

Day 1: August 7, 2017

Kamo Karisheeth Manyura Karisheeth Japam

Perform Achamanam, Ganapathi dyanam, Pranayamam.

Mamo patha samastha duritha kshya dwara Sri Parameshwara preethyartham.

Tadeva lagnam sudhinam tadaiva,

Tharaa balam chandra balam thadaiva ,

Vidhya balam daiva balam tadaiva,

Sri Lakshmi pathe aangriyugam smaraami

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari
kaksham, Sabahya Abhyanthara shuchihi , Manasam vaachikam paapam ,
Karmanam Samuparjitham, Sri Rama smaranenaiva vyopahathi na samshayah
Sree Rama Rama Rama,

Tithir Vishnu, Tatha vaarah, Nakshatram Vishnu reva cha, Yogascha karanam
chaiva sarvam Vishnu mayam Jagat ,

Sri Govinda , Govinda, Govinda

Aadhya sri bhagavatha mahaa purushasya Vishnoh Agnaya , Pravarthamanasya ,
Aadhya brahmanah ,

Shubhe Shobhane Muhurthe, Aadhya brahmanaha , Dweethiya parardhe,
shweta varaha kalpe, , Vaivaswatha manvanthare, ashta vimshathi thame, kali
yuge, prathame padhe, Jamboo dweepe, Bharatha varshe , Bharatha Kande,
Meroh Dakshine parshwe, Shakabde, Asmin vartamane , vyaavaharike
prabhavaadheenam sashtyah samvatsaranaam madhye , *Hevilambi* nama
samvatstare, *Dakshinaayane*, *Greeshma* rithou, *Kataka* mase, *Shukla* pakshe,
Pournamasyam, Shubha tithou, *Indu* vasara yukthayam, *Shravana* nakshatra
yukthayam , Shubhayoga, Shubha karana evam guna, viseshana visishtaayam,
Asyam, pournamaasyam, shubha thithou.

Taishyaam pournamaasyam adhyayoth utsarjana akarana praayaschithartham ,
samvatsara praayaschithartham,

Ashtothara satha sankhyaya kamo karisheeth manyura karisheeth lthi maha
manthra japam karishye.

**Meaning: For getting rid of all our problems and to please Lord
Parameshwara, at this favourable time, which has the power of the stars, the
power of the moon and the power of knowledge, I meditate on the consort of
Goddess Lakshmi.**

**For making the unholy, the holy, at all times, I meditate on the lotus eyed
God. For getting cleansed of the sins committed by the mind as well as word
and the sins which were committed in the performance of duties, I accept
that the only way is to remember the name of Rama.**

**In the beginning due to the wish of Lord Vishnu, the world started functioning
and the first Brahma was created. In the second division in the age of the
white boar, during the rule of Vaivaswatha Manu, in the 28th part Kali Yuga,
in the first division, in the Island of Jambu (Jamun) fruit, in the continent of
India, in the country of India, to the south of the mountain Meru, in the
middle of the cycle of 60 years starting from Prabhava. In the ----- year, in
the southern solstice, in the----- season , in the waning period of the moon on
the good Pournamasi (full moon) thithi, on ----- day, on ----- nakshatra,
in the good yoga, in the good karana, and in the good thithi of pournamasi
which has all the good qualities described.**

To repent for my sins, I recite kamo karisheeth mahamantra japam.

Then chant 1008 times:

Kamo karisheeth manyura karisheeth namo namah.

**Meaning: This japa is to repent for not performing our various religious duties
during the year that we ought to have performed. We pray to God so that he
pardons us for the lapses due to Kama (passion), Krodha (anger) and Lopa
(avarice).**

Afterwards perform Achamana and say Om tat sat brahmaarpanam asthu.

Do Madhyaanikam

Brahma yajnam

Perform Achamanam, Shuklam baradaram and Pranayamam .

Mamopatha samastha duritha kshyadwara Sri Parameshwara preethyartham
Brahma Yagnam karishye.

Brahma yagnena Yakshye.

Chant and clean the hands with water

Vidhyudasi vidya me paapmanam amruthath Sathya mupaime

And then chant:

Om Bhooh tatsa vithurvarenyam. Om Bhuvah Bhargo devasya Dheemahi. Ogum
suvah Dhiyo yonah prachodayath.

Om Bhooh Tatsa vithurvarenyam Bhargo devasya dheemahi .Om Bhuvah Dhiyo
yonah prachodayath.

Ogum Suvah Tatsa vithurvarenyam Bhargo devasya Dheemahi Dhiyo yonah
prachodhayath

Om Agnimeele purohitham Yagnasya Dheva mruthvijam, Hotharam Rathna
Dhathamam. Harihi Om.

Om Ishetwa Oorjetwa vayavastha upayavastha Devovaha. Savitha prarpayathu
sreshtathamaya karmane. Harihi Om.

Om Agna Aayahi veethaye grunano havyadathaye, ni hotha sadhsi bharhishi.
Harihi Om.

Om shanno Devir abheeshtaye Aapo bhavantu peethaye shamyohrabhi
shravanthu naha. Harihi Om.

Sprinkle water round the head by reciting:

Sathyam Thapa shradhayam juhomi

Recite three times with folded hands:

Om namo brahmane namosthwagnaye nama pruthwyai nama oshadheebhya
namo vaache namo vaachaspathaye namo vishnave bruhathe karomi.

Clean the hands again with water by reciting:

Vrushtirasi vruschame paapmanam amruthath sathyamupaagam

deva-rishi-pithru tharpanam karishye.

Do deva tharpanam through the tip of fingers.

1. Bramodaya ye deva than devaan tharpayami
2. Sarvaan devaan tharpayami
3. Sarva deva ganaan tharpayami
4. Sarva deva patnees tharapayami
5. Sarva deva ganapatnees tharpayami

Do rishi tharpanam by wearing yagnopaveetha as garland and pouring out water from the little finger.

1. Krishna dwaipayanadayah ye rishaya than rishin tharpayami
2. Sarvaan risheen tharpayami
3. Sarva rishi ganaan tharpayami
4. Sarva rishi pathnis tharpayami
5. Sarva rishi gana pathnis tharpayami

6. Prajapathim kanda rishim tharpayami
7. Somam kanda rishim tharpayami
8. Agnim kanda rishim tharpayami
9. Viswan devan kanda rishin tharpayami

Pour water from the tips of fingers.

10. Saamhiteer devatha upanishadas tharpayami
11. Yajnikeer devatha upanishadas tharpayami
12. Varuneer devatha upanishadas tharpayami

Pour out water from the liitle finger.

13. Havyavaham tharpayami
14. Viswaan devaan kanda rishin tharpayaami

Pour water by the bottom of the palm towards self

15. Brahmanam swayambhuvam tharpayami

Pour out water from the liitle finger.

16. Viswan devan kandarishin tharpayami
17. Arunan kandarishin tharpayami

Pour water from the tips of fingers

18. Sadasaspathim tharpayami
19. Rig Vedam tharpayami
20. Yajur Vedam tharpayami
21. Sama Vedam tharpayami

22. Atharva Vedam tharpayami

23. Ithihasa puranam tharpayami

24. Kalpam tharpayami

(Only those who have lost their father do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb and the index finger).

Somah pithruman yamo angiraswan agnihi kavyavahanadaya ye pithara .

Thaan pithrun tharpayami,

Sarvaan pithrun tharpayami

Sarva pithru ganam tharpayami

Sarva pithru pathnihi tharpayami

Sarva pithru ganapatneehi tharpayami

Oorjam vahanthi amrutham grutham payaha keelaalam parisruyatham

swadaastha tharpayatha me pithrun trupyatha, trupyatha, trupyatha

Put the yagnopaveetha in the normal fashion.

And then do aachamanam. Recite: Om tatsat Brahmarapanam astu

Meaning: Brahma yagnam (sacrifice to Brahma) is the oblation offered to satisfy Devas, Rishis (sages) and Pithrus (ancestors). It is supposed to be performed daily after Madhyannikam. But nowadays it is done mainly on Avani avittam days.

Maha Samkalpam

Do Aachamanam, .Shuklam baradharam, Pranayamam,

Mamo patha--- Preethyartham

Tadeva lagnam sudhinam tadaiva, tharaa balam chandra balam thadaiva , vidhya
balam daiva balam tadaiva, Sri Lakshmi pathe te aangriyugam smaramaami

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari
kaksham, sabahya Abhyanthara shuchi , manasam vaachikam paapam ,
karmanaa Samuparjitham, Sri Rama smaranenaiva vyopahathi na samshayah
Sree Rama Rama Rama, Tithir Vishnu, Tatha vaaraha, Nakshatram Vishnu reva
cha, Yogascha karanam chaiva Sarvam Vishnu mayam Jagat ,

Sri Govinda , Govinda, Govinda,

Aadhya sri bhagavatha mahaa purushasya Vishnoh Agnaya , Pravarthamanasya ,
Aadhya brahmanah

(The portion below highlighted in yellow is difficult to pronounce. Can be omitted
if needed.)

Aadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya ,
aparimithaya, sakthyya, abriyamaanasya, mahaa jaloughasya madhye,
paribrhamatham aneka koti brhmaandanam madhye, eka thame, prithvi aptejah
vaayavya akasha ahankaradhi -mahatu avyakthaih -aavaranaiah- aavruthe- asmin
mahathi bramanda-karandaka-madhye aadhara sakthi koormaa nandathi ashta
diggajopari prathishtithasya , athala-vithala-suthala-rasaathala-thalaa thala-
mahaathala-pathalakyaih loka sapthakasya upari thale, punya kruthaam
nivaasabhuthe bhoor - bhuvah-suvar-mahar-janarr-thapa-satyaakhyai loka
shatkasya adho bhage mahaa nalayamana phani raja seshasya sahasra phanaa
mani mandala mandithe, dighdanthi-shunda dhanda-uttambhithe, panchasath
koti yojana vistheerne, lokaloka - achalena valayithe lavaneshu-sura-sarpi-
dhadhi-ksheera-udakaarnavischa parivruthe, jambhu-plaksha-saka-salmali-kusa-
krouncha-pushkarakhya saptha dweepanaam madhye, Jamboo dweepe,
Bharatha varshe, bharatha kande, prajaapathi kshetre dandakaaranya-
chamapakaaranya-vindhyaaranya-veekshaaranya-vedaaranayaadhi, aneka
punya aaranyaanam Madhya pradeshe, karma bhoomou, rama - sethu-
kedharayoo madya pradaeshe , Bhaageerathi-Gouthami-Krishna veni-Yamuna-
Narmadaa-Thungabadhraa-Triveni-Malaapahaarini-kaveri- ithyadi , aneka
punya nadhi viraajithe, Indraprastha-Yamaprastha-Aavanthikaapuri-
Hasthinaapuri-Ayodhya puri-Maayaa puri-Kasi puri-Kanchi puri-Dwarakaa aadi
aneka punya puree viraajithe Sakala jagat srushta, parardha dwaya jeevana,

bramana dweethiya parardhe, Pancha sathabdhou, prathame varshe, prathame mase, prathame pakshe, prathame divasae, aahni, dweethiye yame, trithiye muhurthe, swayambhuva-swarochisha-uthama-thamasa-raivatha-chakshu shaksheshu, shatsu manusha atheetheshu, saphthame vaivaswathe manvanthare, aashta vimsathi thame, kali yuge, prathame padhe, Jamboo dweepe, Bharatha varshe , Bharatha khande, Mero dakshine parshwe. Asmin varthamane , vyavaharike prabhavaadheenam sashtyah samvatsaranaam madhye , Shri Durmukhi nama samvatstare, Dakshinaayane, Varsha rithou, Simha mase(Shravana Mase), shukla pakshe, aadhya pournamasyam shubha thithou, Sowmya vasara yukthayam, Sowmya vasara yukthayam, (FOR INDIA: GURU vasara yukthayam) Shravana nakshatra yukthayam (IN INDIA : SHRAVISHTA nakshatra yukthayam), shubhayoga, shubha karana evam guna, viseshana visishtaayam, asyam vartamanayam pournamaasyam shubha thithou.

Anaadhi avidhya vasanaya pravarthamane asmin mahathi samsara chakre vichitrabhihi karma gathibhihi vichitrasu yonishu punah punah anekadha janithwa kenapi punya karma viseshena idhaanimthana manushye dwija janma visesham prapthavataha mama janmabhyasat janama prabruthi ethath kshana paryantham , baalye, vayasi kaumare yowane vaardhake cha jagrath swapna sushupthi avasthasu mano vak kaya karmendriya jnanendriya vyaparaih kama-krodha-lobha-moha-madha-mathsaryaadhi sambhavithaanam iha janmani janmanthare cha jnana ajnana kruthaanam maha pathakanaam mahaa patathaka anumanthrattwadeenam , samapathakaanaam upapaathakaanaam malini karanaanam nindhitha dhana dhaano upa jeevanaadeenam aapathrikarananaam jathi bramsa karaananeem vihitha karma thyaagaaadeenam jnanadha sakruth kruthanaam ajnanatha asakruth kruthaanam sarveeshaam papaanam sadhya aapanodhanartham

Lakshmi Narayana sannidhou-Deva brahmana sannidhou-Tryaa trimsath koti devathaa sannidhou-Sri Visaalakshi sametha Vishweshwara Swami sannidhou-Mahaganapathi sannidhou-Seetha Lakshmana Bharatha Sathrughna-Hanumat Sametha Sri Ramachandra swami sannidhou-Sri Rukmani Sathyabhama sametha Sri Gopala Krishna swami sannidhou-Hariharaputhra Swami sannidhou

Taiyshyam pournamasyaam adhyayopakrama karma karishye. Thadangam sravanee pournamasi punyakale sareera shudhartam shuddhodhaka snanam aham karishye.

Ati krura mahakaya kalpanta dahanopama

Bhairavaya namastubhyam anugyam datu arhasi

Durbhojana duralapa dushpratigraha sambhavam papam hara mama kshipram
sakyakanye namostute

Triratram janhavi teere pancharatram tu yamune sadhyaha punatu Kaveri

Papam amarantikam

Ganga Gange yo bryat yojananam shathairabi muchyate sarva pabebhyo
vishnulokam sagachati

Nandini Naaini Seeta Malati cha Malapaha Vishnu padabja sambutha Ganga
tripada Kamini pushkarath yani tirthani gangodhya Saritha sthata

Agachanthu pavitrani snana kale sada mama

(Take a bath or just sprinkle some water in your head with following mantra)

Meaning: We pray to God to pardon our sins committed by word, thought and deed. We did this in spite of his great grace which made us to be born as human beings after several wheels of birth. The sins we committed include earning money without conscience, giving money to the wrong people, actions which did not suit the caste we are born in, sins due to non performance of actions which we ought to have been done and so on. We pray to God and tell him that we will take a bath in holy pure water, cleanse ourselves of our sins and then start the Veda parayanas which is our duty as a Brahmin.

Vibhuti Dharanam

Yagnyopaveetha dharana Mantram

Perform Achamanam, Ganapathi dyanam, Pranayamam.

Mamo partha samastha duritha kshya dwara Sri Parameshwara preethyartham

Shroutha smartha vihitha nithya karma anushtanaa sadachara योग्यथा
sidhyartham brahma tejah abhivrudyartham yagnopaveetha dharanam karishye.

Yagnopaveetha dharana maha manthrasya

Parabrahma Rishihi (Touch forehead)

Trushtup chandaha (touch below nose)

Paramathma devatha (touch heart)

Yagnopaveetha dharane viniyogaha

Wear Poonal one by one by reciting (Poonal should be held by both hands, the knot in the poonal being held above by the right hand facing upwards)

Yagnopaveetham paramam pavithram praja patheh, Yat sahajam purasthat Aayushyam Agriyam prathi muncha shubhram yagnopaveetham balamasthu thejaha.

After wearing all the poonals, one by one, do Achamanam

Remove the old poonals and recite:

Upaveetham bhinna thanthum jeernam kashmala dooshitham, visrujami jale brahman varcho deergayurasthu me.

Do achamanam.

Meaning: I wear the white yagnopavitha that is purifying, which was born along with Brahma, which is capable of increasing life. I am sure this will give glory and strength to me. I am destroying the dirty, soiled yagnopavita.

Kanda Rishi Tharpanam

Do Achamanam, Shuklam baradharam, Pranmayam

Mamo patha samastha duridakshya dwara Sri Parameshwata preethyartham Sravanyaam pournamaasyam Adhyoyapakrama karmangam kanda rishi tharpanam karishye.

Wear poonal as garland and do tharpanam using water mixed with thil & akshatha. Each manthra has to be chanted thrice and tharpanam done.

1. Prajapathim kanda rishim tharpayami
2. Somam kanda rishim tharpayami
3. Agnim kanda rishim tharpayami
4. Viswaan devaan kanda rishim tharpayaami
5. Saahinkeer devatha upanishadha tharpayami
6. Yagnigeer devatha upanishadha tharpayaami
7. Vaaruneer devatha upanishadha tharpayami
8. Brahmanam swayubhuvam tharpayaami
9. Sadasaspathim tharpayami

Wear poonal in the normal fashion and then do aachamana.

Meaning: Tharpanam means really satisfying the gods and the rishis . By this tharpanam we satisfy the rishis (sages) of Soma(moon), Agni (fire), Viswaan devan (all gods looking after earth), etc.

Day 2: August 8, 2017

Gaayathri japam

Do Achamanam, Shuklaam baradharam, pranayamam

Mamo patha samastha duritha kshya dwara Sri Parameshwara preethyartham

Tadeva lagnam sudhinam tadeva, tharaa balam chandra balam thadeva , vidhya balam daiva balam tadeva, Sri Lakshmi pathethe aangriyugam smaramaami.

Apavithra pavithro vaa sarvaavasthaam gathopivaa , ya smareth pundari kaksham, sabahya abhyantaraha shuchi , manasam vaachikam paapam , Karmanaa Samuparjitham, Sri Rama smaranenaiva vyopahathi na samshayah Sree Rama Rama Rama

Shubhe Shobane muhurthe, Adya Brahmana,Dwiteeya paradhe , Swetha varaha kalpe, Vaivaswatha Manvanthare, Ashtavimsathi thame , Kali yuge, Prathame pade, Jambhu Dwipe, Bharatha Varshe, Bhartaha Kande, Meroho, Dakshine Parshwe, Sakabdhe, Asmin Varthamane Vyavaharike, Prabhavadinam Sashtiyah Samavathsaranaam Madhye, Hevilambi nama samvatstare, *Dakshinaayane, Greeshma* rithou, *Kataka* mase, *Krishna* pakshe, aadhya prathamayam shubha tithou, *Bhowma* vasara yukthayam, *Shravishta* nakshatra yukthayam , Shubha yoga shubha karana evam guna viseshana visisishtaayam asyaam vartamanayam Krishna Paksha prathamaayam shubha tithou.

Mithyaa Dheetha prayaschittartham, apataneeya prayaschittartham , samvatsara prayaschittarthamcha ashtothara sahasra samkyaya gayatri maha manthra japam karishye.

Meaning: For getting rid of all our problems and to please Lord Parameshwara, at this favourable time, which has the power of the stars, the power of the moon, the power of knowledge, I meditate on the consort of Goddess Lakshmi.

For making the unholy, the holy, at all times, I meditate on the lotus eyed God. For getting cleansed of the sins committed by the mind as well as word and the sins which were committed in the performance of duties, I accept that the only way is to remember the name of Rama.

In the beginning due to the wish of Lord Vishnu, the world started functioning and the first Brahma was created. In the second division in the age of the white boar, during the rule of Vaivaswatha Manu, in the 28th part Kali Yuga, in the first division, in the Island of Jambu (Jamun) fruit, in the continent of India, in the country of India, to the south of the mountain Meru, in the middle of the cycle of 60 years starting from Prabhava. In the ----- year, in the southern solstice, in the----- season , in the waning period of the moon on the good Pournamasi (full moon) thithi, on ----- day, on ----- nakshatra, in the good yoga, in the good karana, and in the good thithi of pournamasi which has all the good qualities described.

To redeem myself for not doing the prescribed rituals and for doing the annual redemption, I chant the Gayathri manthra

Touching the head, recite : Pranavasya rishi Brahma

Touching the upper lip, recite : Devi gayatri chandah

Touching the chest, recite : Paramatma devata

Again touching the head, recite : Bhuradi sapta vyahritinam atri bhrigu kutsa vasistha gautama kasyapa angirasa risayah

Touching the upper lip, recite : Gayatri ushnik anustup brhati pankti tristup jagatyah chandamsi

Touching the chest, recite : Agni vayu arka vagisa varuna indra visvedeva devatah

Do Pranayamam 10 times

Then Gayatri Aavahana...

Touching the head, recite: Ayatu ithi anuvakasya vamadeva rishihi

Touching the upper lip, recite: Anustup chandaha

Touching the chest, recite: Gayatri devata

Ayatu varada devi aksaram brahma sammitam

Gayatri chandasam mata idam brahma jushasva nah,

Ojosi sahosi, belamasi brajosi, devanam Dhamanamasi

Visvamasi visvayuhu, sarvamasi sarvayuru
Abhibhurom gayatrim avahayami
Savitrim avahayami, sarasvatim avahayami

Touching the head, recite -- Savitrya Rishihi Visvamitrah
Touching the upper lip, recite -- Nichridgayatri Chandah
Touching the chest, recite -- Savita Devata

Say Gayatri Mantra 1008 times:

"Om Bhurbhuvasuvah, tatsa vithur varenyam, bhargo devasya dheemahi, dheeyo
yo nah prachodayat".

**Meaning: "Oh God, I meditate on your luminous light, please make my
intellect shine."**

After Gayatri mantram, once again Pranayamam:

Then do Gayatri Upasthanam.

"Uttamey Shikarey devi, Bhumyam parvata moordhini. Braahmaney bhyo
anugnyanam gacha devi yetha sukham".

Untie Pavitram, put it on the right side.

Say your Abhivadaye....

**Do Achamaniam and then pour water in front of you saying : "Om tat sat
brahmarpanam asthu"**

Prostrate and exit.