.

Indeed, all is final; all is complete.

May the perfection and completeness of this ancient Vedic ritual

Become a part of my personality.

अथ मुख स्पर्शः ATHA MUKHA SPARSHAḤ

With out-stretched palms facing the holy fire, chant each of the following mantras and pass heated palms, which were lightly coated with Ghee, over your face:

1) ओं तनूपा अग्नेऽसि तन्वं पाहि

Om tanoopaa agne `si tanvam me paahi

2) ओं आयुर्दा अग्नेऽस्यायुर्मे देहि

Om aayur-daa agne `sy-aayur me dehi

3) ओं वर्चोदा अग्नेऽसि वर्चो मे देहि

Om varcho-daa agne `si varcho me dehi

4) ओम् अग्नेयन्मे तन्वा ऊनं तन्म आपृण

Om agne yan-me tanvaa oonam tan-ma aa-priṇa

5) ओं मेधां मे देवः सविता आदधातु

Om medhaam me devaḥ savitaa aa-da-dhaatu

6) ओं मेधां मे देवी सरस्वती आदधातु

Om medhaam me devee saraswatee aa-da-dhaatu

7) ओं मेधां मे अश्विनौ देवावाधत्तां पुष्करस्रजौ

Om medhaam me ashvi-nau devaa-vaa-dhattaam puṣh-kara-srajau

O Agni! O God, You are the Protector of the all bodies - protect my body. You are the Giver of long life - give unto me long and healthy life. You are the Source of brilliance - let Your brilliance radiate in me. Fulfill any deficiency I have in my personality and O God, Radiant Creator, Radiant Mother of Wisdom! O Teachers and Preachers! Sustain divine, sanctified intellect in me.

अथ अंग स्पर्शः ATHA ANGA SPARSHAḤ

With both palms, touch the body-limbs indicated.

- 1) ओं वाक् च म आप्यायताम्
Om vaak cha ma aa-pyaa-ya-taam. (Lips)
- 2) ओं प्राणश्च म आप्यायताम्
Om praa-ṇash cha ma aa-pyaa-ya-taam. (Nostrils)
- 3) ओं चक्षुश्च म आप्यायताम्
Om chak-ṣhush cha ma aa-pyaa-ya-taam. (Eyes)
- 4) ओं श्रोत्रम् च म आप्यायताम्
Om shro-tram cha ma aapyaa-ya-taam. (Ears)
- 5) ओं यशो बलम् च म आप्यायताम्
Om yasho-balam cha ma aa-pyaa-ya-taam. (Shoulders)

O God! Let my speech find fulfilment. Let my breathing, seeing, and hearing be fulfilled. Let my arms earn me fame and strength.

अथ वाम देव्य गानम् ATHA VAAMA-DEVYA-GAANAM –

The Song of Rishi Vaama-deva.

Chant the following at the very end of the Yajña or Sanskaar.

ओं भूर्भुवः स्वः । कया नश्चित्र आ भुवदूती सदावृधः सखा ।
कया शचिष्ठया वृता ॥१॥

1. Om bhoor bhuvah swah,
Kayaa nash chitra aa-bhuvad-ootee sadaa-vridhaḥ sakhaa,
Kayaa shachiṣṭhaya vritaa

God resides in each of us, causing us to steadily progress. Through what kind of help would He become our Friend? Answer: Through us recognizing His Presence that will make us most happy. May we be worthy of His countless forms of help, because they are always there.

ओं भूर्भुवः स्वः । कस्त्वा सत्यो मदानां मःहिष्ठो मत्सदन्धसः ।
दृढा चिदारुजे वसु ॥२॥

2. Om bhoor bhuvah swah,
Kas twaa satyo madaanaam mañ hish-ṭho matsad andhasah
Driḍhaa chid aaruje vasu.

Among the delightful things of this world, what will make you genuinely and abundantly happy? Answer: The power that comes from devotion that would help us snap asunder the heaviest of chains which keep us bound to ignorance.

ओं भूर्भुवः स्वः । अ३भी३ षु णः३ स१खी२नामविता३ जरि२तृणा३म् ।
शत३ भवा३स्यूतये३ ॥३॥

3. Om bhoor bhuvah swah,
Abhee ṣhu ṇah sakheenaam avitaa jari-treṇaam
Shatam bhawaas-yoo taye.

O God! We seek to be Your friends who sing Your praises. O Supreme Protector! You come to us with countless forms of help.

यज्ञ प्रार्थना भजन

Yajñ Praarthanaa – Bhajan

Poojaneey Prabhu

पूजनीय प्रभु हमारे भाव उज्ज्वल कीजिए,
छोड़ देवे छल-कपट को, मानसिक बल दीजिए

*Poojneey prabhu hamaare bhaav ujjwal keeji-e,
Chhod deve chhal-kapaṭ ko, maansik bal deeji-e.*

Venerable Lord, make our intentions clear so that we may be free from deception; give us mental strength

वेद की गावे ऋचाए, सत्य को धारण करे,
हर्ष मे हो मग्न सारे, शोक सागर से तरे

*Ved kee gaave richaaye, saty ko dhaaran kare,
Harṣh me ho magn saare, shok saagar se tare.*

May we chant the Vedic hymns and uphold truth, let all be immersed in joy and cross beyond the sea of grief.

अश्वमेधादिक रचाए, यज्ञ पर उपकार को,
धर्म मर्यादा चलाकर, लाभ दे संसार को

*Ashva-medhaa-dik rachaa-e, yajñ par-upkaar ko,
Dharm maryaadaa chalaakar, laabh de sansaar ko.*

May we organize Vedic Yajñas to ensure well-being for all. Living within the boundaries of righteousness, may we be of benefit to the world.

**नित्य श्रद्धा भक्ति से, यज्ञादि हम करते रहे
रोग पीड़ित विश्व के, संताप सब हरते रहे**

*Nity shraddhaa bhakti se, yajñaadi ham karte rahe
Rog peedit vishva ke, santaap sab harte rahe.*

Regularly may we perform yajñas with faith and devotion.. May the disease afflicted world be free from all pains.

**भावना मिट जाए मन से, पाप अत्याचार की
कामनाए पूर्ण होवे, यज्ञ से नर-नारी की**

*Bhaavanaa mit jaa-e man se, paap atyaachaar kee
Kaama-naa-e poorṇ hove, yajñ se nar-naaree kee.*

Let our mind be free from the sins of lust and atrocity. Let the desires of all people be filled through Yajña.

**लाभकारी हो हवन, हर जीव-धारी के लिए
वायु जल सर्वत्र हो, शुभ गन्ध को धारण किए.**

*Laabha-kaaree ho havan, har jeev-dhaaree ke liye
Vaayu jal sarvatr ho, shubh gandh ko dhaaran ki-e.*

May the Havan we perform be beneficial to all living organisms. May the wind and water everywhere maintain sweet odour.

**स्वार्थ-भाव मिटे हमारा, प्रेम पथ विस्तार हो
'इदन्न मम' का सार्थक, प्रत्येक में व्यवहार हो**

*Svaarth-bhaav miṭe hamaaraa, prem path vistaar ho
'Idann mama' kaa saarthak, pratyek me vyava-haar ho.*

May our selfish intentions be wiped away and the path of love be extended. Let unselfish and useful attitudes prevail in all our dealings

**हाथ जोड़ झुकाए मस्तक, वंदना हम कर रहे
नाथ करुणा रूप करुणा, आप की सब पर रहे**

*Haath jod jhukaa-e mastak, vandanaa ham kar rahe
Naath karuṇaa roop karuṇaa, aap kee sab par rahe.*

With folded hands and bowed heads we pay obeisance to Thee. Let Thy Lordly Form of compassion prevail on us all.

Prayer for Universal Happiness विश्व कल्याण प्रार्थना

ओम् असतोमा सद्गमया। तमसोमा ज्योतिर्गमया। मृत्योर्मासमृतं गमया॥

Om Asato maa sad gamaya, Tamaso maa jyotir gamaya,
Mrityormaa 'mritam gamaya.

O great divinity, may me move from untruth to truth; from darkness of ignorance to the light of knowledge and wisdom; from death (caused by restricted & limited knowledge) to immortality (which results in liberation through bountiful and unlimited knowledge).

ओं सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभागभवेत् ।

Om Sarve bhavantu sukhinah, Sarve santu niraama-yaah
Sarve bhadraani pashyant, Maa kash-chid dukha bhaag bhavet

सब का भला करो भगवान, सब पर दया
करो भगवान,
सब को दो वेदो का ज्ञान, सब का सब विध
हो कल्याण.
हे ईश सब सुखी हो, कोई ना हो दुखारी,
सब हो निरोग भगवन,
धन धान्य के भंडारी, सब भद्र भाव देखे,
सन्मार्ग के पथिक हो, दुखिया ना कोई होवे,
सृष्टि मे प्राण धारी

*Sab kaa bhalaa karo bhagavaan, sab par dayaa
karo bhagavaan,
Sab ko do vedo kaa jnaan, sab kaa sab vidh ho
kalyaan.*

*He eesh sab sukhee ho, ko-ee Na ho dukhaa-ree,
Sab ho nirog bhagavan,
Dhan dhaany ke bhandaa-ree, Sab bhadr bhaav
dekhe, san-maarg ke pathik ho, Dukhiyaa na
ko-ee howe, Sriṣṭi me praan-dhaaree*

*Bless everyone, O God,! Grant mercy to all, O God
Give Vedic Wisdom to all, and let all be completely happy.
O Lord! May all creatures be happy, and may no one be afflicted with pain.
May everyone be rid of illnesses, and filled with all kinds of riches.
May all see only that which is auspicious, and may all walk on the path of virtue.
O Sustainer of the Cosmic Breath, may no one be in calamity and distress.*

ओ३म् शान्तिश्शान्तिश्शान्तिः ॥

Om Shaantish Shaantish Shaantih

Iti Agnihotram.

Here comes to an end the Agnihotra Ceremony.

आरती भजन Aaratee Bhajan

<p>ओम जय जगदीश हरे, स्वामी जय जगदीश हरे भक्त जनो के संकट, क्षण मे दूर करे. जो ध्यावे फल पावे, दुख विनशे मन का सुख संपति घर आवे, कष्ट मिटे तन का मात पिता तुम मेरे, शरण गहूँ किसकी तुम बिन और ना दूजा, आस करूँ जिसकी. तुम पूरण परमात्मा, तुम अंतर्यामी पार-ब्रह्म परमेश्वर, तुम सबके स्वामी. तुम करुणा के सागर, तुम पालन कर्ता दीन दयाल कृपालु, कृपा करो भर्ता. तुम हो एक अगोचर, सब के प्राण-पति प्रकाश मय जगदीश्वर दीजे मोहे सुमति दीन-बंधु दुख-हरता, तुम रक्षक मेरे करुणा हस्त बढ़ाओ, द्वार पड़ा तेरे. विषय विकार मिटाओ, पाप हरो देवा श्रद्धा भक्ति बढ़ाओ, सन्तन की सेवा तन मन धन सब है तेरा, स्वामी सब कुछ है तेरा तेरा तुझको अर्पण क्या लागे मेरा.</p>	<p><i>Om jay jagadeesh hare, svaamee jay jagadeesh hare Bhakt jano ke sañkaṭ, kṣhan me door kare. Jo dhyaave phal paave, dukh vinashe man kaa Sukh sampati ghar aave, kaṣṭ miṭe tan kaa. Maat pitaa tum mere, sharaṇ gahoon kiskee Tum bin aur naa doojaa, aas karoon jiskee. Tum poorañ paramaa'tmaa, tum antaryaamee Paar-brahm parameshvar, tum sabke svaamee. Tum karuṇaa ke saagar, tum paalan kartaa Deen dayaal kripaalu, kripaa karo bhartaa. Tum ho ek agochar, sab ke praaṇ pati Prakaash may jagadeeshwar deeje mohe sumatee. Deen-bandhu dukh hartaa, tum rakṣhak mere Karuṇaa hast baḍhaa-o, dvaar paḍaa tere. Viṣhay vikaar mitaa-o, paap haro devaa Shraddhaa bhakti baḍhaa-o, santan kee sevaa. Tan man dhan sab hai teraa, swaami sab kuch hai teraa Teraa Tujhko Arpañ kyaa laage meraa.</i></p>
---	--

Translation

O Lord of the universe, Supreme Soul, Dispeller of sorrow, hail unto Thee! May Thy rule of righteousness be established everywhere, for it is Thou Who removes in an instant the agonies of Thy devotees. May Thy kingdom of virtue reign supreme.

Whoever meditates upon Thee receives Thy grace. The worries of his mind will disappear; his home is blessed with peace, happiness and plenty and all his bodily pains vanish.

Thou art my Mother and Father. Who else's protection can I seek? Besides Thee there is no other in whom I can place my hope.

Thou art God perfect, the knower of our innermost thought, the Most Exalted Master of all.

Thou art an Ocean of Mercy, the Protector of all. I am Thy servant, Thou my master. Grant me Thy grace. Thou art beyond the knowledge of the senses, Formless Lord of all life!

Grant me wisdom that I may have a glimpse of Thee. Thou art the Friend of the helpless and the Dispeller of suffering. Thou art my Savior. Extend Thy hand of mercy, I seek Thy refuge.

Help us that we may destroy our base desires and wipe out our sins, through our increase in our faith and devotion to You. May we serve Thee and Thy devotees!

Our body, soul and wealth belong to Thee. We offer You all that is yours and feel no attachment to anything.

अथ शांति पाठ Atha Shaanti Paatha

Final Peace Chant

द्यौः शान्तिरन्तरिक्षुः शान्तिः पृथिवी शान्तिरापः शान्तिरोषधयः
शान्तिः । वनस्पतयः शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः सर्वः
शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरधि ॥१८॥

ओ३म् शान्तिश्शान्तिश्शान्तिः ॥

Om dyauh shaantir anta-riksham shaantiḥ

Prithivee shaantir aapaḥ shaantir oṣha-dhayaḥ shaantiḥ,

Vanas-patayaḥ shaantir vishve devaaḥ shaantir brahma shaantiḥ

Sarvaḥ shaantiḥ

shaantireva shaantiḥ

Saa maa shantiredhi

Om Shaantish – May Peace come to us from all Cosmic Forces!

Shaantish – May Peace come to us from all living creatures!!

Shaantiḥ – May Peace come to us from our inner self!!!

Peace in heaven, in the sky and on earth. Let waters flow to quench our thirst for peace. Let all trees and plants provide cool shade for a peaceful humanity. Let peace be in the hearts of all educated men, for them to share it with troubled minds. God is the Source of peace, and His Divine Speech, Veda, points the way to that peace. May that peace extend its influence in every nook and corner of this globe. Let there be peace and only peace. May that peace come to me, too.

जय घोष Jay Ghosh

प्रेम से बोलो ओंकार भगवान की जय आर्य समाज की जय महर्षि दयानंद की जय मर्यादा पुरुषोत्तम श्री रामचंद्र की जय योगेश्वर श्री कृष्ण की जय सत्य सनातन वैदिक धर्म की जय धर्मभूमि भारत माता की जय कर्मभूमि अमेरिका माता की जय	<i>Prem se bolo Omkaar bhagwaan kee jay Arya samaaj kee jay Maharshi Dayaanand kee jay Maryadaa purushottam Shree Raamchandr kee jay Yogeshwar Shree Krishn kee jay Saty Sanaatan vaidik dharm kee jay Dharmabhoomi Bhaarat maataa kee jay Karmabhoomi America maataa kee jay</i>
--	---

भोजन मंत्र MEAL TIME MANTRA

ओम् अन्नपतेऽन्नस्य नो देह्यनमीवस्य शुष्मिणः ।
प्रप्र दातारं तारिषुऽ ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

Om annapate 'nnasya no dehya
na-mee-vas-ya shushmiṇaḥ,
Pra pra daataaram taariṣha'
oorjan no dhehi dvi-pade cha-tuṣhpade.

O Lord of Grains! May we be provided with grains to eat that are healthy and nutritious. May you take that person across the ocean of this world, who makes a gift of grains to someone else in need. Let all living creatures, bipeds and quadrupeds, consuming grains be filled with energy.

भोजन समाप्ति मंत्र MEAL COMPLETION MANTRA

ओं मोघमन्नं विन्दते अप्रचेताः सत्यं ब्रवीमि वध इत् स तस्य ।
नार्यमणं पुष्यति नो सखायं केवलाघो भवति केवलादी ॥

RV10:117:6

Om mogham annaṃ vindate aprachetaaḥ
satyaṃ braveemi vadha it sa tasya
naaryamaṇaṃ puṣhyati no sakhaayaṃ
kevalaagho bhavati kevalaadee.

The person of low intelligence and short vision who gets food in vain (i.e. without proper effort) and prosperity for nothing, verily I say that prosperity is his/her ruin, his/her very death in life. He/she prospers not who helps not a friend or the wise; eating alone, one eats nothing but sin.

Prayer for Common Understanding सामाजिक सौहार्द

संसमिद्युवसे वृषन्नग्ने विश्वान्यर्य आ । इळस्पदे समिध्यसे स नो वसून्या भर ॥

1. Om sam-samid-yuvase, vriṣhnn-agne vishvaan-yarya aa.

Ilaspade samidh-yase, sa no vasoon-yaa bhara.

हे प्रभू तुम शक्ति शाली, हो बनाते सृष्टि को
वेद सब गाते तुम्हे है कीजिए धन वृष्टि को

*He prabhoo tum shakti shaalee, ho banaate sriṣṭi ko
Ved sab gaate tumhe hai keeji-e dhan vriṣṭi ko*

O Most Merciful and omnipresent God. Thou art the Creator of the world. Thy Vedas and sages sing Thy praises. We humbly thank Thee for Thy blessed gift of life and guidance. We pray Thee, dear Father, that You lead us on the path of righteousness and to shower abundance of riches on us.

सं गच्छध्वं सं वदध्वं सं वो मनांसि जानताम् ।

देवा भागं यथा पूर्वे संजानाना उपासते ॥

2. Om sam gach-chha-dhvam sam vada-dhvam, Sam vo manaansi jaanataam

Devaa bhaagam yathaa poorve, Sañ jaa-naa-naa upaasate.

प्रेम से मिलकर चलो बोलो सभी ज्ञानी बनो
पूर्वजो की भाँति तुम कर्तव्य के मानी बनो

*Prem se milkar chalo bolo sabhee jñāanee bano
Poorvajo kee bhaantee tum kartavy ke maanee bano*

May we assemble and march forward with a common purpose. May we confer together with open minds and work together harmoniously for common good. May we pool our thoughts for integrated wisdom, and work collectively for higher ideals, because our ancestors achieved their high eminence and fortune working in unity.

समानो मन्त्रः समितिः समानी समानं मनः सह चित्तमेषाम् ।

समानं मन्त्रमभिमन्त्रये वः समानेन वो हविषा जुहोमि ॥

3. Om samaano mantrah samitih samaanee
Samaanam manah saha chittam-eṣhaam
Sa-maa-nam mantram abhi-man-traye vah
Sa-maanena vo havi-ṣhaa juhomi
हो विचार समान सबके, चित्त मन सब एक हो
ज्ञान देते हो बराबर, भोग्य पा सब नेक हो

*Ho vichaar samaan sabhke, chitt man sab eka ho
Jñaan dete ho baraa-bar, bhogy paa sab nek ho*

May our prayers be one and the same; May we belong to one fraternity; May our minds move in accord, and hearts work in unison for one supreme goal. Let us be inspired for one common ideal.

स॒मा॒नी व॒ आकू॑तिः स॒मा॒ना हृद॑यानि वः ।
स॒मा॒नम॑स्तु वो॒ मनो॑ यथा॒ वः सु॒स॒हास॑ति ॥

4. Om sa-maa-nee va aakootih, samaanaa hri-dayaa-ni vah
Sa-maa-nam astu vo mano, yathaa vah su-sa-haasati.
हो सभी के दिल तथा संकल्प अविरोधी सदा
मन भरे हो प्रेम से जिससे बढ़े सुख संपदा

*Hoo sabhee ke dil tathaa saṅkalp avi-rodhee sadaa
Man bhare ho prem se jis-se badhe sukh sampadaa.*

May our aspirations be perfectly harmonious; May absolute accord reign in our mind; May we divide our wealth equitably among ourselves and reduce disparity; So that we may be welded into strong fellowship and unity.

आर्यसमाज के दस नियम

AARYA SAMAAJ KE DAS NIYAM - THE TEN PRINCIPLES OF A NOBLE SOCIETY

१. सब सत्य विद्या और जो पदार्थ-विद्या से जाने जाते हैं, उन सबका आदिमूल परमेश्वर है।

1. Sab saty vidyaa aur jo padaarth vidyaa se jaane jaate hain, un sab kaa aadimool parmashvar hai

The first (efficient) cause of all true knowledge and all that is known through knowledge is God, the Highest Lord (Parameshvar).

२. ईश्वर सच्चिदानन्दस्वरूप, निराकार, सर्वशक्तिमान्, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य-पवित्र और सृष्टिकर्ता है, उसी की उपासना करनी योग्य है।

2. Eeshvar sach-chid-aanand svaroop, niraakaar, sarva-shaktimaan, nyaaya-kaaree, dayaalu, ajanmaa, anant, nir-vikaar, anaadi, anupam, sarvaa'dhaar, sarve'shvar, sarva-vyaapak, sarva-antaryaamee, ajar, amar, abhay, nity, pavitr aur sriṣṭi-karttaa hai, usee kee upaasanaa karnee yogy hai

God (Ishwara) is existent, and blissful. He is formless, omniscient, unborn, endless, unchangeable, beginning-less, the support of all, the master of all, omnipresent, immanent, un-ageing, immortal, fearless, eternal, and holy, and the maker of all. He alone is worthy of being worshipped.

३. वेद सब सत्यविद्याओं का पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।

3. Ved sab saty vidyaaon kaa pustak hai. Ved kaa paḍhanaa, paḍhaanaa aur sunnaa sunaanaa sab aaryon kaa param dharm hai

Veda is the scripture of all true knowledge. It is the first duty of all Aryas to read them, teach them, recite them, and hear them being read.

४. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।

4. Saty ke grahaṇ karne, aur asaty ke chhodne me sarvadaa udyat rehnaa chaahiye

One should always be ready to accept truth and give up untruth.

५. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिए।

5. Sab kaam dharmaa'nusaar, arthaat saty aur asaty ko vichaar karke, karne chaahi-e

One should do everything according to the dictates of Dharma, i.e. after due reflection over right and wrong.

६. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।

6. Sansaar kaa up-kaar karnaa is samaj kaa mukhy ud-deshy hai, arthaat shareerik, aatmik aur samaajik unnati karnaa

Doing good to the whole world is the primary objective of this society, i.e. to look to its physical, spiritual and social welfare.

७. सबसे प्रीतिपूर्वक, धर्मानुसार यथायोग्य वर्तना चाहिए।

7. Sabse preeti-poorvak, dharma-anusaar, yathaayogy varta-naa chaahi-e

Let thy dealing with all be regulated by love and justice, in accordance with the dictates of Dharma.

८. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।

8. Avidyaa kaa naash aur vidyaa kee vridhhi karnee chaahi-e

One should promote knowledge (vidya) and dispel ignorance (avidya).

९. प्रत्येक को अपनी ही उन्नति से सन्तुष्ट न रहना चाहिए, किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।

9. Pratyek ko apnee hee unnati se santuṣṭ n rehnaa chaahi-e, kintu sab kee unnatee me apnee unnati samajh-nee chaahi-e

One should not be content with one's own welfare alone, but should look for one's welfare in the welfare of all.

१०. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतन्त्र रहें।

10. Sab manuṣhyon ko saamaajik, sarva-hit-kaaree, niyam paal-ne me para-tantr rehnaa chaahi-e, aur pratyek hit-kaaree niyam me sab swa-tantr rahen

One should regard one's self under restrictions to follow altruistic rulings of society, while in following rules of individual welfare all should be free.