

## nitya sandhyā vandanam

### śarīra śuddhi

apavitrah pavitro vā sarvāvasthāṁ gatoḥ pivā |  
 yaḥ smaret puṇḍarīkākṣaṁ sa bāhyābhyantara śśuciḥ ||  
 puṇḍarīkākṣa ! puṇḍarīkākṣa ! puṇḍarīkākṣāya namaḥ |

### ācamaṇḥ

oṃ ācamya  
 oṃ keśavāya svāhā  
 oṃ nārāyaṇāya svāhā  
 oṃ mādhanvāya svāhā (iti trirācamya)  
 oṃ govindāya namaḥ (pāṇī mārjayitvā)  
 oṃ viṣṇave namaḥ  
 oṃ madhusūdanāya namaḥ (oṣṭhau mārjayitvā)  
 oṃ trivikramāya namaḥ  
 oṃ vāmanāya namaḥ (śirasi jalam prokṣya)  
 oṃ śrīdharāya namaḥ  
 oṃ hrīkeśāya namaḥ (vāmahaste jalam prokṣya)  
 oṃ padmanābhāya namaḥ (pādayoḥ jalam prokṣya)  
 oṃ dāmodarāya namaḥ (śirasi jalam prokṣya)  
 oṃ saṅkarṣaṇāya namaḥ (aṅgulibhiścibukam jalam prokṣya)  
 oṃ vāsudevāya namaḥ  
 oṃ pradyumnāya namaḥ (nāsikām sprṣtvā)  
 oṃ aniruddhāya namaḥ  
 oṃ puruṣottamāya namaḥ  
 oṃ adhokṣajāya namaḥ  
 oṃ nārasimhāya namaḥ (netre śrotre ca sprṣtvā)  
 oṃ acyutāya namaḥ (nābhīm sprṣtvā)  
 oṃ janārdhanāya namaḥ (hṛdayam sprṣtvā)  
 oṃ upendrāya namaḥ (hastam śirasi nikṣipya)  
 oṃ haraye namaḥ  
 oṃ śrīkrṣṇāya namaḥ (aṃsau sprṣtvā)  
 oṃ śrīkrṣṇa parabrahmaṇe namo namaḥ

(etānyuccārya upyakta prakāram kṛte aṅgāni śuddhāni bhavyeḥ)

**bhūtoccāṭana**

uttiṣṭhantu | bhūta piśācāḥ | ye te bhūmibhārakāḥ | ye teṣāmavirodhena | brahmakarma samārabhe | oṃ  
bhūrbhuvassuvah |  
daiivī gāyatrī candah prāṇāyāme viniyogaḥ

(prāṇāyāmaṃ kṛtvā kumbhake imaṃ gāyatrī mantramuccharet)

**prāṇāyāmaḥ**

oṃ bhūḥ | oṃ bhuvah | oṃ suvah | oṃ mahah | oṃ janah | oṃ tapaḥ | oṃ satyam |  
oṃ tathsa' viturvare'nyam bhargo' devasya' dhīmahi |  
dhiyo yo na'ḥ pracodayā't ||  
omāpo jyotī raṣo mr̥taṃ brahma bhū-rbhuvā-ssuvarom || (tai. ara. 10-27)

**saṅkalpaḥ**

mamopāṭta, durita kṣayadvārā, śrī parameśvara muddisya, śrī parameśvara prītyarthaṃ, śubhe, śobhane,  
abhyudaya muhūrte, śrī mahāviṣṇo rāññayā, pravarta mānasya, adya brahmaṇah, dvitīya parārthe,  
śvetavarāha kalpe, vaivaśvata manvantare, kaliyuge, prathama pāde, (bhārata deśah - jambū dvīpe,  
bharata varṣe, bhārata khaṇḍe, meroḥ dakṣiṇa/uttara digbhāge; amerikā - krauñca dvīpe, ramaṇaka varṣe,  
aindrika khaṇḍe, sapta samudrāntare, kapilāranye), śobhana gr̥he, samasta devatā brāhmaṇa, harihara  
gurucarāṇa sannithau, asmin, vartamāna, vyāvahārika, cāndramāna, ... saṃvatsare, ... ayane, ... ṛte, ...  
māse, ... pakṣe, ... tithau, ... vāsare, ... śubha nakṣatra, śubha yoga, śubha karaṇa, evaṅguṇa, viśeṣaṇa,  
viśiṣṭhāyām, śubha tithau, śrīmān, ... gotraḥ, ... nāmadheyah, ... gotrasya, ... nāmadheyohaṃḥ  
prātaḥ/madhyāhnikā/sāyaṃ sandhyām upāsiṣye ||

**mārjanaḥ**

oṃ āpohiṣṭhā ma' yobhuva'ḥ | tā na' ūrje da' dhātana | maheranā'ya cakṣa'se | yo va'ḥ śivata'mo rasa'ḥ |  
tasya' bhājayate ha naḥ | uśatīri'va mātara'ḥ | tas mā ara'ṅga māma vah | ya sya kṣayā'ya jinva'tha | āpo'  
janaya'thā ca naḥ | (tai. ara. 4-42)

(iti śirasi mārjayet)

(hastena jalam gr̥hītvā)

**prātaḥ kālā mantrācamaṇah**

sūrya śca, māmanyu śca, manyupataya śca, manyu'kr̥tebhyah | pāpebhyo' rakṣantām | yadrātryā pāpa'  
makārṣam | manasā vācā' hastābhyām | padbhyā mudare'ṇa śiśñcā | rātri stada'valumpatu | yatkiñca'  
duritaṃ mayi' | idamaḥ mā mam'ṛ'ta yo nau | sūrye jyotiṣi juho'mi svāhā' || (tai. ara. 10. 24)

### madhyāhna kāla mantrācamaṇaḥ

āpa'ḥ punantu pṛthivīm pṛ'thivī pūtā pu'nātu mām | punantu brahma'naṣpati rbrahmā' pūtā pu'nātu mām  
| yaducchi'sta mabho''jyaṃ yadvā' duścari'taṃ mama' | sarva'm punantu mā māpo'ḥ satā űca'  
pratigrahaḡg svāhā'' || (tai. ara. pariśiṣṭaḥ 10. 30)

### sāyaṅkāla mantrācamaṇaḥ

agni śca mā manyu śca manyupataya śca manyu'kr̥tebhyaḥ | pāpebhyo' rakṣantām | yadahnā pāpa'  
makāṛṣam | manasā vācā' haṣṭābhyām | padbhyā mudare'ṇa śiśñcā | aha stada'valumpatu | ya tkiñca'  
duritaṃ mayi' | ida mahaṃ mā mamṛ'ta yonau | satye jyotiṣi juhomi svāhā'' || (tai. ara. 10. 24)

(iti mantreṇa jalaṃ pibet)

ācamya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

### dvitīya mārjanaḥ

dadhi krāvāṇṇo' akāriṣam | jiṣṇo raśva'sya vāji'naḥ |  
surabhino mukhā'karatprana āyūg'mṣi tāriṣat ||

(sūryapakṣe lokayātrā nirvāhaka ityarthah)

oṃ āpo hiṣṭhā ma'yobhuva'ḥ | tā na' ūrje da'dhātana | maheraṇā'ya cakṣa'se | yo va'ḥ śivata'mo rasa'ḥ |  
tasya' bhājayate ha naḥ | uśatīri'va mātara'ḥ | tasmā ara'ṅga māma vaḥ | yasya kṣayā'ya jinva'tha | āpo'  
janaya'thā ca naḥ || (tai. ara. 4. 42)

### punaḥ mārjanaḥ

hira'ṇyavarnā śśuca'yāḥ pāvakāḥ yā su'jātaḥ kaśyapo yā svindra'ḥ | agniṃ yā garbha'n-dadhire virū'pā  
stāna āpaśśagg syonā bha'vantu | yā sāgṃ rājā varu'no yāti madhye' satyānrte a'vapaśyaṃ janā'nām |  
madhu ścutaśśuca'yo yāḥ pā'vakā stāna āpaśśagg syonā bha'vantu | yāsā'm devā divi kr̥ṇvanti' bhakṣam  
yā antari'kṣe bahūthā bhava'nti | yāḥ pṛ'thivīm paya'sondanti' śśukrāstāna āpaśagg syonā bha'vantu |  
yāḥ śivena' mā cakṣu'sā paśyatāpaśśivayā' tanu vopa'spṛṣata tvaca' mme | sarvāg'm agniḡm  
ra'psuśado' huve vo mayi varco bala mojo nidha'tta || (tai. saṃ. 5. 6. 1)  
(mārjanaṃ kuryāt)

### aghamarṣaṇa mantraḥ pāpavimocanaṃ

(hastena jalamādāya niśśvasya vāmato nikṣitapet)

drupaḍā di'va muñcatu | drupaḍā dive nmu'mucānaḥ |

svinna ssnātvī malā' divaḥ | pūtaṃ pavitre' ne vājya''m āpa' śśundantu maina'saḥ || (tai. brā. 266)

ācamya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

prāṇāyāmamya

### **laghusaṅkalpaḥ**

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyām śubhatithau mamopātta durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara prītyarthaṃ prātassandhyāṅga yathā kālocita arghyapradānaṃ kariṣye ||

### **prātaḥ kālārghya mantram**

oṃ bhūrbhuvassuva'ḥ || tathsa' viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā''t ||  
3 ||

### **madhyāhnārghya mantram**

oṃ hagṃ saśśu' ciṣa dvasu' rantariksasa ddotā' vedīṣadati' thi rduronasat | nr̥ṣa dva' rasa dī' tasa dvyo' ma sadabjā gojā ṛ' tajā a' drijā rtam-brhat || (tai. ara. 10. 4)

### **sāyam kālārghya mantram**

oṃ bhūrbhuvassuva'ḥ || tathsa' viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā''t ||  
oṃ bhūḥ | oṃ bhuvah | oṃ suvah | oṃ mahah | oṃ janah | oṃ tapaḥ | oṃ satyam | oṃ  
tathsa' viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā''t || omāpo jyotī  
raṣo mṛtaṃ brahma bhū-rbhuvā-ssuvarom ||

(ityaṅjalitrayaṃ visṛjet)

kālātikramaṇa prāyaścittam

ācamya...

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyām śubhatithau mamopātta durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara prītyarthaṃ kālātikrama doṣaparihārārthaṃ caturthā arghyapradānaṃ kariṣye ||

oṃ bhūrbhuvassuva'ḥ || tathsa' viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā''t ||  
oṃ bhūḥ | oṃ bhuvah | oṃ suvah | oṃ mahah | oṃ janah | oṃ tapaḥ | oṃ satyam | oṃ  
tathsa' viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ pracodayā''t || omāpo jyotī  
raṣo mṛtaṃ brahma bhū-rbhuvā-ssuvarom ||

(iti jalaṃ visṛjet)

### **sajala pradakṣiṇam**

om udyanta'mastam yanta' māḍitya ma'bhithyāya nkurvan-brā'hmaṇo vidvān tsakala'm-  
bhadrama'snute asāvā' ḍityo brahmeti || brahmaiva san-brahmāpyeti ya evaṃ veda || asāvādityo brahma ||  
 (tai. ara. 2. 2)

(evam arghyatrayaṃ dadyāt kālātikramaṇe pūrvavat)  
 (paścāt hastena jalamādāya pradakṣiṇaṃ kuryāt)  
 (dvirācāmya prāṇāyāma trayam kṛtvā)

ācāmya (om keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

### **sandhyāṅga tarpaṇam**

#### **prātaḥkāla tarpaṇam**

sandhyāṃ tarpayāmi, gāyatrīṃ tarpayāmi, brāhmīṃ tarpayāmi, nimrjīṃ tarpayāmi ||

#### **madhyāhna tarpaṇam**

sandhyāṃ tarpayāmi, sāvitrīṃ tarpayāmi, raudrīṃ tarpayāmi, nimrjīṃ tarpayāmi ||

#### **sāyaṅkāla tarpaṇam**

sandhyāṃ tarpayāmi, sarasvatīṃ tarpayāmi, vaiṣṇavīṃ tarpayāmi, nimrjīṃ tarpayāmi ||

(punarācāmanam kuryāt)

### **gāyatrī avāhana**

omityekākṣa'raṃ brahma | agnirdevatā brahma' ityārṣam | gāyatraṃ chandaṃ paramātma'ṃ sarūpam |  
 sāyujyaṃ vi'niyogam || (tai. ara. 10. 33)

āyā'tu vara'dā devī akṣara'ṃ brahmasammitam | gāyatrī'ṃ chanda'sām mātedaṃ bra'hma juṣasva' me |  
 yadahnā't-kuru'te pāpaṃ tadahnā't-pratimucya'te | yadrātriyā't-kuru'te pāpaṃ tadrātriyā't-  
 pratimucya'te | sarva' varṇe ma'hādevi sandhyāvi'dye sarasva'ti ||

ojo' si saho' si bala'masi bhrājo' si devānām dhāmanāmā'si viśva'masi viśvāyu-ssarva'masi  
sarvāyu-rabhibhūrom | gāyatrī-māvā' hayāmi sāvitrī-māvā' hayāmi sarasvatī-māvā' hayāmi chandarṣi-  
 nāvā' hayāmi śriya-māvāha' yāmi gāyatriyā gāyatrī cchando viśvāmitraṣi ssvitā devatā' gnir-mukham  
 brahmā śiro viṣṇur-hṛdayagṃ rudra-śśikhā pṛthivī yoniḥ prāṇāpāna vyānodāna samānā saprāṇā  
 śvetavarṇā sāṅkhyāyana sagotrā gāyatrī caturvigṃ śatyakṣarā tripadā' ṣaṭ-kuksiḥ pañca-śrīṣopanayane  
 vi'niyogaḥ | om bhūḥ | om bhuvah | om suvah | om mahah | om janah | om tapah | om satyam | om  
 tathsa' viturvare'nyam bhargo' devasya' dhīmahi | dhiyo yo na'h pracodayā't || omāpo jyotī  
raso mṛtaṃ brahma bhū-rbhūva-ssuvarom || (mahānārāyaṇa upaniṣat)

ācamya (om keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

### **japasaṅkalpaḥ**

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyām śubhatithau mamopātta durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara prītyarthaṃ sandhyāṅga yathāśakti gāyatrī mahāmantra japaṃ kariṣye ||

### **karanyāsaḥ**

om tathsa' vituḥ brahmātmāne aṅguṣṭhābhyām namaḥ |  
 vare''nyam viṣṇavātmāne tarjanībhyām namaḥ |  
 bhargo' devasya' rudrātmāne madhyamābhyām namaḥ |  
 dhīmahi satyātmāne anāmikābhyām namaḥ |  
 dhiyo yo na'ḥ nñānātmāne kaniṣṭhikābhyām namaḥ |  
 pracodayā''t sarvātmāne karatala karaprṣṭhābhyām namaḥ |

### **aṅganyāsaḥ**

om tathsa' vituḥ brahmātmāne hṛdayāya namaḥ |  
 vare''nyam viṣṇavātmāne śīrase svāhā |  
 bhargo' devasya' rudrātmāne śikhāyai vaṣaṭ |  
 dhīmahi satyātmāne kavacāya hum |  
 dhiyo yo na'ḥ nñānātmāne netrātrayāya vaṣaṭ |  
 pracodayā''t sarvātmāne astrāyaphaṭ |  
 om bhūrbhuvassuvaromiti digbhandhaḥ |

### **dhyānam**

muktāvidruma hemañīla dhava|accāyair-mukhai strīkṣaṇaiḥ |  
 yuktāminduni baddha ratna makuṭāṃ tatvārtha varṇātmikām |  
 gāyatrīm varadābhayāñkuśa kaśāśśubhrañkapālaṅgadām |  
 śaṅkhañcakra madhāravinda yugaḷaṃ hastairvahantīm bhaje ||

### **caturviṃśati mudrā pradarśanaṃ**

sumukhaṃ sampuṭiñcaiva vitataṃ viśṛtaṃ tathā |  
 dvimukhaṃ trimukhañcaiva catuḥ pañca mukhaṃ tathā |  
 ṣaṇmukho2tho mukhaṃ caiva vyāpakāñjalikaṃ tathā |  
 śakaṭaṃ yamaṇāśaṃ ca grathitaṃ sammukhonmukham |  
 pralambaṃ muṣṭikaṃ caiva matsyaḥ kūrmo varāhakam |  
 siṃhākrāntaṃ mahākrāntaṃ mudgaraṃ pallavaṃ tathā |

caturviṃśati mudrā vai gāyatrīyaṃ supraṭiṣṭhitāḥ |  
itimudrā na jānāti gāyatrī niṣphalā bhavet ||

yo deva sṣavitā<sup>2</sup> smākaṃ dhiyo dharmādigocarāḥ |  
prerayettasya yadbhargasta dvareṇya mupāsmahe ||

### **gāyatrī mantram**

**oṃ bhūrbhuvassuva'ḥ || tathsa'yiturvare''nyam bhargo' devasya' dhīmahi |**  
**dhiyo yo na'ḥ pracodayā''t ||**

### **aṣṭamudrā pradarśanam**

surabhir-nṅāna cakre ca yoniḥ kūrmo<sup>2</sup> tha paṅkajam |  
liṅgaṃ niryāṇa mudrā cetyaṣṭa mudrāḥ prakīrtitāḥ ||  
oṃ tatsad-brahmārpaṇamastu |

ācamya (oṃ keśavāya svāhā, ... śrī kṛṣṇa parabrahmaṇe namo namaḥ)

dviḥ parimujya |  
saktidupa spr̥śya |  
yatsavyaṃ pāṇim |  
pādam |  
prokṣati śiraḥ |  
cakṣuṣī |  
nāsike |  
śrotre |  
hṛdayamālabhya |

### **prātaḥkāla sūryopasthānam**

oṃ mitrasya' carṣanī dhr̥ta śravo' devasya' sāna sim | satyaṃ citraśra' vastamam | mitro janān' yātayati  
prajānan-mitro dā' dhāra pṛthivī mutadyām | mitraḥ kṛṣṭī rani' miṣā<sup>2</sup> bhi ca' ṣṭe satyāya' havyaṃ  
ghrtava' dvidhema | prasami' ttra martyo' aṣtu praya' svā nyasta' āditya śikṣa'ti vratena' | na ha'nyate na  
jī'yate tvotonaina magmho' aśno tyanti'to na dūrāt || (tai. saṃ. 3.4.11)

### **madhyāhna sūryopasthānam**

oṃ ā satyena raja' sā varta' māno niveśa'ya namṛtaṃ martya' ṅca | hiranyaye' na savitā rathenā<sup>2</sup> devo  
yā'ti bhuva'nā nipaśyan' ||

udvaya ntama' sa spari' paśya' nto jyoti' rutta' ram | devan-de' vatrā sūrya maga'nma jyoti' ruttamam ||

udutyam jātave'dasam devam va'hanti ketava'h | dr̥ṣe viśvā' ya sūrya'm || citram devānā muda'gā  
danī'kaṃ cakṣu'r-mitrasya varu'ṇa syāgneḥ | aprā dyāvā' pṛthivī antari'ksagṃ sūrya' ātmā jaga'ta  
stasthuṣa'śca ||

taccakṣu'r-devahi'tam purastā''ccukra muccara't | paśye'ma śarada'śśatam jīve'ma śarada'śśatam  
nandā'ma śarada'śśatam modā'ma śarada'śśatam bhavā'ma śarada'śśatagṃ śṛṇavā'ma śarada'śśatam  
pabra'vāma śarada'śśatamajī'tāsyāma śarada'śśatam jokca sūrya'm dr̥ṣe || ya uda'gānmaḥato'ṇavā''  
dvibhrāja'māna ssarirasya madhyāthsamā' vṛṣabho lo'hitākṣasūryo' vipaścinmana'sā punātu ||

### sāyaṅkāla sūryopasthānam

om imamme' varuṇa śṛdhī hava' madyā ca' mṛḍaya | tvā ma'vasyu rāca'ke || tatvā' yāmi brahma'nā  
vanda'māna sta dāśā''ste yaja'māno havirbhi'h | ahe'ḍamāno varuṇeḥa bodhyuru'śagṃ samā'na āyuh  
pramo'ṣṭh ||

yacciddhite viśoyathā pradeva varuṇavratam | minīmasidya vidyavi | yatkiñcedam varuṇadaivye  
jane'bhidroha mmanuṣyāscarāmasi | acitte yattava dharmāyuyopi mamāna stasmā denaso devarīriṣaḥ |  
kitavāso yadripurnadīvi yadvāghā satyamutayanna vidma | sarvātāviṣya śidhirevadevā thātesyāma  
varuṇa priyāsaḥ || (tai. saṃ. 1.1.1)

### digdevatā namaskāraḥ

(etairnamaskāraṃ kuryāt)

om namaḥ prācyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |  
om namaḥ dakṣiṇāyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |  
om namaḥ prati''cyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |  
om namaḥ udī''cyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |  
om namaḥ ūrdhvāyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |  
om namo'dha'rāyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |  
om namo'vāntarāyai' diśe yāśca' devatā' etasyāṃ prati'vasantye tābhya'śca nama'h |

### muni namaskāraḥ

namo gaṅgā yamunayor-madhye ye' vasanti te me prasannātmāna ścirañjīvitam va'rdhayanti namo  
gaṅgā yamunayor-muni'bhyaśca namo namo gaṅgā yamunayor-muni'bhyaśca na'maḥ ||

### sandhyādevatā namaskāraḥ

sandhyā'yai' nama'h | sāvi'tryai' nama'h | gāya'tryai' nama'h | sara'svatyai' nama'h | sarvā'bhyo  
devatā'bhyo nama'h | devebhyo nama'h | ṛṣi'bhyo nama'h | muni'bhyo nama'h | guru'bhyo nama'h |  
pitṛ'bhyo nama'h | kāmo'kārṣī'' rnamo namaḥ | manyu rakārṣī'' rnamo namaḥ | pṛthivyāpastejo



vāyu'rākāśāt namaḥ || (tai. ara. 2.18.52)

oṃ namo bhagavate vāsu'devāya | yāgṃ sadā' sarvabhūtāni carāṇi' sthāvarāṇi' ca | sāyam prāta  
ma'masyanti sā mā sandhyā' ॐ bhirakṣatu ||

śivāya viṣṇurūpāya śivarūpāya viṣṇave |  
śivasya hṛdayaṃ viṣṇurviṣṇośca hṛdayaṃ śivaḥ ||  
yathā śivamayo viṣṇurevaṃ viṣṇumayaḥ śivaḥ |  
yathā ॐ ntaram na paśyāmi tathā me svastirāyusi ||  
namo brahmaṇya devāya go brāhmaṇa hitāya ca |  
jagaddhitāya kṛṣṇāya govindāya namo namaḥ ||

### **gāyatrī udvāsana (prasthānaṃ)**

uttame' śikha're jāte bhūmyāṃ pa'rvaṭamūrtha'ni | brāhmaṇe'bhyo ॐ bhya'nu nñātā gaccade'vi  
yathāsu'kham | stuto mayā varadā ve'damātā pracodayantī pavane'' dvijātā | āyuh pṛthivyāṃ draviṇaṃ  
bra'hmayarcasaṃ mahyaṃ datvā prajātum bra'hmalokam || (mahānārāyaṇa upaniṣat)

### **bhagavannamaskāraḥ**

namo ॐ stvanantāya sahasramūrtaye sahasra pādākṣi śīroru bāhave |  
sahasra nāmne puruṣāya śāsvate sahasrakoṭī yuga dhāriṇe namaḥ ||

### **bhūmyākāśābhi vandanam**

idaṃ dyā'vā pṛthivī satyama'stu | pītar-mātaryadi hopa' brvevā'm |  
bhūtaṃ devānā' mavame avo'bhiḥ | vidyā meṣaṃ vrjina'm jīradā'num ||

ākāśāt-patitaṃ toyam yathā gacchati sāgaram |  
sarvadeva namaskāraḥ keśavaṃ pratigacchati ||  
śrī keśavaṃ pratigacchatyonnama iti |

sarvavedeṣu yatpuṇyam | sarvatīrtheṣu yatphalam |  
tatphalaṃ puruṣa āpnoti stutvādevaṃ janārdhanam ||  
stutvādevaṃ janārdhana oṃ nama iti ||  
vāsanād-vāsudevasya vāsitaṃ te jayatrayam |  
sarvabhūta nivāso ॐ si śrīvāsudeva namo ॐ stute ||  
śrī vāsudeva namo ॐ stute oṃ nama iti |

### **abhivādaḥ (pravara)**

catussāgara paryantaṃ go brāhmaṇebhyaḥ śubhaṃ bhavatu | ... pravārānvita ... gotraḥ ... sūtraḥ ...

śākhādhyāyī ... ahaṃ bho abhivādaye ||

**īśvarārpaṇaṃ**

kāyena vācā manasendriyairvā | buddhyā॑॑ tmanā vā prakṛte ssvabhāvāt |

karomi yadyat-sakalaṃ parasmai śrīmannārāyaṇāyeti samarpayāmi ||

hariḥ oṃ tatsat | tatsarvaṃ śrī parameśvarārpaṇamastu |

Web Url: <http://www.vignanam.org/veda/nitya-sandhya-vandanam-english.html>