

|| prātaḥ sandhyāvandanam (medium 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

om prāṇāvasya | (Hold namaskaara mudra)

para-brahma ṛṣiḥ | (Touch forehead)

daivi-gāyatri candaḥ | (Touch nose)

paramātmā devatā | (Touch heart)

prāṇāyame viniyogaḥ | (Namaskaara mudra)

om om om

(breath in through left nostril)

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

satyam |

(retain breath)

om tat savitur vareṇyam bhargo devasya dhīmahi |

dhīyo yonaḥ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtaṁ brahmā bhūrbhuvah 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-duritakṣa-yadvārā śrī-parameśvara-prītyartham | śrī
gāyatrī-savitṛī-sarasvatī prasāda siddhyartham | sarvaloka śāntyartham | yathā
śakti |

prātaḥ sandhyām-upasiṣye ||

|| 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 sprinkle heart, feet, and then head. Finally the head, heart, and feet.

om āpo hiṣṭhā mayo bhuvāḥ | (feet)

tā na ūrje dadhātana | (head)

maheraṇāya cakśase | (heart)

yo vaḥ śivatāmo rasaḥ | (heart)

tasya bhājayate hanāḥ | (feet)

uśatīriva mātarāḥ | (head)

tasmā aram 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 suvāḥ

|| 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-kṛtebhyaḥ | pāpebhyo
rakṣantām | yadrātriya pāpamākārśam | manasā vācā hastābhyām | padbhyā-
mudareṇa śiśnā | rātri-stadavalumpatu | yatkiñca duritam mayi | idamaham
māmamṛtayoṇau | sūrye jyotiṣi juhomi svāhā ||

|| ācamanīyaṁ || repeat acamanam

(swallow water thrice)

om brahmaṇe svāhā |

om viṣṇave svāhā |

om rudrāya svāhā ||

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

(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)

|| prāṇāyāmaḥ || Face East)

prāṇānayaṃya (Namaskaara mudra)

om om om

(breath in through left nostril)

om bhūḥ | om bhuvāḥ | om suvāḥ | om mahāḥ | om janaḥ | om tapaḥ | om

satyaṃ |

(retain breath)

om tat savitur vareṇyaṃ bhargo devasya dhīmahi |

dhīyo yonaḥ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtaṃ brahmā bhūrbhuvāḥ suvar om ||

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

|| gāyatrī mantra japam || (Face East)

|| viniyogaḥ || (Anouncing 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 bijaṃ | (touch right upper abdomen)

ādityaiti śaktiḥ | (touch left upper abdomen)

gāyam iti kilakaṃ | (touch throat)

śrī umā-maheśvara prītyathaṃ | (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 tatsavitur aṅguṣṭhābhyāṃ namaḥ | [thumb finger]

om vareṇyaṃ tarjanībhyāṃ namaḥ | [index finger]

om bhargo devasya madhyamābhyāṃ namaḥ | [middle finger]

om dhīmahī anāmikābhyāṃ namaḥ | [ring finger]

om dhiyo yo nah kaniṣṭhikābhyāṁ namaḥ | [small finger]

om pracodayāt karatala-kara-prṣṭhābhyāṁ namaḥ | [front & back side of the hands]

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

om tatsavitur hrdayāya namaḥ | [heart]

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

om bhargō devasyā śikhāyai vaṣaṭ . | [back portion of the hair of the head]

om dhīmahi kavacāya hum | [both shoulders]

om dhiyo yo nah netra-trayāya vaṣaṭ . | [the three eyes]

om pracodayāt astrāya phaṭ . | [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 dhyana mudra and say)

dhyāyet-sadā savitr-maṇḍala-madhyā-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.)

om āyātu varādā devī akṣaram brahma-sammitam |
gāyatrīm chadāsām matedam brahma juṣasva me ||
gāyatrīm 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 suvaḥ | om tat savitur vareṇyāṁ bhargō devasyā dhīmahi |
dhiyo yo nah 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 śikhāre jāte bhūmyām pārvata-mūrdhani |
brāhmanebhyo bhyānu-jñātā gaccha-devi yathā-sukham ||

|| 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 śravo devasya sānasim |
satyam citra-śravastamam ||

|| 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 kāmo kārṣiṇ manyu-rakārṣiṇ namo namaḥ |

|| devatā prārthanām ||
tadviṣṇoḥ paramam padam sadā paśyanti sūrayaḥ |
divīva cakṣurātātam ||
tadviprāso vipānyavo jāgrvāgm ṣassamindhate |
viṣṇoryatparamam padam ||

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

|| prārthanām || (Prayer surrendering the results to the lords will hold namaskāra
mudra)
kāyena vācā manasem-driyairvā
budhyāt-manā vā prakṛti-svabhāvāt |

karomi yadyat-sakalam parasmai
sūrya-nārāyaṇā-yeti samar-payāmi ||

|| śānti pāṭha || (Prayer to offer this practice to the peace of All the world)
om saḥā nā-vavatu | saḥā nau bhunaktu | saḥā viryaṁ kara-vāvahai |
tejasvināv-adhīta-mastu mā vidviṣā-vahai |
om śānti śśānti śśāntiḥ |

|| ācārya samarpanam ||
aiṁ-kāra hrīm-kāra rahasya yukta
śrīm-kāra kūdhārtha mahāvibhūtyāḥ |
om-kāra marmā pradipānibhyām
namo namaḥ śrī-guru-pādukābhyām ||
gaṇa-nāthāya vidmahe amṛtakāya dhīmahi |
tanno dhiṣaḥ pracodayāt ||
om gaṇanāth-āmṛt-ānanda svāmine namaḥ ||

|| samarpanam || (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 varadō bhavaṭu ||

|| 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 gāyatriyai namaḥ | gāyatrīm yathā-sthānaṁ | pratiṣṭhāpayāmi ||
śobha-narthe | kṣemāya | punarā-gamanāya ca
om bhūr bhuvāḥ suvāḥ | iti dig-vimokaha ||

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

|| arpanam || (Final prayer entrusting our Lives to the Lord and Offering our works at
His Holy Feet)

om tat sat |
śrī brahmār-paṇamastu ||