A
do-it-yourself
guide to

\| yajurupākarma \|

This document* has been prepared by

Sunder Kidambi

with the blessings of

śrī raṅgarāmānuja mahādesīkan

His Holiness śrīmad āṇḍavan of śrīraṅgam

*This was typeset using \LaTeX and the \texttt{skt} font.
*Upākarma* and *Gāyatrī japa saṅkalpa* details for Aug 3rd and Aug 4th, 2020, respectively (India and East zone of the USA).

Some calendars associated with temples in the Central zone of the USA indicate the above dates for *Upākarma* and *Gāyatrī japa*

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

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See next page
Upākarma and Gāyatrī japa saṅkalpa details for Aug 2nd and Aug 3rd, 2020, respectively (Central and West zones of the USA).

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

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For all other places, please check your local calendar or follow elders’ advice.
śriḥ
śrīmate rāmānujāya namaḥ
śrīmate nigamāntamahādesikāya namaḥ

∥ yajurupākarma ∥
śrīmān veṅkaṭanāthāryaḥ kavīṭārikakexasariṃ
vedāntācāryavaryo me sannidhattāṃ sadā hṛdiṃ

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 mahāsāṅkalpanam is performed by reciting

śrīmān veṅkaṭanāthāryaḥ kavīṭārikakexasariṃ
vedāntācāryavaryo me sannidhattāṃ sadā hṛdiṃ
gurubhyastadgurubhyaśca namovākamadhīmahe
vṛṇīmahe ca tatrādyau dampatī jagatāṃ patīṃ
svaśeṣabhūtena mayā svīyaiḥ sarvaparicchadaiḥ
vidhātuṃ prītamātmanāṃ devaḥ prakramate svayam
śuklāṃbaradharam viṣṇum śaśīvarṇam caturbhujam
prasannavadanam dhyāyet sarvavighnopāśāntaye
yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśsatam
vighnamī nighnanti satataṃ viśvakṣenaṃ tamāśraye
On your right thigh, place your left palm with the right palm on top of it. This is the *sañkalpam* posture. Now recite

**hariḥ oṁ tat śrīgovinda govinda govinda**

**asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kāliyuge prathamapāde jambūdvīpe bhāratavarṣe bharatakhaṇḍe sakābe merordakṣiṇe pārśve asmin vartamāne vyāvahārike prabhavādi śaṣṭhi saṁvatsarāṇāṁ madhye**

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

**hariḥ oṁ tat śrīgovinda govinda govinda**

**asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kāliyuge prathamapāde krauṇca dvīpe ramaṇakavārṣe uttara (or gotīrtha) khaṇḍe sakābe merordakṣiṇe pārśve asmin vartamāne vyāvahārike prabhavādi śaṣṭhi saṁvatsarāṇāṁ madhye**

(or choose the *sañkalpam* for the United States)

Fill in the year from Table 4 here

**nāmasaṁvatsare**

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 śubhatīthau**

Fill in the day from Table 9 here
Fill in the star from Table 10 here

\[
nakṣatra yuktāyāṁ śubhayoga śubhakaraṇa evaṁ guṇaviśeṣaṇa viśiṣṭāyāṁ asyāṁ paurnāmāsyāṁ śubha tithau śrī bhagavadā-
\]

\[
\text{jñayā śrīmānārāyaṇa prītyartham (bhagavatkaṅkaryā rūpam or bhagavat prītyartham) taiśyāṁ paurnāmāsyāṁ adhyāyotsarjana}
\]

\[
\text{akaraṇa prāyaścittārtham aṣṭottara sahasra saṅkhyaẏā (or aṣṭottara šata saṅkhyaẏā) kāmokāṛṣīt manyurakāṛṣīt iti mahāmantra}
\]

\[
\text{japam kariṣye}
\]

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

\[
\text{bhagavāneva svaniyāmya svarūpapasthitī pravṛtti svaśeṣatai-karasena anena ātmanā karṭrā svakīyaiścopakaraṇaḥ śvārādhanaika}
\]

\[
\text{prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśe-
\}

\[
\text{ṣa bhūtāmidam kāmokāṛṣīt manyurakāṛṣīt iti mahāmantra japa-
\]

\[
\text{khyāṁ karma svasmai svaprīṭaye svayameva kārayati}
\]

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

Recite

\[
kāmokāṛṣīt manyurakāṛṣīt
\]

either 1008 or 108 times depending upon the saṅkalpaṁ you chose.

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

\[
\text{bhagavāneva svaniyāmya svarūpapasthitī pravṛtti svaśeṣatai-
\}

\[
\text{karasena anena ātmanā karṭrā svakīyaiścopakaraṇaḥ śvārādhanaika}
\]

\[
\text{prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśe-
\}

\[
\text{ṣa bhūtāmidam kāmokāṛṣīt manyurakāṛṣīt iti mahāmantra japa-
\]

\[
\text{khyāṁ karma svasmai svaprīṭaye svayameva kāritavān}
\]
This completes the \textit{kamokārsit manyurakārsit japam} which constitutes the first part of \textit{upākarma}.

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

\begin{quote}
śrīmān veṅkāṭanāṭhāryaḥ kavitārkikakēsarī\textbackslash
vedāntācāryavaryo me sannidhattāṁ sadā hṛdi\textbackslash

Gurubhyastadgurubhyāṣca namovākamadhiṃahē\textbackslash
vṛṇīmahē ca tatrādyau dāmpati jagaṭāṁ patī\textbackslash

śvāseṣabhūtena mayā svīyaiḥ sarvaparicchādaiḥ\textbackslash
vidhātuṁ prītamātmānaṁ devaḥ prakramate svayam\textbackslash

śuklāṁbaradharāṁ viṣṇuṁ śaśivarṇaṁ caturbhijam\textbackslash
prasannavadananam dhyāyet sarvavighnopāntaye\textbackslash

yasya dviradavaktrādyāḥ pāriṣadyāḥ paraśatam\textbackslash
vighnaṁ nighnanti satataṁ viśvaksenaṁ tamāśraye\textbackslash
\end{quote}

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

\begin{quote}
\textit{hariḥ om tat śrīgovinda govinda govinda}\textbackslash

\textit{asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitiyaparārdhe śrīśvetavarāhakalpe vaivasvatamānvantare kāliyuge prathamapāde jambūdvīpe bhāratavarṣe bharatakhaṇḍe śakāde merordakṣiṇe pārśve asmin vaṃtāme vyāvahārike prabhavādi ṣaṣṭhi saṃvatsaraṇāṁ madhye}
\end{quote}
(or choose the *ṣaṅkalpam* for the United states) Fill in the year from Table 4 here

*nāmasaṃvatsare*

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*māse śukla pakṣe paurnāmāśयāṃ śubhatithau*

Choose the day from Table 9

Choose the star from Table 10

*nakṣatra yuktāyāṃ śubhayoga śubhakaraṇa evaṃ guṇaviṣeṣaṇaṃ viśiṣṭāyāṃ asyāṃ paurnāmāśyaṃ śubha tithau śrī bhagavadā-jñāyaṃ śrīman nārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham) śrāvaṇyāṃ (āśādhyāṃ) paurnāmāśyaṃ iṣṭān adhyāyopākarma kariṣye\|tadaṅgam nava kāṇḍa ṛṣi tarpaṇaṃ kariṣye\|tadaṅgam yajñopavīta dhāraṇaṃ kariṣye\|tadaṅgam puṇyatīrtha snānamahāṃ kariṣye\|*

The following should be recited by brahmachaariis only

*tadaṅgatayā mauṉjiyajina daṇḍadhāraṇāni ca kariṣye\|*

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

*bhagavāneva svaniyāmya svarūpāsthiti pravṛtti svaśeṣatai-karasena anena ātmanā kartrā svakīyaścopakaraṇaṅaiḥ svārādha-naika prayaojanaṅyay para maṇḍī sarvaśeṣi śriyāhpatiḥ svaśeṣa bhūtamadham śrāvaṇyām (āśādhyāṃ) paurnāmāśyaṃ adhyāyopā-karmākhyam karma svasmai svaprītaye svayameva kārayati\|*
With hands still in namaste position, recite

\[ \text{apavitraḥ pavitro vā sarvāvasthāṁ gatopivāḥ} \]
\[ \text{yah śmaret puṇḍarikāṅkṣam sa bāhyābhhyantarāḥ śucih} \]
\[ \text{śrī harirhariḥ puṇḍarikāṅkṣāya namah} \]

Sprinkle some water on you thus indicating a bath or \textit{snānam}

\textbf{yajñopavītā dhāraṇaṁ}

Perform the following \textit{sāñkalpam} positioning yourself in the \textit{sāñkalpam} posture as mentioned earlier and recite.

\[ \text{adya pūrvokta evaṁ guṇa viśeṣaṇa viśiṣṭāyaṁ asyaṁ pau-} \]
\[ \text{rṇamāṣyaṁ śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa} \]
\[ \text{prītyartham (bhagavatkaṁkaryya rūpam or bhagavat prītyartha-} \]
\[ \text{m) śrautasmārtavihitānityakarmānuṣṭānayogatāsiddhyarthamḥ} \]
\[ \text{brahmatejo'bhivrddhyarthamḥ yajñopavītā dhāraṇaṁ kariṣye} \]

Now keep your palms in the namaste posture and perform \textit{sāttvika tyāgam} by reciting

\[ \text{bhagavāneva svaniyāmya svarūpāsthitī pravṛtti svaśeṣatai-} \]
\[ \text{karasena anena ātmanā kartrā svakīyaiścopakaraṇaṁḥ svārādha-} \]
\[ \text{naika prayaṇaṁya parama puruṣaṁ sarvaśeśi śriyāḥpatiṁ svaśeṣa} \]
\[ \text{bhūtāmidam yajñopavītā dhāraṇākhyam karma svasmai svapritā-} \]
\[ \text{ye svayameva kārayati} \]

Sit squatting (\textit{kukkuṭāsanam}) facing east. Do \textit{ācamanam} and \textit{prāṇāyā-} \]
\[ \text{mam} \] (see appendix). Hold the \textit{yajñopavitam} (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 \textit{yajñopavitam} 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 rṣiḥ

Touch your nose and recite

trisṭup chandah

Touch your chest and recite

vedāstrayo devatā|yajñopavīta dhāraṇe viniyogah|

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

yajñopavītam paramaṁ pavitraṁ
prajāpateryatsahajam purastāṁ
āyuṣya magryaṁ prati muṇca śubhraṁ
yajñopavitam balamastu tejaḥ

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

adya pūrvokta evaṁ guṇa viśeṣaṁ viśiṣṭāyāṁ asyaṁ pau-
ṛṇamasyaṁ śubha tithau śrī bhagavadāśīnāṁ śrīman nārāyaṇa
prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham)  
gārasthyārthaṁ dvitiya yajñopavitam dhāraṇaṁ kariṣye
dvitīya yajñopavitam dhāraṇaṁ kariṣye
dvitīya yajñopavitam dhāraṇaṁ kariṣye
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dvitīya yajñopavitam dhāraṇaṁ kariṣye
dvitīya yajñopavitam dhāraṇaṁ kariṣye

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

yajñopavitam dhāraṇa mantrasya brahmā rṣiḥ

Touch your nose and recite

trisṭup chandah

Touch your chest and recite

vedāstrayo devatā|yajñopavitam dhāraṇe viniyogah|
After reciting the following mantra wear the second set of *yajñopavītam* and follow it up with an *ācamanam*

\[
\begin{align*}
yajñopavītaṃ & \text{ paramaṃ pavitraṃ} \\
prajāpateryatsahajam & \text{ purastāt} \\
āyuṣya magryaṃ prati muṇca śubhraṃ \\
yajñopavītaṃ & \text{ balamastu tejaḥ}
\end{align*}
\]

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

\[
\begin{align*}
upavītaṃ & \text{ chinnatantuṃ jīrṇaṃ kaśmala dūṣitam} \\
visṛjāmi & \text{ punarbrahman varco dīrghāyurastu me}
\end{align*}
\]

Perform *ācamanam* and recite

\[
\begin{align*}
bhagavāneva svaniyāmya svarūpasthitī pravṛtti svaseṣatai- \\
karasena anena ātmanā kartrā svakīyaiscopakaraṇaḥiḥ svārādha- \\
naika praayojanāya parama puruṣaḥ sarvaśeṣi śrīyaḥpatiḥ svaśeṣa \\
bhūtamidam yajñopavīta dhāraṇākhyam karma svasmai svaprīta- \\
ye svayameva kāritavān
\end{align*}
\]

This completes the process of wearing the *yajñopavītam*

For brahmachaaris, the following three mantraas apply for wearing *mauṆji*, *ajina*, and *palāsa danḍamāṇi*. For the first item, i.e., *mauṆji* recite the following after which wear a belt made out of dharbaa around the waist.

\[
\begin{align*}
iyāṃ & \text{ duruktāt paribādhamaṇā śarma} \\
varūthāṃ & \text{ punatīna āgāt} \\
prāṇāpānābhyaṃ & \text{ balamābharantī} \\
\text{priyā devānāṃ subhagā mekhaleyam}
\end{align*}
\]

\[
\begin{align*}
\text{ṛtasya goptri tapasaḥ parasvī} \\
\text{ghanatī rakṣaḥ sahamāṇā arātiḥ}
\end{align*}
\]
sā naḥ samantam anuparihi bhadraya
bhartaraste mekhale māriṣāma

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

mitrasya caṣurdharaṇaṁ balīyah
  tejo yaśasvi sthaviraṁ samiddham
  anāha nasyaṁ vasanañjariṣṇu
  parīdaṇī vājyajīnāṁ dadheham

For the third item, i.e., palāsa daṇḍaṁ 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 tvam suśravaḥ suśravā asi evamahaṁ suśravaḥ suśravā bhūyāsam yathā tvam suśravassu-
  śravo devānāṁ nidhi goposi evamahaṁ brāhmaṇānāṁ brahmaṇo
  nidhigopo bhūyāsam

navakāṇḍa ṛṣi tarpaṇaṁ

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

bhagavāneva svaniyāmya svarūpasthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakiyaiscopakaraṇaṁśvārādha-
naika prayojanāya parama puruṣaḥ sarvaśeṣī śriyaḥpatiḥ svaśeṣa
bhūtām bhūtām navakāṇḍa ṛṣitarpaṇākhyam karma svasmai svapri-
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 tarpanam it would be preferable if some one assisted you by providing small quantities of mixture and water for you to offer the tarpanam.

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 tarpayami release the mixture with the water such that it exits at the base of the little fingers between your hands.

\[
\begin{align*}
\text{prajāpatiṃ kāṇḍa ṛṣim tarpayāmi} \\
\text{prajāpatiṃ kāṇḍa ṛṣim tarpayāmi} \\
\text{prajāpatiṃ kāṇḍa ṛṣim tarpayāmi}
\end{align*}
\]

Repeat the above procedure of taking a small quantity of the mixture along with some water and performing tarpanam for the following ṛsis

\[
\begin{align*}
\text{somāṃ kāṇḍa ṛṣim tarpayāmi} \\
\text{somāṃ kāṇḍa ṛṣim tarpayāmi} \\
\text{somāṃ kāṇḍa ṛṣim tarpayāmi} \\
\text{agnim kāṇḍa ṛṣim tarpayāmi} \\
\text{agnim kāṇḍa ṛṣim tarpayāmi} \\
\text{agnim kāṇḍa ṛṣim tarpayāmi} \\
\text{viśvān devān kāṇḍa ṛṣim tarpayāmi} \\
\text{viśvān devān kāṇḍa ṛṣim tarpayāmi} \\
\text{viśvān devān kāṇḍa ṛṣim tarpayāmi} \\
\text{sāṃhitīrdevatā upaniṣadastarpayāmi} \\
\text{sāṃhitīrdevatā upaniṣadastarpayāmi} \\
\text{sāṃhitīrdevatā upaniṣadastarpayāmi}
\end{align*}
\]
yajñikīrdevatā upaniṣadastarpayāmi
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yajñikīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi

For the following brahma tarpaṇāṁ 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 svayaṁbhuvāmī tarpayāmi
brahmāṇam svayaṁbhuvāmī tarpayāmi
brahmāṇam svayaṁbhuvāmī tarpayāmi

For the following ṛṣi tarpaṇāṁ 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.

sadasaspatiṁ tarpayāmi
sadasaspatiṁ tarpayāmi
sadasaspatiṁ tarpayāmi

There are some who include ṛgvedaṁ tarpayāmi, yajurvedaṁ tarpayāmi, sāmavedaṁ tarpayāmi, atharvaṁvedaṁ tarpayāmi, itihāsam tarpayāmi, purāṇāṁ tarpayāmi, kalpān tarpayāmi.

Wear your yajñopavītam the normal way. Perform two ācamanam and do the sāttviка tyāgam by reciting

bhagavāneva svaniyāmya svarūpasthitī pravṛtti svaśeṣatai- karasena anena ātmanā kartrā svakīyaiścopedakaraṇaḥiḥ svārādhanaikā praya janāya parama puruṣaḥ sarvaśeṣi śriyaḥpatiḥ svaśeṣa
since the most important part of the upākarma is the vedādhyayānam, 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 yajussaṃhitā. at the very least, gāyatrī japam is recommended.

sarvaṃ śrīkṛṣṇārpaṇamastu
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 veṅkaṭanāṭhāryaḥ kavitārkiḷikēswarī
edāṁcāryavaryo me sannidhattāṁ sadā hṛdi

gurubhyastadgurubhyāsca namovākamadhiṁmahe
vṛṇīmahe ca tatrādyau dampaṭi jagatāṁ pati

svaśeṣabhūtena mayā svīyaiḥ sarvaparicchadāiḥ
vidhātuṁ prītātmānāṁ devaḥ prakramate svayam

śuklāṁbaradharaṁ viśṇum śaśivarṇaṁ caturbhujam
prasannavadanāṁ dhyāyet sarvavihnopaśāntaye

yasya dviradavakrādyāḥ pārisadyāḥ paraśsatam
vīgnaṁ nighnanti satataṁ vīvaksenaṁ tamāśraye

In the saṅkalpam posture, recite

hariḥ oṁ tat śrīgovinda govinda govinda

asya śrībhagavato mahāpuruṣasya śrī viśnoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitiyaparārdhe śrīsvetavarāhakalpe vaivasvatamanvantare kaliyuge prathamaṇe jambūdvīpe bhāratavarṣe bharaṭakaṁḍe śakābe merordaksiṇe pārśve asmin vaṛtmane vyāvahāripe prabhavādi ṣaṭhi samvatsarāṇaṁ 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
**ayāne**

Fill in the ritu from Table 6 here

**ṛtau**

Fill in the month from either Table 7 or 8 here

**māse kṛṣṇa pakṣe prathamāyāṁ śubhatithau**

Choose the day from Table 9

Choose the star from Table 10

\[\text{naksatra yuktāyaṁ śubhayoga śubhakaraṇa evaṁ guṇaviśeṣaṇa viśiṣṭāyaṁ asyaṁ prathamāyāṁ śubha tithau śrī bhagavadājñāyā śrīman nārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham) mithyādhīta doṣa prāyaścitārthaṁ aṣṭottara sahasra saṅkhya-yā (or aṣṭottara śata saṅkhya-yā) gāyatrī mahāmantrajapam karṣye}]

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

\[\text{bhagavāneva svaniyāmya svarūpasthitī pravṛtti svaseṣatai-}
\text{karasena anena ātmānā kartrā svakīyaiścopakaraṇaṁśvārādhānaiṁ}
\text{prayojanāya parama puruṣaṁ sarvaśeṣī śriyāḥpatiṁ svaseṣa}
\text{bhūtāmidam gāyatrī mahāmantra japākhyāṁ karma svasmai svā-}
\text{prītaye svayameva kārayati}]

Touch the scalp with your right fingers and recite **āsanamantrasya prthivyā merupṝṣṭha ṛṣiḥ**

Touch your nose and recite **sutalam chandah**

Touch your chest and recite **śrīkūrmo devatāḥ kūrmāsane viniyogaḥ**
In the namaste posture, recite

\[
\text{prthvi tvayā dhṛtā lokā devi tvam viṣṇunā dhṛtā}
\]

\[
tvam ca dhāraya māṃ devi pavitraṃ kuru cāsanam
\]

Touch the scalp with your right fingers and recite

\[
\text{praṇavasya ṛṣibrāhma}
\]

Touch your nose and recite

\[
devī gāyatrī chandāḥ
\]

Touch your chest and recite

\[
\text{paramātmā devatā}
\]

Touch the scalp with your right fingers and recite

\[
bhūrādi sapta vyāṛtīnāṁ atri bhṛgu kutsa vasiṣṭha gautama kā-}
\]

\[
śyapa āṅgirasa ṛṣayāḥ
\]

Touch your nose and recite

\[
gāyatrī uṣṇik anuṣṭup bṛhatī pañkti triṣṭup jagatyah chandāṁsi
\]

Touch your chest and recite

\[
agni vāyu arka vāgīśa varuṇa indra viśvedvā devatāḥ
\]

Touch the scalp with your right fingers and recite

\[
sāvitryā ṛṣiḥ viśvāmitra
\]

Touch your nose and recite

\[
devī gāyatrī chandāḥ
\]

Touch your chest and recite

\[
savitā devatā
\]

Touch the scalp with your right fingers and recite

\[
gāyatrī śirasah brahmā ṛṣiḥ
\]

Touch your nose and recite

\[
anuṣṭup chandāḥ
\]

Touch your chest and recite
paramātmā devatā\ sarvesāṃ 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 aksaram brahmasamhitam\ gāyatrīm chanda-
sāṃ mātā idam brahma jūśasvānah\ ojo’si saho’si balamasi bhrā-
josī devānāṃ dhāmanāmāsi viśvamasi viśvāyuḥ sarvamasi sarvā-
yuḥ abhibhūrom gāyatrīṃ āvāhayāmi\

Touch the scalp with your right fingers and recite

sāvitrī ṛṣiḥ viśvāmitrah

Touch your nose and recite

devī gāyatrī chandaḥ

Touch your chest and recite

savītā devatā

In the namaste posture, recite

śaṅkhacakradharam devam kirīṭādivibhūṣitam\
sūryamanḍalamadhyastham dhyāyetsvaranarucim harim\\

yo devassavitā’smākaṃ dhiyo dharmādigocarāḥ\
prerayettasya yadbhargastadvarenṣyamuptāsmahe\\

Now recite the gāyatrī mantram
oṁ bhūrbhuvassuvaḥ, tatsaviturvareṇīyaṁ, bhargo devasya dhī-
mahi, dhiyo yo naḥ pracodayāt

1008 or 108 times, as chosen in the saṅkalpam.

Perform prāṇāyānam once. In the saṅkalpam posture, recite

śrī bhagavadājñāya śrīman nārāyaṇa prītyartham (bhagava-
ltkaiṅkarya rūpam or bhagavat prītyartham) gāyatrī udvāsanam
kariṣye

Touch the scalp with your right fingers and recite
uttama ityanuvākasya vāmadeva ṛṣiḥ

Touch your nose and recite
anuṣṭup chandah

Touch your chest and recite
gāyatrī devatā
gāyatrī udvāsane viniyogaḥ

In the namaste posture, recite

uttame śikhare devi bhūmyāṁ parvatamūrdhani
brāhmaṇebhyo hyanujñānaṁ gaccha devi yathāsukham

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

bhagavāneva svaniyāmya svarūpāsthiti pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaiścopakaraṇaiḥ svārādha-
naika prayojanāya para paramuṣāḥ sarvaśeṣāḥ śriyahpateḥ svaśeṣā
bhūtamidam gāyatrī mahāmantra japaḥyaṁ karma svasmay sva-
prītaye svayameva kāritavān

This completes the gāyatrī japam.

sarvam śrīkṛṣṇārpaṇamastu
Appendix

ācamanam

Sit squatting in the kukkūṭāsana 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 acyutaḥ ya namah. Repeat the above procedure by uttering oṃ anantaḥ ya namah, oṃ govindaḥ ya namah 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 suvaḥ, oṃ mahaḥ, oṃ janaḥ, oṃ tapaḥ, oṃ satyaṃ\!
oṃ tatsavituvareṇyaṃ, bhargo devasya dhīmahi, dhiyo yo naḥ 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 *om* and touch the right ear. This constitutes one *prāṇāyāmam*. 
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

trayaṛṣaya pravarānvita (or paṇcāṛṣaya 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

śākhādyāyī

say your name

śarmā nāmāham asmibhoḥ

As an example,

abhivādaye ātreyā ārcanānasa śyāvāśva trayāṛṣaya pravarānvita ātreyā gotraḥ āpastamba sūtraḥ yajuśśākhādyāyī sundara-rāja śarmānāmāhaṃ asmibhoḥ
<table>
<thead>
<tr>
<th>Mantra</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>om keśavāya namaḥ</em></td>
<td>Right hand thumb touching the right cheek</td>
</tr>
<tr>
<td><em>om nārāyaṇāya namaḥ</em></td>
<td>Right hand thumb touching the left cheek</td>
</tr>
<tr>
<td><em>om mādhavāya namaḥ</em></td>
<td>Right hand ring finger touching the right eye</td>
</tr>
<tr>
<td><em>om govindāya namaḥ</em></td>
<td>Right hand ring finger touching the left eye</td>
</tr>
<tr>
<td><em>om viṣṇave namaḥ</em></td>
<td>Right hand index finger touching the right nostril</td>
</tr>
<tr>
<td><em>om madhusūdanāya namaḥ</em></td>
<td>Right hand index finger touching the left nostril</td>
</tr>
<tr>
<td><em>om trivikramāya namaḥ</em></td>
<td>Right hand little finger touching the right ear</td>
</tr>
<tr>
<td><em>om vāmanāya namaḥ</em></td>
<td>Right hand little finger touching the left ear</td>
</tr>
<tr>
<td><em>om śrīdharaṇāya namaḥ</em></td>
<td>Right hand middle finger touching the right shoulder</td>
</tr>
<tr>
<td><em>om ṛṣīkeśāya namaḥ</em></td>
<td>Right hand middle finger touching the left shoulder</td>
</tr>
<tr>
<td><em>om padmanābhāya namaḥ</em></td>
<td>Right hand fingers touching the navel</td>
</tr>
<tr>
<td><em>om dāmodarāya namaḥ</em></td>
<td>Right hand fingers touching the scalp</td>
</tr>
</tbody>
</table>

Table 1: Mantra and Action involved in the second part of Acamanam
<table>
<thead>
<tr>
<th>gotram</th>
<th>pravaram</th>
</tr>
</thead>
<tbody>
<tr>
<td>bhāradvāja</td>
<td>āṅgīrasa, bhārhaspatya, bhāradvāja</td>
</tr>
<tr>
<td>ātreya</td>
<td>ātreya, ārcaṇānas, śyāvāśva</td>
</tr>
<tr>
<td>vādhūla</td>
<td>bhārgava, vītahavya, sāvedasa</td>
</tr>
<tr>
<td>śrīvatsa</td>
<td>bhārgava, cyavana, āplavāna, aurava, jāmadajñya</td>
</tr>
<tr>
<td>kauśika</td>
<td>vaisvāmitra, āghamarṣaṇa, kauśika</td>
</tr>
<tr>
<td>visvāmitra</td>
<td>vaisvāmitra, devarāta, audala</td>
</tr>
<tr>
<td>kaundinya</td>
<td>vāsiṣṭha, maitrāvaruṇa, kaundinya</td>
</tr>
<tr>
<td>hārīta</td>
<td>āṅgīrasa, ambariṣa, yuvanāśva</td>
</tr>
<tr>
<td>kaṇva</td>
<td>āṅgīrasa, ajamīḍa, kaṇva</td>
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<tr>
<td>kaṇva</td>
<td>āṅgīrasa, kaura, kaṇva</td>
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<tr>
<td>parāśara</td>
<td>vāsiṣṭha, sāktya, pārāśarya</td>
</tr>
<tr>
<td>śāṇḍilya</td>
<td>kāśyapa, āvatsāra, śāṇḍilya</td>
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<tr>
<td>gotram</td>
<td>pravaram</td>
</tr>
<tr>
<td>--------------------</td>
<td>-----------------------------------------------</td>
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<tr>
<td>śāṇḍilya</td>
<td>kāśyapa, āvatsāra, devala</td>
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<tr>
<td>kāśyapa</td>
<td>kāśyapa, āvatsāra, devala</td>
</tr>
<tr>
<td>maudgalya</td>
<td>āṅgirasa, pāramyaśva, maudgalya</td>
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<tr>
<td>maudgalya</td>
<td>tārkṣya, pāramyaśva, maudgalya</td>
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<tr>
<td>maudgalya</td>
<td>āṅgirasa, dhāvya, maudgalya</td>
</tr>
<tr>
<td>naidhruva kāśyapa</td>
<td>kāśyapa, āvatsāra, naidhruva</td>
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<tr>
<td>saṅkṛtya</td>
<td>āṅgirasa, kauravīta, sāṅkṛtya</td>
</tr>
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<td>śādyā, kauravīta, sāṅkṛtya</td>
</tr>
<tr>
<td>kutsa</td>
<td>āṅgirasa, māṇḍhātra, kautsa</td>
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<tr>
<td>śaṭhamaṛṣaṇa</td>
<td>āṅgirasa, paurakutsa, trāsadasya</td>
</tr>
<tr>
<td>agastya</td>
<td>agatyā, dārḍhyacyuta, saumavāha</td>
</tr>
<tr>
<td>bādarāyaṇa</td>
<td>āṅgirasa, pārśadaśva, rādhītara</td>
</tr>
<tr>
<td>gotram</td>
<td>pravaram</td>
</tr>
<tr>
<td>--------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>gargā</td>
<td>āṅgīrasa, bhārhaspatya, bhāradvāja, śainya, gārgya</td>
</tr>
<tr>
<td>gargā</td>
<td>āṅgīrasa, śainya, gārgya</td>
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</tbody>
</table>

Table 2: Gotram and Pravaram.

<table>
<thead>
<tr>
<th>veda</th>
<th>sutra</th>
</tr>
</thead>
<tbody>
<tr>
<td>ṛg</td>
<td>āśvalāyana, kātyāyana</td>
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<tr>
<td>yajur</td>
<td>āpastamba, bodhāyana</td>
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<tr>
<td>sāma</td>
<td>trāhyāyaṇī, raṇāyaṇī</td>
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</table>

Table 3: Veda and Sutra.
<table>
<thead>
<tr>
<th></th>
<th>prabhava</th>
<th>citrabhānu</th>
<th>heviḍambi</th>
<th>parīḍhvāvi</th>
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<tbody>
<tr>
<td>2</td>
<td>vibhava</td>
<td>svabhānu</td>
<td>viḍambi</td>
<td>pramādīca</td>
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<tr>
<td>3</td>
<td>śukla</td>
<td>tāraṇa</td>
<td>vikāri</td>
<td>ānanda</td>
</tr>
<tr>
<td>4</td>
<td>pramodūta</td>
<td>pārthiva</td>
<td>śārvari</td>
<td>rākṣasa</td>
</tr>
<tr>
<td>5</td>
<td>prajotpatti</td>
<td>vyaya</td>
<td>plava</td>
<td>nāḍa</td>
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<tr>
<td>6</td>
<td>āṅgirasa</td>
<td>sarvajit</td>
<td>śubhakṛt</td>
<td>piṅgada</td>
</tr>
<tr>
<td>7</td>
<td>śrīmukha</td>
<td>sarvadhāri</td>
<td>śobhakṛt</td>
<td>kāḍayukti</td>
</tr>
<tr>
<td>8</td>
<td>bhava</td>
<td>virodhi</td>
<td>krodhi</td>
<td>siddhārthī</td>
</tr>
<tr>
<td>9</td>
<td>yuva</td>
<td>vikṛti</td>
<td>viśvāvasu</td>
<td>raudri</td>
</tr>
<tr>
<td>10</td>
<td>dhātu</td>
<td>khara</td>
<td>parābhava</td>
<td>durmati</td>
</tr>
<tr>
<td>11</td>
<td>īśvara</td>
<td>nandana</td>
<td>plavaṅga</td>
<td>dundubhi</td>
</tr>
<tr>
<td>12</td>
<td>bahudhānya</td>
<td>vijaya</td>
<td>kilaka</td>
<td>rudhirodgāri</td>
</tr>
<tr>
<td>13</td>
<td>pramāthi</td>
<td>jaya</td>
<td>saumya</td>
<td>raktākṣi</td>
</tr>
<tr>
<td>14</td>
<td>vikrama</td>
<td>manmatha</td>
<td>sādhāraṇa</td>
<td>krodhana</td>
</tr>
<tr>
<td>15</td>
<td>viṣu</td>
<td>durmukhi</td>
<td>virodhikṛt</td>
<td>akṣaya</td>
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Table 4: Samvatsaram
### Ayanam

<table>
<thead>
<tr>
<th>ayaṇaṁ</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>uttara</td>
<td>Mid January to Mid July</td>
</tr>
<tr>
<td>dakṣiṇa</td>
<td>Mid July to Mid January</td>
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</tbody>
</table>

Table 5: Ayanam

### Ritu or Seasons

<table>
<thead>
<tr>
<th>ā́rtu</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>vasanta</td>
<td>Mid April to Mid June</td>
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<tr>
<td>grīṣma</td>
<td>Mid June to Mid August</td>
</tr>
<tr>
<td>varṣa</td>
<td>Mid August to Mid October</td>
</tr>
<tr>
<td>śarat</td>
<td>Mid October to Mid December</td>
</tr>
<tr>
<td>hemanta</td>
<td>Mid December to Mid February</td>
</tr>
<tr>
<td>śiśira</td>
<td>Mid February to Mid April</td>
</tr>
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</table>

Table 6: Ritu or Seasons
<table>
<thead>
<tr>
<th>māsam</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>caitra</td>
<td>March to April</td>
</tr>
<tr>
<td>vaisākha</td>
<td>April to May</td>
</tr>
<tr>
<td>jyeṣṭha</td>
<td>May to June</td>
</tr>
<tr>
<td>āśāḍa</td>
<td>June to July</td>
</tr>
<tr>
<td>śrāvaṇa</td>
<td>July to August</td>
</tr>
<tr>
<td>bhāḍrapada</td>
<td>August to September</td>
</tr>
<tr>
<td>āśvayuja</td>
<td>September to October</td>
</tr>
<tr>
<td>kārtika</td>
<td>October to November</td>
</tr>
<tr>
<td>mārgaśira</td>
<td>November to December</td>
</tr>
<tr>
<td>puṣya</td>
<td>December to January</td>
</tr>
<tr>
<td>māgha</td>
<td>January to February</td>
</tr>
<tr>
<td>phālguna</td>
<td>February to March</td>
</tr>
</tbody>
</table>

Table 7: Lunar months
<table>
<thead>
<tr>
<th>māsam</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>meṣa</td>
<td>Mid April to Mid May</td>
</tr>
<tr>
<td>vrṣabha</td>
<td>Mid May to Mid June</td>
</tr>
<tr>
<td>mithuna</td>
<td>Mid June to Mid July</td>
</tr>
<tr>
<td>kaṭaka</td>
<td>Mid July to Mid August</td>
</tr>
<tr>
<td>siṁha</td>
<td>Mid August to Mid September</td>
</tr>
<tr>
<td>kanyā</td>
<td>Mid September to Mid October</td>
</tr>
<tr>
<td>tulā</td>
<td>Mid October to Mid November</td>
</tr>
<tr>
<td>vrścika</td>
<td>Mid November to Mid December</td>
</tr>
<tr>
<td>dhanus</td>
<td>Mid December to Mid January</td>
</tr>
<tr>
<td>makara</td>
<td>Mid January to Mid February</td>
</tr>
<tr>
<td>kumbha</td>
<td>Mid February to Mid March</td>
</tr>
<tr>
<td>mīna</td>
<td>Mid March to Mid April</td>
</tr>
</tbody>
</table>

Table 8: Solar months
<table>
<thead>
<tr>
<th>Day of the week</th>
<th>Vaaram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>bhānuvāsara</td>
</tr>
<tr>
<td>Monday</td>
<td>induvāsara</td>
</tr>
<tr>
<td>Tuesday</td>
<td>bhaumavāsara</td>
</tr>
<tr>
<td>Wednesday</td>
<td>saumyavāsara</td>
</tr>
<tr>
<td>Thursday</td>
<td>guruvāsara</td>
</tr>
<tr>
<td>Friday</td>
<td>bhṛgvāsara</td>
</tr>
<tr>
<td>Saturday</td>
<td>sthiravāsara</td>
</tr>
</tbody>
</table>

Table 9: Vaaram
<table>
<thead>
<tr>
<th></th>
<th>Nakshtram</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>aśvini</td>
<td>10</td>
<td>maghā</td>
</tr>
<tr>
<td>2</td>
<td>bharani</td>
<td>11</td>
<td>pūrvapāla</td>
</tr>
<tr>
<td>3</td>
<td>kṛttikā</td>
<td>12</td>
<td>uttarapāla</td>
</tr>
<tr>
<td>4</td>
<td>rohini</td>
<td>13</td>
<td>hasta</td>
</tr>
<tr>
<td>5</td>
<td>mṛgāsīrṣā</td>
<td>14</td>
<td>citrā</td>
</tr>
<tr>
<td>6</td>
<td>ārdra</td>
<td>15</td>
<td>svāti</td>
</tr>
<tr>
<td>7</td>
<td>punarvasu</td>
<td>16</td>
<td>viśākhā</td>
</tr>
<tr>
<td>8</td>
<td>puṣya</td>
<td>17</td>
<td>anurādhā</td>
</tr>
<tr>
<td>9</td>
<td>āśleṣā</td>
<td>18</td>
<td>jyeṣṭhā</td>
</tr>
</tbody>
</table>

Table 10: Nakshtram