

śrīḥ
śrīmate nigamāntamahādeśikāya namaḥ
śrīmān veṅkaṭanāthāryaḥ kavītārkikakesarī
vedāntācāryavaryo me sannidhattāṃ sadā hr̥di ॥

A
do-it-yourself
guide to
॥ *yajurupākarma* ॥

This document has been prepared by*
Sunder Kidambi
with the blessings of
śrī raṅgarāmānuja mahādeśikan
His Holiness *śrīmad āṇḍavan* of *śrīraṅgam*

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Upākarma and *Gāyatrī saṅkalpa* details for Aug 7th and Aug 8th, 2017, respectively.

In the *saṅkalpa* portion of the text, use the following entries.

Table	<i>Upākarma</i>	<i>Gāyatrī</i>
Table 4	<i>hevilambi</i>	<i>hevilambi</i>
Table 5	<i>dakṣiṇa</i>	<i>dakṣiṇa</i>
Table 6	<i>grīṣma</i>	<i>grīṣma</i>
Table 8	<i>kaṭaka</i>	<i>kaṭaka</i>
Table 9	<i>induvāsara</i>	<i>bhaumavāsara</i>
Table 10	<i>śravaṇa</i>	<i>dhaniṣṭhā</i>

śrīḥ
śrīmate rāmānujāya namaḥ
śrīmate nigamāntamahādeśikāya namaḥ

॥ *yajurupākarma* ॥

śrīmān veṅkatanāthāryaḥ kavitārkikakesarī
vedāntācāryavaryo me sannidhattāṃ sadā hr̥di ॥

Usually *yajurupākarma* falls on *paurṇamī* of *śrāvaṇa* month. If it not possible to perform it in that month due to unfavorable circumstances, then the same can be performed on *paurṇamī* of *bhādrapada* month (i.e., the following month).

kāmokārṣīt manyurakārṣīt japam

After your morning bath and *sandhyāvandanam* perform two *ācamanam* (see appendix) and sit down on a slightly raised platform facing east. Place two dharbaas on your seat. Wear a *pavitram* prepared out of two dharbaas on your right hand ring finger and fold two dharbaas around your ring finger. Perform three *prāṇāyāmam* (see appendix). Then the following *mahāsa-ṅkalpam* is performed by reciting

śrīmān veṅkatanāthāryaḥ kavitārkikakesarī
vedāntācāryavaryo me sannidhattāṃ sadā hr̥di ॥

gurubhyastadgurubhyaśca namovākamadhīmahe
vṛṇīmahe ca tatrādyau dāmpatī jagatāṃ patī ॥

svaśeṣabhūtena mayā svīyāiḥ sarvaparicchadaiḥ
vidhātum prītamātmānaṃ devaḥ prakramate svayam ॥

śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam
prasannavadanaṃ dhyāyet sarvaviḥnopaśāntaye ॥

yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśśatam
viḥnaṃ niḥnanti satatam viṣvaksenaṃ tamāśraye ॥

On your right thigh, place your left palm with the right palm on top of it. This is the *saṅkalpam* posture. Now recite

hariḥ oṃ tat śrīgovinda govinda govinda

asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kaliyuge prathamapāde jambūdvīpe bhāratavarṣe bharatakhaṇḍe śakābde merordakṣiṇe pārsve asmin vartamāne vyāvahārike prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhye

People in the United States may wish to recite *saṅkalpam* as

hariḥ oṃ tat śrīgovinda govinda govinda

asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kaliyuge prathamapāde krauñca dvīpe ramaṇakavarṣe uttara (or gotīrtha) khaṇḍe śakābde merordakṣiṇe pārsve asmin vartamāne vyāvahārike prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhye

(or choose the *saṅkalpam* for the United states)

Fill in the year from Table 4 here

nāmasaṃvatsare

Fill in the ayanam from Table 5 here

ayaṇe

Fill in the ritu from Table 6 here

ṛtau

Fill in the month from either Table 7 or 8 here

māse śukla pakṣe paurṇamāsyām śubhatithau

Fill in the day from Table 9 here

Fill in the star from Table 10 here

nakṣatra yuktāyāṃ śubhayoga śubhakarāṇa evaṃ guṇaviśeṣaṇa viśiṣṭāyāṃ asyāṃ paurṇamāsyām śubha tithau śrī bhagavadājñayā śrīmannārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham) taiṣyām paurṇamāsyām adhyāyotsarjana akarāṇa prāyaścittārtham aṣṭottara sahasra saṅkhyayā (or aṣṭottara śata saṅkhyayā) kāmokārṣīt manyurakārṣīt iti mahāmantra japam kariṣye |

Discard the folded dharbaas in the direction of north. Do not discard the *pa- vitram*. Now keep your palms in the namaste posture and perform *sāttvika tyāgam* by reciting

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai- karasena anena ātmanā kartrā svakīyaiścopakaraṇaiḥ svārādha- naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśe- ṣa bhūtamidam kāmokārṣīt manyurakārṣīt iti mahāmantra japā- khyam karma svasmai svaprītaye svayameva kārayati ||

Please note that those performing the *upākarma* for the first time after their *upanayanam*, there is no need for the above mentioned *japam*.

Recite

kāmokārṣīt manyurakārṣīt |

either 1008 or 108 times depending upon the *saṅkalpam* you chose.

Do *ācamanam* (see appendix) and perform *sāttvika tyāgam* by reciting

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai- karasena anena ātmanā kartrā svakīyaiścopakaraṇaiḥ svārādha- naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśe- ṣa bhūtamidam kāmokārṣīt manyurakārṣīt iti mahāmantra japā- khyam karma svasmai svaprītaye svayameva kāritavān ||

This completes the *kamokārṣīt manyurakārṣīt japam* which constitutes the first part of *upākarma*.

The daily *mādhyāhnikam* is performed before the next part of *upākarma*. Facing east now perform *ācamanam* twice. Then be seated on a seat with two dharbhaas placed on it and do *prāṇāyāmam* (see appendix), three times, wearing a pavitram on your right hand ring finger. Keep your palms in namaste position and recite the *mahāsaṅkalpam*

*śrīmān veṅkaṭanāthāryaḥ kavītārkikakesarī |
vedāntācāryavaryo me sannidhattāṃ sadā hr̥di ||*

*gurubhyastadgurubhyaśca namovākamadhīmahe |
vṛṇīmahe ca tatrādyau dāmpatī jagatāṃ patī ||*

*svaśeṣabhūtena mayā svīyāiḥ sarvaparicchadaiḥ |
vidhātum prītamātmānaṃ devaḥ prakramate svayam ||*

*śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam |
prasannavadanaṃ dhyāyet sarvavighnopaśāntaye ||*

*yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśśatam |
vighnaṃ nighnanti satataṃ viśvaksenaṃ tamāśraye ||*

On your right thigh, place your left palm with the right palm on top of it and recite

hariḥ oṃ tat śrīgovinda govinda govinda |

asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakaḥ kalpe vaivasvatamanvantare kaliyuge prathamapāde jambūdvīpe bhāratavarṣe bhāratakhaṇḍe śakābde merordakṣiṇe pārsve asmin vartamāne vyāvahārike prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhye

(or choose the *sañkalpam* for the United states) Fill in the year from Table 4 here

nāmasaṃvatsare

Fill in the ayanam from Table 5 here

ayaṇe

Fill in the ritu from Table 6 here

ṛtau

Fill in the month from either Table 7 or 8 here

māse śukla pakṣe paurṇamāsyām śubhatithau

Choose the day from Table 9

Choose the star from Table 10

*nakṣatra yuktāyāṃ śubhayoga śubhakarāṇa evaṃ guṇaviśeṣaṇa
viśiṣṭāyāṃ asyām paurṇamāsyām śubha tithau śrī bhagavadā-
jñayā śrīman nārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam
or bhagavat prītyartham) śrāvaṇyām (āṣāḍyām) paurṇamāsyā-
ṃ adhyāyopākarma kariṣye | tadaṅgam nava kāṇḍa ṛṣi tarpaṇam
kariṣye | tadaṅgam yajñopavīta dhāraṇam kariṣye | tadaṅgam pu-
ṇyatīrtha snānamahaṃ kariṣye |*

The following should be recited by brahmachaariis only

tadaṅgatayā mauñjyajina daṇḍadhāraṇāni ca kariṣye |

Now keep your palms in the namaste posture and perform *sāttvika tyāgam* by reciting

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaīscopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śrīyaḥpatiḥ svaśeṣa
bhūtamidam śrāvaṇyām (āṣāḍyām) paurṇamāsyām adhyāyopā-
karmākhyam karma svasmai svaprītaye svayameva kārayati ||*

With hands still in namaste position, recite

*apavitraḥ pavitro vā sarvāvasthāṃ gatopivā |
yaḥ smaret puṇḍarīkākṣaṃ sa bāhyābhyantaraḥ śuciḥ ||
śrī harirhariḥ puṇḍarīkākṣāya namaḥ ||*

Sprinkle some water on you thus indicating a bath or *snānam*

yajñopavīta dhāraṇaṃ

Perform the following *saṅkalpam* positioning yourself in the *saṅkalpam* posture as mentioned earlier and recite.

*adya pūrvokta evaṃ guṇa viśeṣaṇa viśiṣṭāyāṃ asyāṃ pau-
rṇamāsyāṃ śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa
prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartha-
m) śrautas-mārtavihitanyakarmānuṣṭhānayogyatāsiddhyartham
brahmatejo 'bhivṛddhyartham yajñopavīta dhāraṇaṃ kariṣye |*

Now keep your palms in the namaste posture and perform *sāttvika tyāgam* by reciting

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaīscopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśeṣa
bhūtamidam yajñopavīta dhāraṇākhyam karma svasmai svaprīta-
ye svayameva kārāyati ||*

Sit squatting (*kukkuṭāsanam*) facing east. Do *ācamanam* and *prāṇāyā-
mam* (see appendix). Hold the *yajñopavītam* (poonool) with both hands,
with your right palm facing up over your head, and your left palm facing the
ground. The top of the knot on the *yajñopavītam* should be on your right
palm facing right. This is the starting posture. Now touch the scalp with
your right fingers and recite

yajñopavīta dhāraṇa mantrasya brahmā ṛṣiḥ

Touch your nose and recite

triṣṭup chandaḥ

Touch your chest and recite

vedāstrayo devatā | yajñopavīta dhāraṇe viniyogaḥ |

After reciting the following mantra wear one set of *yajñopavītam* and follow it up with an *ācamanam*

*yajñopavītaṃ paramaṃ pavitraṃ
prajāpateryatsahajam purastāt |
āyuṣya magryaṃ prati muñca śubhraṃ
yajñopavītaṃ balamastu tejaḥ ||*

If you are married, do *prāṇāyāmam* and perform *saṅkalpam* by reciting the following

*adya pūrvokta evaṃ guṇa viśeṣaṇa viśiṣṭāyāṃ asyāṃ pau-
rṇamāsyāṃ śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa
prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham)
gārhasthyārthaṃ dvitīya yajñopavīta dhāraṇaṃ kariṣye |*

Hold the second *yajñopavītam* as indicated in the starting procedure above. Now touch the scalp with your right fingers and recite

yajñopavīta dhāraṇa mantrasya brahmā ṛṣiḥ

Touch your nose and recite

triṣṭup chandaḥ

Touch your chest and recite

vedāstrayo devatā | yajñopavīta dhāraṇe viniyogaḥ |

After reciting the following mantra wear the second set of *yajñopavītam* and follow it up with an *ācamanam*

*yajñopavītaṃ paramaṃ pavitraṃ
prajāpateryatsahajam purastāt |
āyuṣya magryaṃ prati muñca śubhraṃ
yajñopavītaṃ balamastu tejaḥ ||*

The following is common to both married and brahmachariis. After reciting the following, discard the old *yajñopavītam* preferably under a tree.

*upavītaṃ chinnatantum jīrṇaṃ kaśmala dūṣitam |
visṛjāmi punarbrahman varco dīrghāyurastu me ||*

Perform *ācamanam* and recite

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaīścopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśeṣa
bhūtamidam yajñopavīta dhāraṇākhyam karma svasmai svaprīta-
ye svayameva kārītavān ||*

This completes the process of wearing the *yajñopavītam*

For brahmachariis, the following three mantras apply for wearing *mauñji*, *ajina*, and *palāsa daṇḍam*. For the first item, i.e., *mauñji* recite the following after which wear a belt made out of dharbaa around the waist.

*iyam duruktāt paribādhamānā śarma
varūthaṃ punatīna āgāt |
prāṇāpānābhyāṃ balamābharantī
priyā devānāṃ subhagā mekhaleyam ||*

*ṛtasya goptrī tapasaḥ parasvī
ghnatī rakṣaḥ sahamānā arātīḥ |*

*sā naḥ samantaṃ anuparīhi bhadrayā
bhartāraste mekhale māriṣāma ||*

For *ajina* recite the following after which a piece of deer skin is to be tied to your *yajñopavītam*

*mitrasya cakṣurdharuṇaṃ balīyaḥ
tejo yaśasvi sthaviraṃ samiddham |
anāha nasyaṃ vasanañjarīṣṇu
parīdaṃ vājyajinaṃ dadheham ||*

For the third item, i.e., *palāsa daṇḍam* following is to be recited after which a *palāsa daṇḍam* (palaasa stick) has to be held in the right hand. If you are not able to get these sticks, a couple of dharbaas could be used instead.

*suśravaḥ suśravasam mā kuru yathā tvaṃ suśravaḥ suśravā asi
evamaḥaṃ suśravaḥ suśravā bhūyāsam yathā tvaṃ suśravassu-
śravo devānāṃ nidhi goposi evamaḥaṃ brāhmaṇānām brahmaṇo
nidhigopo bhūyāsam ||*

navakāṇḍa ṛṣi tarpaṇaṃ

As a pre-requisite for this item, prepare a mixture of uncooked rice and black sesame seeds. Now, perform *ācamanam* twice. Perform the *sāttvika tyāgam* by reciting

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaīścopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśeṣa
bhūtamidam navakāṇḍa ṛṣitarpaṇākhyam karma svasmai svaprī-
taye svayameva kārayati ||*

Stand facing north and wear the *yajñopavītam* as a garland. Now cup both your hands together with the *yajñopavītam* at the boundary between

the two hands and the threads going between your thumb and forefinger of each hand. As both your hands are engaged in this *tarpaṇam* it would be preferable if some one assisted you by providing small quantities of mixture and water for you to offer the *tarpaṇam*

Place a small amount of mixture in your hands. Have some one pour a small quantity of water into your hands. Recite the following and at the completion word *tarpayāmi* release the mixture with the water such that it exits at the *base of the little fingers* between your hands.

prajāpatim kāṇḍa ṛṣim tarpayāmi |
prajāpatim kāṇḍa ṛṣim tarpayāmi |
prajāpatim kāṇḍa ṛṣim tarpayāmi |

Repeat the above procedure of taking a small quantity of the mixture along with some water and performing *tarpaṇam* for the following *ṛśis*

somaṃ kāṇḍa ṛṣim tarpayāmi |
somaṃ kāṇḍa ṛṣim tarpayāmi |
somaṃ kāṇḍa ṛṣim tarpayāmi |

agnim kāṇḍa ṛṣim tarpayāmi |
agnim kāṇḍa ṛṣim tarpayāmi |
agnim kāṇḍa ṛṣim tarpayāmi |

viśvān devān kāṇḍa ṛṣim tarpayāmi |
viśvān devān kāṇḍa ṛṣim tarpayāmi |
viśvān devān kāṇḍa ṛṣim tarpayāmi |

sāṃhitīrdevatā upaniṣadastarpayāmi |
sāṃhitīrdevatā upaniṣadastarpayāmi |
sāṃhitīrdevatā upaniṣadastarpayāmi |

yājñikīrdevatā upaniṣadastarpayāmi |

yājñikīrdevatā upaniṣadastarpayāmi |

yājñikīrdevatā upaniṣadastarpayāmi |

vāruṇīrdevatā upaniṣadastarpayāmi |

vāruṇīrdevatā upaniṣadastarpayāmi |

vāruṇīrdevatā upaniṣadastarpayāmi |

For the following *brahma tarpaṇam* release the mixture such that it exits from the **base of your palms**. This is typically done by pointing the fingers upward, keeping the sides of the hands together.

brahmāṇam svayaṃbhuvam tarpayāmi |

brahmāṇam svayaṃbhuvam tarpayāmi |

brahmāṇam svayaṃbhuvam tarpayāmi |

For the following *ṛṣi tarpaṇam* release the mixture such that it exits from the **base of the little fingers** of both your hands. This is typically done by pointing the fingers downward, keeping the sides of the hands together.

sadasapatim tarpayāmi |

sadasapatim tarpayāmi |

sadasapatim tarpayāmi |

There are some who include *ṛgvedam tarpayāmi*, *yajurvedam tarpayāmi*, *sāmavedam tarpayāmi*, *atharvaṇavedam tarpayāmi*, *itihāsam tarpayāmi*, *purāṇān tarpayāmi*, *kalpān tarpayāmi*.

Wear your *yajñopavītam* the normal way. Perform two *ācāmanam* and do the *sāttvika tyāgam* by reciting

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaīscopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyahpatiḥ svaśeṣa*

*bhūtamidam navakāṇḍa ṛṣitarpaṇākhyam karma svasmai svaprī-
taye svayameva kārītavān ॥*

Since the most important part of the *upākarma* is the *vedādhyayanam*, one should say whatever part of the *veda* one knows. Traditionally, at least one *anuvāka* from the *veda* is recited. For example, if one knows *puruṣa sūktam*, one can recite this. Or, one can recite the first four mantras of the *yajussamhita*. At the very least, *gāyatrī japam* is recommended.

sarvaṃ śrīkr̥ṣṇārpaṇamastu

gāyatrī japam

The following day, after the *sandhyāvandanam*, sit facing east and perform two *ācamanan* and wear a pavitram. Next do *prāṇāyāmam* three times and recite the *mahāsaṅkalpam* as follows

śrīmān veṅkaṭanāthāryaḥ kavitārkikakesarī
vedāntācāryavaryo me sannidhattāṃ sadā hr̥di॥

gurubhyastadgurubhyaśca namovākamadhīmāhe
vṛṇīmahe ca tatrādyau dāmpatī jagatāṃ patī॥

svaśeṣabhūtena mayā svīyāiḥ sarvaparicchadaiḥ
vidhātum prītamātmānaṃ devaḥ prakramate svayam॥

śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam
prasannavadanaṃ dhyāyet sarvaviḥnopaśāntaye॥

yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśśatam
viḥnaṃ niḥnanti satataṃ viśvaksenaṃ tamāśraye॥

In the *saṅkalpam* posture, recite

hariḥ oṃ tat śrīgovinda govinda govinda॥

asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kaliyuge prathamapāde jambūdvīpe bhāratavarṣe bhāratākhaṇḍe śakābde merordakṣiṇe pārsve asmin vartamāne vyāvahārike prabhavādi ṣaṣṭhi saṃvatsarāṇāṃ madhye

(or choose the *saṅkalpam* for the United states)

Fill in the year from Table 4 here

nāmasaṃvatsare

Fill in the ayanam from Table 5 here

ayaṇe

Fill in the ritu from Table 6 here

ṛtau

Fill in the month from either Table 7 or 8 here

māse kṛṣṇa pakṣe prathamāyām śubhatithau

Choose the day from Table 9

Choose the star from Table 10

*nakṣatra yuktāyām śubhayoga śubhakarāṇa evaṃ guṇaviśeṣaṇa
viśiṣṭāyām asyām prathamāyām śubha tithau śrī bhagavadājñā-
yā śrīman nārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam or
bhagavat prītyartham) mithyādhīta doṣa prāyaścittārthaṃ aṣṭo-
ttara sahasra saṅkhyayā (or aṣṭottara śata saṅkhyayā) gāyatrī
mahāmantrajapaṃ kariṣye |*

Now keep your palms in the namaste posture and perform *sāttvika tyāgam* by reciting

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaiścopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśeṣa
bhūtamidam gāyatrī mahāmantra japākhyam karma svasmai sva-
prītaye svayameva kārayati ||*

Touch the scalp with your right fingers and recite

āsanamantrasya pṛthivyā merupṛṣṭha ṛṣiḥ

Touch your nose and recite

sutalaṃ chandaḥ

Touch your chest and recite

śrīkūrmo devatā | kūrmasane viniyogaḥ

In the namaste posture, recite

*pr̥thvi tvayā dhṛtā lokā devi tvam̐ viṣṇunā dhṛtā |
tvam̐ ca dhāraya mām̐ devi pavitraṁ kuru cāsanam ||*

Touch the scalp with your right fingers and recite

praṇavasya ṛṣirbrahmā

Touch your nose and recite

devī gāyatrī chandaḥ

Touch your chest and recite

paramātmā devatā

Touch the scalp with your right fingers and recite

*bhūrādi sapta vyāhṛtīnām̐ atri bhṛgu kutsa vasiṣṭha gautama kā-
śyapa āṅgīrasa ṛṣayah*

Touch your nose and recite

gāyatrī uṣṇik anuṣṭup bṛhatī pañkti triṣṭup jagatyah̐ chandāṁsi

Touch your chest and recite

agni vāyu arka vāgīśa varuṇa indra viśvedevā devatāḥ

Touch the scalp with your right fingers and recite

sāvitryā ṛṣiḥ viśvāmitra

Touch your nose and recite

devī gāyatrī chandaḥ

Touch your chest and recite

savitā devatā

Touch the scalp with your right fingers and recite

gāyatrī śirasah̐ brahmā ṛṣiḥ

Touch your nose and recite

anuṣṭup chandaḥ

Touch your chest and recite

paramātmā devatā \ sarveṣāṃ jape (prāṇāyāme) viniyogaḥ

Now perform *prāṇāyāmam* (see appendix) ten times.

Touch the scalp with your right fingers and recite

āyātu iti anuvākasya vāmadeva ṛṣiḥ

Touch your nose and recite

anuṣṭup chandaḥ

Touch your chest and recite

gāyatrī devatā

In the namaste posture, recite

gāyatrī āvāhane viniyogaḥ

*āyātu varadā devī akṣaram brahmasaṃhitam \ gāyatrīṃ chanda-
sāṃ mātā idam brahma juṣasvanaḥ \ ojo'si saho'si balamasi bhrā-
josi devānāṃ dhāmanāmāsi viśvamasi viśvāyuh sarvamasi sarvā-
yuh abhibhūrom gāyatrīṃ āvāhayāmi *

Touch the scalp with your right fingers and recite

sāvitrīyā ṛṣiḥ viśvāmitraḥ

Touch your nose and recite

devī gāyatrī chandaḥ

Touch your chest and recite

savitā devatā

In the namaste posture, recite

*śaṅkhacakra dharam devaṃ kirīṭādivibhūṣitam \
sūryamaṇḍalamadhyastham dhyāyetsvarṇaruciṃ harim *

*yo devassavitā'smākaṃ dhiyo dharmādigocarāḥ \
prerayettasya yadbhargastadvareṇyamupāsmāhe *

Now recite the *gāyatrī mantram*

*oṃ bhūrbhuvassuvaḥ, tatsaviturvareṇīyaṃ, bhargo devasya dhī-
mahī, dhiyo yo naḥ pracodayāt*

1008 or 108 times, as chosen in the *saṅkalpam*.

Perform *prāṇāyāmam* once. In the *saṅkalpam* posture, recite

*śrī bhagavadājñayā śrīman nārāyaṇa prītyartham (bhagava-
tkaiṅkarya rūpam or bhagavat prītyartham) gāyatrī udvāsanam
karīṣye*

Touch the scalp with your right fingers and recite

uttama ityanuvākasya vāmadeva ṛṣiḥ

Touch your nose and recite

anuṣṭup chandaḥ

Touch your chest and recite

gāyatrī devatā\ gāyatrī udvāsane viniyogaḥ

In the namaste posture, recite

*uttame śikhare devi bhūmyāṃ parvatamūrdhani\
brāhmaṇebhyo hyanuñānaṃ gaccha devi yathāsukham* ||

Prostrate and recite your *abhivādāye* (see appendix). Do *ācamanam* twice and perform the *sāttvika tyāgam* by reciting

*bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaīścopakaraṇaiḥ svārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśeṣa
bhūtamidam gāyatrī mahāmantra japākhyāṃ karma svasmai sva-
prītaye svayameva kārītavān* ||

This completes the *gāyatrī japam*.

sarvaṃ śrīkṛṣṇārpaṇamastu

Appendix

ācamanam

Sit squatting in the *kukkuṭāsana* posture with hands between the legs. Twist the right palm such that the little finger, ring finger and the middle finger are stretched out while the first finger is bent inwards and thumb faces outward. Pour a small amount of water into your right palm and swallow it (not sip) after uttering *oṃ acyutāya namaḥ*. Repeat the above procedure by uttering *oṃ anantāya namaḥ*, *oṃ govindāya namaḥ* in succession. Clean your lips with water and wash your right hand. Next, twelve mantras should be uttered touching each part of the body with a particular finger (or fingers), as indicated in Table 1.

prāṇāyāmam

This is a three part action wherein the the nose is held between the right hand thumb and the right hand ring finger. The index and middle fingers must be bent. In the first part, close the left nostril by pressing the ring finger inward and exhale through the right nostril. This process is called *recaka*. Next, close the right nostril with the right hand thumb and inhale slowly through the left nostril. This process is called *pūraka*. In the second part, close the left nostril with the middle finger thus holding the breath. This process is called *kumbhaka*. Mentally recite the following mantras three times.

*oṃ bhūḥ oṃ bhuvah, oṃ suvah, oṃ mahah, oṃ janah, oṃ tapah,
oṃ satyam* |

*oṃ tatsaviturvareṇyam, bhargo devasya dhīmahi, dhiyo yo nah
pracodayāt* |

oṃ āpah jyoti rasah amṛtaṃbrahma bhūrbhuvassuvarom ||

In the third part, keep the left nostril closed with the ring finger and exhale through the right nostril. Say *om̐* and touch the right ear. This constitutes one *prāṇāyāma*.

abhivādanam

In the standing posture, bend your body to the waist level. Cover your right and left ears with right and left palms, respectively. Then recite

abhivādaye

choose from column two of Table 2 based on your gotram

trayārṣaya pravarānvita (or *pañcārṣaya pravarānvita* depending upon your *gotram*.)

choose from column one of Table 2 based on your gotram

gotraḥ

choose from column two of Table 3 based on your branch of veda

sūtraḥ

choose from column one of Table 3 based on your branch of veda

śākhādhyāyī

say your name

śarmā nāmāham asmibhoḥ

As an example,

abhivādaye ātreya ārcanānasa śyāvāśva trayārṣaya pravarānvita ātreya gotraḥ āpastamba sūtraḥ yajuśśākhādhyāyī sundara-rāja śarmānāmāhaṃ asmibhoḥ

Mantra	Action
<i>oṃ keśavāya namaḥ</i>	Right hand thumb touching the right cheek
<i>oṃ nārāyaṇāya namaḥ</i>	Right hand thumb touching the left cheek
<i>oṃ mādhavāya namaḥ</i>	Right hand ring finger touching the right eye
<i>oṃ govindāya namaḥ</i>	Right hand ring finger touching the left eye
<i>oṃ viṣṇave namaḥ</i>	Right hand index finger touching the right nostril
<i>oṃ madhusūdanāya namaḥ</i>	Right hand index finger touching the left nostril
<i>oṃ trivikramāya namaḥ</i>	Right hand little finger touching the right ear
<i>oṃ vāmanāya namaḥ</i>	Right hand little finger touching the left ear
<i>oṃ śrīdharāya namaḥ</i>	Right hand middle finger touching the right shoulder
<i>oṃ ṛṣīkeṣāya namaḥ</i>	Right hand middle finger touching the left shoulder
<i>oṃ padmanābhāya namaḥ</i>	Right hand fingers touching the navel
<i>oṃ dāmodarāya namaḥ</i>	Right hand fingers touching the scalp

Table 1: Mantra and Action involved in the second part of Acamanam

<i>gotram</i>	<i>pravaram</i>
<i>bhāradvāja</i>	<i>āṅgīrasa, bhārhaspatya, bhāradvāja</i>
<i>ātreya</i>	<i>ātreya, ārcanānasa, śyāvāśva</i>
<i>vādhūla</i>	<i>bhārgava, vītahavya, sāvedasa</i>
<i>śrīvatsa</i>	<i>bhārgava, cyavana, āplavāna, aurava, jāmadañya</i>
<i>kauśika</i>	<i>vaiśvāmitra, āghamarṣaṇa, kauśika</i>
<i>viśvāmitra</i>	<i>vaiśvāmitra, devarāta, audala</i>
<i>kaundinya</i>	<i>vāsiṣṭha, maitrāvaruṇa, kaundinya</i>
<i>hārīta</i>	<i>āṅgīrasa, ambarīṣa, yuvanāśva</i>
<i>kaṇva</i>	<i>āṅgīrasa, ajamīḍa, kāṇva</i>
<i>kaṇva</i>	<i>āṅgīrasa, kaura, kāṇva</i>
<i>parāśara</i>	<i>vāsiṣṭha, śāktya, pārāśarya</i>
<i>śāṇḍilya</i>	<i>kāśyapa, āvatsāra, śāṇḍilya</i>

<i>gotram</i>	<i>pravaram</i>
<i>śāṇḍilya</i>	<i>kāśyapa, āvatsāra, devala</i>
<i>kāśyapa</i>	<i>kāśyapa, āvatsāra, devala</i>
<i>maudgalya</i>	<i>āṅgīrasa, pāramyaśva, maudgalya</i>
<i>maudgalya</i>	<i>tārṣya, pāramyaśva, maudgalya</i>
<i>maudgalya</i>	<i>āṅgīrasa, dhāvya, maudgalya</i>
<i>naidhruva kāśyapa</i>	<i>kāśyapa, āvatsāra, naidhruva</i>
<i>saṅkṛti</i>	<i>āṅgīrasa, kauravīta, sāṅkṛtya</i>
<i>saṅkṛti</i>	<i>śādyā, kauravīta, sāṅkṛtya</i>
<i>kutsa</i>	<i>āṅgīrasa, māndhātra, kautsa</i>
<i>śaṭhamarṣaṇa</i>	<i>āṅgīrasa, paurakutsa, trāsadasya</i>
<i>agastya</i>	<i>agatya, dārḍhyacyuta, saumavāha</i>
<i>bādarāyaṇa</i>	<i>āṅgīrasa, pārśadaśva, rādhītara</i>

<i>gotram</i>	<i>pravaram</i>
<i>garga</i>	<i>āṅgīrasa, bhārhaspatya, bhāradvāja, śainya, gārgya</i>
<i>garga</i>	<i>āṅgīrasa, śainya, gārgya</i>

Table 2: Gotram and Pravaram.

<i>veda</i>	<i>sutra</i>
<i>ṛg</i>	<i>āśvalāyana, kātyāyana</i>
<i>yajur</i>	<i>āpastamba, bodhāyana</i>
<i>sāma</i>	<i>trāhyāyaṇi, raṇāyaṇi</i>

Table 3: Veda and Sutra.

1	<i>prabhava</i>	16	<i>citrabhānu</i>	31	<i>heviḍambi</i>	46	<i>parīdhāvi</i>
2	<i>vibhava</i>	17	<i>svabhānu</i>	32	<i>viḍambi</i>	47	<i>pramādīca</i>
3	<i>śukla</i>	18	<i>tāraṇa</i>	33	<i>vikāri</i>	48	<i>ānanda</i>
4	<i>pramodūta</i>	19	<i>pārthiva</i>	34	<i>śārvari</i>	49	<i>rākṣasa</i>
5	<i>prajotpatti</i>	20	<i>vyaya</i>	35	<i>plava</i>	50	<i>naḍa</i>
6	<i>āṅgīrasa</i>	21	<i>sarvajit</i>	36	<i>śubhakṛt</i>	51	<i>piṅgaḍa</i>
7	<i>śrīmukha</i>	22	<i>sarvadhārī</i>	37	<i>śobhakṛt</i>	52	<i>kāḍayukti</i>
8	<i>bhava</i>	23	<i>virodhi</i>	38	<i>krodhi</i>	53	<i>siddhārthi</i>
9	<i>yuva</i>	24	<i>vikṛti</i>	39	<i>viśvāvasu</i>	54	<i>raudri</i>
10	<i>dhātu</i>	25	<i>khara</i>	40	<i>parābhava</i>	55	<i>durmati</i>
11	<i>īśvara</i>	26	<i>nandana</i>	41	<i>plavaṅga</i>	56	<i>dundubhi</i>
12	<i>bahudhānya</i>	27	<i>vijaya</i>	42	<i>kīlaka</i>	57	<i>rudhirodgāri</i>
13	<i>pramāthi</i>	28	<i>jaya</i>	43	<i>saumya</i>	58	<i>raktākṣi</i>
14	<i>vikrama</i>	29	<i>manmatha</i>	44	<i>sādhāraṇa</i>	59	<i>krodhana</i>
15	<i>viṣu</i>	30	<i>durmukhi</i>	45	<i>virodhikṛt</i>	60	<i>akṣaya</i>

Table 4: Samvatsaram

<i>ayaṇam</i>	Period
<i>uttara</i>	Mid January to Mid July
<i>dakṣiṇa</i>	Mid July to Mid January

Table 5: Ayanam

<i>ṛtu</i>	Period
<i>vasanta</i>	Mid April to Mid June
<i>grīṣma</i>	Mid June to Mid August
<i>varṣa</i>	Mid August to Mid October
<i>śarat</i>	Mid October to Mid December
<i>hemanta</i>	Mid December to Mid February
<i>śiśira</i>	Mid February to Mid April

Table 6: Ritu or Seasons

<i>māsam</i>	Period
<i>caitra</i>	March to April
<i>vaiśākha</i>	April to May
<i>jyeṣṭha</i>	May to June
<i>āṣāḍa</i>	June to July
<i>śrāvaṇa</i>	July to August
<i>bhādrapada</i>	August to September
<i>āśvayuja</i>	September to October
<i>kārtika</i>	October to November
<i>mārgaśira</i>	November to December
<i>puṣya</i>	December to January
<i>māgha</i>	January to February
<i>phālguaṇa</i>	February to March

Table 7: Lunar months

<i>māsam</i>	Period
<i>meṣa</i>	Mid April to Mid May
<i>vṛṣabha</i>	Mid May to Mid June
<i>mithuna</i>	Mid June to Mid July
<i>kaṭaka</i>	Mid July to Mid August
<i>siṃha</i>	Mid August to Mid September
<i>kanyā</i>	Mid September to Mid October
<i>tulā</i>	Mid October to Mid November
<i>vṛścika</i>	Mid November to Mid December
<i>dhanus</i>	Mid December to Mid January
<i>makara</i>	Mid January to Mid February
<i>kumbha</i>	Mid February to Mid March
<i>mīna</i>	Mid March to Mid April

Table 8: Solar months

Day of the week	Vaaram
Sunday	<i>bhānuvāsara</i>
Monday	<i>induvāsara</i>
Tuesday	<i>bhaumavāsara</i>
Wednesday	<i>saumyavāsara</i>
Thursday	<i>guruvāsara</i>
Friday	<i>bhṛguvāsara</i>
Saturday	<i>sthiravāsara</i>

Table 9: Vaaram

1	<i>aśvini</i>	10	<i>maghā</i>	19	<i>mūla</i>
2	<i>bharaṇī</i>	11	<i>pūrvaphālgunī</i>	20	<i>pūrvāṣādhā</i>
3	<i>kṛttikā</i>	12	<i>uttaraphālgunī</i>	21	<i>uttarāṣādhā</i>
4	<i>rohiṇī</i>	13	<i>hasta</i>	22	<i>śravaṇa</i>
5	<i>mṛgaśīrṣā</i>	14	<i>citrā</i>	23	<i>dhaniṣṭhā</i>
6	<i>ārdrā</i>	15	<i>svāti</i>	24	<i>śatabhiṣā</i>
7	<i>punarvasu</i>	16	<i>viśākhā</i>	25	<i>pūrvabhādra</i>
8	<i>puṣya</i>	17	<i>anurādhā</i>	26	<i>uttarabhādra</i>
9	<i>āśleṣā</i>	18	<i>jyeṣṭhā</i>	27	<i>revatī</i>

Table 10: Nakshtram