

Udbodhan (Invocation):

O Lord! With All Humanity And Devotion We Have Assembled Here To Offer Our Prayers To Thee. With Thee Placed In Our Hearts We Desire To Purify Our Mind And Soul. In Thy Care And Protection We Wish To Wash Off Our Sins. O Friend Of The Poor And Ocean Of Mercy! With Faith And Trust In Thee May We Be Able To Complete The End Of Our Life's Journey Happily. O Source Of All Intelligence And Bliss! We Seek Thy Refuge With A Clear Conscience. Grant Us Wisdom, Show Us The Path Of Righteousness And Enable Us To Perform True And Noble Deeds.

The Gayatri Or Guru Mantra (Initiatory Mantra)

(Discarding All Wordly Thoughts And Feelings The Presence Of God In Your Mind Recite The Gayatri Mantra Once.)

(Om) O God, (Bhur) The Giver Of Life, (Bhuvah) Remover Of Pains And Sorrows, (Swah) Bestower Of Happiness, (Tatsavitur) And Creator Of The Universe, (Devasya) Thou Art Most Luminous, (Bhargo) Pure And (Varenyam) Adorable. We Meditate On Thee (Dhimahi). May (Yo) Thou (Pracodayat) Inspire And Guide (Nah) Our (Dhiyo) Intellect In The Right Direction.

Acamana Mantra (Prayer For Peace)

(Put A Few Drops Of Water In The Right Palm After Reciting The Mantra Sip The Water. Do This Three Times).

(Apah) O All Pervading Lord, (Devi) The Treasure House Of All Divine Grace And Protector! May Thou, (Abhistaye) For The Fulfilment Of Our Desires And (Pitaye) Attainment Of Bliss, (Abhisravantu) Shower Thy Blessings From All Sides (Nah) On Us (Sanyoh) For Our Peace And Well-Being.

Indriya Sparsa Mantra (Prayer For Well-Being And Strength):

(Take Some Water In The Left Palm. With Each Mantra Dip The Two Middle Fingers Of The Right Hand Into The Water And Touch The Organs As Indicated, Right Side First.)

(Om) O God! (Vak) May My Speech Be Good. May My (Pranah) Nostrils, (Caksuh) Eyes, (Srotam) Ears, (Nabhih) Navel, (Hridayam) Heart, (Kanthah) Throat, (Sirah) Head, (Bahubhyam) Both Arms, (Karathah) The Cup Of The Palms, (Karaprsthe) The Back Of The Palms And All The Other Organs Of The Body Be (Yasobalam) Healthy And Strong.

Marjana Mantra (Prayer Of Purification):

(Taking Again Some Water In The Left Palm And Reciting Each Mantra , Dip The Two Middle Fingers Of The Right Hand And Sprinkle Water Over The Organs As Indicated.)

O Giver Of Life. Make My Intellect Pure.

O Remover Of Pain. Make My Sight Good.

O Bestower Of Happiness. Enrich My Voice.

O Great Lers. Purify My Heart.

O Creator Of The World. Strengthen My Procerative Power.

O Generator Of All Action. Make My Feet Strong For The Performance Of Noble Deeds.

O Embodiment Of Truth. Once Again, Make My Intellect More Alert.

O Infinite God: Purify All The Organs Of My Body.

Pranayama Mantra (Prayer Of Concentration And Meditation):

Om Bhuh! : O Giver Of Life! I Meditate On Thee.

Om Bhuvah! : O Remover Of Pains! I Meditate On Thee.

Om Swah! : O Bestower Of Hapiness! I Meditate On Thee.

Om Mahah! : O Great Lord! I Meditate On Thee.

Om Janah! : O Creator Of The Universe! I Meditate On Thee.

Om Tapah! : O Genarator Of All Action. I Meditate On Thee.

Om Satyam! : O Embodiment Of Truth! I Meditate On Thee.

When Doing Sandhya Alone Chant This Mantra Silently. Also, While Doing Pranayama (Breath-Control), Do This Mantra In One Breath.

Aghamarsana Mantra (Prayer Of Destruction Of Sin)

This World Was Brought Into Being By The Luminous God Who Is The Impeller Of All Action In Accordance With The Laws Of Creation And The Law Of Life. Primordial Matter Which Was Lying Dormant In Darkness Began To Evolve. By Evolution The Great Expanse Of Sparkling Particles Of Matter Began To Gain Momentum. From This Movement Of Particles Came Into

Existence Space And The Process Of Evolution The Creator Of The Worlds Divided It Into Day And Night In Accordance With His Laws.

The Sustainer Of The World Caused The Sun And The Moon; The Luminous Bodies And The Earth; The Heavenly Region And The Self-Luminous World As In The Previous Cycles Of Creation.

Manasa Parikrama Mantra (Prayer Of Devotional Growth In All Directions):

May The East Be A Pointer To The Path Of Devotion. The Lord Is, In This Quarter Called Agni, The luminous. May He Who Is Free From All The Bondage Be Our Protector. In The East The Rays Of The Sun Inspire In Us Strength To Meditate.

We Salute The Lord For The Vitalising Rays. We Salute The Lord For His Protecting Hand. We Salute The Lord For Giving Us Inspiration. May There Be Honour And Respect For All Of These.

Those Who Offend Us And Those Whom We Offend, We Place Them, O Lord, In Thy Hands Of Justice.

The Southern Direction Indicates Efficiency In The Devotional Path. The lord In This Direction Is Called Indra, The Giver Of Prosperity. He Vanquishes Evil Forces And By Suppressing Them Is The Protector Of His Devotees. In This Direction The Learned Seniors Provide Inspiration For Devotion.

The Western Direction Indicates Asceticism In The Path Of Devotion. The Lord In This Direction Is The Divine Guide. By Giving Them Encouragement He Is The Protector Of His Devotees. In This Direction The Realisation Of The Transitory Nature Of Luxury Gives Strength In The Path Of Devotion.

We Salute In Thy Hands Of Justice.

The Northern Quarter Emphasises Progress In The Path Of Devotion. The Lord In This Direction Is The Peace-Giving God. He Protects His Devotees By Destroying Vices. The Flames That Reach Up High Inspire An Elevating Devotion.

We Salute..... In Thy Hands Of Justice.

The Regions Down Below Point To Firmness In The Path Of Devotion. The Master In This Direction Is The All-Prevading Lord. He Protects His Devotees By Guiding Them In Knowledge And Science. The Roots That Spread In All Directions Inspire Firmness In Devotion.

We Salute..... In Thy Hands Of Justice.

The Upper Region Indicates To Spiritual Upliftment In Devotion. The Master In This Direction Is The Source Of All Knowledge. He Protects His Devotees By Cleansing Their Hearts. The Showering Of Eternal Wisdom Is The Source Of Strength For Devotion.

We Salute.....In Thy Hands Of Justice.

Prayer For God Realisation:

May We, Knowing Our Soul Which Is Greater Than The Great Matter, Realise The Self Luminous Spiritual Light Which Is The Greatest Of All.

Learned Men Place Within Their Hearts That Perfect And All Powerful God For All The Knowledge Of The World.

That Wonderful God Is The Strength Of Learned Men Is Realised In The Heart Of Devotees. That God Is The Source Of The Light Of The Sun, Moon And Fire. He Pervades The Celestial Regions, Earth, And The Atmosphere. He Enlightens Both The Conscious And The Non-Conscious Worlds. We Sing His Praise With Devotion.

That Self Effulgent Benefactor Of Devotees, Pure And Serene Lord Appears Before Us. By His Grace May We Be Able To See For A Hundred Years, Live For A Hundred Years, Hear For A Hundred Years, For A Hundred Years, Live In Prosperity For A Hundred Years. And May We Live For More Than A Hundred Years In Happiness.

Communion With God:

O God, Giver Of Life, Remover Of Pains And Sorrows, Bestower Of Happiness, And Creator Of The Universe, Thou Art Most Luminous, Pure And Adorable. We Meditate On Thee. May Thou Inspire And Guide Our Intellect In The Right Direction.

Salutation And Surrender:

O God, Ocean Of Mercy! By Thy Grace May We Attain, Soon, Righteousness, Wealth, Pleasures And Liberation, By Meditation, Prayer And Such Other Acts.

We Offer Our Salutations Of God, The Abode Of Serenity And The Embodiment Of Bliss And We Offer Our Salutations To God, The Giver Of Peace And Granter Of Happiness And We Offer Our Salutations To God, The Store Of Goodness And Our Benefactor. We Surrender Ourselves To That Lord.

Iswara Upasana:

Communion Prayer:

1. O Lord, The Creator Of The Universe! Remove All Forms Of Vices And Sorows From Us. Give Us Those Qualities That Will Make Us Noble.
2. Before The Creation Of The Universe, Luminous Matter Was Present In Its Primordial Form. Of This, Too, The Master Was God The Creator Of All The Worlds. That God Sustains This Earth And The Solar Regions. To That Blissful God We Pray With Faith And Devotion.
3. Who Places The Soul In The Body; Who Is The Source Of Strength; Who Is Worshipped All Learned Men; Whose Praise They Sing; Whose Grace Gives Immortality And To Forget Whom Is Death; To That Blissful God We Pray With Faith And Devotion.
4. Who, Through His Great Power, Alone Has Brought Into Existence The Kingdoms Animate And Inanimate, And Who Has Created Bipedes And Quadrupeds, To That Blissful God We Pray With Faith And Devotion.
5. Who Sustains The Solid Earth, The Expansive Heavens, The Luminous Regions, All Primordial Matter And Who Is The Creator Of All The Ethereal Regions Therein. To That God We Pray With Faith And Devotion.
6. O Ruler And Support Of All! In All These Worlds Created There Is None Other Than Thee Who Pervades Them Fully. Whatever Desires We Have, We Offer Them Unto Thee. May They Be Fulfilled By Thy Grace. May We Become Masters Of Thy Wealth Of Love.
7. That God Is Our Friend. He Is The Creator, Father Who Is The Master And Sustainer Of All And Who Knows All The Worlds And Their Regions. It Is He In Whom Sages And Learned Men, Enjoying Bliss, Reach Without Obstruction, The Thrid Stage, That Of Liberation Free Births And Deaths.
8. O Luminous God! Lead Us To The Noble Path Of Thy Devotion And Grace. Lord, Thou Knowest All Our Deeds. Remove From Us All Our Vices And Sins. We Offer In All Sencerity Our Homage And Salutations To Thee.

Ishwar Upasana (Purport):

O Lord, The Creator Of The Universe! May Thou Remove From Us Our Vil Desires And Lead Us To The Path Of Goodness And Rectitude. When This Entire Universe Was In A State Of Dissolution Even Then Thou Wert The Lord And The Master. Thereafter Thou Madest The Various Planets And Stars And Controlled Them By The Eternal Physical Laws. Thy Creation Is, Indeed, Remarkable. It Is Thorough Thy Power That Thou Art The King Of This Physical As Well As Metaphysical World. We Submit All Our Desires And Aspirations Unto Thee For Their Fulfilment.

O Master Of All The Worlds! There Is None Other Than Thee Who Is The Controller And Sustainer Of This Universe. Thou Art Our Mother, Father And Friend. By Attaining Thee Great Souls Have Been Able To Liberate Themselves From The Intentions And Thereby Uplift And Illuminate Our Souls. With All Humanity And Devotion We Salute Thee.

Havan(Yajna):

The Havan Kund Should Be Repared Beforehand With The Wood Set So That It Burns Easily.

Acamana Mantra(Sipping Of Water):

Take Water In The Right Palm. Recite Each Mantra. Then Sip The Water.

Agna Sparsa Mantra (Touching Different Parts Of The Body):

Take A Few Drops Of Water In The Left Palm, Wet The Tips Of The Two Middle Fingers Of The Right Hand And With The Recital Of Each Mantra Touch The Different Parts Of The Body As Indicated:-

(Touch Lips, Touch Nostrils, Touch Eyes, Touch Ears, Touch Arms, Touch Thighs, Sprinkle Water Over The Body)

Agniyadhana Mantra(Ignition Of Fire):

Place Camphor In A Spoon. Set It Alight.

Place The Camphor In The Havan-Kund Which Has Wood Arranged In It.

Adjust The Pieces Of Wood In The Fire-Pan(Havan-Kund) If Necessary.

Havan (Purport):

O Resplendent Glory, Light Of The Universe! We Light This Fire And Remove Darkness From Our Midst. Similarly, By Concentration And Meditation We Illuminate Our Mind. Thou Dwellest Within Our Hearts. May We Burn Out All Our Sins And Vices. Bless Us, O Lord, With Kindness And Generosity, Knowledge And Strength, Food And Wealth, Good Children And Useful Animals.

O Almighty Lord! In Thy Name We Offer All These Ingredients Into This Sacred Fire. This Fire Does Not Keep Within It What It Receives But Transforms Them Into Beneficial Elements. Similarly, Whatever We Have Received From Thee- Food And Wealth, Happiness And Prestige- Are Not Ours. They Are Thine. We Shall Keep Only That Quantity With Us That Is Necessary For Our Subsistence. Let Not Our Education, Strength And Wealth Make Us Arrogant And Conceited For Theyare All Thine. Give Us Such Intelligence As Desired By Our Ancestors And Learned Ones.

Santi Patha (Hymn Of Peace):

May There Be Peace In The Heavenly Region And The Atmosphere May Peace Reign On The Earth; Let There Be Coolness In The Water; May The Medicinal Herbs Be Healing; The Plants Be Peace-Giving; May There Be Harmony In The Celestial Objects And Perfection In Eternal Knowledge; May Everything In The Universe Be Peaceful; Let Peace Pervade Everywhere. May That Peace Abide In Me.

May There Be Peace, Peace, Peace!

Exposition Of Agnihotra (Havan) Mantras:

1. Om Amrtopastaranamasi

Spiritual Meaning:

(Om) All Prevading Eternal God! You Protect Us Against The Deeprooted Evil Desires In Us.

(Amrtam) Imperishable Lord! Protect Us From Evil Thoughts Hat Prevail On Us From The Outside.

Lord! You Are Ever Existing, Your Splendour Is Seen All Over. You Are Most Beautiful And Powerful. May We By Your Grace Attain Purity And Serenity. In This Firm Conviction, I Surrender Myself To You.

Physical Meaning:

This Water Removes Ailments. It Is Prevalent On This Earth, In The Regions Below, And In The Atmosphere. It Protects Ius From Sickness And Is The Essence Of Life. May This Water Give Me Long Life, Vitality And Prosperity.

2. Om Vangma Asye'stu:

2.1 Let There Be Speech In My Mouth.

- 2.2 Let The Vital Airs Flow In My Nostrils.
- 2.3 Let There Be Vision In My Eyes.
- 2.4 Let There Be Hearing In My Ears.
- 2.5 Let There Be Strength In My Arms.
- 2.6 Let There Be Sturdiness In My Earn.
- 2.7 May My Body With All Its Limbs And Organs Be Healthy And Strong.

Purport: We Ask God To Bless Our Body So That Our Limbs And Organs May Function Effectively As Long As We Live. Wateris Used To Symbolise Purification.

3. Om Bhur Bhuvah Svah:
 - A. God Is Present On The Earth, In The Atmosphere And The Heavenly Regions. By His Grace A Continuos Yajna Is In Operation Which Is Known As Nature.
 - B. Energy Is Nature. The Yajna Of Nature Controls The World Of Nature Through The Energy Of The Sun.
 - C. The Bodily Yajna Or The Functioning Of The Human Body Is Effected By The Inhalation Of The Vital Air. I Ignite In The Receptable, This Fire Which Is A Symbol Of The Forces Of Nature At Work And In So Doing, I Commence This Yajna/Havan In Cognisance Of My Bounden Duties.

Natural And Physical Meanings:

May My Oblgatory Duties Be As Resplendent As The Heaven And As Beneficial As The Earth. I Kindle This Fire On The Surface Of The Podium. This Fire Is Symbol Of The Energy Of The Sun And Its Electric Force. I Offer Oblations Ofgrains Into This Fire For Nourishment And Sustenance. Such Is My Conviction. I Initiate This Hawan For The Good The World. May It Bring Happiness To All Beings.

Spiritual Meaning:

I Set Firmly, In My Heart, The Presence Of God, The Embodiment Of Existence, Consciousness And Bliss So That I May See The Enlightening Rays Of His Shinin Qualities And Perform Actions That Bring Repute And Honour To All Beings. I Surrender Myself To That Divine Being And Undertake All My Work In His Name.

4. Om Udbudhyasvagne: May This Fire, Flaming In The Fire-Place Brn Brightly. Likewise May The Fire Of Service To Man Become Kindled In My Heart. O Fire! Through You As The Means May I The Devotee Accomplish Virtuous Actions For The Benefit Of All Others And Ourselves. May The Host And Learned Persons Possesed Of Good Qualities Make Offerings Into This Fire As A Symbol Of Dedication To Noble Service.

Spiritual Meaning:

O Omniscient Lord, Dwell Within My Heart And Make Every Part Of My Body Resplendent With Thy Divine Power; Dispel The Darkness Of Ignorance In Me. May Deeds Done For My Personal Progress And The Good Of All Beings, Deeds Which Are Based On The Four Fold Objectives Of Life :- 1. Dharma, 2 Artha-Pursuit Of Material Wealth, 3 Kama- Enjoyment Of Life, 4 Moksa- Liberation From Death And Birth, Be Accomplished With Thy Blessings. I Perform These Actions As Offerings To Thee. May, I Through Thy Grace Be, Blessed With Shining Qualities Both In This Life Hereafter.

5. Om Ayanata Adhma Atma:

O Fire! The Illuminator Of All Things, The Heat And Light Produced By You Are The Properties Of Your Existence. You Become Manifest By These. Become Intense And Shine Brightly, Casting Your Lusture On All Around You. O Fire! Bless Us With Good Children, Useful Animals, Brilliance Or Lusture Of Knowledge, Nourishment And Other Needs. I Say This With A Firm Convction. This Ofering Is To The Fire The Giver Of Life To All Things. It Is Not Mine.

Spiritual Meaning:

O Omniscient God, The Knower Of All Things This Individual Soul Seeks You And Glorifies You. Illuminate It With Divine Knowledge And Give It Brillance And Fortitude So That It May Enlighten Others And Make Them Shine Also. By Your Grace May We Be Blessed With Good Children, Useful Animals, Spiritual Knowledge, Nourishing Food And Other Beneficial Requirements. I Say This With Conviction. My Efforts Are Aimed At Attaining God. I Perform These Deeds In His Name.

6. Om Samidhagnim Duvasyata:

O Performer Of Yajna! With The Continuous Use Of Wood Keep The Fire Permanently Alight. By Means Of Ghee And Samagree Let It Stay Aflame And Grow Steadily. Make Offerings Of Samagree And Other Ingredients Into This Fire. This Offering Is For Agni And Not For Me.

7. Om Susamiddhaya:

Thi Fire Is Burning Well. It Is Luminous And Is Makes All Around It Shine. Make Offerings Of Molten Ghee Into This Fire.

Spiritual Meaning:

O Devote Realise The Allpervading God With The Power Of Knowledge And Devotion. Aspire To Seek Knowledge Of Him And Let Him Shine In Your Heart; Make Offerings Of Your Self Nd Your Actions And Thereby Direct Your Desires To God.

This Action Is Aimed At Reaching God And Not For Any Selfish Material Gain. Experience The Flow Of Incessant Devotion And Mediate On The Embodiment Of Purity And The Most Luminous All Pervading God. My Aspirations Are To Realise God, The Embodiment Of Purity, And Are Not Motivated By Selfishness. I Say This With Firm Resolve.

8. Om Tantara:

O Fire You, Who Pervade All Objects, Who Unites All Things And Also Separates Them, Shine Brightly. You Receive Your Sustenance From Ghee, Samagree And Wood Etc. This Offering Is For The "Energy" Present In All Object, It Is Not For Me.

Spiritual Meaning:

God Is Present In Every Atom. Even In The Minutest Atoms And Molecules. He Unites All Things In Nature And Separates Them. Similarly He Also Creates And Dissolves The Universe. By Means Of Yoga, Knowledge And Devotional Outpourings, We Give Expression To His Majestic Being. My Devotion Is Dedicated To That All Pervading Lord. I Have No Other Aim.

9. Om Ayanta Idhma Atma:

This Mantra Is Chanted Five Times And An Offering Is Made At The End Of It Each Time. The Five Offerings Mark The Five Human Needs The Performer Of The Yajna Seeks. They Are Good Children, Useful Animals, Spiritual Knowledge, Nourishing Food And Other Necessities Of Life.

Spiritual Meaning:

The Devotee Surrenders Himself Through The Yoga Of Knowledge; By Directing His Five Organs Of Action, Five Sense Organs And Five Pranas (Vital Airs) To The Attainment Of God Realisation. The Bhagavad Gita Says "Brahmagna Vapare Yajnyam Yajnenaivopa Juhwati"

Sloka 27, Chapter 4 Of The Gita Says That In The Yajna For The Attainment Of Brahma It Becomes Necessary To Light The Fire Of Self Control By Means Of Knowledge And Make Offerings Of The Many Functions Of The Organs And The Vital Airs Into It.

The Five Sensory Organs Are: Nose, Tongue, Eyes, Skin And The Ears And These Are Sensitive To Smell, Taste, Sight, Touch And Sound Respectively.

The Five Elements That Contribute To Their Sensitivity Are: Earth, Water, Fire, Air And Ether Respectively.

The Five Organs Of Action Are: Hands, Legs, Mouth, Excretory And The Reproductive.

Five Prans: Prana, Apana, Samana, Vyana And Udana.

Fucntions Of The Five Pranas:

Prana: The Force That Controls Inhalation And Exhalation Of Breath.

The Related Organs Are The Nostrils, Mouth, Throat, Ears And Eyes.

Apana: Activates The Excretion Of Waste From The Body, Organ: Region Below The Naval.

Samana: Power Of Digestion, Organ: Stomach.

Vyana: Circulates The Blood From The Heart.

Udana: Keeps The Sensory Nerves Under Control And Enables Feelings Of Happiness And Sorrow. It Operates In The Erebral Region.

10. Om Adite'numanyasna:

10.1 May Good Acts Performed Selflessly By The Performer Of The Yajna, And May The Performance Of Yajna Itself Be Continued Without Any Hindrances, With The Approval Of All. May All Cooperate Harmoniously In Its Fulfilment.

10.2 May Yajnas Be Performed With The Blessings And Participation Of All.

10.3 May Yajnas Performed Byall With A Good Intellect.

10.4 O Creator Of The Universe, Almighty God Help Promote The Prosperity Of Yajnas And Grant Prosperity To The Performer Of This Yajna And The Learned Ones; Bless Them With All Forms Of Prosperity.

11. Om Agnaye Swaha:

We Perform This Yajna For The Prosperity Of The Worls. This Yajna Is Made Possible Through:-

11.1 Agni: Things Generated By Heat

11.2 Soma: Things Generated By Water Or Cold Matter.

11.3 Prajapati: Things Generated By The Airs.

11.4 Indra: Things Generated By Electrical Energy.

In This Performance Of Yajna We Commit Ourselves To The Proper And Discrete Use Of Our Material Needs. We Firmly Declare To Destroy The Impurities Of The Atmosphere; To Respect And Revere The Elements Since They Are Not For My Selfish Gain For The Benefit Of All.

Spiritual Meaning:

I Declare That I Shall Realise The Lord Who Is:

1. The Shining One.
2. The Giver Of Peace.
3. The Protector Of The Worlds, And

4. The All Powerful.

I Say These In The Full Knowledge Of My Commitment.

12. Om Surya Jyotih:

Surya: Physical Meaning: Sun

That Which Is Shining And Makes Other Shine; Sustainer Of Life; The Source Of Energy On Earth, The Cause Of Cold, Heat And Rain.

Surya: Spiritual Meaning: Paramatma

The One, Present In Every Being, Self-Effulgent, Who Illuminated All Things In The Universe And Is The Support Of All Life.

12.1 Suryah: The Luminous Sun Illuminated By The Self-Effulgent Paramatma.

12.2 Suryah Varcah: The Power Of The Sun To Shine Which Is Achieved By The Power Of God.

12.3 Surya Jyotih: The Light Of The Self-Effulgent Lord Which Keeps Afloat The Light Of My Soul.

Swaha: I Dedicate All My Deeds To The Lord Who Is The Bestower Of Light To The Universe In Motion. All What I Do Is For The Lord.

12.4 Savitra Devena: The Lord, Divine Creator Of All, Through His Creative Power And Through The Sun And Its Glorious Dawn Radiates Light. Thus The Sun Gets Its Light.

Spiritual Meaning:

The Soul Reaches Salvation Through The Knowledge Of The Paramatma Who Is The Creator Of All And Possessed With Divine Qualities.

13. Om Agnirjyotiragnih:

Agni: Physical Meaning (Fire): Symbol Of The Sun, Giver Of Heat And Light, Through Which It Joins And Disjoins Things, The Distributor Of Atoms In Space.

Agni: Spiritual Meaning (Paramatma): Self-Luminous; Illuminator Of All; Omnipresent; One Who Combines The Particles Of Matter To Create The Universe; God, Worthy Of Worship. This Physical Fire, Agni Is Kept Aflame By The Light Of Surya. Similarly Surya Is Seen Reflected As The Light Shining In The Night, In The Moon, Stars And Other Celestial Objects. In Like Manner The Soul Which Is Enveloped In Darkness Attains Liberation Through The Light Of Divine Knowledge Reflected In It.

14. Om Bhuragnaye Swaha:

- 14.1 I Dedicate My Actions To God, The Giver Of Life, Who Sustains And Control The Life Force On The Earth With Heat And Light From The Heaven.
- 14.2 I Dedicate My Actions To God, The Remover Of Sorrows, Who Is Present In The Atmosphere And Removes Our Sufferings By Controlling The Force Which Activates The Passing Of Waste From The Body.
- 14.3 I Dedicate My Actions To God, The Bestower Of Happiness, Who By Means Of The Sun, Present In The Celestial Regions, Brings Happiness Through The Power Of The Circulation Of Blood.
- 14.4 1. May God Who Is All Existent, Conscious And All Bliss, Cause The Forces Of The Universe To Bring Joy Unto Us Through A Balance In The Forces Of The Fire, The Air And The Sun.
2. May God Who Is All Existent, Conscious And Bliss Make The Body Healthy And Active Through A Balance Of The Energies In Prana, Apana And Vyana.
3. May God Who Is All Existent, Conscious And Bliss Grant Me Happiness Through A Balance Of My Physical, Mental And Spiritual Powers. May All The Actions Be Aimed At My Physical And Spiritual Development.

15. Om Apo Jyotiraso:

Almighty God; All Pervading; Self-Luminous, Embodiment Of Happiness; Ever-Existent; The Giver Of Life; The Remover Of Suffering And The Bestower Of Happiness; That God, Being Present In All, Is The Protector Of All. In Praise Of That Great Being I Make My Offering.

16. Om Yam Medham:

The Embodiment Of Knowledge. God, By Knowing Whom The "Satvik" Or Purest Intellect Of Differentiating Between Truth And Untruth Is Acquired By Great Souls And By Our Elder Nobles Who Mould Our Destiny. May I By Achieving That Pure Intellect, Also Become One Of Pure Intellect.

17. O Lord, The Creator Of The Universe! Remove All Forms Of Vices And Sorrows From Us. Give Us Those Qualities That Will Make Us Noble.

18. O Luminous God! Lead Us To The Noble Path Of Thy Devotion And Grace. Lord, Thou Knowest All Our Deeds. Remove From Us All Our Vices And Sins. We Offer In All Sincerity Our Homage And Salutations To Thee.

19. Om Sarvam Vai Purnam Swaha: O God! May This Yajna Be Complete In Every Way. With Thy Grace May This Yajna Come To A Successful Conclusion.

Veda Jnana:-

I Am Learning The Teachings Of The Vedas Because The Knowledge Of The Vedas Leads One To The Path Of Righteousness; It Purifies The Intellect Of The Learned Ones And Is A Blessing To All. Acquiring This Knowledge May I Extend My Life-Span, Vitality, Family, Animal Possessions, Fame, Wealth, Prosperity And Spiritual Strength. May I, Through The Knowledge Of The Vedas, Attain God Realisation.

Paramatma, After Having Performed The Cosmic Yajna Of Creation, Revealed For The Salvation Of Humanity, The Rg Yajur, Sama And Atharva Veda.

Paramatma Advises- O Learned Ones! I Have, For The Welfare Of All, Given You The Knowledge Of The Vedas. You Also Must Disseminate This Wisdom Of The Vedas To The Brahmana, Ksatriya, Vaisya, Sudra And All Others, So That The People May Be Learned, Benevolent And Charitable. May All Live By This Wise Counsel And Lead Virtuous Lives. May My Desire Be Thus Fulfilled.

Prayer Of Health:

1. O God! The Giver Of Life, Remover Of Pains And Sorrows, Bestower Of Happiness, And Creator Of The Universe. Thou Art Most Luminous, Pure And Adorable. We Meditate On Thee. May Thou Inspire And Guide Our Intellect In The Right Direction.
2. O Lord: Make My Body Healthy, Grant Me A Happy And Long Life. Make Me Strong, Remove From My Body All Ailments And Weaknesses.
3. O Powerful God: Give Me Vitality, Make My Body Healthy. Remove My Weaknesses And Give Me Strength, Grant Me Intelligence, Consciousness And Perception, The Courage Of Conviction To Destroy Sins. Grant Me Resoluteness And Tolerance.
4. O Benefactor Of Devotees! I Concentrate On Thy Pure Energy. Give Me Perfect Health. May My Eyes, Ears, Tongue And The Other Organs Function With Strength And Health For A Hundred Years And More. May I Not Become Helpless And Dependent During This Time. Give Me A Hundred Years Of Joyous Life Free From Diseases.
5. O All- Prevailing Lord: Thou Art Beneficent; Make Me Good. Thou Art The Giver Of Peace; Cure Me Of My Illness. By Thy Grace may The Curative Medicines Prove Effective In Curing Me Speedily.
6. O Sustainer Of The Three Worlds, Destroyer Of Illness And Support Of All! As A Ripe Mango Gets Its Release From Its Pedicel, So Free Us From Disease And Grant Us Immortal Life.

Universal Prayer:

(Every Individual Should Memorise This Universal Prayer And It Should Be Recited By All On Special Occasion)

1. (Om) O God, (Bhur) The Giver Of Life, (Bhuvah) Remover Of Pains And Sorrows, (Swah) Bestower Of Happiness, (Tatsavitur) And Creator Of The Universe, (Devasya) Thou Art Most Luminous, (Bhargo) Pure And (Varenyam) Adorable. We Meditate On Thee (Dhimahi). May (Yo) Thou (Pracodayat) Inspire And Guide (Nah) Our (Dhiyo) Intellect In The Right Direction.
2. O Lord, The Creator Of The Universe! Remove All Forms Of Vices And Sorrows From Us. Let Us Develop Those Qualities That Are Ennobling.
3. O Luminous God! Lead Us On The Noble Path Of Thy Devotion And Grace. Lord, Thou Knowest All Our Deeds. Remove From Us All Our Vices And Sins. We Offer Our Homage And Salutations To Thee.
4. O Supreme Spirit! Lead Us From Untruth To Truth, From Darkness To Light; Save Us From Death And Lead Us To Immortality.
5. O Lord! In Thee May All Be Happy. May All Be Free From Misery, May All Realize Goodness, And May No One Suffer Pain.

Prayer For Family Welfare:

Purport:

O Supreme And Most Merciful Lord, We, The Members Of This Family, Have Assembled Here To Offer Our Prayers To Thee. Grant Us Wisdom And Understanding For The Promotion Of Mutual Love And Addection. May There Be No Ill Feelings May Harmony Prevail Among All The Members Of The Family. May The Co-Operation Among The Members Of This Family Be Tempered With Justice, Love And Mercy May The Younger Memebers Of The Family Be Polite, Repectable And Dutiful And May All Speak The Truth Seasoned With Sweetness.

O Merciful Father, Paramatma, Frees Us Of Ailments And Worries And Helps Us Enjoy Good Health For A Hundred Years. May We Work Together With Joint Effort To Achieve Success In Out Undertakings With Your Help. May We Obtain All Our Earnings By Honest Means And May We Enjoy Them By Sharing With Others.

May There Be Good Understanding With Our Neighbours And Memebers Of The Community. May Out Intellect Lead Us Along The Path Of Righteousness And Generate The Attitude Of Truth, Service And Co-Operation In Us.

O, Ocean Of Mercy, With Devotion And Humility We Bow To Thee For Thy Blessings.

We Meditate In The Morning On The Self-Effulgent God, Who Is All Powerful, The Supreme Lord And The Creator Of The Universe. We Rise In The Morning And Meditate On Him Who Is All-Pervading And Who Is The Destroyer Of Sin.

Let Us Awake, Arise And Attaining Perfect Knowledge, Do Noble Deeds.

Bed Time Prayer:

O Lord, My Fleeting Mind Wanders Far Away Both While Awake And Asleep. Thou Art The Giver Of Light And Knowledge. Give Peace To My Mind And May Good Thoughts Originate In It.

O Lord Lead Us From Untruth To Truth, Lead Us From Darkness To Light, Lead Us From Death To Immortality.

O Lord, The Giver Of Food! May Thou Provide Us With Healthy And Energy-Producing Food. Grant Happiness To Those That Give Food In Charity. May All Living Beings Be Blessed With Energy- Giving Food.

School Assembly Prayer:

1. O God, The Giver Of Life, Remover Of Apins And Sorrows, Bestower Of Happiness And Creator Of The Universe. Thou Are Most Luminous, Pure And Adorable. We Meditate On Thee. May Thou Inspire And Guide Our Intellect In The Right Direction.
2. O God! Let Us All Hnite And Protect Ourselves. Let Us Render Service To Others And Let Our Studies Be Beneficial And Enlightening. Let There Be No Hatred Among Us.
3. O Lord! Thou Art Our Mother And Father, Thou Art Relative And Companion, Thou Art Knowledge And Wealth, Thou Art Everything To Us, O Supreme Lord.

Yajnopavit (Sacred Thread) Mantra:

After Receiving The Following Mantra The Yajnopavit Should Be Worn By Placing It Over The Left Shoulder And Running It Under The Right Arm.

This Sacred Thread, The Symbol Of Unity With God, Is Very Pure. I Wear This In The Preence Of My Learned Master. I Accept This Sacred Thread As A Sign Of Long Life, Spiritual Progress And Purity Of Thought. I Put On This Sacred Thread For The Attainment Of Divine Knowledge.

Prayer For Unity:

1. O God, The Fulfiller Of All Our Desires, Who Pervades Everything Animate And Inanimate. You Are Resplendent In This Material World Which We At Best Describe In Words. You Make Available All The Resources Necessary For Our Survival. Please Grant Us Material Wealth And Spiritual Strength.
2. O Citizens! Live In Harmony And Accord. Be Organized And Co-Operative. Speak With One Voice And Make Your Resolutions With One Mind. As Our Ancient Saints And Seers, Leaders And Perceptors, Have Performed Their Duties Righteously, Similarly, May You Not Falter In Executing Your Duties.
3. O Humanity! Let The Object Of Your Thought Be The Same, The Place Of Your Assembly Be Common, Your Mind Be Of One Accord And Your Hearts Be United. May You Be Inspired Jointly In Prayer For You Have Been Provided For Equally So That You May Receive And Offer Equally.
4. O Children Of God! Let Your Object Of Life Be One And The Aime, Let Your Hearts Be Equal (In Feeling) And Let Your Minds Be United So That There May Be Worthy And Equal Life For All.

Vedic National Prayer:

O Omniscient Lord! May Noble Persons Of Learning And Wisdom Take Birth In Our Country. May There Be Born For The Destruction Of All Evils, Fearless, Valiant And Heroic Soldiers Proficient In The Art Of Diplomacy. May There Be No Shortage Of Milch Cows And Other Animals Useful In Agriculture. May Our Children Become Useful And Cultured Members Of The Community. May The Women Of Our Country Be Worthy Mothers To All Its Children. May This Land Of Our Be Blessed With Its Seasonal Rains, Its Natural Fauna And Flora, And May It Yield Adequately For Our Subsistence. May This Country Of Ours Thrive And Flourish, Be Productive And Populated, And May All Who Live In It Progress And Prosper.

Birthday Prayer:

The Following Procedure Should Be Observed. Light The Lanps, Or Candles. All Persons Present Should Recite This Mantra (Verse).

1. Now Light Up A Big Cangle Or Diya.

The Next Two Mantras Must Be Recited By The Person Whose Birthday Is Being Celebrated Or By The Mother, Father Or Nay Other Senior Person On His Or Her Behalf.

2. O Lord Lead Us From Untruth To Truth, Lead Us From Darkness To Light, Lead Us From Death To Immortality.
3. May The Five Elements, The Vital Air, The Nourishing Earth, The Food Digesting Energy (Agni), The Juice Giving Water, And The Balance Maintaining Sky(Ether), Make My Body Healthy And Strong. May I Be Blessed To Live A Hundred Years, In The Company Of My Kith And Kin, In Wealth And Prosperity.
4. Devotees Learned Ones And Performers Of Good Deeds (Karma Yogis) Have Experienced Profound Joy In Their Childhood, Youth And In Old-Age. May We Also Enjoy Such Sound Health In All These Stages.
5. O Benefactor Of Devotees! I Concentrate On Thy Pure Energy. Give Me Perfect Health. May My Eyes, Ears, Tongue And The Other Organs Function With Strength And Health For A Hundred Years And More. May I Not Become Helpless And Dependent During This Time. Give Me A Hundred Years Of Joyous Life Free From Diseases. (The Person Celebrating Birthday Must Recite The Following Mantra. He Looks At The Sun, To Find Inspiration For Long Life.) Relations And Friends Then Give Their Blessings By Reciting The Following Two Mantras (Verses 6& 7).
6. Your Forefathers Lived Up To A Ripe Old Age By Eating Good, Nourishing, Healthy Food. May You Also Attain Longevity In Like Manner.
7. May You Consuming Food That Promotes Long Life Strength And Intellect Happily See A Hundred Autums A Hundred Springs And A Hundred Summers. May You Peacefully Live A Full And Long Life. (After Receiving This Mantra Bless The Person By Showering Flower Petals)

Shuddhi Procedure: (Prayer Of Purification):-

Strictly Speaking There Is No Ceremony For Conversion To Hinduism. This Procedure Had To Be Introduced To Enable Mainly Those Hundus Who Were Convrtd To Return To Their Own Faith Since Many Were Led To Believe That They Could Never Be Hindus Again. The Person To Be Received Into The Hindu Faith Ought To Undergo The Followinf Procedure. Let Him Sit For The Sandhya, Ishwar Upasana, Havan And Brihadyajna. Samagri (Havan Ingredients) Must Be Offered Into The Sacred Fire With The Chanting Of The Additional Four Mantras Given Here. Conclude By Repeating The First Mantra. Sprinkle Some Water On The Person. Next Get Him Recite The Gayatri Mantra Thrice. Explain To Him Its Meaning. Then With The Recital Of The Yajnopavit Mantra Make Him Wear The Yajnopavti (Sacred Thread). Perform The Purnahuti, The Concluding Part Of The Havan. If Time Permits Swastivachan And Shantikaran Mantras May Be Recited.

1. O Learned Teacher! Make Me Pure. Make My Intellect And Mind Pure. May All Behold Me As Purified.
2. O Master! May I Be Purified Through Noble Deeds And The Performance Of Havan.
3. O Learned Men! Forgive Me For Any Wrong Or Sin That I Might Have Committed Through Ignorance. Receive Me In Your Midst With Love.
4. O Lord, Master Of Vows! I Take A Solemn Vow Today. May I Have The Strength To Keep It. May I Become Pure By My Vow And May I , Through It, Renounce Falsehood And Accept The Truth.

After Purnahuti, Recite These Three Mantras And Sprinkle Water On The Person.

1. O Water! Remover Of Impurities, Granter Of Health. You Are The Giver Of Happiness. May I Be Blessed With These, Your Qualities, See Their Effects And Enjoy Their Benefits.
2. O Water! Just As A Baby Suckles A Loving Mother, So May We Drink Of Your Healthy-Giving And Thirst-Quencing Nectar.
3. O Water! Embodiment Of Purity! May I Derive That Strength Of Yours Which Destroys All Impurities. May I Be Rejuvenated.

Spiritual Meaning:

O Omnipresent God! May I Through My Devotion Realise You And Be Pleased. Just As The Milk Of A Mother Nourishes A Child, Similarly May I, Thorough Themilk Of Devotion, Become Spiritually Blessed. Through Faith In Thee May I Destroy All My Sins And Vices And May I Enjoy A Spiritual Rejuvenation.

Characteristic Signs Of Dharma:

1. Patience. 2. Forgiveness. 3. Control Of The Mind. 4. Non-Stealing. 5. Cleanliness. 6. Control Of The Senses. 7. Wisdom. 8. Acquisition. 9. Truthfulness. 10. Absene Of Anger (Love For All) ; Are The Ten Signs Of Dharma.

Sanatana Dharma:

Speak The Truth And Speak It Sweetly. Speak Not The Truth Harshly, Nor Should One Speak Lies Sweetly. This Is The Dharma Sanatana.

Funeral Prayer:

This Prayer Should Be Recited At The Crematorium Before The Cremation Of The Body. Those Present Should Be Requested By The Priest To Repeat The Meaning Of Verses 9, 10 And 11 Of The Prayer. Thereafter The Antyesti Sanskara Should Be Performed.

1. Thou Art The Primal God, Ancient Being, Thou Art The Final Resting Place Of This Universe; Tho Art The Knower, The Knowledge And The Supreme Abode; By Thee Is The Universe Pervaded, Thy Form Is Infinite.
2. When One Layeth His Worn-Out Robes Away And Taking New Ones, Sayeth, "These Will I Wear Today!" So Putteth Away The Spirit Lightly Its Grab Of Flesh, And Passeth To Inherit An Abode Afresh.
3. Never Was The Spirit Born; The Spirit Cease To Be Never; Never Was Atime It Was No; End And Beginning Are But Dreams! Birthless, Deathless And Cangeless Remaineth The Spirit For Ever; Death Hath Not Touched It, Death Though The House Of It Seems!
4. This No Weapons Wound, Nor Fire Burns; This No Waters Wet, Nor Wind Dries.
5. For Certain Is The Death Of The Born, And Certain Is The Birth Of The Dead. Therefore, Grieve Not For What Is Inevitable.
6. Unmanifest Before Birth And Unmanifest After Death, We Perceive Only The Mortal Being Manifest In This Existing Life Span. Then What Cause Is There For Grief.
7. I Know The Supreme Absolute Being, Who Is Full Of Splendour Like The Sun, Untainted By The Darkness Of Ignorance. By Knowing Him Alone Can One Conquer Death And Attain Eternal Bliss. There Is No Other Path For The Attainment Of Salvation.
8. He Who Is The Giverof Physical Vigour And Spiritual Strength. Whose Order Is Seen In The Operation Of All The Luminous Objects And Whose Praises Are Sung By The Enlightenment Persons. Whose Grace Is Immortality And Whose Disfavor Is Death, To That All-Blissful Divinity We Offer Our Humble Worship.
9. O Mortal! After Thy Death, May All The Components Of Thy Body Be Merged Into The Five Elements Of This Earth. Thine Vision Be Absorbed In The Sun And Thy Breath Be Absorbed Into The Atmosphere. May The Other Parts Be Merged Into The Elements. And May Thou, According To The Meritorious Deeds Performed Here, Dwell In A Body Worthy Of Such Merit.
10. Oh Effulgent God! Thou Art The Dispenser Of Justice; Thou Recompenseth Everyone According To His Or Her Westward Direction. May The Soul Of This Body In The Westward Direction. May The Soul Enjoy Peace In The East, The North, The Osuth And In Every Other Sphere. Oh Omniscient And All-Illuminating God! Thou Art The Creator,

He Sustainer And The Destroyer Of This Universe. May Thou Bestow A Worthy Abode To This Soul.

11. Oh Mortal! By The Austerity And Enlightenment, And By Thy Good Deeds, May Thou Like Thine Forebears, Attain A Blissful State. Be Free From All Sins And Once Again May The Spirit Inherit An Enlightened Body Full Of Lustre. Ans Once Again May Thou Come To This World To Perform Noble Deeds. (Rg. Veda)
12. The Spirit Which Is Immortal Is Not Made Of The Five Elements And Does Not Perish. This Body Will Be Reduced To Ashes. Therefore O Mortal, Remembering Almighty Om, Remember Also Thy Past Deeds, For It Is Thorough These Deals That Ourn Salvptions Is Determined.
13. All Material Links Perish With The Death Of The Body. It Is Only Dharma That Is Our Real Friend, Which Even After Death, Remains With The Soultherefore Do Not Allow Dharma To Perish, Because If Dharma Perishes Then It Beings About One's Own Destruction
14. O Supreme Spirit! Lead Us From Untruth To Truth; From Darkness To Light; From Death To Immortal Bliss.

