

# YAJUR VEDA UPAKARMAM

WEDNESDAY, 30<sup>TH</sup> AUGUST 2023

**1. Brahmacharis (Vadus) – Vapanam / Snanam**

**2. Yagnopaveetha dharana manthra Brahmacharis only**

a) Aachamanam: Shuklaam Bharadharam Santhaye

b) Om Bhoo Bhoorbhavaswarom

c) Mamo partha samastha duritha kshya dwara sri paameshwara preethyartham Sroutha smartha vihitha sadachara nithya karmaanushtanaa yogyatha sidhyartham brhma teja abhivrudyartham yagnopaveetha dharanam karishye.

d) Yagnopaveetha dharana maha manthrasya Parabrhma rishi (Touch forehead) Trushtup chanda (touch below nose) Paramathma devatha (touch heart)

e) Yagnopaveetha dharane viniyogaha

*Wear Poonal 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.

f) *After wearing all poonal one by one do Aachamanam*

g) Remove the old poonal and break them to pieces by reciting:

(1) Upaveetham bhinna thanthum jeernam kasmala dooshitham, visrujami jale punarbrahman varcho deergayurasthu me.

h) Do aachamanam.

*Summary 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 would give glory and strength to me. I am destroying the dirty, soiled yagnopavita.*

### 3. Kamokarsheed Japam

(No kamokarsheed japam for 1<sup>st</sup> sravanam of vadus)

As usual do Pratha Sandhya Vandhanam before starting. Kamo karsheet Japam  
(To be chanted on Avani avittam day morning)

Aaachamanam: Shuklaam Bharadharam.....Santhay

Om Bhoo .....

Mamo partha Preethyartham

Tadeva lagnam sudhinam tadaiva, tharaa balam chandra balam thadaiva, vidhya balam daiva balam tadaiva, Sri Lakshmi pathe aangriyugam smaramaami Apavithra pavithro vaa sarvaavasthaam gathopi vaa, ya smareth pundari kaksham, sabahyanthara suchi, manasam vaachikam paapam, karmanaa Samuparjitham, sri Rama smaranenaiva vyopahathi na samsaya Sree Rama Rama Rama Tidhir Vishnu, Tatha vaara, nakshatram Vishnu reva cha Yogascha karanam chaiva sarvam Vishnu mayam Jagat, Sri Govinda, Govinda, Govinda Aadhya sri bagavatha mahaa purushasya Vishnor Agnaya, Pravarthamanasya , Aadhya brhmana, dweethiya parardhe, swetha varaha kalpe , Vaivaswatha manvanthare, ashta vimsathi thame, kali yuge, prathame padhe, Jamboo dweepe, Bharatha varshe , Bharatha kande, Mero dakshine parswe. Asmin varthamane, vyavaharika prabhavaadheenam sashti samvatsaranaam madhye,

Shobhakrit Naama samvathsare, Dakshinaayane,  
Varsha rithou,  
Simha Maase,  
Shukhla Pakshe,  
Pournamaasyaam shubha thithou,  
Sowmya vaasara, yuktaayaam  
Shravishtha Nakshathra yukthaayaam,

Shubha yoga, Shubha karana, Evan guna Visheshana vasishtaayaam asyaam ashyaam Pournamaasyaam subhathithou, taishyaam pournamasyaam adhyaaya utsarjana akarana praayaschithartham, samvatsara praayaschithartham, cha ashtothara sahasra (satha) samkhyaa “kamo karsheth manyura karsheth namo namaha” ithi maha manthra japam karishye.

**Then chant** “Kamo karsheth manyura karsheth namo nama” - 1008 times. If not possible minimum 108 times - **Afterwards perform Praanayamam Aachamana and say** “om om om” pavithram visarjya and achamya.

### 4. Madhyaanikam

## 5. Brahma Yagnam

1. Perform Achamanam
2. Face eastern direction and do "Shuklam baradaram ..•• "Followed by pranayamam "om Bhoo ... "
3. Mamopartha samastha duritha kshya dwara sri Parameshwara preethyartham Brahma Yagnam karishye. Brahma yagnena Yakshye. Vidhyudasi vidhya me paapmanam amruthath Sathyam upaimi

*Take a little water and clean the palms with water and continue japa and then chant*

Om Bhooo tatsa vithurvarenyam  
Om Bhuva Bhargo devasya  
Dheemahi Ogum suva Dhiyo yona  
prachodayath  
Om Bhooo Tatsa vithurvarenyam Bhargo devasya  
dheemahi Om Bhuva Dhiyo yona prachodayath  
Ogum Suva Tatsa vithurvarenyam Bhargo devasya Dheemahi Dhiyo yona  
prachothayath

4. Chant Vedic manthras

Om Agnimeele purohitham Yagnasya Dheva mruthvijam, hotharam Rathna Dhathamam Hari hi om,

hari hi om. Ishetwa Orjethwa vayavastha upayavastha Deva vassavitha prarpayathu sreshtathamaya karmame hari hi om

hari hi om. Agna Aayahi veethaye grunano havvyadathaye, ni hotha sadhsi Bharhishi hari hi om hari hi om.

sanno devirabheeshtaya Aapo Bhavanthu peethaye samyor abhisravanthu na hari hi om.

5. Take a little water into the right palm and sprinkle water round the head in clockwise direction by reciting:

Om bhoor bhuvah suvaha Sathyam Thapa sradhayam ju homi

6. Recite three times with folded hands:

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

7. Clean the palms again with water by reciting

"vrushtirasi vruschame paapmanamamruthath sathyamupaagam"

8. Deva-rishi tarpanam karishye/

Deva rishi pithur tarpanam karishye (For those whose father is not alive) Touch water and clean your hands

Lock the yajnopaveetam into the right palm under the thumb and offer water oblation straight through the right palm into the plate, once after each mantra.

1. Brahmaadayo ye devaha thaana devaan tharpayami
2. Sarvaan devaan tharpayami
3. Sarva deva ganaan tharpayami
4. Sarva deva pathnis tharpayami
5. Sarva deva ganapathnis tharpayami

Do rishi tharpanam by wearing yagnopaveetha as garland and lock into the poonol under the thumb at the other end. Take water into the palm and offer it into the plate by turning the palm fully to the left. Perform the oblation chanting each mantra twice

1. Krishna dwaipayanaaya ye rishaya thaana rishin tharpayami
2. Sarvaan risheen tharpayami
3. Sarvarishi ganaan tharpayami
4. Sarve rishi pathnis tharpayami
5. Sarva rishi gana pathnistharpayami
6. Prajapathim kanda rishim tharpayami
7. Somam kanda rishim tharpayami
8. Agnim kanda rishim tharpayami
9. Viswan devan kanda rishin tharpayami
10. Samihithir devatha upanishada tharpayami
11. Yagnigir devatha upanishada tharpayami
12. Varuneerdevatha upanishada tharpayami

*Put the Yagnopaveetham and pour water by towards the left*

13. Havyavaham tharpayami
14. Viswaan devaan kanda rishin tharpayami

*Pour water by lifting the hand up and allowing water to flow down into the plate (2 times)*

15. Brahmanam swayambhuvam tharpayami
16. Viswan devan kandarishin tharpayami
17. Arunan kandarishin tharpayami

Put the Yagnopaveetham in normal fashion and pour water from the tips of fingers

18. Sadasaspathim tharpayami
19. Rig vedam tharpayami
20. Yajur Vedam tharpayami
21. Sama Vedam tharpayami
22. Atharvana Vedam tharpayami
23. Itihasa puranam tharpayami
24. Kalpam tharpayami

**Pithru tharpanam**

*Only those who have lost their father do Pithru Tharpanam. Hang the yagnopaveetham on the left side and offer water into the plate through the gap between the thumb and fore finger thrice for each mantra.*

1. Soma pithruman yamo angiraswan agni kavyavahanadayaha ye Pithara thaana pithrun tharpayami, Sarvaan pithrun tharpayami
2. Sarva pithru ganana tharpayami
3. Sarva pithru pathnis tharpayami
4. Sarva pithru ganapathnistharpayami
5. Oorjama vahanthi amrutham grutham paya keelaalam parisruyatham swadaastha tharpayatha me pithrun trupyatha, trupyatha, trupyatha

Put the yagnopaveetha in the normal fashion. All do aachamanam. Offer water into the plate saying Om That sat Brahmarpanamasthu

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.

## 6. Maha Sangalpam

- a. Achamanam
- b. Shuklam baradharam.....
- c. Om bhoo
- d. Maha samkalpam

Apavithra pavithro vaa sarvaavasthaam gathopi vaa, ya smareth pundari  
kaksham, sabahyanthara suchi , manasam vaachikam paapam , karmanaa  
Samuparjitham, sri Rama smaranenaiva vyopahathi na samsaya .Sree rama  
Rama ramaTidhir Vishnu, Tatha vaara, nakshatram Vishnu reva cha Yogascha  
karanam chaiva sarvam Vishnu mayam Jagat, Sri Govinda , Govinda,  
GovindaAadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya,  
aparimithaya, sakthyaa, briyamaanasya, mahaa jaloughasya  
madhye, paribrhamatham aneka koti brhmaandanam madhye,  
eka thame, prithya aptejo vayvakaasaa ahankaradhi  
-mahada vyakthai-aavaranaair- aavruthe- asmin mahathi bramanda-  
karandaka-madhye aadhara sakthi –koormaa nandathi ashta  
diggajopari prathishtithasya , athala-vithala-suthala-rasaathala- thalaa thala-  
mahaathala-pathalakyai loka sapthakasya upari thale, punya kruthaam  
nivaasabhuthe bhoor–bhuvar-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- vedaaranayaadi, aneka  
punya aaranyaanam Madhya pradeshe, karma bhoomou, rama –sethu-  
kedharayoo madya pradaeshe , Bhaa geerathi-Gouthami- Krishna veni-  
Yamuna-Narmadaa-Thungabadhraa-Triveni-Malaapahaarini- kaveri-ithyadi,  
aaneka 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, sapthame vaivaswathe  
manvanthare, aashta vimsathi thame, kali yuge, prathame padhe, Jamboo  
dweepe, Bharatha varshe , Bharatha kande, Mero dakshine parswe. Asmin  
varthamane , vyavaharika prabhavaadheenam sashtya samvatsaranaam  
madhye,

Shobhakrit nama samvatsare,  
Dakshinaayane,  
Varsha rithou,  
Simha mase,  
Shukla pakshe,  
aadhya Pournamasyam shubha thidou,  
Sowmya vasara yukthayam,  
Shravishtha nakshatra yukthayam,

shubhayoga, shubhakarana evam guna, viseshana visishtaayam, asyam  
pournamaasyam shubha thidou, anaadhya vidhya pravarthamane asmin  
mahathi samsara chakre vichitrabhi karma gathibhi vichitrasu yonishu puna  
puna anekadha janithwa kenapi punya karma viseshena idhaanimthana  
manushye dwijanma visesham prapthavatho mama jjanmabhyasa jjanama  
prabruthi ethath kshana paryantham , baalye, vayasi kaumare yowane  
vaardhake cha jagrath swapna sushupthya avasthamsu mano vak kaya  
karmendriya jnanendriya vyaparai kama-krodha-lobha-moha-madha-  
mathsaryaadhi sambhavithaanam iha janmani janmanthare cha jnana ajnana  
kruthaanam maha pathakanaam mahaa patathakanumanthratwadeenam ,  
samapathakaanaam upapaathakaanaam malini karanaanam nindhitha dhana  
dhaano upa jeevanaadeenam aapathikarananaam jathi bramsa karaanam  
vihitha karma thyaagaaadeenam jnanadha sakruth kruthanaam ajnanatha  
asakruth kruthaanam sarveeshaam papaanam sadhya aapanodhanartham  
aswatha narayana sannidhou-deva brahmana sannidhou-tryaa trimsath koti  
devathaa sannidhou-sri visalakshi sametha visweswara swami sannidhou-  
mahaa ganapathi sannidhou-seetha lakshmana bharatha sathrugna-hanumt  
samedha sri rama chandra swmai sannidhou-sri rukmani sathyabhama  
samedha sri gopala Krishna swami sannidhou-hari hara puthra swami  
sannidhou-sri lakshmi narayana swami sannidhou sraavanyaam  
pournamasyaam adhyopakrama karma karishye.Thadangam sravanee  
pournamasi punyakale sareera shudhartam shuddhodhaka snanam aham  
karishye

Athi krura maha kaya, kalpanthahanopama,

Bairavaya namasthubhyam anujnam dathu marhasi

*Summary meaning: Apart from locating oneself with reference to time , one locates himself with reference to place also. We are supposed to live in Jambu Dweepa, Bharatha Kanda which is south of the great mountain Maha meru. Then again this Bhasratha Kanda is blessed with many holy rivers and holy places. Then prayer is done to God to pardon sins committed by word, thought and deed, because this was done in spite of his great grace which made us be born as human beings after several wheels of birth. Also the sins performed during several ages in life is highlighted. Some of the sins specifically mentioned are those done while earning money without conscience, giving money to improper people, actions which did not suit the caste we are born in, sins due to non-performance of actions which ought to have been done and so on. We pray God and tell him that we would take bath in holy pure water and then start the veda parayanams which is our duty as Brahmin.*

## 7. Yajnopaveetha dharanam for all

1. Aachamanam: Shuklaam Bharadharam.....santhaye
2. Om Bhoo Bhoorbhavaswarom
3. Mamo partha samastha duritha kshya dwara sri paameshwara preethyartham  
Sroutha smartha vihitha sadachara nithya karmaanushtanaa योग्यथा  
sidhyartham brhma teja abhivrudyartham yagnopaveetha dharanam karishye.
4. Yagnopaveetha dharana maha manthrasya Parabrhma rishi (Touch forehead)  
Trushtup chanda (touch below nose) Paramathma devatha (touch heart)
5. Yagnopaveetha dharane viniyogaha

Wear Poonal 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 theja.

After wearing all poonals one by one do Aachamanam

Remove the old poonals and break them to pieces by reciting:

Upaveetham bhinna thanthum jeernam kasmala dooshitham, visrujami jale  
punarbrahman varcho deergayurasthu me.

Do aachamanam.

Summary meaning: I wear the white yagnopavitham that is purifying, which was born along with brahma, which is capable of increasing life. I am sure this would give glory and strength to me. I am destroying the dirty, soiled yagnopavitam.



## 8. Kandarishi Tharpanam

1. Aachamanam
2. Shuklaam baradharam
3. Om bhoo
4. Mamo partha samastha durida kshya dwara sri parameshwata preethartham sravanyaam pournamaasyam adhyoyapakrama karmangam kanda rishi tharpanam karishye.

Wear poonal as garland and do tharpanam using water mixed with thil (black gingely) and 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. Saahnikeer devatha upanishadha tharpayami
6. Yagnigeer devatha upanishadha tharpayaami
7. Vaaruneer devatha upanishadha tharpayami
8. Brhamanagum swayubhuvam tharpayaami
9. Sadasaspathim tharpayami

wear poonal in the normal fashion and then do aachamana.

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

**9. Homam with Vedarambham**

Though these are essential part of Avani avittam, I am not giving this because Vedic manthraas are very difficult to transliterate into English and reading them wrongly would be counter-productive.

**10. Aseervatham / Aarati**

**11. Prasada vitharanam**

# GAYATRI JAPAM

## THURSDAY 31<sup>st</sup> AUG 2023

*Common for Rig Veda, Yajur Veda & Saama Veda*

Aachamanam (*Wear Pavitram and darbhai*) Ganesha vandanam:

Praanaayaamam Sankalpam: Mamopaatta samasta duritakshayaadvaaraa, Sri Parameshvara preetyartham shubhe shobhane muhoorte aadhya brahmanaha dviteeya paraarthe shveta varaaha kalpe vaivashvata manvantare ashtaovimshati tame kaliyuge prathame paade jamboodveepe bhaarata varshe, bharata khande, meroho dakshine paarshve, shakaabde asmin vartamaane vyaavahaarike prabhavaadeenaam shashtyaaha samvatsaraonaam madhye

Shobhakrit Naama samvathsare,  
Dakshinaayane,  
Varsha rithou,  
Simha maase,  
Krishna Pakshe,  
Prathamayam subha thithou,  
Guru vaasara yuktaayaam  
Shathabhishak nakshatra yukthaayaam,  
Evanguna Visheshana vasishtaayaam asyaam Prathamaayaam  
subhathithou,

*Midhyaadheetha praayashchittartham, doshavatsu, apataneeya praayashchittartham, samvatsara praayashchittartham cha, ashtottara sahasra sankyayaa (1008) [or] ashtottara sankyayaa (108) Gaayatree Mahaamantra japam karishye* [Discard the loose darbhai, touch water. Start the Japa from " Pranavasya.../ as in Sandhyaavandanam. *Om bhoorbhuvasuvaha tat saviturvarenyam bhargo devasya dheemahi dhiyoyonah prachodayaat.* [After finishing the japa according to Sankalpam - either 1008 or 108 minimum do the regular Upasthaanam as per sandhyavandanam. Remove the Pavitram and perform Aachamanam. *Om tatsat brahmaarpanamastu* pour water on the ground.