



The Daily Sandhya e-book

(To be performed by Hindus at least once Daily)

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*Om bhur bhurwah swaha.
Tat savitur varenyam
bhargo devasya dheemahi.
Dhiyo yo nah pracho-dayaat.*

1

(Recite 3 times and sip water from the right palm after each recitation)

*Om shanno deveer abisthtaya
aapo bhavantu peetaye.
shanyor abhi-sravantu nah.*

2

*(Take water in the left palm. Using the middle & ring finger of the right hand,
touch the water and then each part of the body after reciting the mantra)*

*Om vaak vaak.....(lips)
Om praanah praanah.....(nostrils)
Om chakshuh chakshuh.....(eyes)
Om shrotram shrotram.....(ears)
Om naabhih.....(navel)
Om hridayam.....(heart)
Om kanthah.....(throat)
Om shirah.....(head)
Om baahu-bhyaam yasho-balam....(shoulders)
Om kara-tala kara-prishthe.....(palms and their sides)*

3

(Take water again in the left palm. Using the middle & ring finger of the right hand, touch the water and then each part of the body after reciting the mantra)

*Om phooh punaatu shirasi.....(Forehead)
Om bhuwah punaatu netrayoh.....(Eyes)
Om swah punaatu kanthe.....(Throat)
Om maha punaatu hridaye.....(Heart)
Om janah punaatu naabhyaam.....(Navel)
Om tapah punaatu punah paadayoh.(Feet)
Om satyam punaatu punah shirasi...(Head)
Om khambrahma punaatu sarvatra..(All over)*

4

(Try to recite this mantra in one breath – recite 3 times with 3 breaths)

*Om bhoooh
Om bhuwah
Om swah
Om mahah
Om janah
Om tapah
Om satyam*

5

(If reading mantras from a printout, sit with the spine straight and back upright. When the mantras are memorized, also sit with eyes closed. Breath calmly with no pauses in between breaths and chant with a comfortable un-strained voice)

*Om ritancha sat-yanchaa bheed
dhaat-tapaso 'dhya-jaayata.
Tato raatr-ya-jaayata
tatah samudro arnavah.*

6

*Om samudraad arnavaad adhi
samvatsaro ajaa-yata.
Aho-raa-traani vida-dhad
vishwasya mishato vashee.*

7

*Om sooryaa chandra-masau dhaataa
yathaa poorvam akal-payat.
Divam cha prithiveem
chaanta-rik-sham atho swah.*

8

*Om praachee dig-agnir adhi-patir
asito rakshitaa dityaa ishavaah.
Tebhyo namo 'dhipati-bhyo
namo rakshi-tribhyo
nama ishu-bhyo nama ebhyo astu.
Yo's maan dweshti yam vayam dwishmas
tam wo jambhe dadhmah.*

9

*Om dakshinaa dig indro 'dhi-patis
tirash-chi-raajee rakshitaa pitara ishavaah.
Tebhyo namo 'dhipati-bhyo
namo rakshi-tribhyo
nama ishu-bhyo nama ebhyo astu.
Yo's maan dweshti
yam vayam dwishmas
tam wo jambhe dadhmah.*

10

*Om prateechee dig varuno 'dhi-patih
pri-daa-koo rakshitaan-na mishavah.
Tebhyo namo 'dhipati-bhyo
namo rakshi-tribhyo
nama ishu-bhyo nama ebhyo astu.
Yo's maan dweshti yam vayam dwishmas
tam wo jambhe dadhmah.*

11

*Om udeechee dik somo 'dhi-patih
swajo rakshitaa shanir ishavah.
Tebhyo namo 'dhipati-bhyo
namo rakshi-tribhyo
nama ishu-bhyo nama ebhyo astu.
Yo's maan dweshti yam vayam dwishmas
tam wo jambhe dadhmah.*

12

*Om dhruvaa dig Vishnu radhi-pathih
kal-maasha-greevo raakshitaa vee-ru-dha ishavah.
Tebhyo namo 'dhipati-bhyo
namo rakshi-tribhyo
nama ishu-bhyo nama ebhyo astu.
Yo's maan dweshti yam vayam dwishmas
tam wo jambhe dadhmah.*

13

*Om oor-dhwaa dig brihas-patir adhi-patih
shwi-tro rakshitaa varsha mishavah.
Tebhyo namo 'dhipati-bhyo
namo rakshi-tribhyo
nama ishu-bhyo nama ebhyo astu.
Yo's maan dweshti yam vayam dwishmas
tam wo jambhe dadhmah.*

14

*Om ud-vayam tama-sas pari
swah pashyanta ut-taram.
Devam devatraa sooryam
aganma jyotir ut-tamam.*

15

*Om udut-yam jaatavedasam
devam vahanti ketavah.
Drishe vish-waaya sooryam.*

16

*Om chitram devaanaam ud-agaad aneekam
chakshur mitrasya varunasya-agneh.
Aapraa dyaawaa pri-thi-vee antariksham
soorya aatamaa jagatas tas-thu-shash cha, swaahaa!*

17

*Om tach chakshur devahitam
purastaach chhukram uch-charat.
Pashyema sharadah shatam.
Jeevema sharadah shatan.
Shrinu-yaama sharadah shatam
pra-bra-vaama sharadah shatam.
Adeenaah syaama sharadah shatam.
Bhooyash cha sharadah shataat.*

18

*Om bhur bhurwah swaha.
Tat savitur varenyam
bhargo devasya dheemahi.
Dhiyo yo nah pracho-dayaat.*

19

*Om he eesh-wara dayaa-nidhe!
Bhawat kripa-yaa 'nena
jap-paa-sanaa-di karmanaa.
Dhar-maaritha kaama mok-shaa-naam
Sadyah siddhir bhawen-nah*

20

*Om namah sham-bhawaya cha
mayo bhawaya cha
namah shanka-raaya cha
mayas-karaaya cha
namah shivaaya cha
shiva taraaya cha.*

21

Om
Shaantih
Shaantih
Shaantih

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<http://www.youtube.com/user/jrebel11>*

*Choose the Sandhya video to see the mantras and hear the pronunciation
of the words. Choose the other videos to learn many other very popular
and meaningful Vedic Mantras.*

*For copies of these mantras, please email jag@theheartofthesun.com and
place your requests.*

*Thank you for being a seeker of knowledge and a believer in prayers.
May you find your Mind-Peace and reach your spiritual goals in this
journey of Life.*