

|| laghu mādhyāhnikam (short version)||

śrī gurubhyo namaḥ hariḥ om ||

|| vighneśvara prārthanām ||

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

(seated) || ācamaṇīyam || Sipping water for purification

(swallow water thrice)

om brahmaṇe svāhā |

om viṣṇave svāhā |

om rudrāya svāhā

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

|| prāṇāyāmya ||

om om om

(breath in through left nostril)

om bhūḥ | om bhuvaḥ | om suvaḥ | om mahaḥ | om janaḥ | om tapaḥ | om
satyaḥ |

(retain breath)

om tat savitur vareṇyam bhargó devasya dhīmahi |

dhīyo yonaḥ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtam brahmā bhūrbhuvāḥ suvar 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".

om tat sat om ||

mamo-pāṭṭa-samasta-duritaḥ-śaśi-yadvārā śrī-parameśvara-prītyartham |
sarvaloka śāntyartham | mādhyāhnikam kariṣye ||

|| 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 mayo bhuvāḥ | (feet)
tā na ūrje dadhātana | (head)
maheraṇāya cakśāse | (heart)
yo vaḥ śivatāmo rasāḥ | (heart)
tasyā bhājayate hanaḥ | (feet)
uśatirīva mātarāḥ | (head)
tasmā araṁ gamāma vaḥ | (head)
yasya kśayāya jinvatha | (heart)
āpo janayathā ca naḥ || (feet)
With this mantra sprinkle water around your head in a clockwise direction
om bhūr bhuvāḥ suvāḥ

|| gāyatri japam || (Now practice japa of the Gaayatri mantra [at least ten times].)

om bhūr bhuvāḥ suvāḥ | om tat savitur vareṇyam bhargo devasya dhīmahi |
dhiyo yo naḥ pracodayāt ||

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

om ā satyena rajasā vartamāno niveśaya-nnamṛtaṁ martyaṁ ca | hiraṇyayena-
savitā rathenā devo yāti bhuvanā vipaśyaṁ ||

|| samaṣṭyabhi vādanam || (praising all divinity)

(facing East) om sandhyāyai namaḥ

(facing South) om sāvitryai namaḥ

(facing West) om gāyatryai namaḥ

facing North) om sarasvatyai namaḥ

(East) om āvāhitābhyaḥ sarvābhyo devatābhyo namaḥ

om kāmō'kārṣiṁ manyu-rakārṣiṁ namo namaḥ |

|| devatā prārthanām ||

tadviṣṇoḥ paramaṁ padagṁ sadā paśyanti sūrayaḥ |

divīva cakśurātātam ||

tadviprāso vipanyavo jāgrvāgṁ sassamīndhate |

viṣṇoryatparamaṁ padam ||

om śānti śśānti śśāntiḥ |