

HuBrief Sandhyavandane in English.

By Sri Keshava Sharma, Purohith.

Required Items :- Hrivana, Kaulige , Sautu. Water in Kaulige.

Rugvedaya Swaha
Yajurvedaya Swaha,
Samavedaya Swaha

(Each time, take water from Kaulige in Sautu in left hand, put it to your right hand and drink it, like teertha.)

Atharvavedaya Namaha

(Take water from Kaulige in Sautu in right hand and pour it to harivana.)

1. Sri Gurubhyo Namaha,

Parama Gurubhyo Namaha

Parameshti Gurubhyo Namaha.

(Do Namaskara with folded hands)

2. Pranavasya Parabrahma Rushihi, Paramathma Devatha,

Daivi Gayathri Chandaha,

Pranayame Viniyogaha.

(Hold your nose tip in your 3 fingers of right hand and chant Gayathri Mantra 3 times)

4. (Cover the Kaulige Satu with right hand).

Gangecha Yamunechaiva

Godavari Saraswathi |

Narmade Sindhu Kaveri

Jalesmin Sannidhim Kuru|

Mama Upaththa Durithakshaya

Dwara, Parameshwara

Preethyartham, Japam Karishye.

(Pour water to harivana in sautu once, from right hand)

5. Om Bhurbhuvaswaha

Tatsaviturvarenyam Bhargo Devasya

Dheemahi Dhiyoyonaha

Prachodayayth.

(This is Gayathri Mantra. Chant it minimum 28 times, better if it is 54 times / 108 to times)

Om Namō Narayanaya (28 times)

Om Namaha Shivaya (28 times)

Om Vachadbhuve Namaha (28 times)

Kayena Vacha, Manasendriyaiva,

Bhudyathmanava, Prakrutthe

Swabhavath, Karomi Yadyath,

Sakalam Parasmai, Narayanayethi

Samarpayami.

(Take water in Sautu in left hand
and pour the water to right hand,
pour to harivana)

Achyuthaya Namaha, Ananthaya
Namaha, Govindaya Namaha.

Rugvedaya Swaha
Yajurvedaya Swaha,
Samavedaya Swaha

(Each time, take water from Kaulige in Sautu in left hand, put it to your right hand and drink it, like teertha.)

Atharvavedaya Namaha

(Take water from Kaulige in Sautu in right hand and pour it to harivana.)

6. Note :- During morning Japa, say

~ Prataha Sandhyavandandanam

Karishye~

During Evening Japa, same japa. As above

& say ~ Sayam Sandhyavandandanam

Karishye)

(Do Sashtnga Namaskara)