

RIGVEDA
UPAKARMA VIDHI



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sadagopan.org



UPAKARMA DATES FOR 2006

RG UPAKARMA: WEDNESDAY, AUGUST 9 (AUG 8TH FOR WEST COAST USA)

YAJUR UPAKARMA: USA: TUESDAY, AUGUST 8
SINGAPORE/ INDIA: WEDNESDAY, AUGUST 9

SAAMA UPAKARMA: SUNDAY, AUGUST 27

GAYATRI JAPAM (ALL VEDINS): WEDNESDAY, AUGUST 9

NOTE:

Please consult with your family Bruhaspathy for local variations of Sankalpa Details.

The upakarma section in this document has been provided bilingually. Those unfamiliar with Sanskrit Script please follow the even page number sequence (4, 6, 8..) for English transliteration of the upaakarma mantras. Those comfortable with Sanskrit text may follow the odd page number sequence for Devanagari (5, 7, 9..).

Illustrative images in this document are courtesy of Sriman Deevalur N.V.Srinivasan

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PLEASE NOTE THESE ENTRIES FOR SANKALPAM TEXT

Please consult with your family Bruhaspathy for local variations.

	Upakarma	Gayathri
YEAR	व्यय	व्यय
AYANAM	दक्षिण	दक्षिण
RITU	ग्रीष्म	ग्रीष्म
MONTH	कटक	कटक
DAY	सौम्य	सौम्य
STAR	श्रवण / धनिष्ठ	श्रवण / धनिष्ठ

RG UPAKARMA PROCEDURE

Perform morning nityakarmas including sandhyAvandanam as one would do on any other day.

Perform mAdhyAhnika, including mAdhyAhnika snAnam if one is accustomed.

PREPARE FOR THE UPAKARMA:

Perform Achamanam Twice (See Appendix) and sit on a raised wooden platform, maNai, if available, facing east.

Place two darbhais on your seat. Wear a pavithram on your right hand ring finger and fold two dharbais around your ring finger.

Perform prANAyAmam Thrice (See Appendix)

Perform maha-sankalpam by reciting:

GURU-PARAMPARA ANUSANDHANAM

SrImAn venkaTanAthAryaH kavitaArkika kesarI |
vedAntAcArya varyo me sannidhattAm sadA hRdi | |
gurubhyas tad gurubhyaS ca namo vAkam adhImahe |
vRiNImahe ca tatrAdyau dampatI jagatAm patI | |
sva-sesha-bhUtena mayA svIyaiH sarva paricchadaiH |
vidhAtum prItam AtmAnam devaH prakramate svayam | |

VIGHNA NIVARANAM / VISVAKSENA DHYANAM

SuklAmbaradharam vishNum SaSivarnam caturbhujam |
prasanna-vadanam dhyAyet sarva-vighnopaSantaye | |
yasya dvirada-vaktrAdyAH pAriSadyAH paraH Satam |
vighnam nighnanti satatam viSvasenam tam ASraye | |

MAHA-SANKALPAM

On your right thigh, place your left palm facing upwards and place right palm on top of it.

hariH om tat SrI govinda govinda govinda!

RG UPAKARMA PROCEDURE

Perform morning nityakarmas including sandhyAvandanam as one would do on any other day.

Perform mAdhyAhnika, including mAdhyAhnika snAnam if one is accustomed.

PREPARE FOR THE UPAKARMA:

Perform Achamanam Twice (See Appendix) and sit on a raised wooden platform, maNai, if available, facing east.

Place two darbais on your seat. Wear a pavithram on your right hand ring finger and fold two dharbais around your ring finger.

Perform prANAyAmam Thrice (See Appendix)

Perform maha-sankalpam by reciting:

GURU-PARAMPARA ANUSANDHANAM

श्रीमान् वेङ्कट नाथार्यः कवितार्किक केसरी।
 वेदान्ताचार्य वर्यो मे सन्निधत्तां सदा हृदि ॥
 गुरुभ्यस् तद् गुरुभ्यश्च नमो वाक् मधीमहे।
 वृणीमहे च तत्राद्यौ दंपति जगतां पति ॥
 स्वशेषभूतेन मया स्वीयैः सर्व परिच्छदैः।
 विधातुं प्रीत्मात्मानं देवः प्रक्रमते स्वयम् ॥

VIGHNA NIVARANAM / VISVAKSENA DHYANAM

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजं।
 प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥
 यस्य द्विरद वक्राद्याः पारिषद्याः परशशतं।
 विघ्नं निघ्नन्ति सततं विष्वक्सेनं तमाश्रये ॥

MAHA-SANKALPAM

On your right thigh, place your left palm facing upwards and place right palm on top of it.

हरिः ओम् तत् श्री गोविन्द गोविन्द गोविन्द।

asya SrI-bhagavato mahA-purushasya vishNor AGYayA pravartamAnasya adya brahmaNah dvitIya-parArdhe SrI-Sveta-varAha-kalpe vaivasvata-manvantare kaliyuge prathamapAde jambudvIpe, bhAratavarshhe, bharatakhaNDe (USA residents substitute: krau~nca dwIpe, ramaNaka varShe, utara or gotIrtha khaNde), SakAbde, meror dakshiNe pArSve asmin vartamAnAnAm vyAvahArikANAm prabhavAdi shashTi samvatsarANAm madhye year nAma samvatsare ayanam ayane, ritu Ritau, month mAse, Sukla pakshe, paurNamAsyAm Subha-tithau,

☞ REPLACE THE APPROPRIATE NAMES FOR THE YEAR, AYANAM, RITU, MONTH, DAY AND STAR FROM THE NOTES ON FIRST PAGE ACCORDING TO THE COUNTRY WHERE THE UPAKARMA IS BEING PERFORMED.

SrI-vishnu-yoga SrI-vishnu-karaNa Subha-yoga Subha-karaNa evam guNa-viSeshaNa viSishTAyAm, asyAm Subha-tithau, SrI-bhagavad-AjnayA [SrIman-nArAyaNa-prItiyartham OR bhagavat-kainkaryarUpam OR bhagavat-prItiyartham, depending on sampradAya]

SrAvaNyAm SravaNa-nakshatre
adhItAnAm chandasAm ayAta-yAmatvAya
vIryavattA-siddhyartham adhyAya-upAkarma karishye,
tad angam tarpaNAdi karishye,
tad angam snAnam karishye

Discard the folded darbha's towards northern direction. Do not remove the pavithram. Fold your hands and perform saathvika thyaagam.

SATTVIKA TYAGAM

bhagavAneva svaniyAmya swarUpasthiti pravR^itti svaSesha-taikarasena anena aatmanaa kartraa svakIyaishcopakaraNaiH svArAdhanaika-prayojanAya parama purushaH sarvaSeshii shriyaH patiH svaSesha bhuutamidam adhyaaya-upakarmakhyam karma svasmai svaprItaye svayameva kArayati.

अस्य श्री भगवतो महापुरुषस्य श्री विष्णोः आज्ञया प्रवर्तमानस्य अद्य ब्रह्मणः द्वितीय परार्धे
 श्री श्वेत वराह कल्पे वैवस्वत मन्वन्तरे कलियुगे प्रथम पादे जम्बूद्वीपे भारतवर्षे भरतखण्डे
 (For USA please substitute: क्रौञ्च द्वीपे रमणक वर्षे उत्तर or गोतीर्थ खण्डे)
 शकाब्दे मेरोर्दक्षिणे पार्श्वे अस्मिन् वर्तमानानां व्यवहारिकाणां प्रभवादी षष्टि संवत्सराणां मध्ये
 year नाम संवत्सरे ayanam अयणे ritu ऋतौ month मासे शुक्ल पक्षे पौर्णमास्याम्
 शुभतिथौ day वासर star नक्षत्र युक्तायां

👉 REPLACE THE APPROPRIATE NAMES FOR THE YEAR, AYANAM, RITU, MONTH, DAY AND STAR FROM THE NOTES ON FIRST PAGE ACCORDING TO THE COUNTRY WHERE THE UPAKARMA IS BEING PERFORMED.

श्री विष्णु योग श्री विष्णु करण शुभ योग शुभ करण एवं गुण विशेषण विशिष्टायां
 अस्यां पौर्णमास्याम् शुभतिथौ
 श्री भगवदाज्ञया (or श्रीमन् नारायण प्रीत्यर्थ or भगवत् कैकर्य रूपं or भगवत् प्रीत्यर्थ)
 श्रावण्याम् श्रवण-नक्षत्रे
 अधीतानाम् छन्दसाम् अयात-यामत्वाय
 वीर्यवत्ता-सिद्ध्यर्थम् अध्याय-उपाकर्म करिष्ये
 तद् अङ्गम् तर्पणादि करिष्ये
 तद् अङ्गम् स्नानम् करिष्ये

Discard the folded darbhais towards northern direction. Do not remove the pavithram. Fold your hands and perform saathvika thyaagam.

SATTVIKA TYAGAM

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेष-तैकरसेन अनेन आत्मना कर्त्रा
 स्वकीयैश्चोपकरणैः स्वाराधनैक-प्रयोजनाय परम पुरुषः सर्वशेषी श्रियः पतिः स्वशेष
 भूतमिदम् श्रावण्याम् पौर्णमास्याम् अध्याय-उपाकर्माख्यं कर्म स्वस्मै स्वप्रीतये स्वयमेव
 कारयति।

Bathe once again (at least mAnasika snAnam):

apavitra: pavitro vA sarvAvasthAm gato'pi vA |

ya: smaret puNDarIkAksham sa bAhyAbhyantara-suci: ||

Think of Lord as the lotus-eyes Pundarikaksha and sprinkle a little water (prokshaNa) on the place where you will sit/squat.)

WEAR THE NEW YAJNOPAVITAM (POONOO-S) WITH APPROPRIATE MANTRAS

Perform sankalpam (Posture: Place left palm on right thigh and place right palm on left palm), with sAttvika tyAgam by reciting:

adya pUrvoccarita evam guNa-viseshaNa-viSishTAyAm, asyAm
Subha tithau, SrI-bhagavad-AjnayA SrIman-nArAyaNa-prItiyartham
(or variant) Srauta-smArta-vihita-nitya-karma-anushThAna-
yogyatA-siddhyartham yajnopavIta-dhAraNam karishye

bhagavAneva svaniyAmya swarUpasthiti pravR^itti svaSesha-
taikarasena anena aatmanaa kartraa svakIyaishcopakaraNaiH
svArAdhanaika-prayojanAya parama purushaH sarvaSeshii shriyaH
patiH svaSesha bhuutamidam yaGYopavItadhaaraNaakhyam karma
svasmai svaprItaye svayameva kArayati.

Put one yajnopavItam on at a time. To do this, sit squatting (kukkuDAsanam) facing east. Hold the yajnopavItam with both hands, with your right palm facing up over your head, and your left palm facing the ground. The top of the brahma-mudi (knot) should be on your right palm and should be facing right. Then say this mantra, while touching the scalp with your right fingers:

yajnopavIta-dhAraNa-mantrasya brahma Rshi:

Touch your nose and recite:

trishTup chandaH

Touch your chest and recite:

trayIvidyA devatA yajnopavIta dhAraNe viniyogah

Bathe once again (at least mAnasika snAnam):

अपवित्रः पवित्रो वा सर्वावस्थाम् गतोपि वा।

यः स्मरेत् पुण्डरीकाक्षम् स बाह्याभ्यन्तर-शुचिः ॥

Think of Lord as the lotus-eyes Pundarikaksha and sprinkle a little water (prokshaNa) on the place where you will sit/squat.)

WEAR THE NEW YAJNOPAVITAM (POONOL-S) WITH APPROPRIATE MANTRAS

Perform sankalpam (Posture: Place left palm on right thigh and place right palm on left palm), with sAttvika tyAgam by reciting:

अद्य पूर्वोच्चरित एवम् गुण-विशेषण-विशिष्टायां अस्याम् शुभ-तिथौ

श्री-भगवद्-आज्ञया श्रीमन्-नारायण-प्रीत्यर्थम्

श्रौत-स्मार्त-विहित-नित्य-कर्म-अनुष्ठान-

योग्यता-सिद्ध्यर्थम् यज्ञोपवीत-धारणम् करिष्ये

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेष-तैकरसेन अनेन आत्मना कर्त्रा

स्वकीयैश्वोपकरणैः स्वाराधनैक-प्रयोजनाय परम पुरुषः सर्वशेषी श्रियः पतिः स्वशेष

भूतमिदम् यज्ञोपवीतधारणाख्यम् कर्म स्वस्मै स्वप्रीतये स्वयमेव कारयति।

Put one yajnopavitam on at a time. To do this, sit squatting (kukkuDAsanam) facing east. Hold the yajnopavitam with both hands, with your right palm facing up over your head, and your left palm facing the ground. The top of the brahma-mudi (knot) should be on your right palm and should be facing right. Then say this mantra, while touching the scalp with your right fingers:

यज्ञोपवीत-धारण-मन्त्रस्य ब्रह्मा ऋषिः

Touch your nose and recite:

त्रिष्टुप् छन्दः

Touch your chest and recite:

त्रयीविद्या देवता यज्ञोपवीत धारणे विनियोगः

After reciting the following mantra wear one set of yagyopavitam

yajnopavitam paramam pavitram, prajApter yat sahaJam purastAt
Ayushyam agryam pratimunca Subhram yajnopavitam balamastu teja:

Perform Achamanam Once.

IF MARRIED do prANAyAmam and perform sankalpam, with sAttvika tyAgam by reciting:

pUrvoccarita evam guNa-viseshaNa-viSishTAyAm, asyAm Subha-tithau,
SrI-bhagavad-AjnyA SrIman-nArAyaNa-prItiyartham (or variant)
graahasthyArtham dvitIya yajnopavIta-dhAraNam karishyE

Put the second yajnopavitam on at this time. To do this, hold the yajnopavitam with both hands, with your right palm facing up over your head, and your left palm facing the ground. The top of the brahma-mudi (knot) should be on your right palm and should be facing right. Then say this mantra, while touching the scalp with your right fingers:

yajnopavIta-dhAraNa-mantrasya brahma Rishi:

Touch your nose and recite:

trishTup chandaH

Touch your chest and recite:

trayIvidyA devatA yajnopavIta dhAraNe viniyogah

After reciting the following mantra wear one set of yagyopavitam

yajnopavitam paramam pavitram, prajApter yat sahaJam purastAt
Ayushyam agryam pratimunca Subhram yajnopavitam balamastu teja:

Now wear the second yajnopavitam. Perform Achamanam Once.

Common to BOTH Brahmacharis and Grahasthyaas

After saying

upavitam chinnantu jIrNam kaSmala-dUshitam |

visRjAmi punar brahman varco dIrghAyur astu me | |

Remove the old yajnopavitam(s) and discard them under a tree, in a river, or some other natural place. Don't throw them in the garbage!

After reciting the following mantra wear one set of yagyopavitam

यज्ञोपवीतम् परमम् पवित्रम् प्रजापतेर् यत् सहजम् पुरस्तात्।
आयुष्यम् अर्ग्यम् प्रतिमुन्च शुभ्रम् यज्ञोपवीतम् बलम् अस्तु तेजः ॥

Perform Achamanam Once.

IF MARRIED do prANAyAmam and perform sankalpam, with sAttvika tyAgam by reciting:

पूर्वोच्चरित एवम् गुण-विशेषण-विशिष्टायाम् अस्याम् शुभ-तिथौ
श्री-भगवद्-आज्ञया श्रीमन्-नारायण-प्रीत्यर्थम्
ग्राहस्त्यार्हम् द्वितीय यज्ञोपवीत-धारणम् करिष्ये

Put the second yajnopavitam on at this time. To do this, hold the yajnopavitam with both hands, with your right palm facing up over your head, and your left palm facing the ground. The top of the brahma-mudi (knot) should be on your right palm and should be facing right. Then say this mantra, while touching the scalp with your right fingers:

यज्ञोपवीत-धारण-मन्त्रस्य ब्रह्मा ऋशिः

Touch your nose and recite:

त्रिष्टुप् छन्दः

Touch your chest and recite:

त्रयीविद्या देवता यज्ञोपवीत धारणे विनियोगः

After reciting the following mantra wear one set of yagyopavitam

यज्ञोपवीतम् परमम् पवित्रम् प्रजापतेर् यत् सहजम् पुरस्तात्।
आयुष्यम् अर्ग्यम् प्रतिमुन्च शुभ्रम् यज्ञोपवीतम् बलम् अस्तु तेजः ॥

Now wear the second yajnopavitam. Perform Achamanam Once.

Common to BOTH Brahmacharis and Grahasthyaas: After saying

उपवीतम् चिन्नन्तु जीर्णम् कष्मल-दूषितम्।

विसृजामि पुनर् ब्रह्मन् वर्चो दीर्घायुर् अस्तु मे ॥

Remove the old yajnopavitam(s) and discard them under a tree, in a river, or some other natural place. Don't throw them in the garbage!

Perform Achamanam

Perform sAttvika tyAgam by reciting:

bhagavAneva svaniyAmya swarUpasthiti pravR^itti svaSesha-
taikarasena anena aatmanaa kartraa svakIyaishcopakaraNaiH
svArAdhanaika-prayojanAya parama purushaH sarvaSeshii shriyaH
patiH svaSesha bhuutamidam yaGYopavItadhaaraNaakhyam karma
svasmai svaprItaye svayameva kAritavaan

This completes the procedure of wearing the yagyopavItham

BRAHMACHARIS SHOULD RECITE MANTRAS FOR THE DARBHA BELT (MAUNJI), KRISHNAJINA (A PIECE OF DEER SKIN), AND PALASA DANDA AND IF POSSIBLE WEAR THEM.

a) maunji

prAvepAmA bRhatA mAdayanti pravA tejA hariNe vavRtAnA:
somasyeva maujavatasya bhaksho vibhIdako jAgRvirmahyamacchAn

(b) ajina

RRk-sAmAbhyAm-abhihitau gAvau te sAma nAvita:
Srotram te cakre AstAm divi panthAS carAcara:

(c) daNDa

esha ksheti rathavIthir maghavA gomatIranu

MANDALA-DEVA-TARPANAM, ETC.

Facing East perform Achamanam Twice and sit down on a seat with two darbhais.

Wearing a pavitram on your right hand ring finger, perform praanayaamam three times.

Folding your hands in anjali mudra do maha-sankalpam by reciting:

SrImAn venkaTanAthAryaH kavitaArkika kesarI |
vedAntAcArya varyo me sannidhattAm sadA hRdi ||

Perform Achamanam

Perform sAttvika tyAgam by reciting:

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेष-तैकरसेन अनेन आत्मना कर्त्रा
स्वकीयैश्वोपकरणैः स्वाराधनैक-प्रयोजनाय परम पुरुषः सर्वशेषी श्रियः पतिः स्वशेष
भूतमिदम् यज्ञोपवीतधारणाख्यम् कर्म स्वस्मै स्वप्रीतये स्वयमेव कारितवान्

This completes the procedure of wearing the yagyopavItham

BRAHMACHARIS SHOULD RECITE MANTRAS FOR THE DARBHA BELT (MAUNJI), KRISHNAJINA (A PIECE OF DEER SKIN), AND PALASA DANDA AND IF POSSIBLE WEAR THEM.

मौञ्जि

प्रावेपामा बृहता मादयन्ति प्रवा तेजा हरिणे ववृतानाः ।

सोमस्येव मौजवतस्य भक्षो विभीदको जागृविर्मह्यमच्छान् ॥

अजिन

ऋक्-सामाभ्याम्-अभिहितौ गावौ ते साम नावितः ।

श्रोत्रम् ते चक्रे आस्ताम् दिवि पन्थाश् चराचरः ॥

दण्ड

एष क्षेति रथवीथिर् मघवा गोमतीरनु ॥

MANDALA-DEVA-TARPA NAM, ETC.

Facing East perform Achamanam Twice and sit down on a seat with two darbhais.

Wearing a pavitram on your right hand ring finger, perform praanayaamam three times.

Folding your hands in anjali mudra do maha-sankalpam by reciting:

श्रीमान् वेङ्कट नाथार्यः कवितार्किक केसरी ।

वेदान्ताचार्य वर्यो मे सन्निधत्तां सदा हृदि ॥

गुरुभ्यस् तद् गुरुभ्यश्च नमो वाक मधीमहे ।

gurubhyas tad gurubhyaS ca namo vAkam adhImahe |
 vRiNImahe ca tatrAdyau dampatI jagatAm patI ||
 sva-sesha-bhUtena mayA svIyaiH sarva paricchadaiH |
 vidhAtum prItam AtmAnam devaH prakramate svayam ||
 SuklAmbaradharam vishNum SaSivarnam caturbhujam |
 prasanna-vadanam dhyAyet sarva-vighnopaSAntaye ||
 yasya dvirada-vaktrAdyAH pAriSadyAH paraH Satam |
 vighnam nighnanti satatam viSvasenam tam ASraye ||

On your right thigh, place your left palm facing upwards and place right palm on top of it.

Do Sankalpam by reciting:

hariH om tat SrI govinda govinda govinda!

asya SrI-bhagavato mahA-purushasya vishNor AGYayA
 pravartamAnasya adya brahmaNah dvitIya-parArdhe SrI-Sveta-
 varAha-kalpe vaivasvata-manvantare kaliyuge prathamapAde
 jambudvIpe, bhAratavarshe, bharatakhaNDe

(USA residents substitute: krau~nca dwIpe, ramaNaka varShe,
 uttara or gotIrtha khaNde),

SakAbde, meror dakshiNe pArSve asmin vartamAnAnAm
 vyAvahArikANAm prabhavAdi shashTi samvatsarANAm madhye
 year nAma samvatsare ayanam ayane, ritu Ritau, month mAse,
 Sukla pakshe, paurNamAsyAm Subha-tithau,

SrI-vishnu-yoga SrI-vishnu-karaNa Subha-yoga Subha-karaNa evam
 guNa-viSeshaNa viSishTAyAm, asyAm Subha-tithau, SrI-bhagavad-
 AjnayA [SrIman-nArAyaNa-prItiyartham OR bhagavat-kainkarya-
 rUpam OR bhagavat-prItiyartham, depending on sampradAya]

SrAvaNyAm SravaNa-nakshatre adhItAnAm vIryatA-siddhyartham
 svAdhyAya-Atmaka-deva-rshi-pitR-prItiyartham sAvitryAdi-
 nava-pradhAna-devatAnAm agnyAdi-vimSati-maNDala-devatAnAm
 brahma-yajna-devatAnAm ca tarpaNam karishye

वृणीमहे च तत्राद्यौ दंपति जगतां पति ॥
 स्वशेषभूतेन मया स्वीयैः सर्व परिच्छदैः ।
 विधातुं प्रीत्मात्मानं देवः प्रक्रमते स्वयम् ॥
 शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजं ।
 प्रसन्न वदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥
 यस्य द्विरद वक्राद्याः पारिषद्याः परश्शतं ।
 विघ्नं निघ्नन्ति सततं विष्वक्सेनं तमाश्रये ॥

On your right thigh, place your left palm facing upwards and place right palm on top of it.

Do Sankalpam by reciting:

हरिः ओम् तत् श्री गोविन्द गोविन्द गोविन्द ।
 अस्य श्री भगवतो महापुरुषस्य श्री विष्णोः आज्ञया प्रवर्तमानस्य अद्य ब्रह्मणः द्वितीय परार्धे
 श्री श्वेत वराह कल्पे वैवस्वत मन्वन्तरे कलियुगे प्रथम पादे जम्बूद्वीपे भारतवर्षे भरतखण्डे
 (For USA please substitute: क्रौञ्च द्वीपे रमणक वर्षे उत्तर or गोतीर्थ खण्डे)
 शकाब्दे मेरोर्दक्षिणे पार्श्वे अस्मिन् वर्तमानानां व्यवहारिकाणां प्रभवादी षष्ठि संवत्सराणां मध्ये
 year नाम संवत्सरे ayanam अयणे ritu ऋतौ month मासे शुक्ल पक्षे पौर्णमास्याम्
 शुभतिथौ day वासर star नक्षत्र युक्तायां
 श्री विष्णु योग श्री विष्णु करण शुभ योग शुभ करण एवं गुण विशेषण विशिष्टायां
 अस्यां पौर्णमास्याम् शुभतिथौ
 श्री भगवदाज्ञया (or श्रीमन् नारायण प्रीत्यर्थ or भगवत् कैकर्य रूपं or भगवत् प्रीत्यर्थ)
 श्रावण्याम् श्रवण-नक्षत्रे अधीतानाम् वीर्यता-सिद्धार्थम्
 स्वाध्याय-आत्मक-देवर्षि-पितृ-प्रीत्यर्थम् सावित्र्यादि-
 नव-प्रधान-देवतानाम् अग्न्यादि-विम्शति-मण्डल-देवतानाम्
 ब्रह्म-यज्ञ-देवतानाम् च तर्पणम् करिष्ये

Discard the dharbais in northern direction. Retain the pavithram.

Perform sathvika thyagam by reciting: (Posture: Place left palm on right thigh and place right palm on left palm)

**bhagavAneva svaniyAmya swarUpasthiti pravR^itti svaSesha-
taikarasena anena aatmanaa kartraa svakIyaishcopakaraNaiH
svArAdhanaika-prayojanAya parama purushaH sarvaSeshii shriyaH
patiH svaSesha bhuutamidam brahma-yaGYa-devataanaam
tarpaNaakhyam karma svasmai svaprItaye svayameva kArayati**

For each of the following, offer a mixture of (uncooked) rice and water, as you say 'tarpayAmi'. Preferably, someone should help by pouring the water as you release the rice, as this makes it easier.

**NAVAPRADHAANADEVATAANAM TARPANAM
UPAVITI (YAJNOPAVITAM IN STANDARD POSITION) (DEVA TIRTHAM)**

**sAvitrIm tarpayAmi
brahmANam tarpayaami
shraddhAm tarpayaami
medhAm tarpayaami
prajnAm tarpayaami
dhAraNAm tarpayaami
sadasapatim tarpayaami
anumatim tarpayaami
chandobhya R^iShibhyaH tarpayaami**



'Deva Thirtham'

**AGNYAADIVIMSHATIMANDALA DEVATAANAAM TARPANAM
UPAVITI (YAJNOPAVITAM IN STANDARD POSITION) (DEVA TIRTHAM)**

**agnim tarpayaami
aptR^iNasUryam tarpayaami

agnim tarpayaami
shukantam tarpayaami**

Discard the dharbais in northern direction. Retain the pavithram.

Perform sathvika thyagam by reciting: (Posture: Place left palm on right thigh and place right palm on left palm)

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेष-तैकरसेन अनेन आत्मना कर्त्रा
स्वकीयैश्चोपकरणैः स्वाराधनैक-प्रयोजनाय परम पुरुषः सर्वशेषी श्रियः पतिः स्वशेष
भूतमिदम् ब्रह्म-यज्ञ-देवतानाम् तर्पणाख्यम् कर्म स्वस्मै स्वप्रीतये स्वयमेव कारयति।

For each of the following, offer a mixture of (uncooked) rice and water, as you say 'tarpayAmi'. Preferably, someone should help by pouring the water as you release the rice, as this makes it easier.

NAVAPRADHAANADEVATAANAM TARPANAM

UPAVITI (YAJNOPAVITAM IN STANDARD POSITION) (DEVA TIRTHAM)

सावित्रीम् तर्पयामि

ब्रह्माणम् तर्पयामि

श्रद्धाम् तर्पयामि

मेघाम् तर्पयामि

प्रज्जनाम् तर्पयामि

धारणाम् तर्पयामि

सदसस्पतिम् तर्पयामि

अनुमतिम् तर्पयामि

छन्दोभ्यः ऋषिभ्यः तर्पयामि



'Deva Thirtham'

AGNYAADIVIMSHATIMANDALA DEVATAANAAM TARPANAM

UPAVITI (YAJNOPAVITAM IN STANDARD POSITION) (DEVA TIRTHAM)

अग्निम् तर्पयामि

अमृणसूर्यम् तर्पयामि

अग्निम् तर्पयामि

शुकन्तम् तर्पयामि

agnim tarpayaami
 ApaH tR^ipyantu
 agnim tarpayAmi
 marutaH tR^ipyantu
 agnim tarpayAmi
 varmANam tarpayAmi
 agnim tarpayAmi
 mitrAvaruNau tR^ipyetAm
 agnim tarpayAmi
 indrAsomau tR^ipyetAm
 indram tarpayAmi
 agnimarutau tR^ipyetAm
 pavamAnasomau tR^ipyetAm
 somam tarpayAmi
 agnim tarpayAmi
 saMGYAnam tarpayAmi
 vishvadevAH tR^ipyantu
 devatAH tR^ipyantu
 agnis tR^ipyatu
 viShNus tR^ipyatu



'Deva Thirtham'

CONTINUES....

अग्निम् तर्पयामि
 आपः तृप्यन्तु
 अग्निम् तर्पयामि
 मरुतः तृप्यन्तु
 अग्निम् तर्पयामि
 वर्माणम् तर्पयामि
 अग्निम् तर्पयामि
 मित्रावरुणौ तृप्येताम्
 अग्निम् तर्पयामि
 इन्द्रासोमौ तृप्येताम्
 इन्द्रम् तर्पयामि
 अग्निमरुतौ तृप्येताम्
 पवमानसोमौ तृप्येताम्
 सोमम् तर्पयामि
 अग्निम् तर्पयामि
 संज्ञानम् तर्पयामि
 विश्वदेवाः तृप्यन्तु
 देवताः तृप्यन्तु
 अग्निः तृप्यतु
 विष्णुः तृप्यतु



'Deva Thirtham'

CONTINUES....

**BRAHMA YAGYA~NGA DEVAADI TARPA NAM
(UPAVITI- DEVA TIRTHAM)**

prajApatis tR^ipyatu
 brahmA tR^ipyatu
 vedAH tR^ipyantu
 devAH tR^ipyantu
 R^iShayaH tR^ipyantu
 sarvANi chandAmsi tR^ipyantu
 omkAraH tR^ipyatu
 vaShaTkAraH tR^ipyatu
 vyAhR^itayaH tR^ipyantu
 sAvitrI tR^ipyatu
 yaGYAH tR^ipyantu
 dyAvA-pR^ithivI tR^ipyetAm
 antariksham tR^ipyatu
 aho-rAtrANi tR^ipyantu
 sankhyAH tR^ipyantu
 sAnkhyAH tR^ipyantu
 siddhAH tR^ipyantu
 sAdhyAH tR^ipyantu
 samudrAH tR^ipyantu
 nadyaH tR^ipyantu
 gAvaH tR^ipyantu



'Deva Thirtham'

BRAHMA YAGYA~NGA DEVAADI TARPANAM
(UPAVITI- DEVA TIRTHAM)

प्रजापतिः तृप्यतु

ब्रह्मा तृप्यतु

वेदाः तृप्यन्तु

देवाः तृप्यन्तु

ऋषयः तृप्यन्तु

सर्वाणि छन्दांसि तृप्यन्तु

ओम्कारः तृप्यतु

वषट्कारः तृप्यतु

व्याहृतयः तृप्यन्तु

सावित्री तृप्यतु

यज्ञाः तृप्यन्तु

द्यावा-पृथिवी तृप्येताम्

अन्तरिक्षम् तृप्यतु

अहो-रात्राणि तृप्यन्तु

सन्ख्याः तृप्यन्तु

सान्ख्याः तृप्यन्तु

सिद्धाः तृप्यन्तु

साध्याः तृप्यन्तु

समुद्राः तृप्यन्तु

नद्यः तृप्यन्तु

गावः तृप्यन्तु



'Deva Thirtham'

girayaH tR^ipyantu

kshetrouShadhi-vanaspati-gandharva-apsarasaH tR^ipyantu

nAgAH tR^ipyantu

vayAmsi tR^ipyantu

viprAH tR^ipyantu

yakshAH tR^ipyantu

bhUtAni tR^ipyantu

Evamantaani tR^ipyantu

R^ISHINAAM TARPANAM (EACH LINE TO BE REPEATED TWICE)
NIVITI (YAJNOPAVITAM LIKE A NECKLACE/GARLAND) R^ISHI-TIRTHAM

shatarcinaH tR^ipyantu

mAdhyamAH tR^ipyantu

gR^isnamadaH tR^ipyantu

vishvAmitraH tR^ipyantu

vAmadevaH tR^ipyantu

atriH tR^ipyantu

bharadvAjaH tR^ipyantu

vasiShThaH tR^ipyantu

pragAthAH tR^ipyantu

pAvamAnyah tR^ipyantu

kshudra-sUktAH tR^ipyantu

mahA-sUktAH tR^ipyantu



Rishi Teertham: Water is released from between the two hands –base of little fingers

गिरयः तृप्यन्तु
 क्षेत्रोषधि-वनस्पति-गन्धर्व-अप्सरसः तृप्यन्तु
 नागाः तृप्यन्तु
 वयाम्बिस तृप्यन्तु
 विप्राः तृप्यन्तु
 यक्षाः तृप्यन्तु
 भूतानि तृप्यन्तु
 एवमन्तानि तृप्यन्तु

R^ISHINAAM TARPANAM (EACH LINE TO BE REPEATED TWICE)
NIVITI (YAJNOPAVITAM LIKE A NECKLACE/GARLAND) R^ISHI-TIRTHAM

शतर्चिनः तृप्यन्तु
 माध्यमाः तृप्यन्तु
 गृस्त्रमदः तृप्यन्तु
 विश्वामित्रः तृप्यन्तु
 वामदेवः तृप्यन्तु
 अत्रिः तृप्यन्तु
 भरद्वाजः तृप्यन्तु
 वसिष्ठः तृप्यन्तु
 प्रगाथाः तृप्यन्तु
 पावमान्यः तृप्यन्तु
 क्षुद्र-सूक्ताः तृप्यन्तु
 महा-सूक्ताः तृप्यन्तु



Rishi Teertham: Water is released from between the two hands –base of little fingers

ACAARYAANAM TARPANAM (EACH LINE TO BE REPEATED THREE TIMES)
 PRACINA-VITI (YAJNOPAVITAM ON OPPOSITE SIDE). PITR-TIRTHAM TARPANAM.

sumantu jaimini-vaishampAyana-paila-sUtrabhAShya-bhArata-
 mahAbhArata-dharmAcAryAH tR^ipyantu

jAnanti-bAhavi-gArgya-gautama-shakalya-bAbhravya-mANDUkya-
 mANDUkeyAH tR^ipyantu

gArgI vAcaknavI tR^ipyantu

baDabAH prAtitheyI tR^ipyantu

sulabhA maitreyi tR^ipyantu

kahoLam tarpayAmi

kauShItakam tarpayAmi

mahAkauShItakam tarpayAmi

bharadvAjam tarpayAmi

pai~Ngam tarpayAmi

mahApai~Ngam tarpayAmi

suyajnam tarpayAmi

sAnkhyAyanam tarpayAmi

aitareyam tarpayAmi

mahaitareyam tarpayAmi

bAShkalam tarpayAmi

gArgyam tarpayAmi

gautamam tarpayAmi

sujAtavaktram tarpayAmi

audavAhim tarpayAmi

mahaudavAhim tarpayAmi

ACAARYAANAM TARPANAM (EACH LINE TO BE REPEATED THREE TIMES)
PRACINA-VITI (YAJNOPAVITAM ON OPPOSITE SIDE). PITR-TIRTHAM TARPANAM.

सुमन्तु जैमिनि-वैशम्पायन-पैल-सूत्रभाष्य-भारत-महाभारत- धर्माचार्याः तृप्यन्तु
जानन्ति-बाह्वि-गार्ग्य-गौतम-शकल्य-बाभ्रव्य-माण्डूक्य- माण्डुकेयाः तृप्यन्तु
गार्गी वाचकवी तृप्यतु
बडबाः प्रातिथेयी तृप्यतु
सुलभा मैत्रेयि तृप्यतु
कहोळम् तर्पयामि
कौशीतकम् तर्पयामि
महाकौषीतकम् तर्पयामि
भरद्वाजम् तर्पयामि
पैङ्गम् तर्पयामि
महापैङ्गम् तर्पयामि
सुयज्ञम् तर्पयामि
साङ्घायनम् तर्पयामि
ऐतरेयम् तर्पयामि
महैतरेयम् तर्पयामि
बाष्कलम् तर्पयामि
गार्ग्यम् तर्पयामि
गौतमम् तर्पयामि
सुजातवक्रम् तर्पयामि
औदवाहिम् तर्पयामि
महौदवाहिम् तर्पयामि

saujAmim tarpayAmi

shaunakam tarpayAmi

AshvalAyanam tarpayAmi

ye ca anye AcAryAH te sarve tR^ipyantu tR^ipyantu tR^ipyantu

IF ONE'S FATHER IS NO LONGER ALIVE, PITR TARPANAM IS PERFORMED NOW.

Return to upavItam, i.e., your poonool in its normal position.

Finish with Acamanam and sAttvika tyAgam by reciting:

bhagavAneva svaniyAmya swarUpasthiti pravR^itti svaSesha-
taikarasena anena aatmanaa kartraa svakIyaishcopakaraNaiH
svArAdhanaika-prayojanAya parama purushaH sarvaSeshii shriyaH
patiH svaSesha bhuutamidam brahma-yaGYa-devataanaam
tarpaNaakhyam karma svasmai svaprItaye svayameva kAritavaan

Traditionally there is now a upAkarma homa, where the rishis and devatAs mentioned above are once again saluted using the sacred fire. The there is vedArambha, where the beginning of the Rg Veda is taught to the sishyas.

These may not be available if one is away from one's elders and acharyas. At minimum, it is recommended that you recite one anuvAka from your veda on this day.

Next is bhagavad-ArAdhanam, as you would do on any normal day.

सौजामिम् तर्पयामि
 शौनकम् तर्पयामि
 आश्वलायनम् तर्पयामि
 ये च अन्ये आचार्याः ते सर्वे तृप्यन्तु तृप्यन्तु तृप्यन्तु

IF ONE'S FATHER IS NO LONGER ALIVE, PITR TARPAṆAM IS PERFORMED NOW.

Return to upavItam, i.e., your poonool in its normal position.

Finish with Acamanam and sAttvika tyAgam by reciting:

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेष-तैकरसेन अनेन आत्मना कर्त्रा
 स्वकीयैश्चोपकरणैः स्वाराधनैक-प्रयोजनाय परम पुरुषः सर्वशेषी श्रियः पतिः स्वशेष
 भूतमिदम् ब्रह्म-यज्ञ-देवतानाम् तर्पणाख्यम् कर्म स्वस्मै स्वप्रीतये स्वयमेव कारितवान्।

Traditionally there is now a upAkarma homa, where the rishis and devatAs mentioned above are once again saluted using the sacred fire. The there is vedArambha, where the beginning of the Rg Veda is taught to the sishyas.

These may not be available if one is away from one's elders and acharyas. At minimum, it is recommended that you recite one anuvAka from your veda on this day.

Next is bhagavad-ArAdhanam, as you would do on any normal day.

NOTES

1. On the UpAkarma day, complete fasting is observed at night and a small meal is eaten during the day. This meal typically consists of idli or something similar, but excludes rice. Please also remember that you are not supposed to eat anything until after bhagavad-ArAdhanam.
2. sAttvika tyAgam details: sAttvika tyAgam means dedicating the act one is performing or has performed entirely to Bhagavan, and that Bhagavan is performing it through you entirely for Himself. It is said before and after performing the karma.
3. [It is often erroneously thought that upAkarma or AvaNi aviTTam is primarily the changing the yajnopavItam (poonool). This cannot be further from the truth. Changing the poonool happens very often, whenever a significant vedic karma is performed. UpAkarma, however, is a rededication of oneself to the study of one's Veda, along with a salutations to the rishis who perceived and revealed the Vedic mantras to the world. This is the significance of the tarpaNam and the anuvAka recitation.]



THRIKAALA RG VEDA SANDHYAA VANDHANAM OBSERVANCE

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