

|| prātaḥ sandhyāvandanam ||

|| om om om ||

śuklām-baradharaṁ viṣṇuṁ śaśi-varṇam caturbhujam |
prasan-navadanam dhyāyet sarvavighno-paśāntaye ||

śrī gurubhyo namaḥ hariḥ om ||

|| āsana vidhi || Prayer to the Goddess Earth (before sitting)
pṛthvi tvayā dhṛtā lokā devi tvam viṣṇunā dhṛtā |
tvam ca dhāraya mām devi pavitraṁ kuru cāsanam ||

(seated) ||

ācamanīyaṁ || Sipping water for purification
(swallow water thrice)
om brahmaṇe svāhā |
om viṣṇave svāhā |
om rudrāya svāhā ||

|| prāṇāyāmam || Breathing exercise for purifying the subtle channels

om prāṇāvāsyā | (Hold namaskaara mudra)

para-brāhma ṛṣiḥ | (Touch forehead)

daivi-gāyātri candaḥ | (Touch nose)

paramātmā devatā | (Touch heart)

prāṇāyame viniyogaḥ | (Namaskaara mudra)

om om om

(breath in through left nostril)

om bhūḥ | om bhuvāḥ | om suvāḥ | om mahaḥ | om janaḥ | om tapaḥ | om

satyaṁ |

(retain breath)

om tat savitur vareṇyaṁ bhargo devasya dhīmahi |

dhīyo yonaḥ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtaṁ brahmā bhūrbhuvāḥ suvā om ||

(Repeat the process starting with the right nostril and ending with the left)

|| saṅkalpaḥ || Statement of intent to preform the sandhya practice. Hold water in a spoon while chanting the mantra and then pour it into the cup or plate with the word "upashishye" or "karishye".

om tat sat om ||

mamo-pāṭṭa-samasta-duritaḥ-yaadvārā śrī-parameśvara-prītyartham | śrī-umā-
maheśvara prasāda siddhyartham | śrī lakṣmī-nārāyaṇa prasāda siddhyartham |
śrī gāyatrī-savitrī-sarasvatī prasāda siddhyartham | sarvaloka śāntyartham |
yathā śakti |
prātaḥ sandhyām-upasiṣye ||

aghamarṣaṇam | arghyapradānam | gāyatri mantra japaṁ ca kariṣye ||
(sprinkle water for purification, saying:)
āpa upas-prśya ||

|| ātma pūjām || tilakaṁ || Worship of the Divine Self / Application of holy ash etc.
to the forehead

(touch five fingers to chest)

om ātmāne namaḥ | om bhūr bhuvāḥ suvarom ||

(apply vibhUti to forehead or ku~Nkuma, candana and vibhUti and wear rudraaksha
malam)

om tryambakaṁ yajāmahe sugandhim puṣṭi-vardhanaṁ |

urvā-rukamīva bandhanān mṛtor mūkṣīya mām'mṛtāt ||

|| mārjanam ||

[Maarjanam is for purifying the mind and body. Keep a spoon of water in the left hand.
Sprinkle with the right hand ring finger three organs of the body. First sprinkle the feet,
head, and then heart. Next spinkle heart, feet, and then head. Finally the head, heart, and
feet.

om āpo hiṣṭhā māyo bhuvāḥ | (feet)

tā nā ūrje dādhatana | (head)

maheraṇāya cakśase | (heart)

yo vaḥ śivatāmo rasaḥ | (heart)

tasya bhājayate hanāḥ | (feet)

uśatīriva mātaraḥ | (head)

tasmā arāṁ gamāma vaḥ | (head)

yasya kśayāya jinvātha | (heart)

āpo janayathā ca naḥ || (feet)

With this mantra sprinkle water around your head in a clockwise direction

om bhūr bhuvāḥ suvaḥ

|| āpa prāsanam ||

(Praying for removal of Misconduct / Purification with water Water. Keep a spoon of water in the palm of the right hand Face East while chanting each group of mantras. After repeating this prayer for the purification of faults and misdeeds, swallow the water.)
(PrataaH Sandyaavandanam Face east)

om sūryaśca mā manyuśca manyu-patayśca manyu-kr̥tebhyaḥ | pāpebhyo
rakṣantām | yadrātriyā pāpamākārṣam | manasā vācā hastābhyām | padbhyā-
mudareṇa śiśnā | rātri-stadavalumpatu | yatkiñca duritam mayi | idamaham
māmamṛtayonau | sūrye jyotiṣi juhomi svāhā ||

|| ācamanīyaṁ || repeat aacamanam

(swallow water thrice)

om brahmaṇe svāhā |

om viṣṇave svāhā |

om rudrāya svāhā ||

|| punarmārjanam || Repeat maarjanam

[Repeat the mantras and actions of Maarjanam. Keep a spoon of water in the left hand. Sprinkle with the right hand ring finger three organs of the body. First sprinkle the feet, head, and then heart. Next sprinkle heart, feet, and then head. Finally the head, heart, and feet. First Pray saying:

dadhi-krāvinno akāriṣam jiṣṇo-raśvasya vājinaḥ |

surabhi no mukhā karat praṇa āyūgmṣi tāriṣat . |

om āpo hiṣṭhā mayo bhuvah | (feet)

tā na ūrje dadhātana | (head)

maheraṇāya cakśase | (heart)

yo vah śivatamo rasah | (heart)

tasya bhājayate hanah | (feet)

uśatiriva mātarah | (head)

tasmā aram gamāma vah | (head)

yasya kśayāya jinvatha | (heart)

āpo janayathā ca nah || (feet)

With this mantra sprinkle water around your head in a clockwise direction

om bhūr bhuvah suvah ||

|| āpa prārthanām || Prayer to the water deva for healing

apsu me somo abravī-dantar-viśvāni bheṣajā |

agniñca viśva-śambhuvam āpaśca viśva-bheṣajih , ||

|| ācamanīyaṁ || repeat aacamanam

(swallow water thrice)

om brahmaṇe svāhā |
om viṣṇave svāhā |
om rudrāya svāhā ||

|| aghamarṣaṇam || Ritual for overcoming misconduct. This verse is for the removal of misconduct arising from ignorance. Hold a spoonfull of water in the right palm and meditate on the meaning of the mantra. When complete (if you have recieved instruction) inhale water through the right nostril and let it drip out from the left nostril. Envision that this process is cleansing your delusions and misconduct.

om ṛtām cetyasya | (hold namaskaara mudra)
aghamarṣaṇa ṛśiḥ | (touch forehead)
anuṣṭup chandah | (touch top lip)
bhava-vṛtyo devatā | (touch heart)
asva medhā vabhṛte viniyogaḥ | (hold namaskaara mudra)

om ṛtām ca satyaṁ cā bhūddhā-ttapaśo'dhyajāyata |
tato rātrira-jāyata tataḥ samudro arṇavaḥ ||
samudrā-darṇavā dadhi samvatsaro ajāyata |
aho rātrāṇi vidadha-dviśvasya miṣato vaśi ||
sūryā-candramasau dhātā yathā pūrva-makalpayat . |
divaṁ ca pṛthivīm cām-tarikṣa-matho suvaḥ ||

|| arghyapradānam || (arghyam is an offering of water. This offering is made 3 times unless the proper time has been missed for performing sandhyaa. If the time has been missed it is offered one additional time as compensation. This should be done pouring to the East for praataH sandhyaavandanam.)

om bhūr bhuvāḥ suvaḥ | om tatsavitur vareṇyaṁ bhargō devasya dhīmahi |
dhiyo yo naḥ pracodayāt ||(Offer water. Repeat 3 or 4 times)

|| prāyaścitta arghyaṁ ||
(Offer water as before 1 time)

om bhūr bhuvāḥ suvaḥ | om tatsavitur vareṇyaṁ bhargō devasya dhīmahi |
dhiyo yo naḥ pracodayāt ||(Then pray with the following mantra:)
āpo jyotir rasomṛtaṁ brahma bhūr bhuvāḥ suvaḥ āpa om

|| ācamanīyaṁ || repeat aacamanam
(swallow water thrice)
om brahmaṇe svāhā |

om viṣṇave svāhā |
om rudrāya svāhā ||

|| ātma-pradakṣiṇam || (while holding namaskara mudra, turn clockwise three times around)

om namo brahmaṇe namo astvagnaye namaḥ pṛthivyai nama oṣadībhyaḥ |
namo vāce namo vācaspataye namo viṣṇave bṛhate kāromi || (repeat mantra three times)

(Pour water)

om bhūr bhuvāḥ suvāḥ ||

(With these mantras meditate that you are the Light of the Sun and that you and Brahma are the same)

sa yaścāyaṁ puruṣe | yaścāsā-vāditye |

ārdrāṁ jvalāti jyotir-rahamāsmi | jyotir-jvalāti brahmā-hamāsmi | yo'ha-māsmi

brahmā-hamāsmi | ahamāsmi brahmā-hamāsmi |

asāvādityo brahma brahmai-vāhamāsmi ||

||deva tarpaṇam ||

om bhavāya devāya tarpayāmi |

om sarvāya devāya tarpayāmi |

om īśānāya devāya tarpayāmi |

om paśupateḥ devāya tarpayāmi |

om rudrāya devāya tarpayāmi |

om ugrāya devāya tarpayāmi |

om bhīmāya devāya tarpayāmi |

om mahate devāya patniṁ tarpayāmi |

|| sūrya-nārayaṇa || (this tarpaṇam is performed on the first day of the solar month when the sun changes rashis)

om mitrāṁ tarpayāmi |

om raviṁ tarpayāmi |

om sūryaṁ tarpayāmi |

om bhānuṁ tarpayāmi |

om khagaṁ tarpayāmi |

om pūṣṇem tarpayāmi |

om hiraṇya-garbhaṁ tarpayāmi |

om marīciṁ tarpayāmi |

om ādityaṁ tarpayāmi |

om arkaṁ tarpayāmi |
om bhāskaraṁ tarpayāmi |

|| navagraha tarpaṇam || (Face East)

om hrīm sūryaṁ tarpayāmi
om śrīm candraṁ tarpayāmi
om krīm aṅgāraṁ tarpayāmi
om aiṁ budhaṁ tarpayāmi
om strīm bṛhaspatiṁ tarpayāmi
om klīm śukraṁ tarpayāmi
om hlīm śanai-ścaraṁ tarpayāmi
om dhuṁ rāhuṁ tarpayāmi
om huṁ ketuṁ tarpayāmi

|| prāṇāyāmaḥ || Face East)

prāṇānayaṁya (Namaskaara mudra)

om om om

(breath in through left nostril)

om bhūḥ | om bhuvah | om suvah | om mahah | om janaḥ | om tapaḥ | om
satyaṁ |

(retain breath)

om tat savitur vareṇyaṁ bhargo devasya dhīmahi |

dhīyo yonaḥ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtaṁ brahmā bhūrbhuvah suvar om ||

(Repeat process starting with the right nostril and ending with the left)

|| viniyogaḥ || (Announcing the "breakdown" of the mantra's mystical parts. You should
face east toward the place where the Sun will rise.)

(hold namaskaara mudra and say:)

om asya śrī gāyatrī mahā mantrasya |

viśva-mitra ṛṣiḥ | (touch fore-head)

gāyatri chandaḥ | (touch nose)

sāvita devatā | (touch heart)

om iti bijaṁ | (touch right upper abdomen)

ādityaiti śaktiḥ | (touch left upper abdomen)

gāyam iti kilakaṁ | (touch throat)

śrī parameśvara prītyatham | (hold namaskaara mudra)

śrī lakṣmī-nārāyaṇa prītyartham |

śrī gāyatri-sāvitrī-sarasvatī prasāda-siddhyarthe prātaḥ sandhyā jape viniyogaḥ
||

|| kāra nyāsaḥ ||

(We install divinity into these fingers by saying this mantra while touching that finger.
This gesture is complicated to explain.)

om tatsāvitur aṅguṣṭhābhyāṁ namaḥ | [thumb finger]

om vareṇyāṁ tarjanībhyāṁ namaḥ | [index finger]

om bhargō devasyā madhyamābhyāṁ namaḥ | [middle finger]

om dhīmahī anāmikābhyāṁ namaḥ | [ring finger]

om dhīyo yo naḥ kaniṣṭhikābhyāṁ namaḥ | [small finger]

om pracodayāt karatalakarapṛṣṭhābhyāṁ namaḥ | [front & back side of the hands]

|| ṣaḍaṅganyāsaḥ || (This is for installing Divine shakti into the various limbs)

om tatsāvitur hṛdayāya namaḥ | [heart]

om vareṇyāṁ śīrase svāhā | [centre portion of the head]

om bhargō devasyā śikhāyaivausaṭ | [back portion of the hair of the head]

om dhīmahī kavacāya hum | [both shoulders]

om dhīyo yo naḥ netra-trayāya vaṣaṭ | [the three eyes]

om pracodayāt astrāyaphaṭ | [clap]

om bhūr bhuvāḥ suvar om | iti digbandhaḥ || [circle the head and snap: this forms a
seal in all the directions connecting you to the Devas and Mahadevas while protecting
from the Bhutas and Grahas in the Lower Lokas.]

dhyānam (Mantra for meditation on the Form of Gaayatri Devii: Hold the dhyāna
mudra and say)

dhyāyet-sadā savitr-maṇḍala-madhya-vartī nārāyaṇaḥ sara-sijāsa-nīviṣṭaḥ |

keyū-ravān makara-kunḍalavān kirīṭī hārī hiraṇma-yavapuḥ dhṛta-

śaṅkhacakraḥ ||

|| gāyatrī āvāhanam || (Invocation of Goddess Gaayatrii. You should have a picture
of Goddess gaayatri with five heads for this invocation and puujaa. You should meditate
on the picture while saying the gaayatri mantra.)

om bhūr bhuvāḥ suvaḥ | om tatsāvitur vareṇyāṁ bhargō devasyā dhīmahī |

dhīyo yo naḥ pracodayāt ||

(Then invoke Goddess Gaayatrii saying:)

om āyātu varādā devī akṣarāṁ brahma-sammitam |

gāyatrīm chadāsām matedaṁ brahma juṣasvā me ||

yadahnāt-kurute pāpam tadahnāt-pratimucyate | yadātriyā-kurute pāpam
tadātriyāt-pratimucyate | sarva varṇa mahādevī sandhyāvidye sarasvati || ojo'si
saho'si balamasi bhrājo'si devānām dhāma-nāmāsi viśvamasi viśvayu-
ssarvāmasi sarvāyu-rabhibhūrom |
gāyatrīm-āvāhayāmi | sāvitrīm-āvāhayāmi | sarasvatīm-āvāhayāmi |
chandarsīn-āvāhayāmi | śriyam-āvāhayāmi ||

|| prārthanām || (prayer)

(Hold namaskara mudra and pray for the blessings of Goddess Gaayatrii as you do your practice.)

āgaccha varāde devī jape me sannidhau bhava |
gāyantam trāyase yasmād-gāyatrī tvam tataḥ smṛtā ||

|| gāyatri japam || (Now practice japa of the Gaayatri mantra. This should be done as the mantra was given to you by the Guru. You may say 108 or more times, but should say at least ten repetitions. Please see appendix A, "Mantra Japam" for specific guidelines. It may be a good general suggestion to do 108 repetitions for praatah sandhyaam.)

om bhūr bhuvāḥ suvāḥ | om tat savitur vareṇyam bhargō devasya dhīmahi |
dhīyo yo naḥ pracodayāt ||

|| upasthānam || (Prayer for placing the deity in the body and causing the effects of the practice to remain after the practice. Hold the namaskara mudra while praying:)

uttame śikhare jāte bhūmyām parvata-mūrdhani |
brāhmanēbhyo bhyanu-jñātā gaccha-devī yathā-sukham ||
stuto mayā varadā veda-mātā pracodayanti pavanē dvijātā |
āyuh pṛthivyām draviṇam brahma-varcasam mahyam datvā prajātum brahma-
lokam ||

|| gāyatri dhāraṇā || (Contemplation on the Illumination of the Sun Goddess. This meditation may be done in one of three ways. See the appendix B, "Dhyaanam; Meditation." It is recommended that one meditate for about one quarter of the time of japa. If japa takes ten minutes, one should meditate at least 2 1/2 minutes, etc.)

|| deva prārthanām || (Prayer to the Light of God. Hold namaskaara mudra and pray:)

om mītrasya carṣaṇī-dhṛtaḥ śravō devasya sānasim |
satyam citra-śravastamam || mītro janān yātayati prajānan mītro dādḥāra
pṛthivīmuta dhyām | mītraḥ kṛṣṭirani-miṣā bhicaṣṭhe satyāya havyam gṛtāvā-

dvidhema || pra sa mītra martyo astu prayasvān yasta āditya śikṣati vratena | na
hanyate na jīyate tvoto nainamagr̥m ho aśnotyantito na dūrāt ||

|| samaṣṭyabhi vādanam || (praising all divinity)
(facing East) om sandhyāyai namaḥ
(facing South) om sāvitryai namaḥ
(facing West) om gāyatriyai namaḥ
facing North) om sarasvatyai namaḥ
(East) om āvāhitābhyaḥ sarvābho devatābhyo namaḥ

|| pāpanivaraṇa vandanam ||
agne naya supathā rāye asmān viśvāni deva vayunāni vivān |
yuyo-dhyāsmajjuhu-rānameno bhūyiṣṭhām te namā uktim vidhema ||
pariṇo rudrasya hetirvr̥naktu pari tvesasya durmatiraghāyoh |
ava sthirā maghavad-bhya-stanuṣva mīdhva-stokāya tanayāya mṛdaya ||

om kāmō'kārṣiṇ namo namaḥ |
om manyu-rakārṣiṇ namo namaḥ ||

|| yama-durgā-rudra vandanam ||
yamāya ghṛtavā-ddhāvirjuhota pra ca tiṣṭhata |
sa no deveṣvā yama-ddirghamāyuh pra jīvase ||
jātavedase sunavāma soma-marātīyato nidahāti vedah |
sa naḥ parṣadati-durgāni viśvā nāveva sindhum duritā-tyagnih ||
stuhi śrūtaṁ gārtasadaṁ yuvānaṁ mṛganna bhīma-mūpahaṭnumugram | mṛdā
jaritre rudra stavāno anyante asmānivāpantu senāḥ ||

|| deva vandanam || (Prayer to VishNu, Lakshmi, Vishvadeva, etc. Hold namaskaara
mudra.)

tacchaṁ yorāvṛṇīmahe | gātum yajñāya | gātum yajñapataye | daivī ssvastirastu
naḥ | svastir-mānuṣebhyaḥ | ūrdhvaṁ jigātu bheṣajam | śanno astu dvīpade |
śaṁ catuṣpade |

ṛtagm̄ saṭyam̄ param̄ brahma puruṣam̄ kṛṣṇapiṅgalam̄ |
ūrdhvaretam̄ virūpākṣam̄ viśvarūpāya vai namo namaḥ ||
tadviṣṇoh paramam̄ padagr̄m sadā paśyanti sūrayaḥ |

divīva cakṣurātataṁ ||

tad viprāso vipānyavo jāgr̄vāgr̄m sāsamindhate |
viṣṇoryatparamam̄ padam̄ ||

brahmā devāna-janayat . |
brahmā viśva-mīdam jagat . |
brahmaṇaḥ , kṣātraṁ nirmītam |
brahmā brāhmaṇa ātmanā ||
mayi medhām mayi prajāṁ mayyagnistejo dadhātu mayi medhām mayi prajāṁ
mayīndrā indriyaṁ dadhātu mayi medhām mayi prajāṁ mayi sūryo bhrājo
dadhātu ||
om haṁsa haṁsāya vidmahe parama-haṁsāya dhīmahī |
tanno haṁsaḥ pracodayā"t ||
om śānti-śśānti-śśāntiḥ ||

|| japasthāna prokṣaṇam || (Face East, and sprinkle a few drops of water where you were seated and around.)

adyā no deva-savitāḥ | prajāvat sāvīḥ saubhāgam | parā-duṣvapnāyagrṁ-suva ||
viśvāni deva savitā-durītāni parā suva | yadbhadraṁ tanma āsuva ||

|| prārthanām || (ayer surrendering the results to the lords vill hold namaskāra mudra)

kāyena vācā manasēṁ-driyairvā
budhyāt-manā vā prakṛti-svabhāvāt |
karomi yadyat-sakalāṁ parasmai
sadā-śivā-yeti samar-payāmi ||

|| śānti pāṭha || (Prayer to offer this practice to the peace of All the world)

om bhadrāṁ karṇebhiḥ śṛṇuyāma devāḥ |
bhadrāṁ paśyemākṣa-bhīryajātrāḥ || sthīrairaṅgai-stuṣṭuvāṁ-sāstanūbhiḥ |
vyaśyema devahītaṁ yadāyuh ||
svasti na indro vṛddha-śravāḥ |
svasti naḥ pūṣā viśva-vedāḥ ||
svasti nastārksyo ariṣṭa-nemiḥ |
svasti no bṛhaspatīr-dadhātu ||
om śāntiḥ śāntiḥ śāntiḥ | om ||

om saḥā nā-vavatu | saḥā nau bhunaktu | saḥā viryaṁ kara-vāvahai |
tejasvināv-adhīta-mastu mā vidviṣā-vahai |
om śāntiḥ śāntiḥ śāntiḥ |

|| ācārya samarpanam ||

om svasti prajā-bhyaḥ pari-pālayantām |
jñāyena mārgeṇa mahim mahīśa ||
gobrahmāṇebhyaḥ śubhamastu nityam |
lokāḥ samasthāḥ sukhino bhavantu |
aiṅkāra hrīṅkāra rahasya yukta
śrīṅkāra kūdhārtha mahāvibhūtyāḥ |
omkāra marmā pradipānibhyām
namo namaḥ śrī-guru-pādukābhyām ||
ājñāna-nāśanāya vidmahe jñāna-prakaśāya dhīmahī |
tanno guru-pādukāḥ pracodayāt ||
tat-dakṣiṇāya vidmahe guru-mūrtaye dhīmahī | tanna-śśivaḥ pracodayāt ||
om gaṇanā-thāmṛt-ānanda svāmine namaḥ ||

|| samarpaṇam || (Offering the results of the practice to the Lord: Hold a spoon of water while chanting and pour into the cup after the mantra)
om anena sandhyā-vandana-nena - bhagavān sarva devātmakaḥ - śrī
parameśvara prīyatām | prīyato varado bhavatu ||

|| visarjanam || (Farewell: Meditate upon the Divinity invoked returning to the heart. With iti digvimokaha clap the hands to Remove the seal created for the Ritual)
om gāyatrīyaḥ namaḥ | gāyatrīm-sāvitrīm-sarasvatīm-chandarṣīn-śrīyam yathā-
sthānam | pratiṣṭhāpayāmi ||
śobha-narthe | kṣemāya | punarā-gamanāya ca
om bhūr bhuvāḥ suvāḥ | iti dig-vimokaha

|| kṣamaprārthanām || (Prayer of Apology: Hold namaskaara mudra)
yasya smrtyā ca nāmoktyā tapa-ssandhyā-kriyādiṣu |
nyūnam sampūr-ṇatām yāti sadyo vande tamacyutam |
mantra-hīnam kriyā-hīnam bhakti-hīnam sureśvara |
yat pūjitaṁ mayā deva pari-pūrṇam tadastu me ||
anyathā śaraṇam nāsti tvameva śaraṇam mama |
tasmāt kāruṇya-bhāvena rakṣa rakṣa maheśvara ||

|| arpaṇam || (Final prayer entrusting our Lives to the Lord and Offering our works at His Holy Feet)
om tat sat |
śrī brahmār-paṇamaṣtu ||