

Yajur Vedi Avani Avittam for the year 2009*

Avani Avittam 5-8-2009(Wednesday)
(Compiled by P.R.Ramachander)

1.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 preethyartham
Srouta 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 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 Aachamanam

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 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 yasgnopavita .

2.Kamo karshet Japam (5-8-2009 morning)

* Taken from book on Sandhya Vandhana Bhashyam published by Ramakrishna mutt. Mylapore, Chennai, and Yajur upa karma prayoga published by R.S.Vadhyar , Kalapathy. Transliteration done by P.R.Ramachander

a.Aaachamanam:Shuklaam Bharadharam.....Santhaye

b.Om Bhoo

c.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

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 , vyavaharike prabhavaadheenam
sashti samvatsaranaam madhye , Virodhi nama samvatsare, Dakshinaayane, Greeshma
rithou, kataka mase, shukla pakshe, aadhya pournamasyam shubha thidou, Soumya
vasara yukthayam, Uthrashada** nakshatra yukthayam, shubhayoga, shubha karana
evam guna, viseshana visishtaayam, asyam pournamaasyam shubha thidou, taishyaam
pournamaasyam* adhyot sarjana akarana praayaschithartham , samvatsara
praayaschithartham, cha ashtothara satha samkhyaa “kamo karsheth manyura karsheth”
ithi maha manthra japam karishye.

d.Then chant “Kamo karsheth manyura karsheth namo nama” 108 times

e.Afterwards perform Aachamana and say”Kama manyu upastham karishye” , Om tat
sat brahmaarpanam asthu.

***Pournami is for the whole day ** Uthrashada Nakshatra is up to 10.45 AM IST on
5/8/2009 according to the Panchanga.If in any country , you are performing the japam
after that change Uthrashada to Sravana nakshtra yukthayam.This would be for example
applicable in many parts of USA.This is also applicable to mantras of Maha Sankalpam
given below.**

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)

3.Maha Samkalpam

(5-8-2009 after Madhyaanikam and Brahma

yagnam*)

a.Aachamanam

* The Brahma Yagam manthras are given at the end of this compilation.

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 jaloughasya madhye,
paribrhamatham aneka koti brhmaandanam madhye, eka thame, prithya aptejo
vayvakaasaa ahankaradhi -mahada vyakthai-aavaranair- aavruthe- asmin mahathi
bramanda-karandaka-madhye aadhara sakthi –koormaa nandathi ashta diggajopari
prathishtithasya , athala-vithala-suthala-rasaathala-thalaa thala-mahaathala-pathalakyai
loka saphthakasya upari thale, punya kruthaam nivaasabhuthe bhoor –bhavar-suvar-
mahar-janarr-thapa-satyaakhyai loka shatkasya adho bhage mahaa nalayamana phani raja
seshasya sahasra phanaa mani mandala mandithe, dighdanthi-shunda dhand-
uttambhithe, panchasath koti yojana vistheerne, lokaloka –achalena valayithe lavaneshu-
sura-sarpi-dhadhi-ksheera-udakaarnavischa parivruthe, jambhu-plaksha-saka-salmali-
kusa-krouncha-pushkarakhyia saphtha 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 , aaneka punya nadhi viraajithe, Indraprastha-Yamaprastha-
Aavanthikaapuri-Hasthinaapuri-Ayodhyaa 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, saphthame vaivaswathe manvanthare, aashta vimsathi thame, kali
yuge, prathame padhe, Jamboo dweepe, Bharatha varshe , Bharatha kande, Mero
dakshine parswe. Asmin varthamane , vyavaharike prabhavaadheenam sashtya
samvatsaranaam madhye , Virodhi nama samvatsare, Dakshinaayane, Greeshma rithou,
Karkidaga mase, shukla pakshe, aadhya pournamasyam* shubha thidou, Soumya vasara
yukthayam, Uthrashada** nakshatra yukthayam, shubhayoga, shubha karana evam guna,
viseshana visishtaayam, asyam pournamaasyam* shubha thidou,
anaadhya vidhya pravarthamane asmin mahathi samsara chakre vichitrabhi karma
gathibhi vichitrasu yonishu puna puna anakadha 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 pathakanaanam mahaa
patathakanumanthratwadeenam , samapathakaanaanam upapaathakaanaanam malini

karanaanam nindhitha dhana dhaano upa jeevanaadeenam aapathrikananaam jathi
bramsa karaanam vihitha karma thyaagaadeenam jnanadha sakruth kruthanaam
ajnanatha asakruth kruthaanam sarveeshaam papaanam sadhya aapanodhanartham
aswatha narayana sannidhou-deva brahmana sannidhou-tryaa trimsath koti devathaa
sannidhou-sri visaalakshi sametha visweswara swami sannidhou-mahaa ganapathi
sannidhou-seetha lakshmana bharaatha 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 sravane
pournamasi punyakale sareera shudhartam shuddhodhaka snanam aham karishye

Athi krura maha kaya, kalpanthahanopama,
Bairavaya namasthubhyam anujnam dathu marhasi

***Pournami is for the whole day on 5/8/2009 and ** Uthrashada Nakshatra is up to 10.45 AM IST on 5/8/2009 according to the Panchanga.If in any country , you are performing the japam after that change Pournamyam to Prathmayam and Sravana to Sravishta nakshtra yukthayam.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, 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.

4.Yagnopa veetha dharana manthra

After bath again change poonal by reciting manthra as given in s.No.1.Please note that now a days very rarely people take bath after mahaa sankalpam but do prokshana snanam i.e bath by sprikling of water on the head.

5.Kanda Rishi Tharpanam

1,Aachamanam

2,Shklaama baradharam

3.Om bhoo

4.Mamo partha samastha durida kshya dwara sri parameshwata preethyartham 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.](#)

5.Vedarambham

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

6.Gaayathri japam (6-8-2009)

For Yajur, Rig and Sama Vedis

- 1.Aachamanam
- 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 Samavathsaranaam Madhye, Virodhi nama Samvathsare , Dakshinayane, Greeshma Rithou, Karkidaga mase Krishna pakshe aadhya prathamaayam* shubha thidou Guru vaasara yukthayaam sravana ** 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 for the whole day from 6.26 AM IST of 6/8/2009

**Sravana is up to 1.42 PM , afterwards Dhanishta Nakshatra

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

Appendix 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 mupaime
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

5. Chant Vedic manthras
Om Agnimeele purohitham Yagnasya Dheva mruthvijam, hotharam Rathna
Dhathamam
Om Ishe Twoje Thwa vayavasthapayavastha Devo vassavitha prarpayathu
sreshtathamaya karmane
Om Agna Aayahi veethaye grunano havyadathaye, ni hotha sadhsi barhishi
Om sanno devirabheeshtaya Aapo peethaye sam yorabhisravanthu na
After this recite if possible vedic manthras that you know like Rudram,
Chamakam etc
6. Sprinkle water round the head by reciting
Sathyam Thapa sradhayam juhomi
7. 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”

Do achamanam

8. Chant “shuklam baradaram...”
9. Do Pranayamam, “om Bhoo...”
10. Mamopartha samastha duritha kshaya dwara sri parameshwra preethyartham deva-rishi-pithru tharpanam karishye.
11. Touch water and clean your hands
12. 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
13. Do rishi tharpanam by wearing yagnopaveetha as garland and pouring out water from the little finger
 1. Krishna dwaipayana 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. Prajapathim kanda rishim tharpayami
 7. Somam kanda rishim tharpayami
 8. Agnim kanda rishim tharpayami

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

 9. Viswan devan kanda rishin tharpayami
 10. Samihithir devatha upanishada tharpayami
 11. Yagnigir devatha upanishada tharpayami
 12. Varuneer devatha upanishada tharpayami

Put the Yagnopaveetham and pour water by towards the left

 13. Havyavaham tharpayami
 14. Viswaan devaan kanda rishin tharpayami

Pour water by the bottom of the palm towards self

 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. Ithihasa puranam tharpayami
 24. Kalpam tharpayami
14. Only those who have lost their father (others go to step 15) do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger.
 1. Soma pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara than pithrun tharpayami,

2. Sarvaan pithrun tharpayami
3. Sarva pithru ganan tharpayami
4. Sarva pithru pathnistharpayami
5. Sarva pithru ganapanthnistharpayami
6. oorjam vahanthi amrutham grutham paya keelaalam parisruyatham
swadaastha tharpayatha me pithrun trupyatha, trupyatha, trupyatha
7. Aabrahma sthambha paryantham jagat trupyathu

15. Put the yagnopaveetha in the normal fashion

Pour water saying Om That sat Brahmarpanamasthu

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.