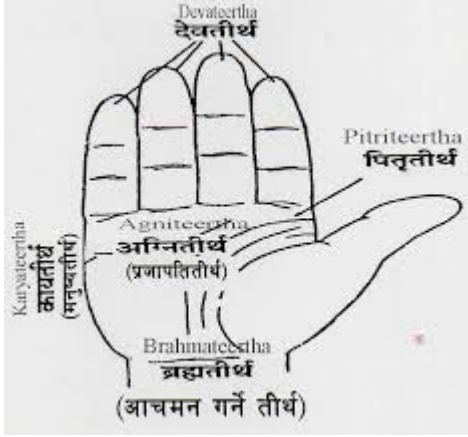


.....,

.....
.....
..... 3
..... 3



.....

.....:-

.....:

.....:

.....:

.....; (.....)
..... (.....)

.....
.....

.....
.....

Sandhyavandanam/Madhyahnika

1. Achamanam (Cleaning – clean the interior by sipping of water with mantra and clean the exterior by touching the various organs chanting divine name)
Do this sitting facing east or north. The hands should be between the knees. Bend all the fingers except the thumb and the little finger. Take a very small quantity of water in the palm and sip (as brahma thirtha) after each mantra.



अच्युताय नमः ।

अनन्ताय नमः ।

गोविन्दाय नमः ।

Brahma Thirtha: Water poured down through the base of the palms.

Put little water on the base of thumb and wipe the mouth. Repeat this twice. Clean the palm. Touch various parts of the body using the specific fingers after each mantra.

Right Thumb	केशव	Right Cheek	नारायण	Left Cheek
Thumb + Right Ring Finger*	माधव	Right Eye	गोविन्द	Left Eye
Thumb + Right Fore finger*	विष्णु	Right side of nose	मधुसूदन	Left side of nose
Thumb + Right Little finger*	त्रिविक्रम	Right ear	वामन	Left ear
Thumb + Right Middle finger*	श्रीधर	Right Shoulder	हृषीकेश	Left Shoulder
All right fingers	पद्मनाभ	Naval	दामोदर	Top of head

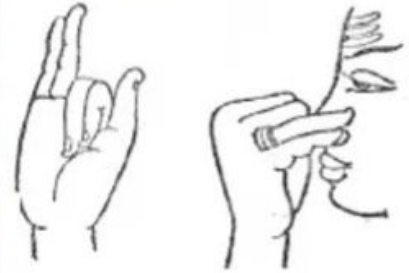
* In all these cases the thumb should be touching the middle of the respective fingers.

2. Vighneswara dhyanam – (Gently tap the two sides of the forehead with the fists five times)
Prayer to Lord Ganesha who has a serene smile, white like a moon clad in white cloth to remove all obstacles.

शुक्राम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये । ।

Imagine that the nectar in the head flows down through all the nerves and invigorates them.



3. Pranayamam (Regulation of breath)

ॐ भूः । ॐ भुवः । ओँ सुवः । ॐ महः । ॐ जनः । ॐ तपः । ओँ सत्यं । - (I)

ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् । - (II)

ओमापो ज्योती रसोऽमृतं ब्रह्म भू-भुव-स्सुव-रोम् । । - (III) – (Touch the right ear with right hand palm.)

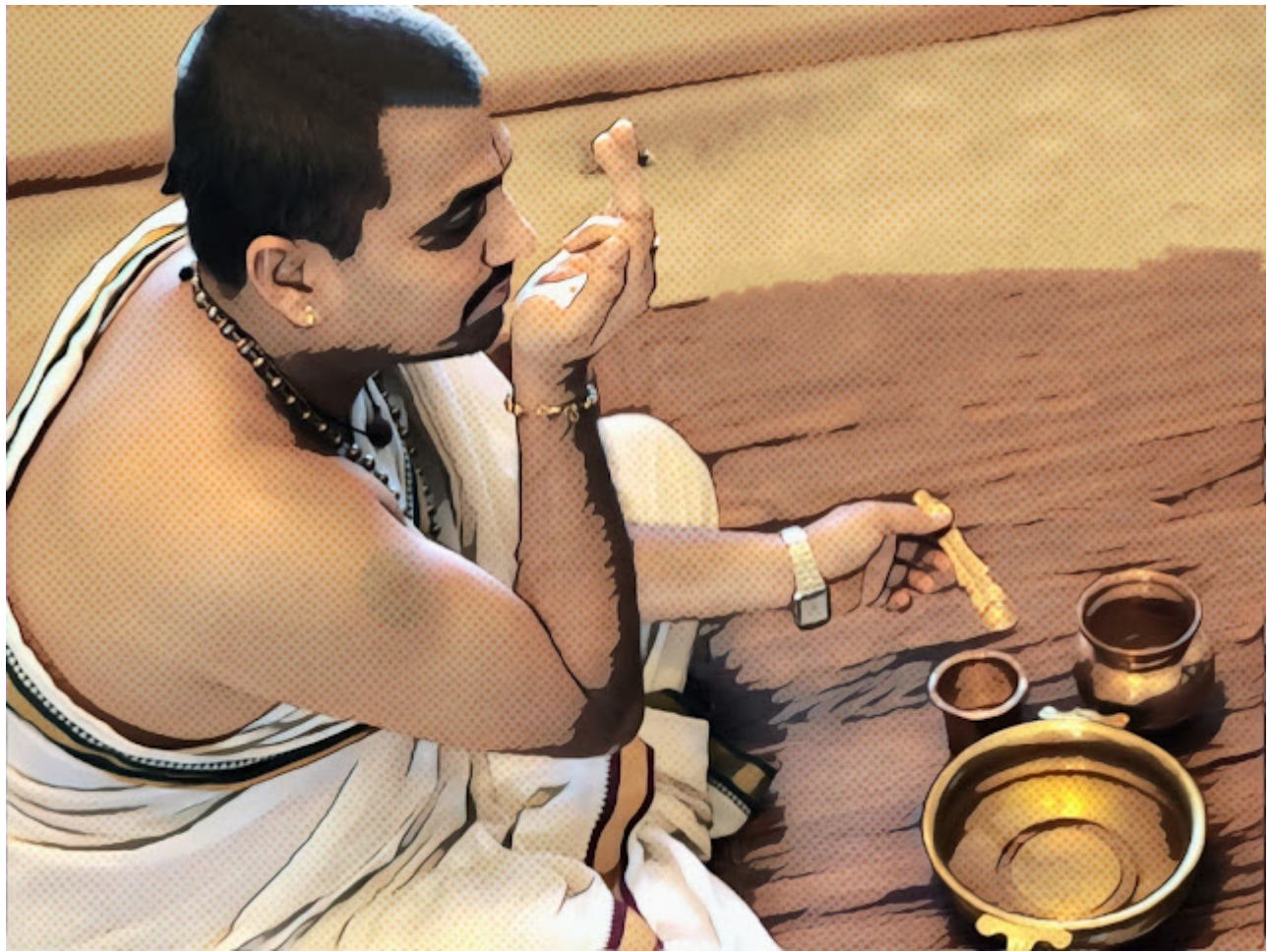
Beginners: Inhale while chanting line I, and exhale while chanting Lines II & III. Start inhalation from left nostril and exhale through right nostril. Continue pranayama in a chained fashion through the nostril through which the breath was exhaled.

.....,.....
.....
..... 3

..... :-

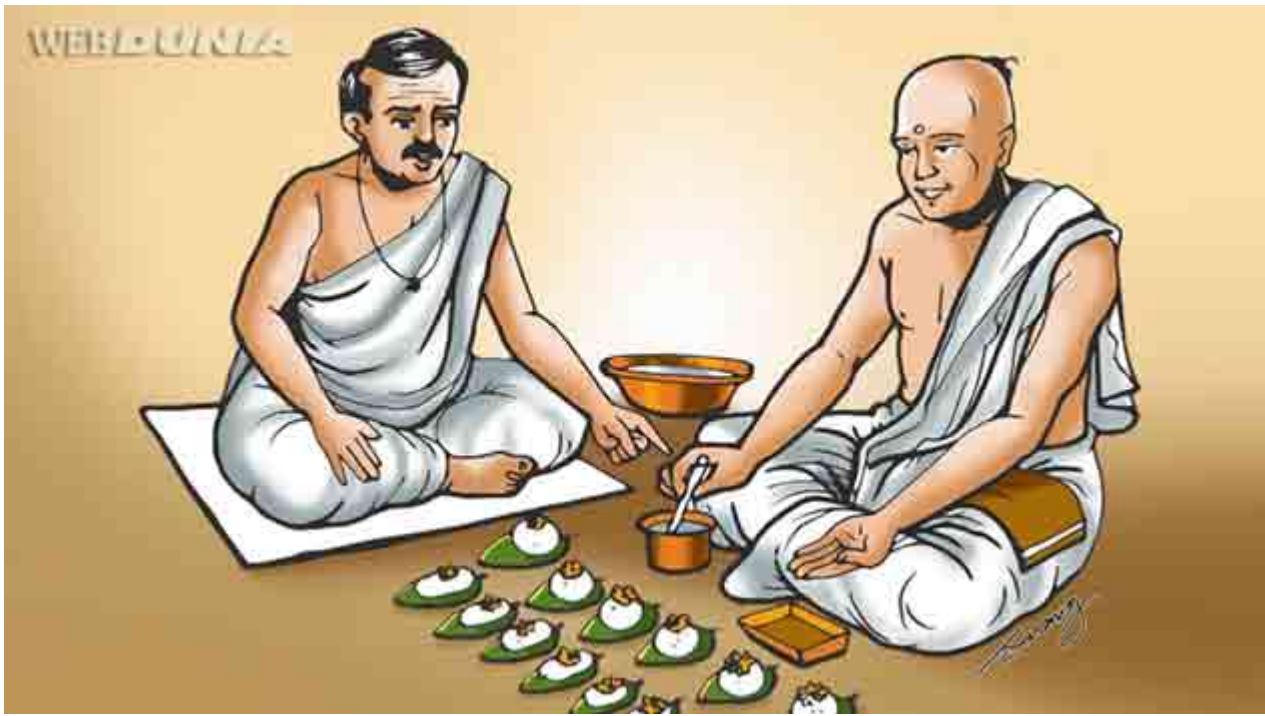
.....
.....
.....

.....



.....

.....
.....
..... |



Credit: Vedic Wisdom UK