

|| laghu sāyam sandhyāvandanam (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 bhuvāḥ | om suvāḥ | om mahāḥ | om janaḥ | om tapaḥ | om
satyam |

(retain breath)

om tat savitur vareṇyam bhargó devasya dhīmahi |

dhīyo yonāḥ 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 yadvārā śrī-parameśvara-prītyartham |

sarvaloka śāntyartham | sāyam sandhyā-vandanam-upaśiṣye ||

|| 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 cakśāse | (heart)
yo vaḥ śivatāmo rasāḥ | (heart)
tasyā bhājayate hanaḥ | (feet)
uśatiriva 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 suvaḥ

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

om bhūr bhuvāḥ suvaḥ | 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 imaṁ me varuṇa śrudhī havāmadhyā ca mṛṇaya | tvāma-vaśyurācāke ||
tatvā yāmi brahmaṇā vandamāna-stadaśāste yajamāno havirbhiḥ |

|| 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

(West) om āvāhitābhyaḥ sarvābhyo devatābhyo namaḥ

om kāmō'kārṣiṇ manyu-rakārṣiṇ namo namaḥ |

|| devatā prārthanām ||

tadviṣṇoḥ paramaṁ padagm sadā paśyanti sūrayaḥ |

divīva cakśurātātam ||

tadviprāso vipanyavo jāgrvāgm sassamīndhate |

viṣṇoryatparamaṁ padam ||

om śānti śśānti śśāntiḥ |