

Sandhya Vandanam Procedure

With Summary Meaning

Compiled by

Ramachander.P.R.

Introduction

Sandhya Vandanam literally means either “Salutation to the goddess of Dawn and dusk or” the prayers done during dawn and dusk.” Hindus considered the period just before dawn and just after dusk as well as the exact period of noon , as extremely suitable for meditation. All Brahmins after Upanayanam (prescribed to be done at the age of seven), were required to do these prayers without fail. Essentially these prayers are offering oblations to the devas (arghya pradanam), doing breathing exercises (pranayamam) and then meditating on Gayathri by chanting the king of all manthras “Gayathri”. This Manthra is taught to every boy by his own father during the ceremony of brahmopadesam. After learning Gayathri every boy is supposed to have taken a second birth and is entitled to be called “Dwija”.

Our scriptures attach lot of importance to Sandhya vandanam .They prescribe that a dwija should do it without fail every day, They also say that the knowledgeable Brahmin who salutes the Sun god daily thrice would attain whatever he wants. They further say that one who does not do sandhyavandanam is a sinner and is not eligible for any Vedic duties.

What is given below is the Sandhya Vandanam procedure prescribed for Yajur Vedis. But the manthras to be chanted by followers of the other Vedas is also mentioned wherever there is a difference. All people are requested to do the Sandhya vandanam initially for a few times under the guidance of their “Guru” and use the procedure and manthras given below later. This is requested because English being not a very phonetic language is inadequate to transliterate Sanskrit slokas and that too those written in the Vedic Sanskrit.

A summary meaning of all the manthras chanted is appended at the end.

Sandhya Vandhanam-Part I- Argya pradhanam

Sandhya vandhana has two parts, the first one normally to be done either standing in a river or sitting with hunched legs on the feet outside the house and the second part is done by sitting on

firm ground using the lotus pose. (Padmasana). It is normally done facing east during dawn and noon and facing west during dusk. .

1.Perform Achamanam^[1]

Take minute quantities of water(just sufficient to soak one grain of black gram) three times in the right hand and take it with the following manthra.

1.Om Achyuthaya nama 2,Om Ananthaya nama 3.Om Govindaya nama

Then

Touch with thumb both cheeks saying kesava -Narayana

Touch with ring finger both eyes saying Madhava –govinda

Touch with the first finger both sides of nose saying Vishno-Madhusoodana

Touch with little finger both ears saying Trivikrama-Vamana

Touch with the middle finger both shoulders saying Sreedhara-Hrishi kesa

Touch with all fingers the belly button saying Padmanabha

Touch with all fingers the head saying Damodara

2.Ganapathi dyanam*

Recite the following manthra slowly hitting the forehead with both fists together.:-

Shuklambaradharam Vishnum Sasi Varnam ChathurBhujam,

Prasanna Vadanam Dyayeth Sarva Vigna Upa Santhaye.

*This prayer is not recited by Vaishnavas. They are requested to go to the next section.

3.Do Pranayamam.

Hold both Nostrils with Thumb and the little and third finger of the hands and recite the following Manthra:-

^[1] Summary meaning of manthras at end of the text.

Om Bhoo

Om Bhuva

Ogum Suva

Om Maha

Om Jana

Om Thapa

Ogum Sathyam

Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa

Jyothj rasa

Amrutham brahma

Bhoorbuvasuvarom

Touch the ears three times saying

Om, Om , Om

4. Sankalpam

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following manthra:-

Mamo partha samastha duritha kshaya dwara, Sri Parameshwara preethyartham*,

pratha sandhyam upasishye (for madhyannikam instead tell" madhyaynikam karishye "and for evening sandhya vandhanam tell "sayam sandhyam upasishye")

*Vaishnavas may instead tell "shri bhagavadaagnaayaa shriimannaaraayana priityartham "

5.Marjanam

Sri kesavaya nama (write OM in water with the ring finger)

Recite the following ten manthras. While reciting the first seven sprinkle water on the head, while reciting the eighth touch the feet, nine again sprinkle on the head and complete by reciting the tenth with Take little water on your right palm and throw around your head in clockwise direction like pradakshinam

Aapo hishta mayo bhuva (1), thana oorje dadha thana (2), Mahe ranaaya chakshase (3), Yova shiva thamo rasa (4) Thasya bhajaya thehana (5) usatheeriva mathara (6) Thasma aranga mamava (7) Yasya kshayaya jinwadha (8), Aapo janayadha jana (9) Om bhorbuvassuva (10)

6.Praasanam

Take in the hand small quantity of water in the palm (just sufficient to immerse one grain) recites the following manthra and drink it while telling "swaha".

Morning (pratha sandhya)

For Rig Vedis and Yajur vedis

Sooryascha ma manyuscha manyu patayascha manyukruthebhya.

Paapebhyo rakshantham

Yad rathrya papa ma karsham

Manasa vacha hasthabhyam padbhyam udarena sisnaa

Rathri sthadha valumbathu

Yad kincha duritham mayi

Idham aham mam amrutha yonau

Soorya jyothishi juhomi swaha

For Sama vedis

Ahascha maa adithyascha punathu swaha

Noon (madhyahnika)

Aapa punanthu prithweem, prithwee pootha punathu maam

Punanthu brahmanaspathir brahma pootha punathu maam

Yad uchishta mabhojyam yadhwa ducharitham mama

Sarvam punanthu mamopa asatham cha prathigraham swaha

Evening (sayam sandhya)

For Yajur and Rik Vedis

Agnischa ma manyuscha manyu pathayascha manyu kruthebhya

Papebhyo rakshantham

Yadahna papama karsham

Manasa vaacha hasthabhyam

Padbhyam udarena sisna

Ahasthada valumbathu

Yad kinchid duritham mayi

Idamaham maam amrutha yonau

Sathye jyothishi juhomi swaha

For Sama Vedis

Rathrischa ma varunascha punathu swaha.

7.Achamanam

use the same manthras and action as given in "1" above

8.Punar marjanam

Recite the following fourteen manthras. While reciting the first eleven-sprinkle water on the head, while reciting the twelfth touch the feet, thirteen again sprinkle on the head and complete by reciting the fourteenth with Take little water on your right palm and throw around your head in clockwise direction like pradakshinam

Dadhi kravinno akarisham (1) Jishno raswasya vajina (2) surabhino mukha karaath (3) Prana ayugumshi tharishath (4) Aapo hishta mayo bhuvu (5), Thana oorje dadha Thana (6), Mahe ranaaya chakshase (7), Yova shiva thamo rasa (8) Thasya bhajaya thehana (9) usatheeriva mathara (10) Thasma aranga mamava (11) Yasya kshayaya jinwadha (12), Aapo janayadha jana (13) Om bhorbuvassuva (14)

Some Rik vedis after doing this punar marjanam recite the following manthra with little water in hand, smell the water and pour it in southwesterly direction

Ruthancha sathyancha thapasodyadha thadho rathri jayatha thada samudhro arnavaa

Samudhradarnavaa dadhi samvadvaro ajayatha.

Aho rathraani vidhathat viswasya mishadho vasi.

Soorya chandrama sow dhatha yadha poorva magalpayath.

Divancha prithweem santharishmatho Suva.

9.Argya pradhanam

Join both hands together and take hand full of water taking care not to join both thumbs with other fingers (facing east during Pratha Sandhya, facing north during Madyannikam, and facing west during Sayam Sandhya) repeat the following manthra and pour it, thrice during pratha sandhya, twice during Madhyannikam and twice during Sayam sandhya: -

Om Bhorbuvassuva. Tatsa vithur varenyam bhargo devasya deemahi. Dhiyo yona prachodayath

Rik vedis in all the three times offer three argyas always standing,

.

10. Prayaschitha Argyam

Do Pranayama (refer s. no. 3 above)

Then offer one more Argyam in a similar fashion as above. This is a Prayaschitha (atonement) for doing the argya pradhanam late. Take small quantity of water in the right hand and rotate it above ones own head saying (this is called Athma parishechanam)

Om Bhorbuvassuva

Rik and sama Vedis use a different manthra for this prayachithargyam:-

Morning (pratha sandhya)

Om yadathya gacha vruthrahan. Udayaa abhisoorya sarvaan dathindra they vache.

Noon (madyannikam)

Om uthkedthbhi sruthamagam vrushabham naryabasim

Astharameshi soorya

Evening (sayam sandhya)

Om na thasya maya yachana

Ripureeseetha marthya yo agnaye dathacha havypadathaye(Rik vedis end it as havypadathibhi)

11. Ikyaanusandhanam

With both hands touch the middle of the chest . close the eyes , meditate and chant

Asaavadhityo brahma. Brahamaivahamasmi

Then do Achamanam,

12.Deva Tharpanam

Sit facing east during pratha sandhya, facing north during madhyannikam, and facing east during sayam sandhya , take water in the hand and pour it out through its tips after each manthra .Take care to take water separately each time.

Aadithyam tharpayami

Somam tharpayami

Angarakam tharpayami

Budham tharpayami

Brahaspathim tharpayami

Shukram tharpayami

Sanaiswaram tharpayami

Rahum tharpayami

Kethum tharpayami

Kesavam tharpayami

Narayanam tharpayami

Madhavam tharpayami

Govindam tharpayami

Vishnum tharpayami

Madhusoodhanam tharpayami

Trivikramam tharpayami

Vamanam tharpayami

Sreedharam tharpayami

Hrishikesam tharpayami

Padmanabham tharpayami

Damodharam tharpayami

Then do aachamanam

Thus ends the first part of Sandhya vandana

Sandhyavandhanam Part II Japam

This is done sitting cross-legged or in the Padmasana pose , sitting on a mat or wooden Palagai placed on the floor either on the shores of the river or inside the house. This is done facing east during pratha sandhya, facing north during madyannikam and facing west during sayam sandhya.

1.Japa sankalpam

Recite the following manthra slowly hitting the forehead with both fists together.:-

Shuklambaradharam Vishunum Sasi Varnam ChathurBhujam,

Prasanna Vadanam Dyayeth Sarva Vigna Upa Santhaye.

*This prayer is not recited by Vaishnavas.They are requested to go to the next section.

.Do Pranayamam.

Hold both Nostrils with Thumb and the little and third finger of the hands and recite the following Manthra:-

Om Bhoo

Om Bhuva

Ogum Suva

Om Maha

Om Jana

Om Thapa

Ogum Sathyam

Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa

Jyothj rasa

Amrutham brahma

Bhoorbuvasuvarom

Touch the ears three times saying

Om, Om , Om

Keep the right palm inside the left palm and keep the palms on the right thigh and recite the following manthra:-

Mamo partha samastha duritha kshaya dwara, Sri Parameshwara preethyartham*,

pratha sandhya gayathri maha manthra japam karishye (for madhyannikam instead tell”
madhyaynika gayathri maha manthra japam karishye “and for evening sandhya vandhanam tell
“sayam sandhya gayathri maha manthra japam karishye”)

*Vaishnavas may instead tell “shri bhagavadaaGYayaa shriimannaaraayaNa priityarthaM “

2, Pranava japam

Pranavasya Rishi Brahma(touch the forehead with fingers), Devi gayathri Chanda(touch below the nose), Paramathma devatha(touch the middle of the chest)

Bhooradhi saptha vyahrudeenam athri- brugu – kuthsa – vasishta – gowthama – kasyapa –
aangeerasa rishaya (touch forehead)

Gayathree- ushnig- anushtup -brahathi –pankthi- trushtup- jagathi –chandamsi (touch below the nose)

Agni- vayu- arka- vageesa- varuna- indra- viswe deva- devatha (touch the middle of the chest.)

Do pranayama as given below ten times:-

Hold both Nostrils with Thumb and the little and third finger of the hands and recite the following Manthra:-

Om Bhoo

Om Bhuva

Ogum Suva

Om Maha

Om Jana

Om Thapa

Ogum Sathyam

Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa

Jyothj rasa

Amrutham brahma

Bhoorbuvasuvarom

Touch the ears three times saying

Om, Om , Om

3.Gayathri avahanam

Aayadithya anuvagasya vamadeva rishi(touch head), Anushtup chanda(touch below nose), Gayathri devatha (touch the middle of the chest)

Aayathu varada devi aksharam brahma samhitham.

Gayathri chandasam mathedam brahma jushaswana.

Oojosi , sahosi ,balamasi, brajosi ,devaanaam dhama naamaasi . viswamasi,

viswayu sarvamasi, sarvayu abhipoorom ,Gayathrim avahayami, Savithrim avahayami, saraswathim avahayami(while reciting the last three manthras, after avahayami, keep both the palms together with little fingers touching and then slowly take the fingers towards oneself , and bring it back to original position after one rotation)

For Rik Vedis

Om ithyekaksharam brahma. Agnir devatha brahma. Ithyarsham

Gayathram chandam paramathmam swaroopam Sayjyam viniyogam

Aayathu varada devi akshatram brahma samhitham.

Gayathri chandasam mathedam brahma jushaswana.

Oojosi , sahosi ,balamasi, brajosi ,devaanaam dhama naamaasi . viswamasi,

viswayu sarvamasi, sarvayu abhipoorom ,Gayathrim avahayami, Savithrim avahayami

saraswathim avahayami, chanda rishinaam avahayami, Sriyam avahayami, Gayathrya
gayathrischando viswamithra rishi(touch forehead), savitha devatha(touch below nose), Agnir
mugam brahma, siro Vishnu, hrudaya Rudra, shikaa pruthvi, yoni prana apana vyano dana samano
sapranaa, Swetha varna, sankhyayana sagothra, gayathri cha dur visathyakshara tripada shadrushi
pancha seershopanayane viniyoga.

4.Gayathri nyasam

Savithrya rishi brahma(touch the forehead), nichrud gayathri chanda(touch below the nose), savitha
devatha(touch the middle of the chest)

5.Gayathri japam

Repeat 108 times the Gayathri facing east in the morning, west in the evening :-

“Om Bhorbuvaswa, tat sa vithur varenyam , bhargo devasya deemahi, dhiyo yona prachodayath

(take care that the manthra is not heard to any one and if possible without the lips moving. The
counting is done by using japamala are counting 10 with using the thumb the ten phalanges except
the bottom two of the ring finger. Some people insist that the counting should not be known to
others and cover the counting hand with towel)

Some people repeat Gayathri manthra only 54 times during madhayannikam,

6. Gayathri upasthanam

Do pranayamam and then stand up and chant

Facing the same direction:-

Pratha sandhyam upasthanam karishye (during pratha sandhya)

Adithyam upasthanam karishye (during madyannikam)

Sayam sandhyaupasthanam karishye (during sayam sandhya)

Then repeat

Uthame shikare devi , bhoomyam parvatha vardhini,

Brahmanebhyo anugnanam , gacha devi yada sukham.

7. Surya upasthanam

During morning (pratha sandhya)

For Yajur vedis

Mithrasya charshanee drutha sravo devasya saanaseem,

Sathyam chithra sravasthamam

Mithro janan yathayathi prajanan mithro dhadhara prithveem udadhyam.

Mithra krushti ranimisha bichashte sathyaya havyam krudavath vidhema

Prasa mithra martho aasthu prayaswan yastha adithya sikshathi vrathena

Na hanyathe na jeeyathe thwotho naina manho asnoth yanthitho na doorath

For Rik vedis

Mithrasya charshani drutho aavo devasya sanaasi

Dyumnama chitra sravasthamam

Mithro janan yathayathi bruvaano mithro dathaara prithveem udathyam

Mithra srushtir nimishaa abhishte mithraaya havyam gruthava jjuhodha

Prasamithra martho asthu prayaswaan yastha adhithya sikshathi vruthena

Na hanyathe, na jeeyathe dwotho sannama aho asnodhyanthitho na doorath

Jatha vedase sunavaama soma marathi yadho nitha hadhi veda

Sa na parshathathi durgaani viswaa naaveva sindhum durithath yagni

Pisanga brushti mam brunam pisasi mindra sam mruna

Sarvam raksho nibarhaya (rotate hand over face)

Badhram karnobhi srunyama deva

Badhram pasye makmaa akshabir yajathraa

Sthirai rangaisdushtuvaangsathaubhi

Vyasema deva hitham yadayu(touch ears)

Kesya agnim kesee visham kesi pibarthi rodani

Kesi viswam swarduche keseetham jyothi ruchyathe(touch hair)

For sama vedis

Yaso aham bhavami brahmananaam yaso ragnam yaso visaam

Yasa sathyasya bhavami

Bhavami yasasaam yasa

Adithya naava maroksham poornamparipadinim

Achithram bharyishnaveem satharithraam swasthye om nama adithyaya

Udyantham dwa aadithyanu deeyasam

During noon (madyaneekam)

For Yajur vedis

Aasathyena rajasa varthamano nivesayan amrutham marthyancha

Hiranyena savitha rathena aaadevo yathi bhuvana vipasyam

Udvayam thamasaparee pasyantho jyothirutharam

Devam devathra soorya maganma jyothiruthamam

Uduthyam jatha vedasam devam vahanthi kethava

Druse viswaya soorya

Chithram devaana mudagaa daneekam chakshu mithrasya varunasyagne

Aa praa dyaava pruthvi anthareeksha soorya aathma jagathasthushacha

Tachakshur deva hitham purasthath chakra mucharath

For Rik vedis

Aakrushno na rajasa varthamano nivesayan amrutham marthyancha

Hiranyayena savitha ratheno devo yadhi bhuvanani pasyan

Thachakshur devahitham purasthaschakra mucharath

Pasyema sarada satham

Jeevema sarada satham

Hamsa suchishath vasur anathreeksha sath hotha vedishadathir drona sath

Nrushatvarasath ruthasath vyomaasa thabja koja ruthaja adrija rutham bruhath

Uduthyam jatha vedasam devam vahanthi kethava

Druse viswaya sooryam

Apathye dayavo yada nakshatrayandyakthubhi

Sooraaya viswa chakshase

Chithran devanam udagadaneekam chakshur mithrasya varunasyagne

Aapradyaiva pruthvee anthareeksha soorya athma jagatha sthas dushacha

That sooryasya devathvam than mahithwam

Madhya karthor vidhatham sancha bhara

Yadeda yuktha haridas sadasthath

Aadrathri vasa sthanu they simasmai

Than mithrasya varunasya abhi chakshe

Sooryo roopam grunuthe dyo roopasthe

For Sama vedis

Aadhithya navamaroksham poorna maparipaddhineem

Acchithram bharyishnaveem sadarithraam swasthaye

Om nama adithyaya , nama adhithyaya, nama adhithyaya

Uduthyam jatha vedasam devam vahanthi kethava

Druse viswaya sooryam

Chithram devaanam udaganeekam chakshur mithrasya varunasyagne

Aa pra dyava pruthvi anthareeksha soorya athma jagadas tha dushacha

Thachkshur deva hitham purasthac chukramussarth

Om bhorbuvaswarom

Soorya iva druse bhooyasam agneeriva thejasa, vayuriva pranena, soma iva ganthena,
brahaspathher iva budhya, aswina iva roopena, indragni iva balena, brahma bhaga evaham
bhooyasam paap mabhaga me dwishantha.

During evening (Sayam sandhya)

For Yajur vedis

Imam me varuna sruthi hava Madhya cha mrudaya

Thvaam mavsyu rachake

Tathwayami brahmana vandamanas thadhasaasthe yajamano havirbhi

Ahedamano varuneha bhodyurusa sa maa na aayu pramoshi

Yacchidithe visho yadha pradheva varuna vratham

Minimasi dyavi dyavi

Yat kinchedam varuna daivye jane abhidroham manushyascharamasi

Achithee yath thava dharma yoyopima maa nasthasma thenaso deva reerisha

Kitha vaso yad riripur na dheevi yad vagha Sathya muthayanna vidhma

Sarvaa thaa vishya sithireva devathaa the syama varuna priyasa

For Rik vedis

Imam me varuna sruthi hava Madhya cha mrudaya

Thvaam mavsyu rachake

Tathwayami brahmana vandamanas thadhasaasthe yajamano havirbhi

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Sarvaa thaa vishya sithireva devathaa the syama varuna priyasa

Jatha vedis sunavaama soma maarathi yadho nitha hadhi Veda

Sa na parshathathi durgaani viswaa naaveva sindhum durithath yagni

Pisanga brushti mam brunam pisasi mindra sam mruna

Sarvam raksho nibarhaya (rotate hand over face)

Badhram karnobhi srunyama deva

Badhram pasye makmaa akshabir yajathraa

Sthirai rangai sdushtuvaan sasathaubhi

Vyasema deva hitham yadayu(touch ears)

Kesya agnim kesee visham kesi pibarthi rodani

Kesi viswam swarduche keseetham jyothi ruchyathe(touch hair)

For Sama Vedis

Yaso aham bhavami brahmananaam yaso ragnam yaso visaam

Yasa sathyasya bhavami

Bhavami yasasaam yasa

Adithya naava maroksham poornamparipadinim

Achithram bharyishnaveem satharithraam swasthye om nama adithyaya , nama adhithyaya , nama adithyaya

Prathi thishtantham thavar adhithya anu prathi thishtassam.

8.Samashti abhivadanam

Starting from the direction facing which the japa was done after each manthra turn 90 degrees to the right. Say the next manthra and so on.

Sandhyayai nama

Savithryai nama

Gaythryai nama

Saraswathyai nama

Then chant with folded hands facing the same direction

Sarvebhyo devathabhyo namo nama

Then chant facing the same direction

Kamo karshed manyura karshed namo nama.

Then touch with both hands the ears slightly bow and chant

Abhivadaye (tell your rishis)^{2[2]} (tell number) Risheya

(tell your pravara) pravaranvitha

(tell your Gothra)gothra

(tell your Suthra)suthra

(tell your Veda)adhyay1

Sri (tell your name) sarmanam aham asmibho

After this touch your feet with both hands and do namaskaram.

^{2[2]} This information has to be got from elderly members of our own family. Some examples are also given above

Some examples of pravara rishis

Gothra pravara rishaya

Athreya Athreya Archanaanasa, syavaaswa traya risheya

Naidruva kasyapa Kasyapa, Avathsara, Naidruva traya risheya

Gargeya Aangeerasa, Chainya, Gargya traya risheya

, Aangeerasa, Barhaspathya, Baradwaja, Chainya-Gargya pancharisheya

Koundinya Vasishta, Maithra varuna, Koundinya traya risheya

Koushika Vaiswamithra, Aagamarsana, Koushika traya risheya

Gowthama Aangirasa-aayasya-gowthama traya risheya

Baradwaja Aangeerasa, Barhaspathya, Bharadwaja traya risheya

Haritha Aangeerasa, Ambareeksha, Younaswa trayarsheya

Sounaka Garthsamadha Ekarsheya

Chandilya Kasyapa, Avathsara, Naidruva, Reba, Saptha risheya

Raibha, Choundilya, Chandilya

9.Dig devatha vandhanam

With folded hands offer salutations to the different directions facing that direction: _

Pracyai dishe nama (east)

Dakshinayai dishe nama (south)

Pradeechai dishe nama (west)

Udichyai dishe nama (North)

Then again face the direction in which you were doing japa and continue

Oordwaya nama (above)

Adharaya nama (below)

Anthareekshaya nama (straight)

Bhoomyai nama (earth)

Brahmane nama

Vishnave nama

Mrutyuve nama

10. Yama vandanam

Yamaya nama

Yamaya dharma rajaya , mrutyuve cha anthakaya cha

Vaivaswathaya kalaya sarva bhootha kshayaya cha

Oudhumbharaya dhagnaya neelaya parameshtine

Vrukodharaya chithraya chithra gupthaya vai nama

Chithra gupthaya vai nama om nama ithi

11.Harihara vandhanam

Ruthagum sathyam para brahma purusham Krishna pingalam,

Oordhwrethwam viroopaksham Viswa roopaya vai nama

Viswa roopaya vai nama om nama ithi

12.Soorya Narayana vandhanam

Nama savithre jagadeka chakshushe,

Jagat prasoothi sthithi naasa hethave,

Trayin mayaya trigunathma dharine

Virinchi Narayana sankara athmane

Dyeya sada savithru mandala Madhya varthi

Narayana sarasijasana sannivishta

Keyuravan makara kundalavaan

Kiriti haari hiranya vapur drutha sankha chakra

Sanka chakra gatha pane dwaraka nilayachythe

Govinda pundarikaksha raksha maam sarana gatham

Aakasath pathitham thoyam,

Yada gachathi sagaram,

Sarva deva namaskara

Sri kesavam prathi gachathi,

Sri kesavam prathi gachathi om na ithi

Some families face the North after this and chant the following Sarpa Raksha Manthram:-

Narmadayayi Nama-Prathar narmadayai namo nisi

Namosthu narmadhe thubhyam trahi maam visha sarpatha

Apa sarpa sarpa bhadram the Dooram gacha maha yasa

Janamejayasya yagnanthe aasthika vachanam smaran

Jarath karer Jarath karvam samuthpanno maha yasa

Aasthika Sathya santho maam pannagebhyo abhi rakshathu.

Then do sashtanga pranamam after reciting Abhivadaye as explained above.

Vaishnavites recite the following manthra before Abhivadaye in addition: -

Namobrahmanya devaya Go brahmana hithaya cha,

Jagathidaya krishnaya Govindaya namo nama

Sree ranga mangala nidhim karuna nivasam Sree Venkadadri Shikaralaya kala megam

Sree Hasthi saila Shikarajwala Parijatham Sreesam namami sirasa yadu saila deepam.

13. Samarpanam

Take a small quantity of water recite the following manthra and pour it on the ground

Kaye na vacha manase indriyair va

Budhyathma nava prakruthai swabhavat.

Karomi yadyat sakalam parasmai ,

Narayana yethi samarpayami

Then do aachamanam

14. Raksha

Sprinkle some water on the place where japa was [performed reciting the manthra below, then touch the ground with ring finger and place it between the eyelids.

Adhya no deva savitha praja vath saavee soubhagam

Para duswapneeya suva

Viswani deva savitha –durithani paraa suvaa

Yad bhadram thama asuva

Summary meaning of Sandhya Vandhanam in English

Sandhya Vandhanam-Part I- Argya pradhanam

1.Achamanam

This is a preliminary purification ceremony. Gods Achyutha, Anantha and Govinda are saluted and then chanting the twelve names of Vishnu purifies the self.

2.Ganapathi dyanam (this is not done by Vaishnavites)

This is a prayer to the God Ganapathi who is supposed to remove all obstacles on our way in performance of any rite, in this case, “Tharpanam”

Dressed in white thou art,

Oh, all pervading one,

And glowing with the colour of moon.

With four arms, thou art, Vishnu.

I meditate on thine ever-smiling face,

And pray, “ Remove all obstacles on my way”.

3.Pranayamam (Holy meditation)

This mantra is a guide to a breathing exercise as also a prayer. While chanting Om bhoo,Om Bhuva, Ogum Suva, Om Maha, om jana, om thapa, ogum satyam we are supposed to keep the left nostril closed and inhale through the right nostril. While chanting, “Om tat sa vithur varenyam bargo devasya dheeh mahi, dhi yo yona prachothayad”, we are supposed to close both nostrils and hold the breath. After this the left nostril is opened and air exhaled till the end of the mantra.

Hindus believed that there were six holy worlds above the earth. These along with earth are remembered in the first part. These worlds are bhooloka, bhuvraloka, suvarloka, maharloka, janaloka, thapaloka and satya loka. The second part is the famous Gayathri manthram. It means

“I meditate on that savitha (the sun or the enlightenment within ourselves) which helps us in our thought process, that god which is within me and that all engulfing power.”

Or

“ I meditate on the most holy shining aspect of that God, who helps in brightening our thought process.”

Then the third part means “ Om is water, it is the light, it is the earth which gives the food, it is the air which supports life, and it is the ether which is spread all around .It is also the holy seven worlds.”

By touching the nose the hands are supposed to get polluted and this is removed by touching the ears thrice.

4.Sankalpam (our reason for the action)

This is a preliminary rite in every Vedic action. We tell why we are doing what we do .

We chant” To become dear to the Lord Parameshwara (in case of Vaishnavas it is Lord Vishnu) and to destroy all the effects of sins committed by me, I pray the Goddess of dawn (noon, dusk)”

5.Marjanam (Holy bath by sprinkling water)

Salutations to Lord Kesava. It is well known that you Gods of water are the source of greatness in life. Please grant us the ethereal vision. Like the holy and dear mothers , grant us please the ultimate essence of happiness that you have. We are praying you for that essence of happiness to possess, which you are personification of pleasure. You gods of water should through knowledge help us to be born holy in the next birth.

6.Prasanam(drinking water powered by Manthras)

Morning (Really at dawn)

Let the sun God, the anger that makes every one its slave and the powers of God, which control anger save me from the sins committed while being angry. Let the God of night remove the sins done by me using my mind, my voice, my hands, my legs, my belly and my penis and also any other sins that remain with me. I offer myself to the great light of sun, after the purifications of my sins as a result of this prayer. Let this offering be done well

Noon

Let the god of water purify the earth, which is its source, and let the earth thus purified purify me. Let it also purify my teacher who is the source of Vedas to me. Let Vedas, which are ever holy, purify me. Let the god of water purify me of my action in eating the remnants of food eaten by some one else, which are fit not to be eaten and also my bad habits, which are within me. Let it also purify me of my action in following the actions of bad people. I offer myself to thee God.

Evening (really dusk)

Let the God of fire, the anger that makes every one its slave and the powers of God, which control anger save me from the sins committed while being angry. Let the God of day remove the sins done by me using my mind, my voice, my hands, my legs, my belly and my penis and also any other sins

that remain with me. I offer myself to the great light, which gives Holy Communion with the ever shining, after the purifications of my sins as a result of this prayer. Let this offering be done well

7.Aachamanam (same as 1)

8. Punar Marjanam (repetition of the Holy bath by sprinkling water)

I salute that great God who holds the earth, who rules the world, who measures the world, who is victorious, and who has taken the form of Hayagreeva (a form of Human with horses head) who is the source of all knowledge and who is speed himself. Let him make my face and all other organs smell good. Let him manage my life without problems.

Salutations to Lord Kesava. It is well known that you Gods of water are the source of greatness in life. Please grant us the ethereal vision. Like the holy and dear mothers , grant us please the ultimate essence of happiness that you have. We are praying you for that essence of happiness to possess, which you are personification of pleasure. You gods of water should through knowledge help us to be born holy in the next birth.

9.Argya pradhanam (Offering of water)

The God who is OM, I meditate on that glittering form of God who sharpens the intellect of those in the world of earth, the ether world of Bhuvar and the heaven Suvar and who has created all of us.

10.Prayaschitha Argyam (same as 9 for offered for the delay)

11.Ikkyanusandhanam (meditating on the oneness of truth)

This Sun god, this Brahman and myself are one and the same.

12.Deva Tharpanam (satisfying the devas)

I satisfy the sun, moon, mars, mercury, Jupiter, Venus, Saturn, Rahu and Kethu, I satisfy Lord Kesava, Narayana, Madhava, Govinda, Vishnu, Madhusoodhana, Trivikrama, Vamana, Sreedhara, Hrishikesa, Padmanabha and Damodhara, which are the different forms of Lord Vishnu. Ruling over the twelve different months.

Sandhyavandhanam Part II Japam

1.Japa sankalpam

Dressed in white thou art,

Oh, all pervading one,

And glowing with the colour of moon.

With four arms, thou art, Vishnu.

I meditate on thine ever-smiling face,

And pray, " Remove all obstacles on my way".

Pranayamam

This mantra is a guide to a breathing exercise as also a prayer. While chanting Om bhoo,Om Bhuva, Ogum Suva, Om Maha, om jana, om thapa, ogum satyam we are supposed to keep the left nostril closed and inhale through the right nostril. While chanting, "Om tat sa vithur varenyam bargo devasya dheeh mahi, dhi yo yona prachothayad", we are supposed to close both nostrils and hold the breath. After this the left nostril is opened and air exhaled till the end of the mantra.

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"I meditate on that savitha (the sun or the enlightenment within ourselves) which helps us in our thought process, that god which is within me and that all engulfing power."

Or

" I meditate on the most holy shining aspect of that God, who helps in brightening our thought process."

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By touching the nose the hands are supposed to get polluted and this is removed by touching the ears thrice.

Sankalpam

This is a preliminary rite in every Vedic action. We tell why we are doing what we do .

We chant” To become dear to the Lord Parameshwara (in case of Vaishnavas it is Lord Vishnu) and to destroy all the effects of sins committed by me, I do meditation on Gayathri in the morning (noon, evening)

2.Pranava japam (pranayamam as preliminary to meditation)

For “Om” , the sage is Lord Brahma himself, the meter is Gayathri, and the ultimate Brhman is its God.

For the seven worlds, the rishis are Athri, Brugu, Kutsa, Vasishta, Gowthama, Kasyapa, Angeerasa and the corresponding meters are Gayathri, Ushnik, Anushtup, Bruhathi, Pankthi, Trushtup and Jagathi are the respective meters and Fire God, Wind God,, Sun God, God of words, God of Rain, God of Devas and God of the universe are Gods respectively.

This is followed by Pranayamam whose meaning is given under sankalpam.

3.Gayathri Avahanam (Requesting Goddess Gayhtri to come within us)

For this Manthra starting with the word “Ayanthu”, the sage is Vama Deva, meter is Anushtup and Goddess is Gayathri.

The goddess Gayathri who can give all desired boons, who is ever permanent, who is known by Vedas and who is the mother of all meters should come in me. Let this my prayer be granted.

Hey mother Gayathri, you are the power of soul supporting air, you are the power of all organs, You have power to win over all enemies, You are the resplendent light, You are the brightness of all Gods, You are the universe, You are time –the soul of the universe, You are soul of everything, You are victorious over all and So I pray you who are the meaning of the word “Om”. I request Gayathri to come within me, I request Savithri to come inside me, and I request Saraswathi to come inside me.

4. Gayathri Nyasam (Preliminary to Gayathri Japa)

For The Savithri^{3[3]} Manthra, the sage is Viswamithra, meter is Nichruth-Gayathri and the God is Savitha

5. Gayathri Japa (Chanting of Gayathri)

We meditate on that resplendent form of God, who is the meaning of the word “OM”., Who sharpens our intellect, and who is the creator.

6. Gayathri Upasthanam (Requesting Gayathri to go back)

I am requesting the Goddess of Morning (evening) to go back to her place

In the noon, I am requesting the Sun God to go to his place.

After blessing us who pray you, please be kind enough to bless us and go and occupy your place, which is in the holy peak, and be ever happy.

7. Soorya upasthanam (asking the Sun God to go back)

Morning

I meditate on the greatness and fame of the Sun God who protects people, who is to be sung upon, who is forever and greatest among those who steal the mind. He knows everything and guides people. He carries the earth and the heaven. He sees the world without blinking his eye at any time and forever. To get results, which are forever, I offer him this offering made of ghee.

Oh Sun God who is Mithra. , Let whosoever wants to worship you become fully capable of holy deeds. He who is protected by you never becomes sick and sins will not trouble hi, from far and near.

^{3[3]} Savithri manthra is Gayathri manthra with added “Om Bhorbuvasuva”

Noon

The sun God who is resplendent in his light of the soul and who travels with his visible light which makes the people of earth and heaven do their allotted duties , travels in his golden chariot inspecting all the worlds,

We who see the sun God, who rises daily after swallowing darkness and who with his light protects the devas attain the glittering shine of the soul.

His horses, which are his rays, carry the Sun God who is well known in the Vedas and who knows everything and travel round the sky so that we the people of earth can all see him.

The sun God who is like an eye to Mithra, Varuna and Agni and who is personification of all devas travels very high in the sky. The Sun god who is the soul of those who are mobile and also to those who are immobile spreads through out the heaven, earth and the atmosphere. Rising in the east and doing good to all the gods the sun is like an eye. We will see him for hundred springs, WE would live for hundred springs, We would enjoy life with all those who are dear for hundred springs, We would live with fame for hundred springs, We would hear sweet words for hundred springs, We would live without being won by bad deeds for hundred springs, Like this we wish to see our dear Sun God for a long long time.

Let the Sun God who gives us all boons, who has reddish eyes, who knows everything, who shines in all directions and who rises from the middle of the vast ocean in the dawn make me holy with all his mind.

Evening

Oh god Varuna, please hear now this my prayer. Make me happy just now for I pray you beseeching for protection. I pray you using manthras of Vedas for that purpose and fall at your feet. One who does fire sacrifice with offerings to the fire is also requesting for the same thing. Of Famous God Varuna, without neglect be pleased to hear my prayer. Please never reduce my life span.

Oh God Varuna, we might have neglected to worship you daily due to carelessness. Without knowing we men might have deceived the devas in worship, we might have spoiled your good deeds. Oh God Varuna, please do not punish us for these sins.

WE might have been defamed without basis by bad people like gamblers. We might have done sins fully knowing it. WE might have done sins without knowing it. Please destroy in to small pieces , all these without pain, Please keep me as one who is very dear to you.

8. Samashti Abhivadanam (Prayer to all)

Salutations to the goddess of dawn and dusk.

Salutations to Goddess Savithri

Salutations to goddess gayathri

Salutations to Goddess Saraswathi

Salutations and salutations to all Gods

The crimes of passion and anger done by me were not done with full realization. I beseech you again and again to pardon all those sins, which were done unknowingly by me.

OH great one, I am follower of the pravara rishis called----- belonging to -----
Gothra(clan), following the----- Suthra and a student of ----- Veda and my name is --
----- Sarma and I am following at thine feet.

9.Dig devatha vandanam (Salutations to the Gods of Directions)

Salutation to the east

Salutation to the South

Salutations to the west

Salutations to the north

Salutations to those Gods above

Salutations to the Gods below

Salutations to the Atmosphere

Salutations to the earth

Salutations to the Brahma

Salutations to Vishnu

Salutations to God of death

10.Yama vandanam (salutations to God of Death)

Salutations to Yama, the God of death

My salutations and salutations

To Him who can keep in control his senses,

To Him who is the king of justice.

To him who destroys,

To him who can put to an end,

To Him who is the son of Sun God,

To him who represents march of time,

To him who causes death to all beings,

To him who is supremely strong,

To him who is called the universal giver,

To him who has a bluish body,

To him who is being worshipped by all,

To him who has a huge belly,

To him who is really peculiar,

And to him who guards his secret.

Guards his secret continued.

11.Hari hara vandanam

I salute Him

Who is the beauty in all things I see,

Who is the truth in what I tell,

Who is the ultimate Brahman,

Who is the soul of every being,

Who is the amalgam of black(Vishnu) and Red (Shiva),

Who sees up from energy,
Who is the three eyed God,
And who is personification of the universe.

Salutation to personification of the universe continued

12. Soorya Narayana vandanam

My salutations to Lord Surya Narayana who is like an eye to the universe, Who is the cause of birth, upkeep and destruction of the worlds, Who is personification of Vedas and Who by his three qualities takes the form of the holy trinity of Brahma, Vishnu and Shiva,

Lord Narayana is forever most suitable to be venerated for he is in the middle of the solar system, For he sits in the lotus pose, For he wears the crown on the head, chain on his neck, wears anklets in his Arms and wears global studs in his ears, For he holds the Conch and the wheel in his hands and has the glittering colour of gold.

Oh Lord who holds the conch and wheel in his hand, who forever lives in Dwaraka, Who never allows his devotees to fall, Who takes care of all beings of the earth and Who has lotus like eyes, please protect me who has come and fallen at your feet.

Like all the water that falls from the sky reaches the sea, all salutations done to all gods reach Lord Narayana..

OH great one, I am follower of the pravara rishis called----- belonging to -----
Gothra(clan), following the----- Suthra and a student of ----- Veda and my name is --
----- Sarma and I am following at thine feet.

13. Samarpanam (Giving away)

I give away To the Lord Narayana, all the actions done by me either by my body, or by my words, or by my mind, or by my organs, or my mind or by my intellect or by my soul or by my superior thought process or by my natural movements.

Then do the purificatory ceremony of Achamanam(see section 1)

14.Raksha (Protective shield)

Hey Lord Savitha (Sun), please grant good luck to me and my family. Please remove the ill effects of bad dreams. Please remove the punishment for all the sins committed by me. And please grant me what is great and good.

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