



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

SANDHYAVANDANAM

— ◆ —
Vedic, Krishna Yajurveda tradition

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

The morning Sandhyavandanam of the Krishna Yajurveda in twenty steps, printed without accent marks; at the second sprinkling the Apo hi shtha verses are said again. Chanting with the svaras is learned from a teacher.

ACHAMANAM 1

अच्युताय नमः ।

अनन्ताय नमः ।

गोविन्दाय नमः ॥

Salutation to Achyuta, the one who never falls. Salutation to Ananta, the endless one. Salutation to Govinda. (A sip of water is taken with each name.)

ACHAMANAM 2

केशव नारायण ।

माधव गोविन्द ।

विष्णो मधुसूदन ।

त्रिविक्रम वामन ।

श्रीधर हृषीकेश ।

पद्मनाभ दामोदर ॥

The twelve names of Vishnu - Keshava, Narayana, Madhava, Govinda, Vishnu, Madhusudana, Trivikrama, Vamana, Shridhara, Hrishikesha, Padmanabha and Damodara - said while touching the cheeks, eyes, nose, ears, shoulders, navel and head in turn.

PRANAYAMA 1

ॐ भूः ।

ॐ भुवः ।

ॐ सुवः ।

ॐ महः ।

ॐ जनः ।

ॐ तपः ।

ॐ सत्यम् ॥

Om, the earth. Om, the middle air. Om, the heaven. Om, the world of greatness. Om, the world of the born. Om, the world of austerity. Om, the world of truth.

PRANAYAMA 2

ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

Om. We meditate on the adorable radiance of the divine Savitar, the sun as source of all. May he stir and direct our minds.

PRANAYAMA 3

ओमापो ज्योती रसोऽमृतं ब्रह्म भूर्भुवस्सुवरोम् ॥

Om. The supreme is water, light, essence and the deathless; it is Brahman, it is earth, middle air and heaven. Om.

SANKALPA

ममोपात्तं समस्तं दुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं प्रातः सन्ध्यामुपासिष्ये ॥

So that all the wrongs I have gathered may be wiped away, and for the pleasure of the Supreme Lord, I shall perform the morning twilight worship.

MARJANAM 1

आपो हि ष्ठा मयोभुवः ।
ता न ऊर्जे दधातन ।
महे रणाय चक्षसे ॥

O Waters, you are the bringers of well-being. Grant us strength and nourishment, that we may behold great joy.

MARJANAM 2

यो वः शिवतमो रसः ।
तस्य भाजयतेह नः ।
उशतीरिव मातरः ॥

Give us here a share of your most auspicious essence, as loving mothers share with their children.

MARJANAM 3

तस्मा अरं गमाम वः ।
यस्य क्षयाय जिन्वथ ।
आपो जनयथा च नः ॥

We come to you gladly for that essence, by whose dwelling you give life and delight. O Waters, give us new birth.

MARJANAM 4

ॐ भूर्भुवस्सुवः ॥

Om, earth, middle air and heaven. (Said while sprinkling water around oneself.)

PRASHANA

सूर्यश्च मा मन्युश्च मन्युपतयश्च मन्युकृतेभ्यः ।

पापेभ्यो रक्षन्ताम् ।

यद्वात्रिया पापमकार्षम् ।

मनसा वाचा हस्ताभ्याम् ।

पद्भ्यामुदरेण शिश्रा ।

रात्रिस्तदवलुम्पतु ।

यत्किञ्च दुरितं मयि ।

इदमहं माममृतयोनौ ।

सूर्ये ज्योतिषि जुहोमि स्वाहा ॥

May the Sun, Manyu and the lords of Manyu protect me from wrongs born of anger. Whatever wrong I did in the night, by mind, speech, hands, feet, belly or organ of generation, may the night wipe it away. Whatever fault is in me, I offer it, and myself, into the Sun, the light that is the source of immortality. Svaha.

PUNAR MARJANAM

दधिक्राव्णो अकारिषं जिष्णोरश्वस्य वाजिनः ।

सुरभि नो मुखा करत् प्र ण आयूंषि तारिषत् ॥

I have praised Dadhikravan, the victorious and swift divine horse. May he make our mouths fragrant and carry our lives forward. (The Apo hi shtha verses are then repeated for the second sprinkling.)

ARGHYA

ॐ भूर्भुवस्सुवः ।

तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om, earth, middle air and heaven. We meditate on the adorable radiance of the divine Savitar; may he direct our minds. (Water is offered to the Sun with this mantra, three times in the morning.)

GAYATRI AVAHANAM 1

आयातु वरदा देवी अक्षरं ब्रह्मसम्मितम् ।

गायत्रीं छन्दसां मातेदं ब्रह्म जुषस्व नः ॥

May the boon-giving Goddess come, the imperishable one, equal to Brahman. O Gayatri, mother of the Vedic metres, accept this prayer of ours.

GAYATRI AVAHANAM 2

ओजोऽसि सहोऽसि बलमसि भ्राजोऽसि देवानां धाम नामासि विश्वमसि विश्वायुः सर्वमसि सर्वायुरभिभूरोम् ।

गायत्रीमावाहयामि सावित्रीमावाहयामि सरस्वतीमावाहयामि ॥

You are vigour, you are endurance, you are strength, you are radiance; you are the abode and the name of the gods; you are the universe and the life of the universe; you are all and the life of all; you overcome all. Om. I invoke Gayatri, I invoke Savitri, I invoke Sarasvati.

GAYATRI JAPA

ॐ भूर्भुवस्सुवः ।

तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om, earth, middle air and heaven. We meditate on the adorable radiance of the divine Savitar; may he direct our minds.

GAYATRI UPASTHANAM

उत्तमे शिखरे जाते भूम्यां पर्वतमूर्धनि ।

ब्राह्मणेभ्योऽभ्यनुज्ञाता गच्छ देवि यथासुखम् ॥

O Goddess, born on the highest peak, on the summit of the mountain upon the earth, now take leave of your worshippers and go wherever you please.

SURYA UPASTHANAM 1

मित्रस्य चर्षणीधृतः श्रवो देवस्य सानसिम् ।

सत्यं चित्रश्रवस्तमम् ॥

We praise the glory of the god Mitra, upholder of men - a glory that is gained by seeking it, true, and the most wondrous in fame.

SURYA UPASTHANAM 2

मित्रो जनान् यातयति प्रजानन्मित्रो दाधार पृथिवीमुत द्याम् ।

मित्रः कृष्टीरनिमिषाऽभि चष्टे सत्याय हव्यं घृतवद्विधेम ॥

Mitra, knowing all, sets people to their work; Mitra holds up the earth and the sky. Mitra watches over all peoples with unclosing eyes. To him, the true one, we offer our oblation rich with ghee.

SURYA UPASTHANAM 3

प्र स मित्र मर्तो अस्तु प्रयस्वान् यस्त आदित्य शिक्षति व्रतेन ।

न हन्यते न जीयते त्वोतो नैनमंहो अश्रोत्यन्तितो न दूरात् ॥

O Mitra, son of Aditi, may the mortal who serves you through your sacred law be rich in offerings. The verse says that one protected by you is not slain or overcome, and that distress does not reach him from near or from far.

READ IT ON ITS PAGE

The Sandhyavandanam with its meaning, how and when it is recited, and the same text in five more scripts:
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