

Yagnopa veetha dharana manthra

Achamanam: Shuklaam Bharadharam..... Santhaye, Pranayamam
Mamo partha samastha duritha kshaya dwara sri parameshwara preethyartham
Sroutha smartha vihitha sadachara nithya karmaanushtanaa yogyatha
sidhyartham
Brahma teja abhivrudyartham yagnopaveetha dharanam karishye.

Meaning: For getting rid of all difficulties and to please Lord Parameshwara and to increase the power that comes when one is a Brahmin, I am wearing this new sacred thread.

Yagnopaveetha dharana maha manthrasya
Parabrahma rishi (Touch forehead)
Trushtup chanda (Touch below nose)
Paramathma devatha (Touch heart)
Yagnopaveetha dharane viniyoga
(Wear the sacred thread one by one by reciting (Poonal should be held by both hands, the tie in the poonal being held above by the right hand facing upwards.)

Yagnopaveetham paramam pavithram
Praja pathe, Yat sahajam purasthad
Aayushyam Agriyam prathi muncha shubram
Yagnopaveetham balamasthu thejaha.

Meaning: This sacred thread is very holy and was created along with Lord Brahma and is capable of giving long life and primacy , it is pure white in colour and would grant me strength as well as splendor.

After wearing all the poonals one by one do Achamanam

Remove the old poonals and break them to pieces by reciting:
Upaveetham bhinna thanthum jeernam kasmala dooshitham, visrujami jale
punarbrahman varcho deergayurasthu me.

Meaning: I am removing the old sacred thread which is broken, weak and dirty. Oh God grant me long life and light of wisdom.