

Sama Veda Upakarma Prayoga for the year 2008 (2-9-2008) (Compiled by P.R.Ramachander)

In the case of Sama Veda, The upa Karma prayogam is very extensive and differs very much from the Upakarma prayoga of Rig and Yajur Vedis.They always do it in Hastha Nakshtra of the Kanya Masa. It essentially consists of ten steps in the following order

- 1.Panchagavya sammelanam
- 2.Snana Mahasankalpam
- 3.Brahmayagnam
- 4.Punyaham
- 5.Rishipooja(Uthsarjan Karma)
- 6.Deva,rishi, Pithru Tharpanam (264+12)
- 7.Ghata Poojai
- 8.Yagnopaveethadhaaranam
- 9.Vedarambam
- 10.Kankanadharanam

Naturally these have to be done with the instruction of a Guru but in modern times when people are scattered all over the world and also because well learned Sama Veda Purohithas are very scarce, many people are forced to do it in their home depending on some handouts. Since most of the above steps are lengthy and involve proper chanting of Sama Veda Mantras,they do only three steps of the above 10. They are

- 1.Snana maha Sankalpam,
- 2,Brahma Yagnam
- 3.Yagnopaveetha dharanam

English is a very inadequate language to type out Sanskrit manthras. But I have made an effort to present the needed mantras for the above steps for the year 2007 because I feel that our youngsters are more at home in English rather than in their mother tongue or Sanskrit. Since I am not a Sama Vedin I depend for the mantras on Book published by C.Sankara TRama Sastri(1956) Sama Veda Upakrama prayoga published by Sri Balamanorama press, Madras. I have also got my typing read through and to certain extent edited by Sri.P.A.Anantharaman.I am grateful to him,

Maha Samkalpam (2-9-2008)

- a.Aachamanam, wear Pavithram.
- 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 rama
Tidhir Vishnu, Tatha vaara, nakshatram Vishnu reva cha

Yogascha karanam chaiva sarvam Vishnu mayam Jagat ,
Sri Govinda , Govinda, Govinda

Aadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya , aparimithaya,
sakthyaa, briyamaanasya, mahaa jalou ghasya madhye,
Paribrhama maanaanam aneka koti brhmaandanam madhye, eka thame,avyaktha
mahadahankara pruthivya aptejo vayvakaasaa ahankaradhii -aavaranair- aavruthe-
asmin mahathi bramanda-karanda-madale- aadhara sakthi – aadhi koormaa nandathi
ashta diggajopari prathishtithasya uparithale -Sathyadhi loka shadkasya adho bhage,
mahaa nalayamana phani raja seshasya sahasra phanaa mani mandala mandithe,
lolaalokachalena parivruthe-dighdanthi-shunda dhanda-uttambhithe, lavaneshu suraa
sarpee dhadhee dugdha sudhodhakrnavii parivruthe , jambhu-plaksha-saka-salmali-
kusa-krouncha-pushkarakhya sapha dweepa dheepithe, Indra dheepa kaseru thamra
gabhashti naga soumya gandharwa chaarana bharathakhya nava gandathmake -Maha
meru giri karnakopetha maha saroruhayamana pancha sath koti yojana vistheerna bhoo
mandale- sumeru nishadha hemakoota himachala malyavath pariyathraka
gandhamadhana kailasa vindhyachaladhi, maha shailadhishtithe, Lavana Samudhra
mudhrithe, Bharatha Kimpurusha Hari Ilavrutha Ramyaka Hiranmaya KuruBhadrascha
Kethumalakhya nava varshopashobithe, , Jamboo dweepe, Bharatha varshe, bharatha
kande, Mero Dakshine Parswe, Karma Bhoomou - Swamyavanthii kuru kshethraadhi
sama bhoo Madhya rekhaya poorva dig Bhage, Vindhachalasya Dakshina dig Bhage ,
Dandakaranye , Sakala Jagat Srushta parardha dwaya jeewino Brahmana Pradhame
Parardhe Pancha sadhabdhathmike Aatheethe, Dwithheeya parardhe, Panchasadabdhou,
Pradhame Varshe, Pradahme mase , Pradhame Pakshe, Pradhame divase, AAhani
dwithheeye yame , tritheeye muhurthe, swayambhuva-swarochisha-uthama-thamasa-
raivatha-chakshuhaksheshu, shatsu manusha vyatheetheshu, saphame vaivaswatha
manvanthare, aashta vimsathi thame, varthamane kali yuge, prathame padhe, ,
Shalivahana shakabdhe, Chanrda savanna souradhi maana bramithe , prabhavaadheenam
sashti samvatsaranaam madhye , Sarvadhari nama samvatsare, Dakshinaayane, Varsha
rithou, Simha mase, Shukla pakshe, aadhya tritheeyam * shubha thidou,
bhowma vasara yukthayam, hastha ** nakshatra yukthayam, shubhayoga, shubha
karana evam guna, viseshana visishtaayam, asyam tritheeyam * shubha thidou, Sarva
Papa Harana nipuna sri Parameswara preethyartham, Anaadhya vidhyaa vaasanaya
pravarthamane , Asmin mahathi Samsara Chakre, Vichithrabh karma gathibhi-
vichithrasu yonishu , puna punaranekadha janithwa, Kenaapi punya karma viseshena
idhaaneentha maanushye dwija janma visesham prapthavatho mama, iha janmani
poorva janmasu maya kruthaanam brahma hathyadhi -swarnaastheya –suraapana-
guruthalpagamana,- maha pathaka chathushtaya, vyatheerikthaanaam , thath
samsargaanaam, theshaam pathakanaam, nikshipthaya, saranaagathaaya, , pathivruthaya
sangama nimithanam, nishidha sashtraabhi gamanaadheenaa, vidwad brahmana pankthi
bhedhacharana , vaardhakee -vidhawa vesya vrushalyaadhi samsarga nimithaanaam,
balye vaysi kaumare youvane vaardhake, jagrath swapna sushpthyavasthasu, mano
vaak kaya karmendriya vyapaarai, jnanendriya vyapaaraischa, samsarga nimithaanaam,
bhoooyo bhoooyo aabhyasthanaam, thathra thathra garbhothpathi nimithanaam, thath saha
bhojana thad uchishta bhakshana, aswa yoni, paswadhi yoniretha skhalitha
nimithaanaam, govadha paswadhi prani vadha nimithaanaam, sthree shoodhra vita

kshatriya vadha nithaanaam, aayuktha lavana pakvanna madhu ksheera thila thaila maama moola phala ,
saaka raktha vasa suvarna, kambalaadhi vikraya nimithaanaam, aswadhi vahana , ikshu kanda dathana, paraapavaadana, bradhakadhyapana, asad prathi grahana,
vrukshschedana, dhaanya roupya pasustheya, vaardushi karana shudhra seva, shudra preshya , heena jathi prathigraha, heena sakhya, pankthi bhedana, paka bhedana, paraa anna bhojana, asachasthra lapa, pramadhi kara, matadhikara, pourohithya, pareeksha paksha pathaka, thatakaarama vikraya, thataka vichedhanadhi sama paathakaanaam, jnantha sakruth kruthaanaam, aajnatha asakruth kruthaanaam, jnanatho aajanathaascha abhyashaanam, athyanthabhyasthaanam, nirantharabhyasthaanaam, sankari karanaanaam, malini karananaam, aapathri karanaanaam, jathi bramsa karanaanam, aaviihitha karamaacharana, vihitha karma thyagaadheenaam, prakeernikaanaam upa pathakaanaam, maha pathakaanaam, aathi paathakaanaam, evam navaanam nava vidhaanaam, bahoonam bahuvidhaanaam sarveshaam papa namapanodhana dwara, aayajya yaajanaasath prathi grahaa bakshya bhakshanaa bhojya bhojanaa peya paanaadhi samastha papa kshartham,
aswatha narayana sannidhou-deva brahmana sannidhou-tryaa trimsath koti devathaa sannidhou-sri visaalakshi sametha visweswara swami sannidhou-mahaa ganapathi sannidhou-seetha lakshmana bharaatha sathrugna-hanumat 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 Mama samastha papa kshyartha proshta padhyam hastharshe adhya yoth sarjana karmangam maadhyahnika snaanamaham karishye, maadhyahnika snaanamaham karishye.

Aathi kroora maha kaya kalpantha dahanopama,
Bhairavaya namasthubhyam aanugnaam dhathu marhasi.

Durbhojana duraalaapa dush prathigraha sambhavam,
Paapam hara mama kshipram sahyakanye namosthuthe.

Triraathram jahnavi theere pancha rathram thu yaamune,
Sadhya punathu kaaveri papa maamaranthikam.

Ganga gangethi yo brooyaadh yo janaanaam shatai rapi,
Muchyathe sarva paapebhyo Vishnu lokam sa gachathi. (take bath thus)

After bath (Nowadays people only take Sankala Snanam by sprinkling water)

take Pancha Gavyam chanting

Yathavagasthi gatham papam dehe thishtathi maamake,
Praasanam pancha gavyasya dahathwagni rivendanam.

Take bath again, wear dry cloths, put on caste marks, do regular daily duties and then do Brahma Yagna.

*Up to 12.07 AM IST of 3/9/2008 Thritheeya , afterwards Chaturthi and ** up to 1.22 AM IST on the next day Hastham . .If in any country , you are performing the japam after 12.07 AM IST of 3/9/2008 that ,change Thritheeya to Chaturthi but the Upakarmam should be performed before “Hastham “ changes..This would be for example applicable in many parts of USA

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, cutting of tree, spoiling a lake , trading of several banned commodities such as salt , blanket, meat, root , fruit etc, 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 a Brahmin.

2.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.
4. Chant and clean the hands with water
Vidhyudasi paapmanam vidhya me paapmanam amruthath Sathya mupaima
And then chant
Om Bhorbavassuva
Om tatsa vithurvarenyam.
Om Bhargo devasya Dheemahi
Om Dhiyo yona prachodayath
Om Tatsa vithurvarenyam Bhargo devasya dheemahi
Om Dhiyo yona prachodayath

Om Bhoo, Om Bhuva, Om Suva, Om Sathyam,Om Purusha

Om Bhoo, bhoo., hoi bhoo, Hoi bhoo Haa aavu vaa a, suvarjyothi aa

Om Bhuvaa, Bhuva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Suvaa , Suva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Sathyam , Sathyam, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Purushaa , Purusha, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Thatsa vithurvarenyam , bhargo devasya dheemahi, dhiyo yoo na Pracho aa, him
, dhayo Aaa aa,

Om Agnimeele purohitham Yagnasya Dheva mruthvijam, hotharam Rathna
Dhathamam

Om Ishe Tworje Thwa ,vayavasthapayavastha Devo vassavitha prarpayathu
sreshtathamaya karmane

Om Agna Aayahi veethaye grunano havyadathaye, ni hotha sadhsi bharhishi

Om sanno devirabheeshtaya Aapo peethaye sam yorabhisravanthu na

5. Sprinkle water round the head by reciting
Sathyam Thapa sradhayam juhomi

6. 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
paapmanamamruthath sathyamupaaga”

Devarshi Pithru tharpanam Karishye

9.Do deva tharpanam through the tip of fingers
1.Bramodaya ye deva than devaan tharpayami
2.Sarvaan devaan tharpayami
3. Sarva deva ganaan tharpayami
4.Sarva deva pathnis tharapayami
5.Sarva deva ganapathnis tharpayami
6.Sarva deva puthaam stharpayami
7.Sarva deva gana puthamstharpayami

10. Do rishi tharpanam(each twice) by wearing yagnopaveetha as garland and
pouring out water from the little finger

1,Krishna dwaipayanaaya ye rishaya than rishin tharpayami
2. Sarvaan risheen tharpayami
3.Sarva rishi ganaan tharpayami
4. Sarve rishi pathnis tharpayami
5,Sarva rishi gana pathnistharpayami
6.Sarva rishi puthramstharpayami

7.Srava rishi gana puthramstharpayami

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

- 1.Rig vedam tharpayami
- 2.Yajur Vedam tharpayami
3. Sama Vedam tharpayami
4. Atharva Vedam tharpayami
5. Ithihasa puranam tharpayami

12.Only those who have lost their father (others go to step 13)do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger(thrice).

- 1.Soma pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara than pithrun tharpayami,
2. Sarvaan pithrun tharpayami
3. Sarva pithru ganam tharpayami
4. Sarva pithru pathnistharpayami
5. Sarva pithru ganapanthnistharpayami
- 6.Sarva Pithru puthrastharpayami
- 7.Sarva pithru gana puthraastharpayami
- 8.oorjam vahanthi amrutham grutham paya keelaalam parisruyatham swadaastha tharpayatha me pithrun

13.Put the Yagnop Vita in the Normal fashion and 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.

3.Yagnopa veetha dharana manthra

(Manthra for wearing Poonal)

a.Aachamanam:Shuklaam Bharadharam..... Santhaye

b.Om Bhoo.....Bhoorbhavaswarom

c.Mamo partha samastha duritha kshya dwara sri paameshwara preethartham

 Srouta smartha vihitha sadachara nithya karmaanushtanaa योग्यथा सिध्यर्थम
brhma teja abhivrudyardham 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 sahajam 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.

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 yagnopavitha .

4.Gaayathri japam (17-8-2008)

For Yajur, Rig and Sama Vedis

1.Achamanam

2,Shuklaam baradharam

3.Om bhoo

4.Mamo partha samastha duritha kshya dwara sri parameshwara 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 Shubhe Shobane muhurthe adya Brahmana dwiteeya paradhe , Swetha varaha kalpe, Vaivaswatha Manvanthare, Ashtavimsathi thame , Kali yuge, Prathame pade, Jambhu Dwipe, Bharatha Varshe,Bhartaha Kande, Mero Dakshine Parswe, Sakabdhe, Asmin Varthamane Vyavaharike, Prabhavadhi Sashti Samavathsaranaan Madhye, SARvadhari nama Samvathsare , Dakshinayane, Greeshma Rithou, Karkidaga mase Krishna pakshe aadhya prathamaayam* shubha thidou BHanu vaasara yukthayaam sravishta nakshatra** yukthaayam shubha yoga shubha karana evam guna viseshana visisishtaayam asyaam prathamaayam shubha thidou mithyaa theetha prayaschittartham ashtothara sahasra samkya gayatri maha manthra japam karishye.

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

Complete with Abhivaadaye and then complete with

Kayena vacha.....

* Prathma is upto 2.45 AM IST of 18/9/2008 and afterwards Dwitheeya

****Sravishta is up to 2.29 PM , afterwards Sathabisham**

Please compare the time when you are doing japam to IST and do cxorrections accordingly.

Please compare the time when you are doing japam