A
do-it-yourself
guide to
\[ yajurupākarma \]

This document* has been prepared by
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with the blessings of
śrī raṇgarāmānuja 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 14th and Aug 15th, 2019, respectively. These dates are for USA. Dates may vary with location.

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In India, *Upākarma* and *Gāyatrī japam* are on Aug 15th and Aug 16th, 2019, respectively.

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śrīḥ
śrīmate rāmānujāya namaḥ
śrīmate nigamāntamahādeśikāya namaḥ

∥ yajurupākarma ∥
śrīmān veṅkaṭanāthāryah kavitārkikakesarī
edāntacāryavarya me sannidhattāṁ sadā hṛdi

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 prāṇyāmam (see appendix). Then the following mahāsaṅkalpam is performed by reciting
śrīmān veṅkaṭanāthāryah kavitārkikakesarī
edāntacāryavarya me sannidhattāṁ sadā hṛdi

∥
gurubhyastadgurubhyaśca namovākamadhipiṇi
vṛṇiṇihe ca tatrādyau dampati jagatāṁ pati

∥
svaśeṣabhūtena mayā svīyaiḥ sarvaparicchadaiḥ
vidhātuṁ prītamātmānaṁ devaḥ prakramate svayam

∥
śuklāmbaradharmaṁ viśnuṁ ṣaśivarnāṁ caturbhujam
prasannavadanāṁ dhyāyet sarvavighnapaśāntaye

∥
yasya dviradavaktrādyāṁ pāriṣadyāṁ paraśṣatam
vīghnaṁ nighnanti satataṁ vīṣvaksenaṁ tamāśraye
On your right thigh, place your left palm with the right palm on top of it. This is the *saṅkalpam* posture. Now recite

\[
\text{hariḥ om tat śṛigovinda govinda govinda}\
\]

\[
\text{asya śrībhagavato mahāpuruṣasya śrī viśṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kaliyuge prathamapāde jambūdvīpe bhāratavarṣe bharatakhaṇḍe sakāde merordakṣiṇe pārśve asmin vaṛtamāne vyāvahārike prabhavādi śaṣṭhi saṃvatsarāṇāṃ madhye}
\]

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

\[
\text{hariḥ om tat śṛigovinda govinda govinda}\
\]

\[
\text{asya śrībhagavato mahāpuruṣasya śrī viśṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitīyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kaliyuge prathamapāde krauṇca dvīpe ramaṇakavarṣe uttara (or gotīrtha) khaṇḍe sakāde merordakṣiṇe pārśve asmin vaṛtamāne vyāvahārike prabhavādi śaṣṭhi saṃvatsarāṇāṃ madhye}
\]

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

Fill in the year from Table 4 here

\[
\text{nāmasaṃvatsare}
\]

Fill in the ayanam from Table 5 here

\[
\text{ayaṇe}
\]

Fill in the ritu from Table 6 here

\[
\text{ṛtau}
\]

Fill in the month from either Table 7 or 8 here

\[
\text{māse śukla pakṣe paurṇamāsyām śubhatithau}
\]

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

\[\text{naksatra yuktāyāṃ subhayoga subhakaraṇa evaṃ gunaviśeṣaṇa viṣiṣṭāyāṃ asyāṃ paurṇamāṣyāṃ subha tithau śrī bhagavadājñayā śrīmānārāyaṇa prītyartham (bhagavatkaṅkarya rūpam or bhagavat prītyartham) taisyām paurṇamāṣyāṃ adhyāyotsarjana akaraṇa prāyaścittārtham aṣṭottara sahasra saṅkhyaṣā (or aṣṭottara śata saṅkhyaṣā) kāmokārṣīt manyurakārṣīt iti mahāmantra japam kariṣye}\

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

\[\text{bhagavāneva svaniyāmya svarūpāṣṭhiti pravṛtti svaśeṣatai-}\]
\[\text{karasena anena ātmanā kartra svakīyaiscopakaraṇāṭiḥ svārādha-}\]
\[\text{naika prayojanāya parama puruṣāḥ sarvaśeṣāḥ śriyāḥpātiḥ svaše-}\]
\[\text{ṣa bhūtāmidam kāmokārṣīt manyurakārṣīt iti mahāmantra jāpā-}\]
\[\text{khyaṃ karma svasmai svaprītyaye svayameva kārayati}\
\]

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

\[\text{kāmokārṣīt manyurakārṣīt}\
\]
either 1008 or 108 times depending upon the saṅkalpam you chose.

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

\[\text{bhagavāneva svaniyāmya svarūpāṣṭhiti pravṛtti svaśeṣatai-}\]
\[\text{karasena anena ātmanā kartra svakīyaiscopakaraṇāṭiḥ svārādha-}\]
\[\text{naika prayojanāya parama puruṣāḥ sarvaśeṣāḥ śriyāḥpātiḥ svaše-}\]
\[\text{ṣa bhūtāmidam kāmokārṣīt manyurakārṣīt iti mahāmantra jāpā-}\]
\[\text{khyaṃ karma svasmai svaprītyaye svayameva kārayati}\
\]
This completes the *kamokārṣit manyurakārṣit 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 *prāṇāyānam* (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 kavitārkikakesarī
vedāntācāryavaryo me sannidhattāṃ sadaḥ hṛdi

gurubhyastadgurubhyaśca namovākamadhimāhe
vṛṇīmahe ca tatrādyau dampati jagatāṃ pati

svaśeṣabhūtena mayā svīyaiḥ sarvaparicchadaiah
vidhātum prītamātmānāṃ devaḥ prakramate svayam

śuklāṃbaraadharāṃ viṣṇuḥ śaśivarṇam caturbhujam
prasannavadanam dhyāyet sarvavighnopāsāntaye

yasya dviradavakraṭādyāḥ pāriṣadyāḥ paraśsatam
vighnam nighnanti satataṃ viṣvaksenaṃ tamāśraye
```

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

```
harī h om tat śrīgovinda govinda govinda

asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayā pravartamānasya adya brahmaṇaḥ dvitiyaparārdhe śrīśvetavarāhakalpe vaivasvatamanvantare kалиyuge prathamapāde jambūdvīpe bhāratavarṣe bharatakaṅḍe śakāde merordakṣiṇe pārśve asmin vaṃṭamāne vyāvahārike prabhavādi ṣaṭṭhi saṃvatsaraṇāṁ mahīye
```
Fill in the year from Table 4 here

Fill in the ayanam from Table 5 here

Fill in the ritu from Table 6 here

Fill in the month from either Table 7 or 8 here

Choose the day from Table 9

Choose the star from Table 10

The following should be recited by brahmachaariis only

Now keep your palms in the namaste posture and perform sāttvika tyāgam by reciting
With hands still in namaste position, recite

\[
apavitraḥ pavitro vā sarvāvasthāṃ gatopivaḥ
yah smaret puṇḍarikākṣam sa bāhyābhyanṭaraḥ śuciḥ
dsri harirhariḥ puṇḍarikākṣaḥ namaḥ
\]

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

**yajñopavīta dhāraṇam**

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

\[
adya pūrvokta evaṃ guṇa viśeṣaṇa viśiṣṭāyāṃ asyāṃ pau-
ṛṇamāsyāṃ śubha tithau śriḥ bhagavadājñayā śriṃ man nārāyaṇa
prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham)
śrautasmārtavishitenityakarmānuṣṭhānayogyatāsiddhyartham
brahmatejoḥbhīrvṛddhyartham yajñopavīta dhāraṇam kariṣye
\]

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

\[
bhagavāneva svaniyāmya svarūpasthitī pravṛtī svaśeṣatai-
karasena anena ātmanā kartrā svakīyaiścopakaraṇāḥ svārādhana-
aika prayojanāya paraṃ puruṣaḥ sarvaśeṣi śrīyaḥpatiḥ svaśeṣa
bhūtāmidam yajñopavīta dhāraṇākhyam karma svasmai svapriṛta-
ye svayameva kārayati
\]

Sit squatting (**kukkuṭāsanam**) facing east. Do **ācamanam** and **prāṇāyāmam** (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

trisṭup chandaḥ

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 muñca śubhraṁ
yajñopavītam balamastu tejaḥ

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

adya pūrvokta evaṁ guṇa viśeṣaṇa viśiṣṭāyāṁ asyāṁ pau-
ṛṇamāsyāṁ śubha tithau śrī bhagavadājñayā śrīman nārāyaṇa
prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham)
gārhasṭhyārtham dvitiya yajñopavīta dhāraṇaṁ karisye

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

trisṭup chandaḥ

Touch your chest and recite

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

\[
yajñopavītāṃ paramāṃ pavitraṃ
cpyrājāpateryatsahajam purastāt\]
āyuṣya magryaṃ prati muṇca śubhraṃ
yajñopavītāṃ balamastu tejāḥ\]

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

\[
upavītāṃ chinnatantuṃ jīrṇaṃ kaśmala dūṣitam\]
visṛjāmi punarbrahman varco dīrghāyurastu me\]

Perform *ācamanam* and recite

\[
bhagavāneva svanīyāmya svarūpAsthiti pravṛtti svāseṣatai-
karasena anena ātmanā kartrā svakīyaiscopakaraṇāiḥ svārādhana-
ika prayaojanāya parama puruṣāḥ sarvaśeṣi śriyāḥpatiḥ svāseṣa
bhūtāmidam yajñopavāta dhāraṇākhyām karma svasmai svaprītā-
ye svayameva kāritaṁ\]

This completes the process of wearing the *yajñopavītam*

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

\[
iyāṃ duruktāt pariṇābhamāṇā śarma
varūthamāṃ punatīna āgāt\]
prāṇāpānābhīyāṃ balamābharaṇī
priyā devānāṃ subhagā mekhaleyam\]
ṛtasya goptri tapasāḥ parasvī
ghnatī rakṣaḥ sahamāṇā arātiḥ\]
sā naḥ samantam 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 caksiṇdharuṇaḥ balīyāḥ
tejo yaśasvi sthaviram samiddham
anāha nasyam vasanaṁjarisnu
parīdam vājyajīnāṃ 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 tvam suśravaḥ suśravā asi evamahaṁ suśravaḥ suśravā bhūyāsam yathā tvam suśravassu-
śravo devānāṃ nidhi goposi evamahaṁ brāhmaṇānāṃ brahmaṇo
nidhigopo bhūyāsam

navakāṇḍa ṛṣi tarpaṇāṃ

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 svanīyāmya svarūpaśthiti pravrūtta svaseṣatai-
karasena anena ātmanā kartrā svakīyaścopakaraṇaṁ svārādhana-
ika prayaṇanāya parama purūṣaḥ sarvaśeṣi śriyāḥpatiḥ svaseṣa
bhūtām dīnam 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.

\[
prajāpatiṁ kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
prajāpatiṁ kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
prajāpatiṁ kāṇḍa ṛṣiṁ tarpayāmi
\]

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

\[
somaṁ kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
somaṁ kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
somaṁ kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
agnim kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
agnim kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
agnim kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
viśvān devān kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
viśvān devān kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
viśvān devān kāṇḍa ṛṣiṁ tarpayāmi
\]
\[
sāṁhitīrdevatā upaniṣadastarpayāmi
\]
\[
sāṁhitīrdevatā upaniṣadastarpayāmi
\]
\[
sāṁhitīrdevatā upaniṣadastarpayāmi
\]
yājñikīrdevatā upaniṣadastarpayāmi
yājñikīrdevatā upaniṣadastarpayāmi
yājñikīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi
vāruṇīrdevatā upaniṣadastarpayāmi

For the following brahma tarpanaṁ 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 svayaṁbhuvam tarpayāmi
brahmāṇam svayaṁbhuvam tarpayāmi
brahmāṇam svayaṁbhuvam tarpayāmi

For the following rṣi tarpanaṁ 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 r̥gvedam tarpayāmi, yajurvedam tarpayāmi, sāmavedam tarpayāmi, atharvaṇavedam tarpayāmi, itihāsam tarpayāmi, purāṇan tarpayāmi, kalpān tarpayāmi.

Wear your yajñopavitam the normal way. Perform two ācamanam and do the sāttvika tyāgam by reciting

bhaṅgavāneva svaniyāmya svarūpasthitī pravṛtti svaśeṣatai- karasena anena ātmānā kartrā svakīyaiścopakaraṇaiḥ svārādhanaikai prayojanāya parama puruṣaḥ sarvaśesi śriyāḥpatoḥ 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 yajussaṃhita. At the very least, gāyatrī japam is recommended.

sarvaṁ śrīkṣṇārpaṇamastu
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
vēṭāntācārīyavaryo me sannidhattāṁ sādā hṛdi\
gurubhystadgurubhyaśca namovākamadhitāmahe\
veṅδīmahe ca tatrādyau dampaṭi jagatāṁ patī\
svāsēṣabhūtena mayā svīyaiḥ sarvaparicchadaiḥ\
viedadhūṃ prītātmānāmī devāḥ prakramate svayam\
śuklāmbāradharaṃ viṣṇumāṃ śaśivarṇamāṃ caturbhujam\
prasannavadanamī dhyāyet sarvavighnopāsanāntayē\
yasya dviradavaktrādyāḥ pārisadyāḥ paraśsatam\
vighnāṃ nighnanti satataṃ viṣvaksenaṃ tamaśraye\

In the saṅkalpam posture, recite

hariḥ oṁ tat śrīgovinda govinda govinda\

asya śrībhagavato mahāpuruṣasya śrī viṣṇoḥ ājñayaḥ pravartamānasya adya brahmaṇaḥ dvitiyaparārdhe śrīśvetavārahakalpe vaivasvatamanyvanvantare kāliyuge prathamapāde jambūdvīpe bhāratavarse bharaṭakhaṇḍe śakābde merordakṣiṇe pārśve asmin vaṛtamāne vyāvahārike prabhavādi saṣṭhi samvatsaraṇāṁ 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
**ayañe**

Fill in the ritu from Table 6 here

**ṛtau**

Fill in the month from either Table 7 or 8 here

**māse ḷṛṣṇa pakṣe prathamāyāṁ śubhatithau**

Choose the day from Table 9

Choose the star from Table 10

**nakṣatra yuktāyāṁ śubhayoga śubhakaraṇa evaṁ guṇaviśeṣaṇa viśiṣṭāyāṁ asyaṁ prathamāyāṁ śubha tithau śrī bhagavadājña-yā śrīman nārāyaṇa prītyartham (bhagavatkaiṅkarya rūpam or bhagavat prītyartham) mithyādhīta doṣa prāyaścittārthaṁ aṣṭo-ttara sahasra saṅkhya-yā (or aṣṭottara śata saṅkhya-yā) gāyatrī mahāmantrajapaṁ kariṣye।

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

```
bhagavāneva svaniyāmya svarūpasthiti pravṛtti svāseṣatai-karasena anena ātmānā kartrā svākiyaiścopakaraṇaṁ an ṣvārādha-naika prayajanāya parama puruṣaḥ sarvaṇeṣi śriyāḥpatiḥ svāseṣa bhūtām gāyatrī mahāmantra jāpākhyaṁ karma svasmai sva-prītaye svayameva kārayati।
```

Touch the scalp with your right fingers and recite

**āsanamantrasya prthivyā merupṛṣṭha ṛṣiḥ**

Touch your nose and recite

**sutalamḥ chandah**

Touch your chest and recite

**śrīkūrmo devatā kūrmāsane viniyogaḥ**
In the namaste posture, recite

\[ \text{prthvi tvayā dhṛtā lokā devi tvam viṣṇunā dhṛtā} \]
\[ \text{tvam ca dhāraya māṁ devi pavitraṁ kuru cāsanam} \]

Touch the scalp with your right fingers and recite

\[ \text{praṇavasya ṛṣirbrahmā} \]

Touch your nose and recite

\[ \text{devī gāyatrī chandaḥ} \]

Touch your chest and recite

\[ \text{paramātmā devatā} \]

Touch the scalp with your right fingers and recite

\[ \text{bhūrādi sapta vyāhṛtināṁ atri bhṛgu kutsa vasiṣṭha gautama kā-
śyapa āṅgirasa ṛṣayāḥ} \]

Touch your nose and recite

\[ \text{gāyatrī uṣṇik anuṣṭup bṛhatī paṅkti triṣṭup jagatyaḥ chandāṇsi} \]

Touch your chest and recite

\[ \text{agni vāyu arka vāgīsa varuṇa indra viśvedvā devatāḥ} \]

Touch the scalp with your right fingers and recite

\[ \text{sāvitryā ṛṣīḥ viśvāmitra} \]

Touch your nose and recite

\[ \text{devī gāyatrī chandaḥ} \]

Touch your chest and recite

\[ \text{savitā devatā} \]

Touch the scalp with your right fingers and recite

\[ \text{gāyatrī śirasah brahmā ṛṣīḥ} \]

Touch your nose and recite

\[ \text{anuṣṭup chandaḥ} \]

Touch your chest and recite
paramātmā devatā\ sarveṣāṁ jape (prāṇāyāme) viniyogah

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 chandah

Touch your chest and recite

gāyatrī devatā

In the namaste posture, recite

gāyatrī āvāhane viniyogah

āyātu varadā devī aḵsaram brahmasaṃhitam\ gāyatrīṁ chanda-
sāṁ mātā idam brahma juṣasvanaḥ\ ojo’si saho’si balamasi bhrā-
josī devānāṁ dhāmanāmāsi visvamasi viśvāyuḥ sarvamasi sarvā-
yuḥ abhibhūrom gāyatrīṁ āvāhayāmi\n
Touch the scalp with your right fingers and recite

sāvityā ṛṣiḥ viśvāmitraḥ

Touch your nose and recite

devī gāyatrī chandah

Touch your chest and recite

savītā devatā

In the namaste posture, recite

śaṅkhaṅacakradharam devaṁ kiriṭādivibhūṣitam\ sūryamanḍalamadhyastham dhyāyetsvarṇarucim harim∥

yo devassavitā’smākaṁ dhiyo dharmādīgocarāḥ\ prerayettasya yadbhargastadvareṇyamupāsmahe∥

Now recite the gāyatrī mantram

www.prapatti.com 16  Sunder Kidambi
om bhūrbhuvassuvaḥ, tatsaviturvareṇiyaṁ, bhargo devasya dhī-
mahi, dhiyo yo naḥ pracodayāt

1008 or 108 times, as chosen in the sañkalpam.

Perform prāṇāyānam once. In the sañkalpam posture, recite

śrī bhagavadājñāya śrīman nārāyaṇa prītyartham (bhagavat-
tkaiṅkarya rūpam or bhagavat prītyartham) gāyatrī udvāsanam
karisyey

Touch the scalp with your right fingers and recite

uttama ityanuvākasya vāmadeva ṛṣiḥ

Touch your nose and recite

anusṭup chandah

Touch your chest and recite

gāyatrī devatā
gāyatrī udvāsane viniyoṣaḥ

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 svariṇyāmya svarūpapasthitī pravṛtti svaśeṣatai-
karasena anena ātmanā kartrā svakīyaiścopakaraṇaiḥ svārādha-
naika prayojanaṁ parama puruṣāḥ sarvaśeṣē śriyāhpatiḥ svaśeṣa
bhūtamidam gāyatrī mahāmaṇtra japaḥkhyāṁ karma svasmai sva-
prītaye svayameva kāritavāṁ

This completes the gāyatrī japam.

sarvaṁ 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 *om acyutāya namaḥ*. Repeat the above procedure by uttering *om anantāya namaḥ, om 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.

*om bhūḥ om bhuvah, om swāh, om mahaḥ, om janaḥ, om tapah, om satyam\*

*om tatsaviturvareṇyam, bhargo devasya dhīmahī, dhiyo yo nāḥ pracodayāt*\*

*om āpah jyoti rasah amṛtaṁbrahma 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

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 ātreyā ārcanānasa śyāvāśva trayārṣaya pravarānvita ātreyā gotraḥ āpastamba sūtraḥ yajuśśākhādhyāyī 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 śrīdharāya 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, bhārhsapta, bhāradvāja</td>
</tr>
<tr>
<td>ātreyya</td>
<td>ātreya, ārcanānas, śyāvāśva</td>
</tr>
<tr>
<td>vādhūla</td>
<td>bhārgava, vitahavya, sāvedasa</td>
</tr>
<tr>
<td>śrīvatsa</td>
<td>bhārgava, cyavana, āplavāna, aurava, jāmadajñya</td>
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<tr>
<td>kauśika</td>
<td>vaiśvāmitra, āghamarṣaṇa, kauśika</td>
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<tr>
<td>viśvāmitra</td>
<td>vaiśvāmitra, devarāta, audala</td>
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<tr>
<td>kaunḍinya</td>
<td>vāsiṣṭha, maitrāvaruṇa, kaunḍinya</td>
</tr>
<tr>
<td>hārīta</td>
<td>āṅgīrasa, ambariṣa, yuvanāśva</td>
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<tr>
<td>kaṇva</td>
<td>āṅgīrasa, ajamīḍa, kāṇva</td>
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<tr>
<td>kaṇva</td>
<td>āṅgīrasa, kaura, kāṇva</td>
</tr>
<tr>
<td>parāśara</td>
<td>vāsiṣṭha, śāktya, pārāśarya</td>
</tr>
<tr>
<td>śāṇḍilya</td>
<td>kāśyapa, āvatsāra, śāṇḍilya</td>
</tr>
<tr>
<td>gotram</td>
<td>pravaram</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>śāṇḍilya</td>
<td>kāśyapa, āvatsāra, devala</td>
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<tr>
<td>kāśyapa</td>
<td>kāśyapa, āvatsāra, devala</td>
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<tr>
<td>maudgalya</td>
<td>āṅgīrāsa, pārmyaśva, maudgalya</td>
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<td>maudgalya</td>
<td>tārksya, pārmyaśva, maudgalya</td>
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<tr>
<td>maudgalya</td>
<td>āṅgīrāsa, dhāvya, maudgalya</td>
</tr>
<tr>
<td>naidhruva kāśyapa</td>
<td>kāśyapa, āvatsāra, naidhruva</td>
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<tr>
<td>saṅkṛtyi</td>
<td>āṅgīrāsa, kauravīta, saṅkṛtya</td>
</tr>
<tr>
<td>saṅkṛtyi</td>
<td>śādyya, kauravīta, saṅkṛtya</td>
</tr>
<tr>
<td>kutsa</td>
<td>āṅgīrāsa, māndhātra, kautsa</td>
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<tr>
<td>śāṭhamarśaṇa</td>
<td>āṅgīrāsa, paurakutsa, trāsadasya</td>
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<tr>
<td>agastya</td>
<td>agatya, dārdhyacyuta, saumavāha</td>
</tr>
<tr>
<td>bādarāyaṇa</td>
<td>āṅgīrāsa, pārśadaśva, rādhītara</td>
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</tbody>
</table>
### Table 2: Gotram and Pravaram.

<table>
<thead>
<tr>
<th>gotram</th>
<th>pravaram</th>
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<tbody>
<tr>
<td>gargā</td>
<td>āṅgīrasa, bhārhaspatya, bhāradvāja, śainya, gārgya</td>
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<tr>
<td>gargā</td>
<td>āṅgīrasa, śainya, gārgya</td>
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</table>

### Table 3: Veda and Sutra.

<table>
<thead>
<tr>
<th>veda</th>
<th>sutra</th>
</tr>
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<tbody>
<tr>
<td>ṛg</td>
<td>āśvalāyana, kātyāyana</td>
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<tr>
<td>yajur</td>
<td>āpastamba, bodhāyana</td>
</tr>
<tr>
<td>sāma</td>
<td>trāhyāyaṇi, raṇāyaṇi</td>
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<tr>
<td></td>
<td>prabhava</td>
</tr>
<tr>
<td>---</td>
<td>----------</td>
</tr>
<tr>
<td>2</td>
<td>vibhava</td>
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<tr>
<td>3</td>
<td>śukla</td>
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<td>4</td>
<td>pramodūta</td>
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<td>5</td>
<td>prajotpatti</td>
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<td>6</td>
<td>āṅgirasa</td>
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<tr>
<td>7</td>
<td>śrīmukha</td>
</tr>
<tr>
<td>8</td>
<td>bhava</td>
</tr>
<tr>
<td>9</td>
<td>yuva</td>
</tr>
<tr>
<td>10</td>
<td>dhātu</td>
</tr>
<tr>
<td>11</td>
<td>īśvara</td>
</tr>
<tr>
<td>12</td>
<td>bahudhānya</td>
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<tr>
<td>13</td>
<td>pramāthi</td>
</tr>
<tr>
<td>14</td>
<td>vikrama</td>
</tr>
<tr>
<td>15</td>
<td>viṣu</td>
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</table>

Table 4: Samvatsaram
<table>
<thead>
<tr>
<th>yajurupākarma</th>
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</table>

<table>
<thead>
<tr>
<th>ayaṇam</th>
<th>Period</th>
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<tbody>
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<td>uttara</td>
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</tr>
<tr>
<td>dakṣiṇa</td>
<td>Mid July to Mid January</td>
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Table 5: Ayanam

<table>
<thead>
<tr>
<th>rtu</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>vasanta</td>
<td>Mid April to Mid June</td>
</tr>
<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>
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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>
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<tr>
<td>āṣāḍa</td>
<td>June to July</td>
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<tr>
<td>īravaṇa</td>
<td>July to August</td>
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<tr>
<td>bhādrapada</td>
<td>August to September</td>
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<td>āśvayuja</td>
<td>September to October</td>
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<tr>
<td>kārtika</td>
<td>October to November</td>
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<tr>
<td>mārgaśira</td>
<td>November to December</td>
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<tr>
<td>puṣya</td>
<td>December to January</td>
</tr>
<tr>
<td>māgha</td>
<td>January to February</td>
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<tr>
<td>phālguna</td>
<td>February to March</td>
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</table>

Table 7: Lunar months
<table>
<thead>
<tr>
<th><strong>māsam</strong></th>
<th><strong>Period</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>meṣa</strong></td>
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<tr>
<td><strong>vṛṣabha</strong></td>
<td>Mid May to Mid June</td>
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<tr>
<td><strong>mithuna</strong></td>
<td>Mid June to Mid July</td>
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<tr>
<td><strong>kaṭaka</strong></td>
<td>Mid July to Mid August</td>
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<tr>
<td><strong>siṃha</strong></td>
<td>Mid August to Mid September</td>
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<tr>
<td><strong>kanyā</strong></td>
<td>Mid September to Mid October</td>
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<tr>
<td><strong>tulā</strong></td>
<td>Mid October to Mid November</td>
</tr>
<tr>
<td><strong>vṛścika</strong></td>
<td>Mid November to Mid December</td>
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<tr>
<td><strong>dhanus</strong></td>
<td>Mid December to Mid January</td>
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<tr>
<td><strong>makara</strong></td>
<td>Mid January to Mid February</td>
</tr>
<tr>
<td><strong>kumbha</strong></td>
<td>Mid February to Mid March</td>
</tr>
<tr>
<td><strong>mīna</strong></td>
<td>Mid March to Mid April</td>
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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>
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<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>bhṛguvāsara</td>
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<tr>
<td>Saturday</td>
<td>sthiravāsara</td>
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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>bharaṇī</td>
<td>11</td>
<td>pūrvaphālgunī</td>
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<td>3</td>
<td>kṛttikā</td>
<td>12</td>
<td>uttaraphālgunī</td>
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<td>4</td>
<td>rohiṇī</td>
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<td>hasta</td>
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<td>mṛgaśīrṣā</td>
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<td>viśākhā</td>
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<td>puṣya</td>
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<td>anurādhā</td>
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<td>9</td>
<td>āślesā</td>
<td>18</td>
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</table>

Table 10: Nakshtram