

## sa~nDHya va~ndhanam (thaiththirIya krishNa yajurvEdham)

### Notes:

- The main goal for this document is to help children (and others) who live away from India to have a simple step by step guide to the nithya karma of sa~nDHya va~ndhanam. That is why this is written in English.
- There are a number of minor variations in how one does sa~nDHya va~ndhanam. Please do as the elders in your family do.
- Meanings: It is important to know at least the high level meaning of the various ma~nthrams used in sa~nDHya va~ndhanam. Please refer to books for meaning.
- Please let me know if you come across any errors in this document.
  
- Some terms:
  - ◆ pa~njca pAthram - the special tumbler for holding the water
  - ◆ udhdharaNi - the special spoon used with pa~njca pAthram
- Stay facing the same direction till another step requires you do otherwise.
- Right hand is to be used unless explicitly stated otherwise. Left hand is usually limited to taking water using the udhdharaNi.
- All the ma~nthrams are to be uttered mentally. (Even the tongue should not move). However, while learning, say them audibly so that elders can hear and correct pronunciation, etc.
- Some tips on pronunciation:
  - ◆ Transliteration guide is available separately.
    - In general, for vowels, lower case is a short sound and upper case is long sound.
    - Lower case consonant is the regular consonant and the upper case is the aspirated consonant.
    - '\ ' - indicates the shortened 'u' sound. (e.g. ru\shi ).
    - '()' indicates the shortened 'u' sound found sometimes when a word ends in a consonant.
  - ◆ In Sanskrit, the vertical bar '|' indicates end of a sentence. '||' indicates end of a paragraph or a ma~nthram.
  - ◆ When the semicolon ':' is found at the end of a sentence or a word where there is a pause, it takes the 'h' sound and the ending vowel sound. Thus, 'a:' at end is said as 'aha' ('A:' is 'AhA' / 'i:' is 'ihi' / 'u:' is 'uhu' / 'U:' is 'UhU' / and so on).

### sa~nDHya karma

Step #	Name	Facing the direction	Details
1.		<ul style="list-style-type: none"><li>➤ Morning - facing east</li><li>➤ Noon - facing east/north depending on time</li><li>➤ Evening - facing north</li></ul>	Most of the following are done while squatting (not sitting).
2.	Acamanam		<ul style="list-style-type: none"><li>➤ Sip water once for each of 3 ma~nthrams:<ul style="list-style-type: none"><li>◆ acyuthAya ~nama:</li><li>◆ ana~nthAya ~nama:</li><li>◆ gOvi~ndhAya ~nama:</li></ul></li><li>➤ Lightly wipe the lips</li><li>➤ a~ngga va~ndhanam: touch various parts of the</li></ul>

Step #	Name	Facing the direction	Details
			<p>body as given below:</p> <ul style="list-style-type: none"> <li>◆ kEsava - thumb - right cheek</li> <li>◆ ~nArAyaNa - thumb - left cheek</li> <li>◆ mADHava - ring finger (aka pavithra finger) - right eye</li> <li>◆ gOvi~ndha - ring finger (aka pavithra finger) - left eye</li> <li>◆ vishNO - index finger - right nostril</li> <li>◆ maDHusUdhana - index finger - left nostril</li> <li>◆ thrivikrama - little finger - right ear</li> <li>◆ vAmana - little finger - left ear</li> <li>◆ SrIDHara - middle finger - right shoulder</li> <li>◆ krishIkESa - middle finger - left shoulder</li> <li>◆ padhma~nABa - all fingers together - navel</li> <li>◆ dhAmOdharma - all fingers together - head</li> </ul>
3.	vinAyaka va~ndhanam		<p>Lightly tap your temples with your knuckles 5 times while saying this ma~nthram once.</p> <p>➤ SuklAmbaraDHaram vishNum SaSivarNam cathurBujam   prasanna vadhanam DHyAyEth sarva viGnOpa Sa~nthayE   </p>
4.	prANAyAmam		<p>➤ Fold index and middle fingers. Press and close the right nostril with the thumb. Inhale gently and fully.</p> <p>➤ Close both nostrils (the left nostril with ring and little fingers) and hold breath and say these ma~nthrams:</p> <ul style="list-style-type: none"> <li>◆ Om BU:</li> <li>◆ Om Buva:</li> <li>◆ Og(\)m suva:</li> <li>◆ Om maha:</li> <li>◆ Om jana:</li> <li>◆ Om thapa:</li> <li>◆ Og(\)m sathyam  </li> <li>◆ Om thatsa-vithur-varE"Nyam BargO dhEvasya DHImahi   DHiyO yOna: pracOdharma"th(\)  </li> <li>◆ OmApa:</li> <li>◆ jyOthIrasa:</li> <li>◆ amru\tham brahma</li> </ul> <p>➤ release the right nostril and gently exhale. Then touch the right ear with the right palm and say this ma~nthram:</p>

Step #	Name	Facing the direction	Details
			◆ BUrBuvassuvarOm
5.	sa~ngkalpam		<p>Say the following ma~nthram with left palm facing up on the right thigh and the right palm facing down and gently clasping the left palm:</p> <ul style="list-style-type: none"> <li>➤ mamOpAththa samastha dhuritha kshayadhvArA SrI paramESvara prIthyarTHam <ul style="list-style-type: none"> <li>◆ (morning): prAthas sa~nDHyaAm upASishyE</li> <li>◆ (noon): mADHyAhnikaM karishyE</li> <li>◆ (evening): sAYam sa~nDHyaAm upASishyE</li> </ul> </li> </ul>
6.	mArjanam		<ul style="list-style-type: none"> <li>➤ Take water in the udhdharaNi and write 'Om' in it with the ring finger and apply on the forehead.</li> <li>➤ Say the following ma~nthrams and at the end of each, sprinkle a little water on your head or feet as directed with your ring finger. <ul style="list-style-type: none"> <li>◆ Om kESavAya nama:  </li> <li>◆ ApO hishTA mayOBuva:   (sprinkle on head)</li> <li>◆ thAna UrjE dhaDHATHana   (sprinkle on head)</li> <li>◆ mahE raNAya cakshasE   (sprinkle on head)</li> <li>◆ yOvaS-SivathamO rasa:   (sprinkle on head)</li> <li>◆ thasya Bajaya thEhana:   (sprinkle on head)</li> <li>◆ uSathIriVa mAthara:   (sprinkle on head)</li> <li>◆ thasmA ara~ngga-mAmava:   (sprinkle on head)</li> <li>◆ yasyakshayAya jinvaTHa   (sprinkle on feet)</li> <li>◆ ApO janayaTHA cana:   (sprinkle on head)</li> <li>◆ Om BUrBuvassuva:    (do pariSEshaNam around yourself - i.e. circle yourself with a little water)</li> </ul> </li> </ul>
7.	prASanam		<p>Say one of the following ma~nthrams that is for the period and drink the water at the end.</p> <p><b>Morning:</b>  sUryaSca mAmanyuSca manyupathaySca manyukru\thEBya:   pApEByO raksha~nthAm   yadhrAthryA pApa makArsham   manasA vAcA hasthAByaM   padhByAm udharENa SiSnA   rAthristhadhavalumpathu   yathki~njca dhuritham mayI   idhamaham mAmamru\thayOnau   sUryE jyOthishi juhOmi svAhA   </p> <p><b>Noon:</b>  Apa: puna~nthu pru\THivIm pru\THivI pUthA punAthu mAm   puna~nthu brahmaNaspathi: brahma</p>

Step #	Name	Facing the direction	Details
			<p>pUthA punAthu mAm   yadhucCishtam aBOjyam yadhvA dhuScaritham mama   sarvam puna~nthu mAmApO asathA~njca prathigrahag(\) svAhA   </p> <p><b>Evening:</b> agnisca mAmanyuSca manyupathaySca manyu kru\thEBya:   pApEByO raksha~nthAm   yadhahnA pApama kArsham   manasA vAcA hasthABByAm   padhByAm udharENa SiSnA   ahasthadhavalumpathu   yathki~njca dhuritham mayI   idhamaham mAmamru\thayOnau   sathyE jyOthishi juhOmi svAhA   </p>
8.	Acamanam		<p>➤ acyuthAya ~nama: . . . . . dhAmOdharma (already described)</p>
9.	punarmArjana m		<p>➤ Take water in the udhdharaNi ➤ Say the following ma~nthrams and at the end of each, sprinkle a little water on your head or feet as directed with your ring finger.</p> <ul style="list-style-type: none"> <li>◆ Om  </li> <li>◆ dhaDHikrAvNNO akArisham   (sprinkle on head)</li> <li>◆ jishNOraSvasya vAjina:   (sprinkle on head)</li> <li>◆ suraBinO muKAkarath(\)   (sprinkle on head)</li> <li>◆ praNa AyUg(\)mshi thArishath(\)   (sprinkle on head)</li> <li>◆ ApO hishTA mayOBuva:   (sprinkle on head)</li> <li>◆ thAna UrjE dhaDHATHana   (sprinkle on head)</li> <li>◆ mahE raNAya cakshasE   (sprinkle on head)</li> <li>◆ yOvaS-SivathamO rasa:   (sprinkle on head)</li> <li>◆ thasya Bajaya thEhana:   (sprinkle on head)</li> <li>◆ uSathIriya mAthara:   (sprinkle on head)</li> <li>◆ thasmA ara~ngga-mAmava:   (sprinkle on head)</li> <li>◆ yasyakshayAya jinvaTHa   (sprinkle on <b>feet</b>)</li> <li>◆ ApO janayaTHA cana:   (sprinkle on head)</li> <li>◆ Om BUrBuvassuva:    (do pariSEshaNam around yourself - i.e. circle yourself with a little water)</li> </ul>
10.	aGamarshaNa m		<p>Take some water in the palm. Say the following ma~nthram and then smell the water and pour it down.</p> <p>➤ dhrupadhAdhiva mu~njcathu   dhrupadhAdhivEn mumucAna:   svinnas snAthvI malAdhiva   pUtham pavithrENE vAjyam   ApaSSu~nDHa~nthu</p>

Step #	Name	Facing the direction	Details
			mainasa:
11.	arGya pradhAnam	<ul style="list-style-type: none"> <li>➤ Morning - facing east</li> <li>➤ Noon - facing east/north depending on time</li> <li>➤ Evening - facing west</li> </ul>	<p>Take some water in the palm, say the gAyathrI ma~nthram (given below) and pour it down. This is <b>to be done 3 times in morning and evening and 2 times at noon.</b></p> <ul style="list-style-type: none"> <li>➤ Om   BUrBu vassuva:   thatsa vithurvarE"Nyam   BargO dhEvasya DHImahi   DHiyO yOna: pracOdhayA"th(\)   </li> </ul>
12.	prAyaSciththA rGyam		<p>If the sa~nDHya va~ndhanam is not done at the proper time, then offer one more arGyam as follows to make amends.</p> <ul style="list-style-type: none"> <li>➤ Do prANayAmam once. (already described)</li> <li>➤ kAlAthItha prAyaSciththA arGya pradhAnam karishyE  </li> <li>➤ Take some water in the palm, say the gAyathrI ma~nthram and pour it down. This is <b>to be done once.</b></li> </ul>
13.			<ul style="list-style-type: none"> <li>➤ Take some water in the palm and do pariSEshaNam around yourself (i.e. circle yourself with a little water) saying this ma~nthram <ul style="list-style-type: none"> <li>◆ Om BUrBuvassuva:</li> </ul> </li> </ul>
14.	aikyAnusa~nD HAnam		<ul style="list-style-type: none"> <li>➤ Then touch your chest with the finger tips of both hands and meditate briefly saying this ma~nthram <ul style="list-style-type: none"> <li>◆ asAvAdhithyO brahma   brahmai vAhamasmi   brahmaiva sathyam   </li> </ul> </li> </ul>
15.	Acamanam		<ul style="list-style-type: none"> <li>➤ acyuthAya ~nama: . . . . . dhAmOdhara (already described)</li> </ul>
16.	AdhithyAdhi tharpaNam		<ul style="list-style-type: none"> <li>➤ For each of the following ma~nthrams, take a little water in your palm, say the ma~nthram and pour it down. (These are the names of the nine planets and the 12 names used in Acamanam). <ul style="list-style-type: none"> <li>◆ Adhithyam tharpayAmi  </li> <li>◆ sOmam tharpayAmi  </li> <li>◆ a~nggArakam tharpayAmi  </li> <li>◆ buDHam tharpayAmi  </li> <li>◆ bru\haspathim tharpayAmi  </li> <li>◆ Sukram tharpayAmi  </li> <li>◆ SaNaiScaram tharpayAmi  </li> <li>◆ rAhum tharpayAmi  </li> </ul> </li> </ul>

Step #	Name	Facing the direction	Details
			<ul style="list-style-type: none"> <li>◆ kEthum tharpayAmi  </li> <li>◆ kEsava m tharpayAmi  </li> <li>◆ ~nArAyaNam tharpayAmi  </li> <li>◆ mADHavam tharpayAmi  </li> <li>◆ gOvi~ndham tharpayAmi  </li> <li>◆ vishNum tharpayAmi  </li> <li>◆ maDHusUdhanam tharpayAmi  </li> <li>◆ thrivikramam tharpayAmi  </li> <li>◆ vAmanam tharpayAmi  </li> <li>◆ SrIDHaram tharpayAmi  </li> <li>◆ hrishIkESam tharpayAmi  </li> <li>◆ padhma~nABam tharpayAmi  </li> <li>◆ dhAmOdham tharpayAmi  </li> </ul>
17.	Acamanam		➤ acyuthAya ~nama: . . . . . dhAmOdham (already described)

### japam

Step #	Name	Facing the direction	Details
18.		<ul style="list-style-type: none"> <li>➤ Morning - facing east</li> <li>➤ Noon - facing east/north depending on time</li> <li>➤ Evening - facing west</li> </ul>	Sit on a mat or a raised plank ( <i>palagai</i> ) facing the direction for the period.
19.	vinAyaka va~ndhanam		<p>Lightly tap your temples with your knuckles 5 times while saying this ma~nthram once.</p> <ul style="list-style-type: none"> <li>➤ SuklAmbaraDHaram vishNum SaSivarNam cathurBujam   prasanna vadhanam DHyAyEth sarva viGnOpa Sa~nthayE   </li> </ul>
20.	prANAyAmam		➤ Om BU: . . . . . BUrBuvassuvarOm (already described)
21.	sa~ngkalpam		<p>Say the following ma~nthram with left palm facing up on the right thigh and the right palm facing down and gently clasping the left palm:</p> <ul style="list-style-type: none"> <li>➤ mamOpAththa samastha dhuritha kshayadhvArA SrI paramESvara prIthyarTHam</li> <li>◆ <b>(morning)</b>: prAthas sa~nDHya gAyathrI mahA ma~nthra japam karishyE</li> <li>◆ <b>(noon)</b>: mADHyAhnika gAyathrI mahA</li> </ul>

Step #	Name	Facing the direction	Details
			<p>ma~nthra japam karishyE</p> <p>◆ <b>(evening):</b> sAyam sa~nDHya gAyathrI mahA ma~nthra japam karishyE</p>
22.			<p>Say the following ma~nthrams and touch the appropriate parts with the tip of the fingers while having an open palm.</p> <ul style="list-style-type: none"> <li>➤ praNavasya rishirBrahma   (touch the head)</li> <li>➤ dhEvI gAyathrI Ca~ndha:   (touch above the upper lip and below the nose)</li> <li>➤ paramAthmA dhEvathA    (touch the chest with the finger tips of both hands)</li> </ul>
23.			<p>Say the following ma~nthrams and touch the appropriate parts with the tip of the fingers while having an open palm.</p> <ul style="list-style-type: none"> <li>➤ BUrAdhi saptha vyAhru\thInAm athri Bru\gu kuthsa vasishTa gauthama kASyapa A~nggIrasa ru\shaya:   (touch the head)</li> <li>➤ gAyathrI ushNik(\) anushtup(\) bru\hathI pa~ngkthi thru\shtup(\) jagathya: Ca~ndhAg(\)msi    (touch above the upper lip and below the nose)</li> <li>➤ agni vAyu arka vAgISa varuNa i~ndhra viSvEdhEvA dhEvathA:    (touch the chest with the finger tips of both hands)</li> </ul>
24.	prANAyAmam		<p>Do prANAyAmam 10 times.</p> <p>Om BU: . . . . . BUrBuvassuvarOm (already described)</p>
25.	gAyathrI AvAhanam		<p>Say the following ma~nthrams and touch the appropriate parts with the tip of the fingers while having an open palm.</p> <ul style="list-style-type: none"> <li>➤ AyAthu ithi anuvAkasya vAmadhEva ru\shi:   (touch the head)</li> <li>➤ anushtup Ca~ndha:   (touch above the upper lip and below the nose)</li> <li>➤ gAyathrI dhEvathA    (touch the chest with the finger tips of both hands)</li> </ul>
26.			<p>Say the following ma~nthrams while keeping the hands together as you pray.</p> <ul style="list-style-type: none"> <li>➤ AyAthu varadhA dhEvi aksharam brahma sammitham   gAyathrIm Ca~ndhasAm mAthEdham brahma jushasvana:   OjOsi sahOsi balamasi BrAjOsi dhEvAnAm DHAmamAsi viSvamasi</li> </ul>

Step #	Name	Facing the direction	Details
			<p>viSvAyu:, sarvamasi sarvAyu:, aBiBUrOm</p> <p>Say the following ma~nthrams and after each 'AvAhayAmi' open your palms make a circular motion moving the fingers towards your chest first and then facing down and then up again and bring them together to the starting position.</p> <ul style="list-style-type: none"> <li>➤ gAyathrIm AvAhayAmi</li> <li>➤ sAvithrIm AvAhayAmi</li> <li>➤ sarasvathIm AvAhayAmi</li> </ul>
27.			<p>Say the following ma~nthrams and touch the appropriate parts with the tip of the fingers while having an open palm.</p> <ul style="list-style-type: none"> <li>➤ sAvithryA ru'shi: viSvAnmithra:   (touch the head)</li> <li>➤ ~nru\jith gAyathrI Ca~ndha:   (touch above the upper lip and below the nose)</li> <li>➤ savithA dhEvathA    (touch the chest with the finger tips of both hands)</li> </ul>
28.	gAyathrI japam		<p>Wear your upper garment (a~ngga vasthram) in the same manner as your sacred thread (ya~njiOpavItham). Chant the gAyathrI ma~nthram holding the knot in your sacred thread. Keep your palms together but slightly open. Learn from your elders how to count using the knuckle creases on the inside of your hand.</p> <ul style="list-style-type: none"> <li>➤ Om   BUrBu vassuva:   thatha vithurvarE"Nyam   BargO dhEvasya DHImahi   DHiyO yOna: pracOdhayA"th(\)   </li> </ul> <p>The gAyathrI ma~nthram should be chanted 'n' times - see below:</p> <ul style="list-style-type: none"> <li>◆ Morning - 108 times</li> <li>◆ Noon - 32 times</li> <li>◆ Evening - 108 times</li> </ul> <p>Note: If you do not have enough time, do at least 32 times.</p>
29.	prANAyAmam		<p>Do prAnAyAmam once.</p> <p>Om BU: . . . . . BUrBuvassuvarOm (already described)</p>
30.	upasthAnam		<p>Get up and say the following ma~nthram with hands folded in prayer:</p> <ul style="list-style-type: none"> <li>➤ uththamE SikarE dhEvI BUmyAm parvatha mUrDHani   brAhmaNEByO hyanuj~njAnam</li> </ul>

Step #	Name	Facing the direction	Details
			gacCa dhEvi yathA suKam
31.			<p>Say one of the following ma~nthrams that is for the period.</p> <p><b>Morning:</b>  mithrasya carshaNi DHru\tha: SravO dhEvasya  sAnasim   sathyam cithraSravasthamam   mithrO  janAn(\) yAthayathi prajAnan(\) mithrO dhADHARA  pru\THivI muthadhyAm   mithra: kru\shtIrani  mishABicashtE sathyAya havyam Gru\thavadh  viDHEma   prasamithra marthO asthu prayasvAn  yastha Adhithya Sikshathi vrathEna   ~na hanyathE ~na  jIyathE thvOthO ~nainamag(\)m hO  aSnOthya~nthithO ~na dhUrAth   </p> <p><b>Noon:</b>  AsathyEna rajasA varthamAnO ~nivESayan(\)  amru\tham marthya~njca   hiraNyayEna savithA  raTHEna dhEvOyAthi Buvana vipaSyAn(\)    udhvayam thamasaspari paSya~nthO jyOthiruththaram    dhEvam dhEvathrA sUryam aganma  jyOthiruththamam   udhuthyam jAthavEdhasam  dhEvam vaha~nthi kEthava:   dhru\SE viSvAya  sUryam chithram dhEvAnAm udhagAdhanIkam  cakshur mithrasya varuNasyAgnE:   AprA dhyAvA  pru\thivI a~nthariksham sUrya AthmA jagathas  thasTHushaSca   thaccakshur dhEvahitham purasthAth  Sukra mucarrath(\)  </p> <p>(now look at the sun through the hole made by joining both palms in 'varuNa pASam' and then say the following ma~nthram)</p> <p>paSyEma SaradhaS Satham   jIvEma SaradhaS Satham    ~na~ndhAma SaradhaS Satham   mOdhAma  SaradhaS Satham   Bavama SaradhaS Satham    Sru\NavAma SaradhaS Satham   prabravAma SaradhaS  Satham   ajIthAsyAma SaradhaS Satham  </p> <p>(now return to normal position and continue with the following ma~nthram)</p> <p>jyOkca sUryam dhru\SE ya udhagAn  mahathOrNavAdh viBrAjamAna: sarirasya maDHyAth</p>

Step #	Name	Facing the direction	Details
			<p>samA vru\shaBO lOhihAkshas sUryO vipaScith manasA punAthu   </p> <p><b>Evening:</b>  imammE varuNa Sru\dhIhava maDHya camrudaya    thvAma vasyurAcake   thathvA yAmi brahmaNA  va~ndhamAnas thadhASasthE yajamAnO havirBi:  ahEdamAnO varuNEhabODHyuruSag(\)m samAna  Ayu: pramOshI:   yaccidhDHithE viSO yaTHA  pradhEva varuNa vratham   minImasi-dhyavi-dhyavi    yathki~njcEdham varuNa dhaivyE janEBi-dhrOham  manushyAS-carAmasi   aciththI yaththava DHarma  yuyOpima mAnas thasma dhEnasO dhEva rIrisha:    kithavAsO yadhri-ripu: ~nadhIvi yadhvAGA sathyam  uthayanna vidhma   sarvAthA vishya SiTHirEva  dhEvATHA thEsyAma varuNa priyAsa:   </p>
32.	dhig va~ndhanam	Start from the current direction and keep turning right after each till you return to starting direction.	<p>Say the following ma~nthram with hands folded in prayer:</p> <ul style="list-style-type: none"> <li>➤ sa~nDHyaYai ~nama:</li> <li>➤ sAvithryai ~nama:</li> <li>➤ gAyathryai ~nama:</li> <li>➤ sarasvathyai ~nama:</li> </ul>
33.			<p>Say the following ma~nthram with hands folded in prayer:</p> <ul style="list-style-type: none"> <li>➤ sarvAByo dhEvathAByo ~nama:</li> <li>➤ kAmO karshIn manyUra kArshIn ~namO ~nama:</li> </ul>
34.	aBivAdhanam		<p>perform a ~namaskAram and say your aBivAdhanam:  (This will vary for different gOthrams. An example for BARadhvAja gOthram is shown below).</p> <ul style="list-style-type: none"> <li>➤ aBivAdhayE A~ngIrasa: bAru\haspathya  BARadhvAja thrayArshEya pravarAnvitha: ,  BARadhvAja gOthra: , Apasthamba sUthra: , yajuS  SaKA aDHyaYI, Sri viSvESvara Sarma  ~nAmAham asmi bO:   </li> </ul>
35.	dhig va~ndhanam	Start from the current direction and keep turning right after each till you return to starting direction.	<p>Starting point is different for Morning/Noon and Evening.</p> <ul style="list-style-type: none"> <li>➤ prAcyai diSE ~nama: (east)</li> <li>➤ dhakshiNayai diSE ~nama: (south)</li> <li>➤ udhIcyai diSE ~nama: (north)</li> <li>➤ prthIcyai diSE ~nama: (west)</li> </ul> <p>Facing the starting direction, say the following pointing</p>

Step #	Name	Facing the direction	Details
			<p>the tip of your fingers up or down as stated:</p> <ul style="list-style-type: none"> <li>➤ UrDHvAya ~nama: (up)</li> <li>➤ aDHarAya ~nama: (down)</li> <li>➤ a~ntharikshAya ~nama: (up)</li> <li>➤ BUmyai ~nama: (down)</li> <li>➤ brahmaNE ~nama: (up)</li> <li>➤ vishNavE ~nama: (down)</li> </ul> <p>Saying the following turn facing south:</p> <ul style="list-style-type: none"> <li>➤ yamAya ~nama:</li> </ul>
36.	yama	➤ facing south	<p>yamAya DHarma rAjAya mru\thyavEca a~nthakAyaca   vaivasvathAya kAlAya sarva BUtha kshayAca   audhumbarAya dhaDHnAya ~nIlAya paramEshTinE   vru\kOdharAya cithrAya cithragupthaya vai ~nama:   cithragupthaya vai ~nama Om ~nama ithi   </p>
37.	Siva	➤ facing north	<p>ru\thag(\)m sathyam param brahma purusham krishNa pi~nggaLam   UrDHva rEtham virUpAksham viSvarUpAya vai ~nama:   viSvarUpAya vai ~nama Om ~nama ithi   </p>
38.	~narmadhA	<ul style="list-style-type: none"> <li>➤ Morning - facing east</li> <li>➤ Noon - facing east</li> <li>➤ Evening - facing west</li> </ul>	<p>~narmadhAyai ~nama: prAtha: , ~narmadhAyai ~namO ~niSi   ~namOsthu ~narmadhE thuByam thrAhi mAm visha sarpatha:    apasarpa sarpa Badhra~nthE dhUra~ng gacCa mahAyaSA:   janamEjayasya ya~njJA~nthE asthIka vacanam samaran(\)    jarathkArOr jarathkArvAm samuthpanno mahAyaSA:   asthIkas sathya sa~nDHOMAm pannagEByO aBirakshathu   pannagEByO aBirakshathu Om ~nama ithi   </p>
39.	sUyra/vishNu	<ul style="list-style-type: none"> <li>➤ Morning - facing east</li> <li>➤ Noon - facing east</li> <li>➤ Evening - facing west</li> </ul>	<p>~namassavithrE jagadhEka cakshushE jagath prasUthi sthiTHi ~nASa hEthavE   thrayImayAya thriguNathma DHariNE viri~njci ~nArAyaNa sa~ngkarAthmanE    DHyEyassadhA savithru\ maNdala maDHyavarthI ~nArAyaNa: , sarasijAsana sannivishta:   keyUravAn(\) makara kuNdalavAn(\) kirItI hArI hiraNya vapu: , DHru\tha sa~ngka cakra:    sa~ngka cakra gadhApANE dhvArakA ~nilayAcyutha   gOvi~ndha puNdarIkAksha raksha mAm saraNAgatham   </p>

Step #	Name	Facing the direction	Details
40.	~namaskAram	➤ facing the direction of the japam for the period	perform a ~namskAram saying the following ma~nthram: ➤ AkASAth paththam thOyam yaTHA gacCathi sAgaram   sarva dhEva ~namaskAra: , kESavam prathigacCathi    SrIkESavam prathigacCath-vOnnama ithi
41.	aBivAdhanam		Say your aBivAdhanam: (This will vary for different gOthrams. An example for BARadhvAja gOthram is shown below). ➤ aBivAdhayE A~ngIrasa: bAru\haspathya BARadhvAja thrayArshEya pravarAnvitha: , BARadhvAja gOthra: , Apasthamba sUthra: , yajuS SaKA aDHyAyI, SrI viSvESvara SarMA ~nAmAham asmi bO:
42.	Acamanam		➤ acyuthAya ~nama: . . . . . dhAmOdharA (already described)
43.	kAyEnavAcA	➤	Take some water in your palm. Say the following ma~nthram and pour it down: ➤ kAyEnavAcA mansE~ndhriyairvA budhDHyAthmanAvA prakru\thE: svaBAvAth(\)   karOmi yadhyath sakalam parasmai ~nArAyaNAyEthi samarpayAmi
44.	ma~nthra hInam	➤	with folded hands, ➤ ma~nthra hInam kriyA hInam Bakthi hInam hudhA cana   yadhvitha~nthu mayA dhEva paripUrNam thathasthuthE   prAyaSciththAni aSEshANi thapa: karmAthma kAni vai   yAni thEshAm aSEshANAm kru\shNAnu-smaraNam param    SrI kru\shNa kru\shNa kru\shNa
45.		➤	Take some water in your palm. Say the following ma~nthram and pour it down: ➤ Om thath sath brahmArpaNam asthu
46.		➤	Get up and sprinkle a little water on the ground where you were sitting. Touch it with your ring finger. Say the following ma~nthram and touch your forehead with that finger: ➤ adhyAnO dhEva savitha: , prajA vathsAvIs sauBagam   parA dhushvapniyag(\)msuva   viSvAni dhEva savithar dhurithAni parAsuva

<b>Step #</b>	<b>Name</b>	<b>Facing the direction</b>	<b>Details</b>
			yadhBadhram thanma Asuva
	<b>END</b>		