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Other aspects of Sandhyavandanam:

When a person does a job wholeheartedly, we say that the person does the activity holding his breath. As a matter of fact argayam to be offered holding one's breath.If we do this everyday all evil forces will be 1/4

destroyed. To do this first we should hold the breath. That is we need to control the breath. Nowadays all we do is, to just hold our nose with our fingers .Shastra says instead of nearly holding the nose, control the vital breath itself .Pranayama means controlling the 2/4

breath. Mind must be very focused in whatever one does. To do asthra prayogam of water also ,mind must be focused. That is why breath is to be controlled .One can ask how is that if breathing is controlled ,mind will be still ? We see when the mind is still the breath also 3/4

stops. Then we breathe fast compensating the breath lost. Therefore like how when the mind is still ,breath stops same way when breath stops mind will be very focused. That is the reason why the breath is to be controlled through Pranayamam before argiyam is given. 4/4