

॥ mādhyāhnikam ॥

॥ 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)

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

॥ prāṇāyāmaṁ ॥ Breathing exercise for purifying the subtle channels

om prāṇāvāsyā | (Hold namaskaara mudra)

para-brahma ṛṣiḥ | (Touch forehead)

daivi-gāyātri candaḥ | (Touch nose)

paramātmā devatā | (Touch heart)

prāṇāyamē viniyogaḥ | (Namaskaara mudra)

om om om |

(breath in through left nostril)

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

satyaṁ |

(retain breath)

om tat savitur vareṇyaṁ bhargó devasyā dhīmahi |

dhīyo yonāḥ 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 perform the sandhya practice. Hold water in a spoon while chanting the mantra and then pour it into the cup or plate with the word "karishye".

om tat sat om ||

mamo-pāṭṭa-samasta-durita-kṣa-yadvārā śrī-parameśvara-prītyartham | śrī-umā-
maheśvara prasāda siddhyartham | śrī lakṣmī-nārāyaṇa prasāda siddhyartham |
śrī gāyatrī-savitrī-sarasvatī prasāda siddhyartham | sarvaloka śāntyartham |
yathā śakti |
mādhyāhnikam kariṣye ||

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

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

(touch five fingers to chest)

om ātmāne namaḥ | om bhūr bhuvāḥ suvārom ||

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

om tryāmbakam yajāmahe sugandhim puṣṭi-vardhanam |

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 śivatamo rasaḥ | (heart)

tasya bhājayate hanāḥ | (feet)

uśatīriva mātaraḥ | (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 North while chanting each group of mantras. After repeating this prayer for the purification of faults and misdeeds, swallow the water. Face North.)

om āpaḥ punantu pṛthivīm pṛthivī pūtā punātu mām | punantu brahmaṇaspatir-
brahmaṇpūtā punātu mām | yaducciṣṭa-mabhōjyaṃ yadvā duṣcaritaṃ mama |
sarvaṃ punantu māmāpo'satām ca pratigrahagg svāhā ||

|| ācamaṇīyaṃ || 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 spinkle heart, feet, and then head. Finally the head, heart, and feet. First Pray saying:)

dadhi-krāvinno akāriṣaṃ jiṣṇo-raśvasya vājinaḥ |

surabhi no mukhā karat praṇa āyūgmṣi tāriṣat . |

om āpo hiṣṭhā mayo bhuvaḥ | (feet)

tā na ūrje dadhātana | (head)

maheraṇāya cakśase | (heart)

yo vaḥ śivatāmo rasaḥ | (heart)

tasya bhājayate hanaḥ | (feet)

uśatīriṇa mātaraḥ | (head)

tasmā arāṃ gamāma vaḥ | (head)

yasya kśayāya jinvatha | (heart)

āpo janayāthā ca naḥ || (feet)

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

om bhūr bhuvaḥ suvaḥ ||

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

apsu me somo abravī-dantar-viśvāni bheṣajā |

agniñca viśva-śambhuvam āpaśca viśva-bheṣajih , ||

|| ācamaṇīyaṃ || 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 ṛtaṁ cetyasya | (hold namaskaara mudra)
aghamarṣaṇa r̥ṣiḥ | (touch forehead)
anuṣṭup chandah | (touch top lip)
bhava-vṛtyo devatā | (touch heart)
asva medhā vabhr̥te viniyogaḥ | (hold namaskaara mudra)

om ṛtaṁ ca satyaṁ cā bhīddhā-ttapaśo'dhyajāyata |
tato rātrira-jāyata tataḥ samudro arṇavaḥ ||
samudrā-darṇavā dadhī samvatsaro ajāyata |
aho rātrāṇi vidadha-dviśvāsya miṣato vaśī ||
sūryā-candramasau dhātā yathā pūrva-makalpayat . |
divaṁ ca pṛthivīm cām-tarikṣa-matho suvaḥ ||

|| arghyapradānam || (arghyam is an offering of water. This offering is made 2 for maadhyaahnikam 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 North for maadhyaahnikam.)

om bhūr bhuvāḥ suvāḥ | om tatsavitur vareṇyaṁ bhargō devasya dhīmahi |
dhiyo yo naḥ pracodayāt ||(Offer water. Repeat 2 or 3 times)

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

om bhūr bhuvāḥ suvāḥ | 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 ||

|| ācamaṇīyaṁ || 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 vācaspatāye namo viṣṇave bṛhate karomi ॥ (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 jvalatī jyotir-rahamaṣmi | jyotir-jvalatī brahmā-hamaṣmi | yo'ha-maṣmi
brahmā-hamaṣmi | ahamāṣmi brahmā-hamaṣmi |
asāvādityo brahma brahmai-vāhamaṣmi ॥

॥ deva tarpaṇam ॥ (Face East)

॥ devatā tarpaṇam ॥

During both pakShas:

om acyutaṁ tarpayāmi |

anantaṁ tarpayāmi |

govindaṁ tarpayāmi |

During shukla pakSha:

om keśavaṁ tarpayāmi |

nārāyaṇaṁ tarpayāmi |

mādhavaṁ tarpayāmi |

govindaṁ tarpayāmi |

viṣṇuṁ tarpayāmi |

madhu-sūdanaṁ tarpayāmi |

trivikramaṁ tarpayāmi |

vāmanaṁ tarpayāmi |

śrīdharaṁ tarpayāmi |

hṛṣi-keśaṁ tarpayāmi |

padma-nābhāṁ tarpayāmi |

dāmo-daraṁ tarpayāmi |

During kR^iShNa pakSha:

saṅkarṣaṇaṁ tarpayāmi |

vāsu-devaṁ tarpayāmi |

pradyumnaṁ tarpayāmi |
aniruddhaṁ tarpayāmi |
puruṣo-ttamaṁ tarpayāmi |
adho-kṣajaṁ tarpayāmi |
nāra-simhaṁ tarpayāmi |
acyutaṁ tarpayāmi |
janār-danaṁ tarpayāmi |
upendraṁ tarpayāmi |
hariṁ tarpayāmi |
śrī-kṛṣṇaṁ tarpayāmi |

|| nakṣatra tarpaṇam ||
om aśvinīm tarpayāmi ||
om bharaṇīm tarpayāmi ||
om kṛttikām tarpayāmi ||
om rohiṇīm tarpayāmi ||
om mṛga-śiṛṣaṁ tarpayāmi ||
om ārdraṁ tarpayāmi ||
om punar-vasūm tarpayāmi ||
om puṣyaṁ tarpayāmi ||
om āśleṣām tarpayāmi ||
om maghām tarpayāmi ||
om pūrva-phalgunīm tarpayāmi ||
om uttara-phalgunīm tarpayāmi ||
om hastaṁ tarpayāmi ||
om citrām tarpayāmi ||
om svātīm tarpayāmi ||
om viśākhām tarpayāmi ||
om anu-rādhām tarpayāmi ||
om jyeṣṭhām tarpayāmi ||
om mūlām tarpayāmi ||
om pūrvā-sādhām tarpayāmi ||
om uttarā-sādhām tarpayāmi ||
om śravaṇaṁ tarpayāmi ||
om śraviṣṭhām tarpayāmi ||
om śata-bhiṣak tarpayāmi ||
om pūrva-bhadra-padām tarpayāmi ||

om uttara-bhadra-padām tarpayāmi ||
om revatīm tarpayāmi ||

|| prāṇāyāmaḥ || (Face North)

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 sāvītur vareṇyaṃ bhargó devasyā dhīmahi |

dhīyo yonaḥ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtaṃ brahmā bhūrbhuvāḥ suvā om ||

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

|| gāyatrī mantra japam || (Face North)

|| 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 bijaṃ | (touch right upper abdomen)

ādityaiti śaktiḥ | (touch left upper abdomen)

gāyam iti kīlakaṃ | (touch throat)

śrī umā-maheśvara prītyathaṃ | (hold namaskaara mudra)

śrī lakṣmī-nārāyaṇa prītyarthaṃ |

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 tatsāvītur aṅguṣṭhābhyāṃ namaḥ | [thumb finger]

om vareṇyaṃ tarjanībhyāṃ namaḥ | [index finger]

om bhargó devasya madhyamābhyāṃ namaḥ | [middle finger]

om dhīmahī anāmikābhyām namaḥ | [ring finger]
om dhīyo yo naḥ kaniṣṭhikābhyām namaḥ | [small finger]
om pracodayāt karatala-kara-prṣṭhābhyām namaḥ | [front & back side of the hands]

|| ṣaḍaṅganyāsaḥ || (This is for installing Divine shakti into the various limbs)
om tatsavitur hṛdayāya namaḥ | [heart]
om vareṇyām śīrase 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 dhīyo yo naḥ 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 dhyaana 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 suvāḥ | om tatsavitur vareṇyām bhargō devasyā dhīmahi |
dhīyo yo naḥ pracodayāt ||

(Then invoke Goddess Gaayatrii saying:)

om āyātu varādā devī akṣaram brahma-sammitam |
gāyatrīm chadāsām matedam brahma juṣasvā me ||
yadahnāt-kurute pāpam tadahnāt-pratimucyate | yadātriyā-kurute pāpam
tadātriyāt-pratimucyate | sarva varṇa mahādevī sandhyāvidye sarasvatī || ojo'si
saho'si balamasi bhrājo'si devānām dhāma-nāmāsi viśvamasi viśvayu-
ssarvamasi sarvāyu-rabhibhūrom |
gāyatrīm-āvāhayāmi | sāvitrīm-āvāhayāmi | sarasvatīm-āvāhayāmi |
chandarṣin-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 praataḥ sandhyaam.)

om bhūr bhuvāḥ suvāḥ | om tat savitur vareṇyam bhargō devasya dhīmahi |
dhiyo 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 pārvata-mūrdhani |
brāhmanebhyo'bhyānu-jñātā gaccha-devi yathā-sukham ||
stuto mayā varadā veda-mātā pracodayanti pavanē dvijātā |
āyuh pṛthivyām draviṇam brahma-varcaṣam 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: Face East)

om ā satyena rajasā vartamāno niveśaya-nnamṛtam martyam ca | hiraṇyayena-
savitā rathenā devo yāti bhuvanā vipāśyan || udvayam tamasa-pari paśyanto
jyotiruttaram | devam devatrā sūrya-maganma jyotiruttamam || udutyam
jātavedasam devam vahanti ketavaḥ | dṛṣe viśvāya sūryam || citram devānām
udagādanīkam cakṣur mitrasya varuṇasyāgneḥ | ā'prādyāvā pṛthivī antarīkṣagm
sūrya jagata-stasthuśaśca | taccakṣur-devahitam purastā-cchukramuccarat ||
paśyema śarada-śśatam jivema śarada-śśatam nandāma śarada-śśatam modāma
śarada-śśatam bhavāma śarada-śśatagm śṛnavāma śarada-śśatam prabravāma
śarada-śśatam-ajitāsyāma śarada-śśatam jyokca sūryam dṛṣe ||

|| 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 sarvābhyo devatābhyo namaḥ
om kāmō'kārṣiṇ manyu-rakārṣiṇ namo namaḥ ।

॥ pāpanivaraṇa vandanam ॥
agne naya supathā rāye asmān viśvāni deva vāyunāni vidvān ।
yuyo-dhyasmajjuhu-rāṇamenō bhūyiṣṭhām te nama uktim vidhema ॥
pariṇo rudrasya hetirvṛnaktu pari tveśasya durmatiraghāyoḥ ।
ava sthirā maghavād-bhya-stanuṣva mīdhvā-stokāya tanayāya mṛdaya ॥

॥ yama-durgā-rudra vandanam ॥
yamāya ghr̥tava-ddhāvīrjuhotā pra cā tiṣṭhata ।
sa nō deveṣvā yama-ddirghamāyuh pra jīvasē ॥
jātavedase sunavāma soma-marātīyato nidahāti vedāḥ ।
sa naḥ parśadati-durgāni viśvā nāveva sindhum duritā-tyagniḥ ॥
stuhi śrūtaṁ gārtasadaṁ yuvānaṁ mṛganna bhīma-mūpahatnumugram । mṛdā
jaritre rudra stavāno anyantē asmannivāpantu senāḥ ॥

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

tacchaṁ yorāvṛṇīmahe । gātum yajñāya । gātum yajñapātaye । daivī ssvastirāstu
naḥ । svastirmānuṣebhyaḥ । ūrdhvaṁ jigātu bheṣajam । śanno astu dvīpadē । śam
catuspade ।

ṛtagm̐ satyam̐ param̐ brahma puruṣam̐ kṛṣṇapiṅgalam ।
ūrdhvaretam̐ virūpākṣam̐ viśvarūpāya vai namo namaḥ ॥

tadviṣṇoḥ paramam̐ padagm̐ sadā paśyanti sūrayaḥ ।

divīva cakṣurātataḥ ॥

tadviprāso vipanyavo jāgrvāgm̐ sassamīndhate ।

viṣṇoryatparamam̐ padam ॥

brahma devāna-janayat . ।

brahma viśva-mīdam̐ jagat . ।

brahmaṇaḥ , kṣātram̐ nirmītam ॥

brahma brāhmaṇa ātmanā ॥

mayi medhām̐ mayi prajāṁ mayyagnistejo dadhātu mayi medhām̐ mayi prajāṁ
mayīndrā indriyam̐ dadhātu mayi medhām̐ mayi prajāṁ mayi sūryo bhrājo
dadhātu ॥

om haṁsa haṁsāya vidmahe parama-haṁsāya dhīmahi ।

tanno¹ haṁsaḥ¹ pra¹co¹dayā¹"t ||
om śānti-śśānti-śśāntiḥ ||

|| japasthāna prokṣaṇam || (Face East, and sprinkle a few drops of water where you were seated and around.)
adyā¹ no¹ deva-savitāḥ¹ | pra¹jāvāt¹ sā¹vīḥ¹ saubha¹gam | parā¹-du¹ṣva¹pnā¹yagr¹-suva ||
viśvā¹ni deva savitā¹-duri¹tā¹ni parā¹ suva | yadbha¹draṁ¹ tanma¹ āsuva ||
gāyatrī prasāda¹ siddhirastu ||

|| prārthanām || (ayer surrendering the results to the lords vill hold namaskāra mudra)
kāyena vācā manasē¹m-driyairvā¹
budhyāt¹-manā¹ vā prakṛti¹-svabhāvāt |
karomi yadyat¹-sakalaṁ¹ parasmai¹
sūrya-nārāyaṇā¹-yeti samar-payāmi ||

|| śānti pāṭha || (Prayer to offer this practice to the peace of All the world)
om bha¹draṁ¹ karṇē¹bhiḥ¹ śṛṇuyā¹mā¹ devāḥ |
bha¹draṁ¹ paśyemā¹kṣa¹-bhiri¹yajā¹trāḥ || sthira¹iraṅgai¹-stuṣṭu¹vā¹m¹-sasta¹nū¹bhiḥ |
vyaśyē¹ma deva¹hitaṁ¹ yadāyuh¹ ||
svasti¹ na¹ indro¹ vṛ¹ddha-śra¹vāḥ |
svasti¹ naḥ¹ pū¹ṣā¹ viśva¹-vē¹dāḥ ||
svasti¹ na¹stār¹kṣyo¹ ari¹ṣṭa¹-nemiḥ |
svasti¹ no¹ bṛ¹has¹patir¹-dadhātu ||
om śānti śśānti śśāntiḥ |

om sa¹hā nā¹-vavatu | sa¹ha nau¹ bhunaktu | sa¹ha viryā¹m¹ kara¹-vāvahai |
teja¹svināv¹-adhī¹ta¹-mastu¹ mā¹ vidviṣā¹-vaha¹i |
om śānti śśānti śśāntiḥ |

om a¹sato mā¹ sat¹ gamāya |
ta¹ma¹so mā¹ jyoti¹r¹-gamāya |
mṛ¹ityor mā¹ amṛ¹taṁ¹ gamāya ||
om śānti śśānti śśāntiḥ |

|| ācārya samarpanam ||
om svasti pra¹jā¹-bhyaḥ¹ pari¹-pā¹layantām |
jñāyena mā¹rgeṇa¹ mahim¹ mahī¹śa ||

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 dhīmahi |
tanno guru-pādukāḥ pracodayāt ||
tat-dakṣiṇāya vidmahe guru-mūrtaye dhīmahi | tanna-śśivaḥ pracodayāt ||
gaṇa-nāthāya vidmahe amṛtakāya dhīmahi |
tanno dhiṣaḥ pracodayāt ||
om śrī gaṇanāth-āmṛt-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 priyatām | priyato 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-vimokāḥ

|| kṣamaprārthanām || (Prayer of Apology: Hold namaskaara mudra)
yasya smṛtyā 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-paṇamastu ||