

॥ yajñopavīta dhāraṇam upakarma vidhi ॥

॥ guru prarthānam ॥

om om om

gurur-brahmā gurur-viṣṇu guruḥ devao maheśvaraḥ ।

gurur-sakṣāt parābrahma tasmai śrī gurave namaḥ ॥

gurave sarva-lokānām bhiṣaje bhava rogiṇām ।

nidhaye sarva-vidyānām śrī dakṣiṇā-mūrtaye namaḥ ॥

tat-dakṣiṇāya vidmahe guru-mūrtaye dhīmahi ।

tanna śśivaḥ pracodayāt ॥

gaṇa-nāthāya vidmahe amṛtakāya dhīmahi ।

tanno dhiśaḥ pracodayāt ॥

om namo bhagavate śrī dakṣiṇāmūrtaye । mahyam medhām prajñām prayaccha
svāhā ॥

om gaṇanāth-āmṛtā-nanda svāmine namaḥ ॥

॥ gaṇapati prarthānam ॥

śuklām-baradharam devam śāsi-varṇam caturbhujam ।

prasan-navadanam dhyāyet sarvavighno-pasāntaye ॥

ekadantāya vidmahe vakra-tuṇḍāya dhīmahi ।

tanno dantiḥ pracodayāt ॥

om gaṇapataye namaḥ ॥

āsana vidhi

pr̥thvi tvayā dhṛtā lokā devi tvam viṣṇunā dhṛtā ।

tvam ca dhārāya mām devi pavitraṁ kuru cāsanam ॥

pr̥thvi-devyai ca vidmahe sahasramūrtiyai ca dhīmahi ।

tanno pr̥thviḥ pracodayāt ।

(seated) ācamanīyam

(swallow water thrice)

om brahmaṇe svāhā ।

om viṣṇave svāhā ।

om śivāya svāhā

॥ prāṇāyāmam ॥

asya prāṇāvāsya | para-brāhma ṛṣiḥ | daivi-gāyātri cāndaḥ | paramātmā devatā |
prāṇāyame viniyogaḥ |

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 yo naḥ pracodayāt ||
(breath out through right nostril)

om āpo jyoti-raso-mṛtaṁ brahmā bhūrbhuvaḥ ssuvarom ||

|| saṅkalpaḥ ||

om tat sat . |

om mamō-pātta samasta durita-kśaya-dvāra śrī parameśvara prītyartham |

tadeva lagnaṁ sudinaṁ tadeva tārābalaṁ candrabalaṁ tadeva |

vidyābalaṁ daivabalaṁ tadeva śrī lakṣmīpate te'ng'hriyugaṁ smarāmi ||

śubha śobhane muhūrte | ādya-brahmaṇaḥ dvitiya-parārdhe | śveta-varāha-
kalpe |

vaivasvata manvantare | aṣṭāviṁ śatitame | kaliyuge | prathame-pāde |

(for India) jambū dvīpe bhāratavarṣe bhāratākhaṇḍe asmin vartamāne vyava-
hārikāsyāṁ

or (for America) krauñca dvīpe | ramaṇaka varṣe | aindra khaṇḍe |

(state) viṣaye | (City) nagare | (name of Temple) deva-mandire | or family name if
done at home) gṛhe ||

(for India) meroḥ dakṣiṇā pārśve |

or (for America) meroḥ paścima pārśve |

śakābde asmin vartamāne | vyāva-hārike | prabha-vādi ṣaṣṭyāṁ saṁvat-
sarāṇāṁ madhye ||

(hindu year) nāma saṁvatsare |

(ayan / half year) āyane |

(season) ṛtau |

(hindu month) māse |

(paksha / fortnight) pakṣe |

(weekday) vāsara yukatāyām |

(nakshatra / lunar asterism) nakṣatra-yuktāyām |

(yoga / angular relationship of

sun and moon or shubha) yoga |

(karana / half lunar day or shubha) karaṇa | evaṁ-guṇa viśeṣeṇa viśiṣṭāyām |
asyām

(tithi / lunar phase or day or shubha) śubha tithau |

(Period of day) kāle ||

mamo-pāṭṭa samasta duri-takṣaya-dvārā śrī parameśvara prītyartham |

(family gotra) gotrod-bhavyasya |

(your birth asterism) nakṣatre |

(your moon sign) rāśau jātasya |

(your full name) nāmadesya

(wife's nakshatra) nakṣatre

(wife's rashi) rāśau jātāyāḥ

(wife's name) nāmnyaḥ |

ambā sametha ||

asya yajamānasya dharmapatnyāśca

asmākaṁ saha-kaṭumbāṇām bandhu-jana-vargasya kṣema sthairya |

vīrya vijaya-āyurā-rogya | aiśvar-yāṇām abhivṛddh-yartham |

dharmārtha-kāma-mokṣa caturvidha phala-puruṣārtha jñāna-vairāgya siddh-
yartham |

mahā-gaṇapati prasāda siddhyartham | iṣṭa-devatā | kula-devatā |

grāma-devatā | vāstu-devatā | sarva-devatā | śrī satguru-devatā ca prasāda
siddhyartham |

śruti smṛti parāṅokta phala prāptartham |

śrī parameśvara prasāda siddhyartham | prasādena sarvā-riṣṭa śāntartham |

sarvā-nukūlatā siddhyartham | sarva-manoratha avāptartham |

ehikā-muṣmika śreyobhiḥ abhi-vṛddhyartham |

maheśvara pādāra-vindayoḥ acañcala niṣka-paṭa bhakti-siddhyartham |

śrautas-mārta vihita sadā-cāra nitya-karmā-nuṣṭhāna yogyatā-siddhyartham |

brahma-tejo'bhivṛddhyartham | yagnopavīta dhāraṇam kariṣye ||

(or for annual upakarma during shraavaNa maase

evaṁ guṇa-sakala viśeṣeṇa viśiṣṭāyām asyām śubha-tithau |

śrī param-eśvara prītyartham | śrāvaṇyām paurṇa-māsyām adhyā-yopā karma
kariṣye ||

gāyatṛī mahā-mantra japam kariṣye ||
apa upas-priśya ||

|| gaṇapati prarthānam ||
om gaṇānām tvā gaṇapāti gṃ havāmahe
kaṇiṃ kavīnā-mūpamaśravastamam |
jyeṣṭharājām brahmaṇām brahmaṇaspata
ā naḥ śṛṇvannūtibhiḥ sīda sādānam ||

|| kalaśa pūjā ||
om kalaśa devatābhyo namaḥ ||
(put flowers in water pot; then hold hand over water pot and say:)
om gaṅge ca yamune caiva godāvari sarasvati |
narmade sindhu kāveri jale'smin sannidhiṃ kuru ||
(dhenu mudra)
om amṛtām bhavantu ||

(make yaGYo-paviitam saying Gaayatrii mantra)
yajño-pavīta kṛtva ||
om bhūr bhuvā ssuvāḥ |
tat savitur vareṇyam bhargō devasya dhīmahi |
dhīyo yo naḥ pracodayāt ||

|| yajño-pavīta śuddhiḥ ||
(purify the Sacred thread sprinkling gaṅgā jāl)
yajño-pavīta prokṣya |
āpa-vitraḥ pavitro vā sarvā-vaṣṭāṅga topi vā |
ya ssmāret pundarī-kakṣam saḥyā bhyantara śsuciḥ ||

|| yajño-pavīta-gandhanam ||
(anooint Yajno-paviita with chandan and turmeric)
gaṃdhadvārām durādharṣām nityapuṣṭām kariṣiṃm |
īśvariḡm sarvabhūtānām tāmihopahvaye śriyam ||
gaurī mīmāya salilāni takṣa-tyekapadī dvīpadī sā catuṣpadī |
aṣṭāpadī navāpadī babhūvuṣī sahasrākṣarā parame vyoman ||

|| sattvika tyāgam ||

(This mantra could be repeated 16, 27, 54, or 108 times. For anual upakarma 108 times is recomended.)

om kamo'kārṣiṅ manyur-akārṣīt namo namaḥ ||

|| kāmo'kārṣiḥ manyurakārṣīt mantrāḥ ||

kāmo'kārṣiḥ namo namaḥ |

kāmo'kārṣīt-kāmaḥ karoti nāham karomi kāmaḥ kartā nāham

kartā kāmaḥ kārayitā nāham kārayitā eṣa te kāma kāmāya svāhā ||

manyurakārṣiḥ namo namaḥ |

manyurakārṣiṅmanyuḥ karoti nāham karomi manyuḥ kartā nāham kartā

manyuḥ kārayitā nāham kārayitā eṣa te manyo manyāve svāhā ||

ācamanīyaṃ

(swallow water thrice)

om brahmaṇe svāhā |

om viṣṇave svāhā |

om śivāya svāhā

|| yajño-pavīta dhāraṇam ||

yajño-pavīta dhāraṇa mahā mantrasya |

brāhmā ṛṣiḥ | triṣṭup chandaḥ |

trayī-vidyā devatā | yajño-pavīta dhāraṇe vini-yogaḥ ||

yajñopavītam paramam pavitram prajāpater yat sahajam purastāt |

āyuṣya magriyam prati-muñca śubhram yajño-pavītam balamastu tejah ||

ācamanīyaṃ

(swallow water thrice)

om brahmaṇe svāhā |

om viṣṇave svāhā |

om śivāya svāhā

(Remove old paviitam)

upavītam chinna-tantuṃ jīrṇam kasmala dūṣitam |

viṣjāmi hare brahman varco dirghāyu-rastu me ||

ācamanīyaṃ

(swallow water thrice)

om brahmaṇe svāhā |

om viṣṇave svāhā |
om śivāya svāhā

(For brahmacharis only, mantras are done for maunji, ajina, and palaasa daNDa.)

|| maunji ||

īyaṁ duruktāt pari-bādhamānā śarma varuṭham punatīna āgāt |
ṛtasya goptrī tapasaḥ parasvī-ghnatī rakṣaḥ sahamānā arātīḥ ||

|| ajina ||

mitrasya cakṣur dharuṇaṁ balīyas tejo yaśasvi sthāviraḥ samiddham |
anā-hanasyaṁ vasaṇaṁ jariṣṇu paridham vajyajinaṁ dadhe'ham ||

|| daṇḍa ||

suśravā-ssuśravāsaṁ ma kuru yathā tvagm suśravā-ssuśravā asyeva-mahagm
suśravā-ssuśravā bhūyāsaṁ yathā tvagm suśravā-ssuśravo devānām
nidhigopo'syevamaham brāhmaṇānām brahmaṇo nidhigopo bhūyāsam ||

|| prāṇāyāmam ||

prāṇānāyāmya |

om om om ||

(breath in through left nostril)

om bhūḥ | om bhuvah | om suvah | om mahah | om janah | om tapah | om
satyam |

(retain breath)

om tat savitur vareṇyam bhargo devasya dhīmahi | dhīyo yo naḥ pracodayāt ||
(breath out through right nostril)

om āpo jyoti-raso-mṛtaṁ brahmā bhūrbhuvā ssvaṛom ||

|| gāyatrī mantra japam ||

|| viniyogaḥ || (Announcing the "breakdown" of the mantra's mystical parts.)

(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 bijam | (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 aṅguṣṭhābhyām namaḥ | [thumb finger]

om vareṇyām tarjanībhyām namaḥ | [index finger]

om bhargō devasyā madhyamābhyām namaḥ | [middle finger]

om dhīmahī anāmikābhyām namaḥ | [ring finger]

om dhīyo yo naḥ kaniṣṭhikābhyām namaḥ | [small finger]

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

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

om tatsāvitur hṛdayāya namaḥ | [heart]

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

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

om dhīmahī kavacāya hum | [both shoulders]

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

om pracodayāt astrāyaphaḥ | [clap]

om bhūr bhuvāḥ suvar om | iti digbandhaḥ || [circle the head and snap: this forms a
seal in all the directions

protecting from the Bhutas

conecting you to the Devas and Mahadevas while

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 ||

|| gāyatri japam || (Now practice japa of the Gaayatri mantra. This should be done 10,
27, 36, 54, or 108 times)

om bhūr bhuvāḥ suvāḥ | om tat sāvitur vareṇyām bhargō devasyā dhīmahī |
dhīyo yo naḥ pracodayāt ||

|| brahma yajñam ||

(Now one should perform brahma yajnam.)

|| kṣamarpanam || Appologies (namaskaara mudra)

āvāhanam na jānāmi na jānāmi visarjanam |

pūjāñ-caiva na jānāmi kṣamyatām parameśvara ||

mantra-hīnam kriyā-hīnam bhakti-hīnam sureśvara |

yat pūjitaṁ mayā deva pari-pūrṇam tadastu te ||

anyathā śaraṇam nāsti tvameva śaraṇam mama |

tasmāt kāruṇya-bhāvena rakṣa rakṣa maheśvara ||

|| svasti vacanam ācārya samarpanam || Speaking Auscipcious Word / Offering to the Guru

svasti prajābhyaḥ pari-pālayantām

nyāyena mārgena mahīm mahīśāḥ - |

gobrāhmaṇebhyaḥ śubhamastunityam

lokāḥ samastāḥ sukhino bhavantu ||

aiṅkāra hrīṅkāra rahasya yukta

śrīṅkāra kūdhārtha mahāvibhūtyāḥ |

omkāra marmā pradipānibhyām

namo namaḥ śrī-guru-pādukābhyām ||

ājñāna-nāśanāya vidmahe jñāna-prakaṣāya dhīmahi |

tanno guru-pādukāḥ pracodayāt ||

tat-dakṣiṇāya vidmahe guru-mūrtaye dhīmahi | tanna-śśivaḥ pracodayāt ||

|| samarpanam || Offering of fruits of Worship to the Lord

kāyena vācā manasen-driyairvā

buddhyāt-manā vā prakriti svabhāvāt |

karomi yad yad sakalam parasmai

nārāyaṇāyeti samarpayāmi ||

|| śānti pāṭha || Prayer for Peace

om saha nāvavatu | saha nau bhunaktu | saha vīryam karavāvahai | tejasvi

nāvadhītamastu | mā vidviṣāvahai ||

om śāntiḥ śāntiḥ śāntiḥ ||

tat sat om | śrī dakṣiṇā-mūrtyarpanamastu ||

