

## nitya sandhyā vandanam

### śarīra śuddhi

apavitraḥ pavitro vā sarvāvasthā”ṃ gato ॐ pivā |  
 yaḥ smaret puṇḍarīkākṣam sa bāhyābhyantara śśuciḥ ||  
 puṇḍarīkākṣa ! puṇḍarīkākṣa ! puṇḍarīkākṣāya namaḥ |

### ācamanaḥ

oṃ ācamya  
 oṃ keśavāya svāhā  
 oṃ nārāyaṇāya svāhā  
 oṃ mādhavāya svāhā (iti trirācamya)  
 oṃ govindāya namaḥ (pāṇī mārjayitvā)  
 oṃ viṣṇave namaḥ  
 oṃ madhusūdanāya namaḥ (oṣṭhau mārjayitvā)  
 oṃ trivikramāya namaḥ  
 oṃ vāmanāya namaḥ (śirasi jalaṃ prokṣya)  
 oṃ śrīdharāya namaḥ  
 oṃ hṛṣīkeśāya namaḥ (vāmahaste jalaṃ prokṣya)  
 oṃ padmanābhāya namaḥ (pādayoḥ jalaṃ prokṣya)  
 oṃ dāmodarāya namaḥ (śirasi jalaṃ prokṣya)  
 oṃ saṅkarṣaṇāya namaḥ (aṅgulibhiścibukaṃ jalaṃ prokṣya)  
 oṃ vāsudevāya namaḥ  
 oṃ pradyumnāya namaḥ (nāsikāṃ sprṣṭvā)

oṃ aniruddhāya namaḥ  
 oṃ puruṣottamāya namaḥ  
 oṃ adhokṣajāya namaḥ  
 oṃ nārasimhāya namaḥ (netre śrotre ca sprṣtvā)  
 oṃ acyutāya namaḥ (nābhiṃ sprṣtvā)  
 oṃ janārdhanāya namaḥ (hṛdayaṃ sprṣtvā)  
 oṃ upendrāya namaḥ (hastam śirasi niḥspīya)  
 oṃ haraye namaḥ  
 oṃ śrīkrṣṇāya namaḥ (aṃsau sprṣtvā)  
 oṃ śrīkrṣṇa parabrahmaṇe namo namaḥ

(etānyuccārya upyakta prakāram kṛte aṅgāni śuddhāni bhaveyuh)

### **bhūtoccāṭana**

uttiṣṭhantu | bhūta piśācāḥ | ye te bhūmibhārakāḥ | ye  
 teṣāmavirodhena | brahmakarma samārabhe | oṃ bhūrbhuvassuvaḥ |  
 daivī gāyatrī candah prāṇāyāme viniyogaḥ

(prāṇāyāmaṃ kṛtvā kumbhake imaṃ gāyatrī mantramuccharet)

### **prāṇāyāmaḥ**

oṃ bhūḥ | oṃ bhuvah | oṃ suvah | oṃ mahah | oṃ janah | oṃ tapah |  
 oṃ satyam |  
 oṃ tathsa' viturvare''nyam bhargo' devasya' dhīmahi |  
 dhiyo yo na'ḥ pracodayā''t ||

omāpo jyotī raso 2 mṛtaṃ brahma bhū-rbhūva-ssuvarom || (tai. ara. 10-27)

### **saṅkalpaḥ**

mamopātta, durita kṣayadvārā, śrī parameśvara muddisya, śrī parameśvara prītyartham, śubhe, śobhane, abhyudaya muhūrte, śrī mahāviṣṇo rāññayā, pravarta mānasya, adya brahmaṇaḥ, dvitīya parārthe, śvetavarāha kalpe, vaivaśvata manvantare, kaliyuge, prathama pāde, (bhārata deśaḥ - jambū dvīpe, bharata varṣe, bharata khaṇḍe, meroḥ dakṣiṇa/uttara digbhāge; amerikā - krauñca dvīpe, ramaṇaka varṣe, aindrika khaṇḍe, sapta samudrāntare, kapilāraṇye), 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**

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

(iti śirasi mārjayet)

(hastena jalam grhītvā)

### **prātaḥ kāla mantrācamaṇaḥ**

sūrya śca, māmānyu śca, manyupataya śca, manyu'kr̥tebhyaḥ |  
pāpebhyo' rakṣantām | yadrātryā pāpa' makārṣam | manasā vācā'  
hastābhyām | padbhyā mudare'ṇa śiśñcā | rātri stada'valumpatu |  
yatkiñca' duritam mayi' | idamaham mā mamṛ'ta yo nau | sūrye  
jyotiṣi juho'mi svāhā" || (tai. ara. 10. 24)

### **madhyāhna kāla mantrācamaṇaḥ**

āpa'h punantu pṛthivīm pṛ'thivī pūtā pu'nātu mām | punantu  
brahma'naspati rbrahmā' pūtā pu'nātu mām | yaducchi'ṣṭa  
mabho''jyaṃ yadvā' duścari'tam mama' | sarva'm punantu mā  
māpo'ḥ satā ñca' pratigrahagg svāhā" || (tai. ara. pariśiṣṭaḥ 10. 30)

### **sāyaṅkāla mantrācamaṇaḥ**

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

(iti mantreṇa jalam pibet)

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

### **dvitīya mārjanaḥ**

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

(sūryapakṣe lokayātrā nirvāhaka ityarthah)

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

### **punaḥ mārjanaḥ**

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

(mārjanaṃ kuryāt)

## aghamarṣaṇa mantrah pāpavimocanam

(hastena jalamādāya niśśvasya vāmato nikṣitapet)

drupadā di'va muñcatu | drupadā 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

prītyartham prātassandhyāṅga yathā kālocita arghyapradānam kariṣye

||

## prātaḥ kālārghya mantram

oṃ bhūrbhuvassuva'ḥ || tathsa'viturvare''nyam bhargo' devasya'

dhīmahi | dhiyo yo na'ḥ pracodayā''t || 3 ||

## madhyāhnārghya mantram

oṃ hagm saśśu'ciṣa dvasu'rantarikṣasa ddotā' vediṣadati'thi

rduroṇasat | nṛṣa dva'rasa dr'tasa dvyo'ma sadabjā gojā r'tajā a'drijā

ṛtam-brhat || (tai. ara. 10. 4)

### sāyaṃ 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 tapah | oṃ satyam | oṃ  
 tathsa'viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ  
 pracodayā''t || omāpo jyotī raso᳚mṛtaṃ brahma bhū-rbhuva-  
 ssuvarom ||

(ityañjalitrayaṃ viṣṛjet)

kālātikramaṇa prāyaścittam

ācamya...

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyām śubhatithau mamopātta  
 durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara  
 prītyartham kālātikrama doṣaparihārārtham caturthā arghyapradānam  
 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 tapah | oṃ satyam | oṃ  
 tathsa'viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'ḥ  
 pracodayā''t || omāpo jyotī raso᳚mṛtaṃ brahma bhū-rbhuva-  
 ssuvarom ||

(iti jalam viṣṛjet)

### **sajala pradakṣiṇam**

om udyanta'mastaṃ yanta' māditya ma'bhithyāya nkurvan-  
brā''hmaṇo vidvān tsakala'm-bhadrama'śnute asāvā'dityo brahmeti ||  
brahmaiva san-brahmāpyeti ya evam veda || asāvādityo brahma || (tai.  
ara. 2. 2)

(evam arghyatrayam dadyāt kālātikramaṇe pūrvavat)

(paścāt hastena jalamādāya pradakṣiṇam kuryāt)

(dvirācamya prāṇāyāma trayam kṛtvā)

ācamya (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 ||



(punarācamaṇaṃ kuryāt)

### **gāyatrī avāhana**

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

āyā'tu vara'dā devī akṣara'm brahmasammitam | gāyatrī'm  
chanda'sāṃ mātēdaṃ 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 devānāṃ dhāmanāmā'si  
viśva'masi viśvāyu-ssarva'masi sarvāyu-rabhibhūrom | gāyatrī-  
māvā'hayāmi sāvitrī-māvā'hayāmi sarasvatī-māvā'hayāmi chandarṣī-  
nāvā'hayāmi śriya-māvāha'yāmi gāyatriyā gāyatrī cchando  
viśvāmitraṣi ssavitā devatāgnir-mukhaṃ brahmā śiro viṣṇur-  
hṛdayaṃ rudra-śśikhā pṛthivī yoniḥ prāṇāpāna vyānodāna samānā  
saprāṇā śvetavarṇā sāṅkhyāyana sagotrā gāyatrī caturvigṃ śatyakṣarā  
tripadā' ṣaṭ-kuṣiḥ pañca-śīrṣopānāyane vi'niyogaḥ | om bhūḥ | om  
bhuvāḥ | om suvāḥ | om mahāḥ | om janāḥ | om tapāḥ | om satyam |  
om tathsa'viturvare''nyam bhargo' devasya' dhīmahi | dhiyo yo na'h  
pracodayā't || omāpo jyotī rasomṛtaṃ brahma bhū-rbhūva-

ssuvarom || (mahānārāyaṇa upaniṣat)

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

### **japasaṅkalpaḥ**

pūrvokta evaṅguṇa viśeṣaṇa viśiṣṭhāyāṃ śubhatithau mamopātta  
durita kṣayadvārā śrī parameśvara muddisya śrī parameśvara  
prītyartham sandhyāṅga yathāśakti gāyatrī mahāmantra japam kariṣye  
||

### **karanyāsaḥ**

oṃ tathsa' vituḥ brahmātmāne aṅguṣṭhābhyāṃ namaḥ |  
vare''nyam viṣṇavātmāne tarjanībhyāṃ namaḥ |  
bhargo' devasya' rudrātmāne madhyamābhyāṃ namaḥ |  
dhīmahi satyātmāne anāmikābhyāṃ namaḥ |  
dhiyo yo na'h nñānātmāne kaniṣṭhikābhyāṃ namaḥ |  
pracodayā''t sarvātmāne karatala karaprṣṭhābhyāṃ namaḥ |

### **aṅganyāsaḥ**

oṃ tathsa' vituḥ brahmātmāne hṛdayāya namaḥ |  
vare''nyam viṣṇavātmāne śirase svāhā |  
bhargo' devasya' rudrātmāne śikhāyai vaṣaṭ |  
dhīmahi satyātmāne kavacāya hum |  
dhiyo yo na'h nñānātmāne netratrayāya vauṣaṭ |  
pracodayā''t sarvātmāne astrāyaphaṭ |

om bhūrbhuvassuvaromiti digbhandhaḥ |

### **dhyānam**

muktāvidruma hemanīla dhavaḷaccāyair-mukhai strīkṣaṇaiḥ |  
 yuktāminduni baddha ratna makuṭāṃ tatvārtha varṇātmikāṃ |  
 gāyatrīṃ varadābhayāṅkuśa kaśāśsubhraṅkapālaṅgadāṃ |  
 śaṅkhaṅcakra madhāravinda yugaḷaṃ hastairvahantīṃ bhaje ||

### **caturviṃśati mudrā pradarśanam**

sumukhaṃ sampuṭiñcaiva vitataṃ vistr̥taṃ tathā |  
 dvimukhaṃ trimukhañcaiva catuḥ pañca mukhaṃ tathā |  
 ṣaṇmukho<sup>2</sup>tho mukhaṃ caiva vyāpakāñjalikaṃ tathā |  
 śakaṭaṃ yama pāśaṃ ca grathitaṃ sammukhonmukhaṃ |  
 pralambaṃ muṣṭikaṃ caiva matsyaḥ kūrmo varāhakaṃ |  
 siṃhākrāntaṃ mahākrāntaṃ mudgaraṃ pallavaṃ tathā |

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

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

### **gāyatrī mantraṃ**

**om bhūrbhuvassuva'ḥ || tathsa'viturvare''nyam bhargo' devasya'  
 dhīmahi |**

**dhiyo yo na'ḥ pracodayā"t ||**

**aṣṭamudrā pradarśanam**

surabhir-nñāna cakre ca yoniḥ kūrmo<sup>2</sup>tha pañkajam |  
 liṅgam niryāṇa mudrā cetyaṣṭa mudrāḥ prakīrtitāḥ ||  
 om tatsad-brahmārpaṇamastu |

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

dviḥ parimujya |  
 sakṛdupa sprśya |  
 yatsavyam pāṇim |  
 pādama |  
 prokṣati śiraḥ |  
 cakṣuṣī |  
 nāsike |  
 śrotre |  
 hṛdayamālabhya |

**prātaḥkāla sūryopasthānam**

om mitrasya' carṣaṇī dhr̥ta śravo' devasya' sāna sim | satyam  
citraśra' vastamam | mitro janān' yātayati prajānan-mitro dā' dhāra  
pr̥thivī mutadyām | mitraḥ kṛṣṭī rani' miṣā<sup>2</sup>bhi ca' ṣṭe satyāya'  
havyam ghṛtava' dvidhema | prasami' ttra martyo' astu praya' svā  
nyasta' āditya śikṣa' ti vratena' | na ha' nyate na jī' yate tvotonaina

magṃho' aśno tyanti'to na dūrāt || (tai. sam. 3.4.11)

### **madhyāhna sūryopasthānam**

om ā satyena raja'sā varta'māno niveśa'ya nnamṛtaṃ martya'ñca |  
hiranyaye'na savitā rathenā२ 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 || citraṃ devānā muda'gā danī'kaṃ cakṣu'r-mitrasya varu'na  
syāgneḥ | aprā dyāvā' pṛthivī antari'kṣagṃ sūrya' ātmā jaga'ta  
stasthuṣa'śca ||

taccakṣu'r-devahi'taṃ purastā' ccukra muccara't | paśye'ma  
śarada'śśataṃ jīve'ma śarada'śśataṃ nandā'ma śarada'śśataṃ  
modā'ma śarada'śśataṃ bhavā'ma śarada'śśatagṃ śr̥ṇavā'ma  
śarada'śśataṃ pabra'vāma śarada'śśatamajī'tāsyāma śarada'śśataṃ  
jokca sūrya'm dr̥ṣe || ya uda'gānmahato २ r̥ṇavā' dvibhrāja'māna  
ssarirasya madhyāthsamā' vṛṣabho lo'hitākṣasūryo' vipaścinmana'sā  
punātu ||

### **sāyaṅkāla sūryopasthānam**

om imamme' varuṇa śr̥dhī hava' madyā ca' mṛḍaya | tvā ma'vasyu  
rāca'ke || tatvā' yāmi brahma'nā vanda'māna sta dāśā' ste yaja'māno

havirbhi'ḥ | ahe'damāno varuṇeha bodhyuru'śagṃ samā'na āyuh  
pramo'ṣīḥ ||

yacciddhite viśoyathā pradeva varuṇavratam | minīmasidya vidyavi |  
yatkiñcedaṃ varuṇadaivye jane**2**bhidroha mmanuṣyāscarāmasi |  
acitte yattava dharmāyuyopi mamāna stasmā denaso devarīriṣaḥ |  
kitavāso yadriripurnadīvi yadvāghā satyamutayanna vidma |  
sarvātāviṣya śidhirevadevā thātesyāma varuṇa priyāsaḥ || (tai. sam.  
1.1.1)

### **digdevatā namaskāraḥ**

(etairnamaskāraṃ kuryāt)

oṃ namaḥ prācyai' diśe yāśca' devatā' etasyāṃ prati'vasantye  
tābhya'śca nama'ḥ |

oṃ namaḥ dakṣiṇāyai diśe yāśca' devatā' etasyāṃ prati'vasantye  
tābhya'śca nama'ḥ |

oṃ namaḥ prati'cyai diśe yāśca' devatā' etasyāṃ prati'vasantye  
tābhya'śca nama'ḥ |

oṃ namaḥ udī'cyai diśe yāśca' devatā' etasyāṃ prati'vasantye  
tābhya'śca nama'ḥ |

oṃ namaḥ ūrdhvāyai' diśe yāśca' devatā' etasyāṃ prati'vasantye  
tābhya'śca nama'ḥ |

oṃ namo**2**dha'rāyai diśe yāśca' devatā' etasyāṃ prati'vasantye  
tābhya'śca nama'ḥ |

oṃ namo**2**vāntarāyai' diśe yāśca' devatā' etasyāṃ prati'vasantye

tābhya'śca nama'h |

### **muni namaskārah**

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 namaskārah**

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 | kāmokārṣī" rnamo namaḥ | manyu rakārṣī"  
rnamo namaḥ | pṛthivyāpastejo vāyu'rākāśāt namaḥ || (tai. ara.  
2.18.52)

om namo bhagavate vāsu'devāya | yāgṃ sadā' sarvabhūtāni carāni'  
sthāvarāni' ca | sāyaṃ prāta ma'masyanti sā mā  
sandhyā'bhiraḥṣatu ||

śivāya viṣṇurūpāya śivarūpāya viṣṇave |  
śivasya hṛdayam viṣṇurviṣṇośca hṛdayam śivaḥ ||  
yathā śivamayo viṣṇurevam viṣṇumayah śivaḥ |  
yathāntaram na paśyāmi tathā me svastirāyuṣi ||  
namo brahmaṇya devāya go brāhmaṇa hitāya ca |  
jagaddhitāya kṛṣṇāya govindāya namo namaḥ ||

### **gāyatrī udvāsana (prasthānam)**

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

### **bhagavannamaskāraḥ**

namo stvanantāya sahasramūrtaye sahasra pādākṣi śiroru bāhave |  
 sahasra nāmne puruṣāya śāśvate sahasrakoṭi yuga dhāriṇe namaḥ ||

### **bhūmyākāśābhi vandanam**

idaṃ dyā'vā pṛthivī satyama'stu | pitar-mātaryadi hopa' br̥vevā'm |  
 bhūtaṃ devānā' mavame avo'bhiḥ | vidyā meṣaṃ vṛjina'm  
 jīradā'num ||

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

sarvavedeṣu yatpuṇyam | sarvatīrtheṣu yatphalam |  
 tatphalam puruṣa āpnoti stutvādevaṃ janārdhanam ||  
 stutvādevaṃ janārdhana om nama iti ||  
 vāsanād-vāsudevasya vāsitaṃ te jayatrāyam |



sarvabhūta nivāso॑si śrīvāsudeva namo॑stute ||  
 śrī vāsudeva namo॑stute om̐ nama iti |

### **abhivādaḥ (pravara)**

catussāgara paryantaṃ go brāhmaṇebhyaḥ śubhaṃ bhavatu | ...  
 pravarānvita ... gotraḥ ... sūtraḥ ... śākhādhyāyī ... ahaṃ bho  
 abhivādaye ||

### **īśvarārpaṇaṃ**

kāyena vācā manasendriyairvā | buddhyā॑॑ tmanā vā prakṛte  
 ssvabhāvāt |  
 karomi yadyat-sakalaṃ parasmai śrīmannārāyaṇāyeti samarpayāmi ||  
 hariḥ om̐ tatsat | tatsarvaṃ śrī parameśvarārpaṇamastu |

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