

(Upakarma) Avani Avittam In English

(the source Shri.Ramachander)

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12-08-2016 (Friday): Varalakshmi Vratam :

17-08-2016 (Wenesday): Rigveda Upakarma (Avani Avittam)

17-08-2016 (Wenesday) : USA

18-08-2016 (Thursday) : Yajurveda Upakarma (Avani Avittam) : INDIA

18-08-2016 (Thursday): Gayatri Japam : USA

19-08-2016 : (Friday) Gayatri Japam : INDIA

3-09-2016 (Saturday): Samaveda Upakarmam

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1.Yagnyopaveetha dharana Mantram

(Only Bhramcharis has to change the yagnyopaveetam in the morning)

( Mantram for wearing Poonal)

1. Perform Achamanam

Take minute quantities of water(just sufficient to soak one grain of black gram) three times in the right hand and take it with the following manthra.

1.Om Achyuthaya nama 2.Om Ananthaya nama 3.Om Govindaya nama

Then

Touch with thumb both cheeks saying kesava Narayana

Touch with ring finger both eyes saying Madhava Govinda

Touch with the first finger both sides of nose saying Vishno-Madhusoodana

Touch with little finger both ears saying Trivikrama Vamana

Touch with the middle finger both shoulders saying Sreedhara-Hrishi kesa

Touch with all fingers the belly button saying Padmanabha

Touch with all fingers the head saying Damodara

## 2. Ganapathi dyanam\*

Recite the following manthra slowly hitting the forehead with both fists together.:-

Shuklambaradharam Vishnum Sasi Varnam ChathurBhujam,

Prasanna Vadanam Dyayeth Sarva Vigna Upa Santhaye.

\*This prayer is not recited by Vaishnavas. They are requested to go to the next section.

## 3. Do Pranayamam.

Hold both Nostrils with Thumb and the little and third finger of the hands and recite the following Manthra:-

Om Bhoo

Om Bhuva

Ogum Suva

Om Maha

Om Jana

Om Thapa

Ogum Sathyam

Om Tatsa vithur varenyam Bargo devasya dhi mahi dhiyo yona prachodayath

Om Apa

Jyothj rasa

Amrutham brahma

Bhoorbuvasuvarom

Touch the ears three times saying

Om, Om , Om

Sankalpam:

c.Mamo partha samastha duritha kshya dwara sri paameshwara preethyartham

Shroutha smartha vidhi vihitha nithya karma sadachara anushtanaa योग्यatha sidhyartham bhramma tejah  
abhivrudyartham yagnopaveetha dharanam karishye.

d.Yagnopaveetha dharana maha manthrasya

Parabrhma rishih(Touch forehead)

Trushtup chandah (touch below nose)

Paramathma devatha (touch heart)

e.Yagnopaveetha dharane viniyogah

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 patheh,

Yat sahajam purasthat aayushyam

Agriyam prathi muncha shubhram yagnopaveetham balamasthu thejah OM .

f.After wearing all poonals one by one do Achamanam

g.Remove the old poonals and break them to pieces by reciting

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

h.Do achamanam.

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 yasgnopavita .

2.Kamo Karisheeth & Manyura Karisheeth Japam

a.Aaachamanam:Shuklaam Bharadharam .Santhaye

b.Om BhooH + Bhoorbhuvasuvarom.

c.Mamo partha--- Preethyartham

Tadeva lagnam sudhinam tadaiva, tharaa balam chandra balam thadaiva , vidhya balam daiva balam tadaiva, Sri Lakshmi pathe te aangriyugam smaramaami

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari kaksham, sabahya Abhyanthara shuchi , manasam vaachikam paapam , karmanaa Samuparjitham, Sri Rama smaranenaiva vyopahathi na samshayah .Sree Rama Rama Rama, Tithir Vishnu, Tatha vaarah, Nakshatram Vishnu reva cha, Yogascha karanam chaiva sarvam Vishnu mayam Jagat , Sri Govinda , Govinda, Govinda

Aadhya sri bhagavatha mahaa purushasya Vishnoh Agnaya , Pravarthamanasya , Aadhya brhmanah , dweethiya parardhe, shweta varaha kalpe, , Vaivaswatha manvanthare, ashta vimshathi thame, kali yuge, prathame padhe, Jamboo dweepe, Bharatha varshe , Bharatha Kande, Meroh dakshine parshwe, Shakabde Asmin vartamane , vyaavaharika prabhavaadheenam sashtyah samvatsaranaam madhye ,Shri Durmukhi nama samvatstare, Dakshinaayane, Varsha rithou, Simha mase(Shravana Mase), shukla pakshe, aadhya pournamasyam shubha tithou, Sowmya vasara yukthayam, (FOR INDIA: GURU vasara yukthayam) Shravana nakshatra yukthayam (IN INDIA : SHRAVISHTA nakshatra yukthayam), shubhayoga, shubha karana evam guna, viseshana visishtaayam, asyam vartamanayam pournamaasyam shubha thithou. Taishyaam pournamaasyam adhyayoth utsarjana akarana praayaschithartham , samvatsara praayaschithartham, ashtothara satha sankhyaka kamo karisheeth manyura karisheeth lthi maha manthra japam karishye.

d.Then chant Kamo karisheeth manyura karisheeth namo namah 108 times.

e.Afterwards perform Aachamana and say Om tat sat brahmaarpanam asthu.

Summary meaning:The Brahmin first prays God that the time of doing whatever it may be should become holy and this he is sure is achieved by prayer to God.Then he tells when he is doing this japa, for example which year, which season, which day and so on.And he says that this japa is being done as a repentance for his not performing various religious duties during the year that he ought to have performed.The main manthra is a prayer to pardon the lapses which were due to Kama(passion) krodha(anger) and lopa(avarice).

Do Madhyaanikam & Bhramyagnyam

3.Bhram yagnyam

Perform Achamanam

Face eastern direction and do Shuklam baradaram--. Followed by pranayamam om Bhoo---(As mentioned above)

Mamopartha samastha duritha kshyadwara sri Parameshwara preethyartham Brahma Yagnam karishye. Brahma yagnena Yakshye.

Chant and clean the hands with water

Vidhyudasi vidya me paapmanam amruthath Sathya mupaime

And then chant

Om Bhoooh tatsa vithurvarenyam

Om Bhuvah Bhargo devasya Dheemahi

Ogum suvah Dhiyo yonah prachodayath

Om Bhoooh Tatsa vithurvarenyam Bhargo devasya dheemahi

Om Bhuvah Dhiyo yonah prachodayath

Ogum Suvah Tatsa vithurvarenyam Bhargo devasya Dheemahi Dhiyo yonah prachodhayath

Chant Vedic manthras

Om Agnimeele purohitham Yagnasya Dheva mruthvijam, hotharam Rathna Dhathamam

Om Ishe Tworje Twa vayavastha upayavastha Devo vassavitha prarpayathu sreshtathamaya karmane

Om Agna Aayahi veethaye grunano havvadathaye, ni hotha sadhsi bharhishi

Om shanno devirabheeshtaye Aapo bhavantu peethaye sanyoh abhishravanthu naha

Sprinkle water round the head by reciting

Sathyam Thapa shradhayam juhomi

Recite three times with folded hands

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

8.Clean the hands again with water by reciting vrushtirasi vruschame paapmanam amruthath  
sathyamupaagam

deva-rishi-pithru tharpanam karishye.

Do deva tharpanam through the tip of fingers

1.Bramodaya ye deva thaana devaan tharpayami

2.Sarvaan devaan tharpayami

3. Sarva deva ganaan tharpayami

4.Sarva deva pathnis tharapayami

5.Sarva deva ganapathnis tharpayami

Do rishi tharpanam by wearing yagnopaveetha as garland and pouring out water from the little finger

1, Krishna dwaipayana dayah ye rishaya thaana rishin tharpayami

2. Sarvaan risheen tharpayami

3. Sarva rishi 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

Pour water from the tips of fingers

10. Sagumhithir devatha upanishada tharpayami

11. Yagnikeer devatha upanishada tharpayami

12. Varuneer devatha upanishada tharpayami

Pour out water from the little finger

13. Havyavaham tharpayami

14. Viswaan devaan kanda rishin tharpayaami

Pour water by the bottom of the palm towards self

15. Brahmanam swayambhuvam tharpayami

Pour out water from the little finger



16.Viswan devan kandarishin tharpayami

17.Arunan kandarishin tharpayami

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. Ithihasa puranam tharpayami

24. Kalpam tharpayami

(Only those who have lost their father do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger).

1.Somah pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara

thaan pithrun tharpayami,

2. Sarvaan pithrun tharpayami

3. Sarva pithru ganam tharpayami

4. Sarva pithru pathnistharpayami

5. Sarva pithru ganapanthnistharpayami

6. Oorjam vahanthi amrutham grutham paya keelaalam parisruyatham

swadaastha tharpayatha me pithrun trupyatha, trupyatha, trupyatha

(3 times)

15. Put the yagnopaveetha in the normal fashion

And then do aachamanam.

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.

4.Maha Samkalpam

a.Aachamanam

b.Shuklam baradharam.

c.Om bhoo

d.Maha samkalpam

Mamo partha--- Preethyartham

Tadeva lagnam sudhinam tadaiva, tharaa balam chandra balam thadaiva , vidhya balam daiva balam tadaiva, Sri Lakshmi pathe te aangriyugam smaramaami

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari kaksham, sabahya Abhyanthara shuchi , manasam vaachikam paapam , karmanaa Samuparjitham, Sri Rama smaranenaiva vyopahathi na samshayah .Sree Rama Rama Rama, Tithir Vishnu, Tatha vaarah, Nakshatram Vishnu reva cha, Yogascha karanam chaiva sarvam Vishnu mayam Jagat , Sri Govinda , Govinda, Govinda,

Aadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya , aparimithaya, sakthyaa, abriyamaanasya, mahaa jaloughasya madhye, paribrhamatham aneka koti brhmaandanam madhye, eka thame, prithvi aptejah vaayavya akasha ahankaradhi -mahatu avyakthaih -aavaranaiah- aavruthe- asmin mahathi bramanda-karandaka-madhye aadhara sakthi koormaa nandathi ashta diggajopari prathishtithasya , athala-vithala-suthala-rasaathala-thalaa thala-mahaathala-pathalakyaih 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-vedaaranayaadhi, aneka punya aaranyaanam Madhya pradeshe, karma bhoomou, rama - sethu-kedharayoo madya pradaeshe , Bhaageerathi-Gouthami-Krishna veni-Yamuna-Narmadaa-Thungabadhraa-Triveni-Malaapahaarini-kaveri-ithyadi , aneka punya nadhi virajithe, Indraprastha-Yamaprastha-Aavanthikaapuri-Hasthinaapuri-Ayodhya puri-Maayaa puri-Kasi puri-Kanchi puri-Dwarakaa aadi aneka punya puree virajithe 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 shakheshu, shatsu manusha atheetheshu, sapthame vaivaswathe manvanthare, aashta vimsathi thame, kali yuge, prathame padhe, Jamboo dweepe, Bharatha varshe , Bharatha khande, Mero dakshine parshwe. Asmin varthamane , vyavaharika prabhavaadheenam sashtyah samvatsaranaam madhye , Shri Durmukhi nama samvatstare, Dakshinaayane, Varsha rithou, Simha mase(Shravana Mase), shukla pakshe, aadhya pournamasyam shubha tithou, Sowmya vasara yukthayam, Sowmya vasara yukthayam, (FOR INDIA: GURU vasara yukthayam) Shravana nakshatra yukthayam (IN INDIA : SHRAVISHTA nakshatra yukthayam), shubhayoga, shubha karana evam guna, viseshana visishtaayam, asyam vartamanayam pournamaasyam shubha thithou.

Anaadhi avidhya vasanaya pravarthamane asmin mahathi samsara chakre vichitrabhih karma gathibhih vichitrasu yonishu punah punah anekadha janithwa kenapi punya karma viseshena idhaanimthana manushye dwija janma visesham prapthavataha mama janmabhyasat janama prabruthi ethath kshana paryantham , baalye, vayasi kaumare yowane vaardhake cha jagrath swapna sushupthi avasthasu mano vak kaya karmendriya jnanendriya vyaparaih kama-krodha-lobha-moha-madha-mathsaryaadhi sambhavithaanam iha janmani janmanthare cha jnana ajnana kruthaanam maha pathakanaam mahaa patathaka anumanthrattwadeenam , samapathakaanaam upapaathakaanaam malini karanaanam nindhitha dhana dhaano upa jeevanaadeenam aapathrikarananaam jathi bramsa karaanam vihitha karma thyaagaaadeenam jnanadha sakruth kruthanaam ajnanatha asakruth kruthaanam sarveeshaam papaanam sadhya aapanodhanartham

Lakshmi Narayana sannidhou-deva brahmana sannidhou-tryaa trimsath koti devathaa sannidhou-sri visaalakshi sametha vishweshwara swami sannidhou-mahaa ganapathi sannidhou-seetha lakshmana bharatha sathrugna-hanumt sametha sri Rama chandra swami sannidhou-sri rukmani sathyabhama sametha sri gopala Krishna swami sannidhou-hari hara puthra swami sannidhou Taiyshyam pournamasyaam adhyayopakrama karma karishye.Thadangam sravanee pournamasi punyakale sareera shudhartam shuddhodhaka snanam aham karishye.(take a bath or just sprink some water in your head with following mantra)

Athi krura maha kaya, kalpanthahanopama,

Bairavaya namasthubhyam anujnam dathu marhasi

Summary meaning:Here again 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 inspite 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 parayanas which is our duty as Brahmin.

## 5. Yagnopaveetha dharana manthram

After bath change the poonal by reciting following mantra. (Please note that now a days very rarely people take bath after mahaa sankalpam but do prokshana snanam i.e bath by sprinkling of water on the head).

( Mantram for wearing Poonal)

a. Achamanam: Shuklaam Bharadharam --- Santhaye

b. Om Bhoo -----Bhoorbhavaswarom

c. Mamo partha samastha duritha kshya dwara sri paameshwara preethartham

Stroutha smartha vihitha sadachara nithya karmaanushtanaa yogyatha sidhyartham brhma teja abhivrudhyartham yagnopaveetha dharanam karishye.

d. Yagnopaveetha dharana maha manthrasya

Parabrhma rishi (Touch forehead)

Trushtup chanda (touch below nose)

Paramathma devatha (touch heart)

e.Yagnopaveetha dharane viniyoga

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 saham purasthad aayushyam

Agriyam prathi muncha shubram yagnopaveetham balamasthu theja.

f.After wearing all poonals one by one do Achamanam

g.Remove the old poonals and break them to pieces by reciting

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

6.Kanda Rishi Tharpanam

1,Achamanam

2,Shklaama 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.Saahinkeer 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.

7.Vedarambham

Though these are essential part of Avani avittam ,

Chant Vedic manthras

Rigvedam (Om Agnimeele.....)

Yajurvedam (Om Ishe Tworje .....)

Samavedam(Om Agna Aayahi.....)

Atharvavedam(Om shanno.....)

I am not giving this because Vedic manthraas are very difficult to transliterate in to English and reading them wrongly would be counter productive.(It is Strongly Recommended that the Veda Mantras must be pronounced as per Gurus Directions).

8. Gaayathri japam (18-8-2016) IN USA & (19-08-2016) IN INDIA

For Yajur, Rig and Sama Vedis

1.Aachamanam...

2,Shuklaam baradharam + Shantaye...

3.Om bhoo + Suvarom..

4.Mamo partha samastha duritha kshya dwara sri parameshwara preethyartham

Tadeva lagnam sudhinam tadeva, tharaa balam chandra balam thadeva , vidhya balam daiva balam tadeva, Sri Lakshmi pathethe aangriyugam smaramaami.

Apavithra pavithro vaa sarvaavasthaam gathopivaa , ya smareth pundari kaksham, sabahya abhyantaraha shuchi , manasam vaachikam paapam , karmanaa

Samuparjitham, Sri Rama smaranenaiva vyopahathi na samshayah .Sree Rama Rama Rama Shubhe Shobane muhurthe adya Brahmana dwiteeya paradhe , Swetha varaha kalpe, Vaivaswatha Manvanthare, Ashtavimsathi thame , Kali yuge, Prathame pade, Jambhu Dwipe, Bharatha Varshe,Bhartaha Kande, Meroh Dakshine Parshwe, Sakabdhe, Asmin Varthamane Vyavaharike, Prabhavadinam Sashtiyah Samavathsaranaam Madhye, Durmukhi nama samvatstare, Dakshinaayane,Varsha rithou, Simha mase ( Shravana Mase), Krishna pakshe, aadhya prathamayam shubha tithou, Guru vasara yukthayam, (FOR INDIA: BRIGHU vasara yukthayam) Shravishta nakshatra yukthayam (IN INDIA : SHATABHISHAK nakshatra

yukthayam), shubha yoga shubha karana evam guna viseshana visisishtaayam asyaam vartamanayam Krishna Paksha prathamaayam shubha tithou.

mithyaa Dheetha prayaschittartham ashtothara sahasra samkyaka or yatha shakti gayatri maha manthra japam karishye.

Start from Pranavasya Rishi brahma.---followed by aayathith anuvagasya---- and then chant the gaythri manthra 1008 times.

Afterwards do Pranayaman and Achamanam,Namaskaram Abhivaadaye and then complete with

Kayena vacha-----.

Om Shanti Shanti Shanti..