

श्री हरिः

NITYA KARMA

The Art of Living

Level 1

4to40



Acārya Virāga Tripāṭhi
tripathivirag@gmail.com
(530) 615-1110

VOCABULARY

नित्य **nitya**: daily, eternal; the rhythm of nature.

कर्म **karma**: action, ritual

Nitya Karma teaches us how to perform our daily routines in a way that brings us closer to the Divine in every action of life.

ऋण **ṛṇa**: debt, there are 3 debts that every human is born with

1. देव **deva**: divine; debt to the Gods

2. ऋषि **ṛṣi**: Seers, ancient sages of India; debt to Rishis

3. पितृ **pitṛ**: ancestors; debt to the ancestors

Nitya karma teaches us how to repay these debts.

सिद्धान्त **siddhānta**: foundation of Vedic dharma

नियम **niyama**: rules (can change)

जड **jaḍa**: lifeless, inanimate (rocks, mountains, etc.)

चेतन **cetana**: consciousness; (soul)

सूक्ष्म **sūkṣma**: the subtle force that is the spark of life

स्थूल **sthūla**: gross, physical (human body)

पञ्च ज्ञानेन्द्रिय pañca jñānendriya:

दृष्ट dr̥ṣṭa: what can be sensed with the 5 senses

अदृष्ट adr̥ṣṭa: beyond the 5 senses; sensed by manas, buddhi, and atma.

प्रत्यक्ष pratyakṣa: appearing before the eyes; cognizable by any of the sense organs; evident, manifest, and perceptible

अप्रत्यक्ष apratyakṣa: cannot be seen; not cognizable by any sense organ (gravity, magnetism, mathematics, etc.)

अण्ड aṇḍa: the universe (as a macrocosm of the human body)

पिण्ड piṇḍa: the individual body (as a microcosm of the universe)

पाप pāpa: bad, sinful; any action that goes against the natural unfolding of nature

पुण्य puṇya: good, virtuous; any action that helps nature to progress harmoniously.

भावना bhāvanā: desire, will power

श्री हरिः
śrī hariḥ

श्री गणेशाय नमः
śrī gaṇeśāya namaḥ

श्री गुरुभ्यो नमः
śrī gurubhyo namaḥ



1. गणेश वन्दना gaṇeśa vandanā

लम्बोदरं परमसुन्दर एकदन्तं रक्ताम्बरं त्रिनयनं परमं पवित्रं।

**lambodaraṃ paramasundara ekadantaṃ
raktāmbaraṃ trinayanaṃ paramaṃ pavitraṃ |**

उध्यदिवाकर निभोज्ज्वल कान्तिकान्तं विघ्नेश्वरं सकलविघ्नहरं नमामी॥

**udhyadivākara nibhojjvala kāntikāntaṃ vighneśvaraṃ
sakalavighnaharaṃ namāmī |**

2. करावलोकन Karavalokana

Looking at the palms of your hands

As you begin to awake in the morning and your eyes first open, look into your palms.

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती।

Karāgre vasate lakṣmīḥ karamadhye sarasvatī |

Our palms are divided in 3 parts. Lakshmi (wealth) resides in the front of the fingers, Saraswati (knowledge) in the middle of the palms...

करमूले तु गोविन्दः प्रभाते करदर्शनम्॥

karamūle tu govindaḥ prabhāte karadarśanam ||

and Govinda (karma & moksha) in the front of the wrist. First thing in the morning one should look at the palms of their hands to receive the blessings of these deities.

3. भूमि वन्दना Bhumi vandanā

Before getting out of bed and placing your feet on the ground recite the following mantra.

समुद्रवसने देवि पर्वतस्तन मण्डिते।

samudravasane devi parvatastana maṇḍite |

The Earth Goddess is clothed by the oceans and the majestic mountains are her breasts.

विष्णुपत्नि नमस्तुभ्यं पादस्पर्श क्षमस्वमे॥

viṣṇupatni namastubhyaṁ pādasparśam kṣamasvame

We bow with reverence to the wife of Vishnu, Mother Earth, and ask forgiveness for touching her with our feet.

4. Maṅgala darśana

Good things to see in the morning

Gorocana, sandalwood, gold, sankha (conch) mridanga, darpana (mirror), gems, guru, agni, surya

Say namaskar to your Father, Mother, Guru, and Ishta

5. मानस शुद्धि Mānasa śuddhi

Mental purification

ॐ अपवित्रः पवित्रो वा सर्वावस्थां गतो-पि वा।

om apavitraḥ pavitro vā sarvāvasthām gato-pi vā |

The impure and the pure reside within all objects,

यः स्मरेत् पुण्डरीकाक्षं स बाह्याभ्यन्तरः शुचिः ॥

yaḥ smaret puṇḍarīkākṣam sa bāhyābhyantaraḥ śuciḥ

who meditates on the lotus-eyes of Puṇḍarīkākṣa (Nārāyana) becomes pure inside and out.

6. अजपाजप Ajapājapa

अजपा नाम गायत्री योगिनां मोक्षदायिनी।

ajapā nāma gāyatrī yoginām mokṣadāyinī |

Gayatri is one name of Ajapa, who gives moksha to yogis.

तस्याः संकल्पमात्रेण जिवन्मुक्तो न संशयः ॥

tasyāḥ saṅkalpamātreṇa jivanmukto na saṅśayaḥ ॥

Only focusing your intention on that Ajapa liberates one's life without a doubt.

7. सङ्कल्प saṅkalpa

ॐ विष्णुर्विष्णुर्विष्णुः अद्य ब्रह्मणो-हिन द्वितीयपरार्धे श्री श्वेतवराहकल्पे
वैवस्वतमन्वन्तरेऽ ष्टाविंशतितमे कलियुगे कलिप्रथमचरणे अमेरिका
नाम्निः स्थाने दिने प्रातःकाले गोत्रः

अहं ह्यस्तनसूर्योदयारभ्य

**om viṣṇurviṣṇurviṣṇuḥ adya brahmaṇo-hni
dvitīyaparārdhe śrī śvetavarāhakaḥkalpe
vaivasvatamanvantare'ṣṭāviṃśatitame kaliyuge
kaliprathamacarāṇe amerikā nāmniḥ sthāne dine
prātaḥkāle gotraḥ ahaṁ hyastanasūryodayārabhya**

अध्यतनसूर्योदयपर्यन्तं ष्वासक्रियया कारितंअजपागायत्रीजपकर्म भगवते
समर्पये।

**adhyatanasūryodayaparyantaṁ ṣvāsakriyayā
kāritaṁajapāgāyatrījapakarma bhagavate samarpaye**

ॐ तत्सत् श्रीब्रह्मार्पणमस्तु॥।

om tatsat śrībrahmārpaṇamastu ॥ |

8. गणेश मन्त्र Gaṇeśa mantra

Remain seated in your bed and recite the following mantras.

ॐ तत् पुरुषाय विद्महे वक्रतुण्डाय धीमहि तन्नो दन्तिः प्रचोदयात्।
**om tat puruṣāya vidmahe vakratuṇḍāya dhīmahi
tanno dantiḥ pracodayāt|**

ॐ श्री गणेशाय नमः।
om śrī gaṇeśāya namaḥ |

I bow to Ganesha

ॐ गं गणपतये नमः
om gaṁ gaṇapataye namaḥ

Focus on your muladhara chakra and recite internally 44 times.

9. श्री विष्णु मन्त्र śrī viṣṇu mantra

ॐ नमो नारायणाय
om namo nārāyaṇāya

ॐ नमो भगवते वासुदेवाय
om namo bhagavate vāsudevāya

10. शिव मन्त्र śiva mantra

ॐ नमः शिवाय।
om namaḥ śivāya |

11. श्री देवि मन्त्र śrī devi mantra

ॐ दुर्गायै नमः

om durgāyai namaḥ

12. सूर्य मन्त्र sūrya mantra

ॐ आदित्याय नमः

om ādityāya namaḥ

ॐ सूर्याय नमः

om sūryāya namaḥ

13. नवग्रह मन्त्र Navagraha mantra

Saying goodmorning to the 9 planets

ब्रम्हा मुरारीस् त्रिपुरान्तकारी भानुः शशी भूमिसुतो बुधश्च।

**bramhā murārīs tripurāntakārī bhānuḥ śaśī
bhūmisuto budhaśca |**

Brahma (Creator), Vishnu (Preserver), Mahesha (Destroyer), Sun, Moon, Mars, Mercury...

गुरुश्च शुक्रः शनिराहुकेतवः कुर्वन्तु सर्वे मम सुप्रभातम्॥

**guruśca śukraḥ śanirāhuketavaḥ kurvantu sarve
mama suprabhātam ||**

Jupiter, Venus, Saturn, Rahu, Ketu; may all the planets make my day beautiful.

14. ऋषि मन्त्र ṛṣi mantra

भृगु वसिष्ठः क्रतुरङ्गिराश्च मनुः पुलस्त्यः पुलहश्चगौतमः।

**bhṛgurvasiṣṭhaḥ kraturaṅgirāśca manuḥ pulastyah
pulahaścagautamaḥ|**

Bhṛgu, Vasiṣṭha, Kratu, Angira, Manu, Pulastya, Pulaha, Gautama,

रैभ्यो मरीचिशच्यवन्श्च दक्षः कुर्वन्तु सर्वे मम सुप्रभातम्॥

**raibhyo marīciścyavanśca dakṣaḥ kurvantu sarve
mama suprabhātam ||**

Raibhya, Marīci, Chyawan, Dakṣa, all these Rishis make my day beautiful.

15. प्रकृति मन्त्र Prakṛti mantra

पृथ्वी सगन्धा सरसास्तथापः स्पर्शी च वायुर्ज्वलितं च तेजः।

**pṛthvī sagandhā sarasāstathāpaḥ sparśī ca
vāyurjvalitaṁ ca tejaḥ|**

The sweet-smelling Mother Earth, with her sweet tasting water, the air that touches you, the fire that is lit...

नभः सशब्दं महता सहैव कुर्वन्तु सर्वे मम सुप्रभातम्॥

**nabhaḥ saśabdaṁ mahatā sahaiva kurvantu sarve
mama suprabhātam**

...the sound of space, and my tattvas, make my day beautiful.

16. तैलाभ्यङ्ग विधि Tailābhyaṅga vidhi

तैलाभ्यङ्गे रवौ तापः सोमे शोभा कुजे मृतिः।

बुधे धनं गुरौ हानिः शुक्रे दुःखं शनौ सुखम्॥

**tailābhyaṅge ravau tāpaḥ some śobhā kuje mṛtiḥ |
budhe dhanam gurau hāniḥ śukre duḥkham śanau
sukham ||**

Receiving massage on Sunday makes one lose tejas: on Monday, Ojas: Tuesday, one day off your life; Wednesday, money will leave you; Thursday, knowledges decreases; Friday, suffering and loss of shukra; Saturday; great happiness.

रवौ पुष्पं गुरौ दूर्वा भौमवारे तु मृत्तिका।

गोमयं शुक्रवारे च तैलाभ्यङ्गे न दोषभाक्॥

**ravau puṣpaṁ gurau dūrvā bhaumavāre tu mṛttikā |
gomayaṁ śukravāre ca tailābhyaṅge na doṣabhāk**

To balance these effects for a massage on Sunday, use flowers in the oil; Thursday, durva grass; Tuesday, mud; Friday, cow dung; this way the dosha of the oil is removed.

सार्षपं गन्धतैलं च यत्तैलं पुष्पवासितम्।

अन्यद्रव्ययुतं तैलं न दुष्यति कदाचन॥

**sārṣapaṁ gandhatailaṁ ca yattailaṁ puṣpavāsitam |
anyadravyayutaṁ tailaṁ na duṣyati kadācana ||**

Mustard oil can be used every day for self-massage.

शौचाचर śaucācara

17. दन्त धावन danta dhāvana

Cleaning the teeth

आयुर्बलं यशो वर्चः प्रजाः पशुवसूनि च।

ब्रह्म प्रजां च मेधां च त्वं नो देहि वनस्पते॥

**āyurbalaṃ yaśo varcaḥ prajāḥ paśuvasūni ca |
brahma prajāñāṃ ca medhāṃ ca tvam no dehi
vanaspate |**

O Vanaspate (wild herbs), please increase my life, strength, reputation, family, friends, animals, pure mind, and good thoughts.

18. स्नान् मन्त्रः snān mantra

Bathing

गङ्गे च यमुने चैव गोदावरि सरस्वति।

नर्बदे सिन्धु कावेरी जलेऽस्मिन् सन्निधिं कुरु॥

gaṅge ca yamune caiva godāvari sarasvati |

narbade sindhu kāverī jale'smin sannidhiṃ kuru |

O Mother Gangā, Yamunā, Godāvari, Saraswati, Narbadā, Sindhu, Kāverī; I invite these Seven Holy rivers to the water I am bathing in (the 7 nāḍī of the body).

19. शिखा बन्धन śikhā bandhana

Hold your right hand on your crown chakra

चिद्रूपिणि महामाये दिव्यतेजःसमन्विते।

cidrūpiṇi mahāmāye divyatejaḥsamanvite |

तिष्ठ देवि शिखामध्ये तेजोवृद्धिं कुरुश्व मे॥

tiṣṭha devi śikhāmadhye tejovṛddhiṃ kuruśva me ||

To the Shakti of thought, to Mahāmāyā, who has inexplainable light, please arrive in my crown chakra and give me the Tejas to improve my life.

20. आचमन् ācaman

ॐ केशवाय नमः

om keśavāya namaḥ

Namaste (I bow) to the one with beautiful hair.

ॐ नारायणाय नमः

om nārāyaṇāya namaḥ

Namaste (I bow) to the whole and complete consciousness.

ॐ माधवाय नमः

om mādhavāya namaḥ

Namaste (I bow) to the one who is always sweet.

ॐ गोविन्दाय नमः

om govindāya namaḥ

Namaste (I bow) to the lord of the senses.

21. प्राणायामः Prāṇāyāmaḥ

ॐ भूः

om bhūḥ

The gross body

ॐ भुवः

om bhuvah

The subtle body

ॐ स्वः

om svah

The causal body

ॐ महः

om mahah

The great body of existence

ॐ जनः

om janah

The body of knowledge

ॐ तपः

om tapah

The body of light

ॐ सत्यम्

om satyam

The body of Truth

ॐ तत्सवितुर्वरेण्यम्

भर्गो देवस्यधीमहि।

धियो यो नः प्रचोदयात्॥

**om tatsaviturvareṇyam
bhargo devasyadhīmahī
dhiyo yo naḥ pracodayāt||**

*We meditate upon the light of wisdom which is the supreme wealth of the Gods.
May it grant to us increase in our meditations.*

ॐ आपो ज्योती रसोऽमृतं ब्रह्म भूर्भुवः स्वरोम्।

**om āpo jyotī raso'mṛtaṁ brahma bhūrbhūvaḥ svarom
|**

*May the waters luminous with the nectar of immortality fill the earth, the sky, and
the heavens.*

22. तर्पण Tarpaṇa

Offering of water

Deva tarpaṇa

Offering of water to the Gods

ॐ ब्रह्मादयो देवास्तृप्यन्ताम्।

om brahmādayo devāstr̥pyantām |

To the Creator, the Preserver, and the Destroyer, I offer this water. (so all

Universe may be satisfied)

ॐ भूर्देवास्तृप्यन्ताम्।

om bhūrdevāstr̥pyantām |

To all the deities in the Earth realm, I offer this water.

ॐ भुवर्देवास्तृप्यन्ताम्।

om bhavardevāstr̥pyantām |

To all the deities in the Subtle Realm, I offer this water.

ॐ स्वर्देवास्तृप्यन्ताम्।

om svardevāstr̥pyantām |

*To all the deities in the Casual realm (beyond what we see),
I offer this water.*

ॐ भूर्भुवः स्वर्देवास्तृप्यन्ताम्।

om bhūrbhuvāḥ svardevāstr̥pyantām |

To the 3 realms within, I offer this water (that the whole universe may be satiated.)

23. ऋषि तर्पण ṛṣi tarpaṇa

ॐ सनकादयो मनुष्यास्तृप्यन्ताम्।

om sanakādayo manuṣyāstr̥pyantām |

To the first son of the Creator, I offer this water.

ॐ भूरृषयस्तृप्यन्ताम्।

om bhūrṛṣayastr̥pyantām|

To the ṛṣi of the Earth realm, I offer this water.

ॐ भुवरृषयस्तृप्यन्ताम्।

om bhucarṛṣayastr̥pyantām|

To the ṛṣi of the Subtle realm, I offer this water.

ॐ स्वरृषयस्तृप्यन्ताम्।

om svarṛṣayastr̥pyantām|

To the ṛṣi of the Casual realm, I offer this water.

ॐ भूर्भुवः स्वरृषयस्तृप्यन्ताम्।

om bhūrbhuvāḥ svarṛṣayastr̥pyantām |

To the ṛṣi of the entire universe, I offer this water.

24. पितृ तर्पण pitṛ tarpaṇa

ॐ कव्यवाडनलादयः पितरस्तृप्यन्ताम्।

om kavyavāḍanalādayaḥ pitarastr̥pyantām |

ॐ चतुर्दशयमास्तृप्यन्ताम्।

om caturdaśayamāstr̥pyantām |

To the 14 names of Yama (Lord of Death), I offer this water.

ॐ भूः पितरस्तृप्यन्ताम्।

om bhūḥ pitarastr̥pyantām |

To the Ancestors who stay in the Earth realm, I offer this water.

ॐ भुवः पितरस्तृप्यन्ताम्।

om bhuvah̥ pitarastr̥pyantām|

To the Ancestors who stay in the Subtle realm, I offer this water.

ॐ स्वः पितरस्तृप्यन्ताम्।

om svah̥ pitarastr̥pyantām |

To the Ancestors who stay in the Heavenly realm, I offer this water.

ॐ भूर्भुवः स्वः पितरस्तृप्यन्ताम्।

om bhūrbhuvah̥ svah̥ pitarastr̥pyantām |

To all the Ancestors, I offer this water.

यन्मया दूषितं तोयं शारीरं मलसम्भवम्।

तस्य पापस्य शुद्ध्यर्थं यक्ष्माणं तर्पयाम्यहम्॥

**yanmayā dūṣitaṁ toyam̐ śārīraṁ malasambhavam
tasya pāpasya śuddhyarthaṁ yakṣmāṇam
tarpayāmyaham ||**

As I have done this tarpana, if my body and mind were not pure; for those wrong actions I offer this water to Yaksha so that it is pure.

25. जप विधि japa vidhi

How to perform japa

कृत्वोत्तानौ करौ प्रातः सायं चाधोमुखौ ततः।

kṛtvottānau karau prātaḥ sāyaṁ cādhomukhau tataḥ|

मध्ये सम्मुखहस्ताभ्यां जप एवमुदाहृतः॥

madhye sammukhahastābhyāṁ japa evamudāhṛtaḥ||

In the morning, hold your mālā at the nābhi (Manipura chakra); in the afternoon, at your heart (Anahata chakra); and in the evening, at your nose (Ajna chakra)

26. माला वन्दना mālā vandanā

ॐ मां माले महामाये सर्वशक्तिस्वरूपिणी।

चतुर्वर्गस्त्वयि न्यस्तस्तस्मान्मे सिद्धिदा भव॥

om māṁ māle mahāmāye sarvaśaktisvarūpiṇī |

caturvargastvayi nyastastasmānme siddhidā bhava ||

My rosary, the Great Measurement of Consciousness, containing all energy within as your intrinsic nature, give to me the attainment of your Perfection, fulfilling the four objectives of life.

27. TEN DIRECTIONS

1. ॐ प्राच्यै नमः

om prācyai namaḥ

ॐ इन्द्राय नमः

om indrāya namaḥ

2. ॐ आग्नेय्यै नमः

om āgneyyai namaḥ

ॐ अग्नये नमः

om agnaye namaḥ

3. ॐ दक्षिणायै नमः

om dakṣināyai namaḥ

ॐ यमाय नमः

om yamāya namaḥ

4. ॐ नैरृत्यै नमः

om nairṛtyai namaḥ

ॐ निरृतये नमः

om nirṛtaye namaḥ

5. ॐ प्रतीच्यै नमः

om pratīcyai namaḥ

ॐ वरुणाय नमः

om varuṇāya namaḥ

6. ॐ वायव्यै नमः

om vāyavyai namaḥ

ॐ वायवे नमः

om vāyave namaḥ

7. ॐ उदीच्यै नमः

om udīcyai namaḥ

ॐ कुबेराय नमः

om kuberāya namaḥ

8. ॐ ऐशान्यै नमः

om aiśānyai namaḥ

ॐ ईशानाय नमः

om īśānāya namaḥ

9. ॐ ऊर्ध्वायै नमः

om ūrdhvāyai namaḥ

ॐ ब्रह्मणे नमः

om brahmaṇe namaḥ

10. ॐ अधरायै नमः

om adharāyai namaḥ

ॐ अनन्ताय नमः।

om anantāya namaḥ |

Say namaskar to the 10 directions then sit down.

29. TARPANA

ॐ ब्रह्मणे नमः

om brahmaṇe namaḥ

ॐ अग्नये नमः

om agnaye namaḥ

ॐ पृथिव्यै नमः

om pṛthivyai namaḥ

ॐ औषधिभ्यो नमः

om auṣadhibhyo namaḥ

ॐ वाचे नमः

om vāce namaḥ

ॐ वाचस्पतये नमः

om vācaspataye namaḥ

ॐ महद्भ्यो नमः

om mahadbhyo namaḥ

ॐ विष्णवे नमः

om viṣṇave namaḥ

ॐ अद्भ्यो नमः

om adbhyo namaḥ

ॐ अपाम्पतये नमः

om apāmpataye namaḥ

ॐ वरुणाय नमः

om varuṇāya namaḥ

ॐ यत्पादङ्कजस्मरणात् यस्य नामदपादपि।

om yatpādapaṅkajasmarāṇāt yasya nāmadapādapi |

न्यूनं कर्म भवेत् पूर्णं तं वन्दे साम्बमीश्वरम्॥

**nyūnaṁ karma bhavet pūrṇaṁ taṁ vande
sāmbamīśvaram ||**

All karma becomes complete by meditating on the lotus feet of Sāmbasadā Shiva or remembering his name only once.

ॐ विष्णवे नमः। **om viṣṇave namaḥ|**

ॐ विष्णवे नमः। **om viṣṇave namaḥ|**

ॐ विष्णवे नमः। **om viṣṇave namaḥ|**

29. सूर्य नमस्कार Sūrya Namaskāra

एहि सूर्य सहस्रांशो तेजोराशे जगत्पते

ehi sūrya sahasrāṁśo tejorāśe jagatpate

अनुकम्पय मां भक्त्या गृहाणार्घ्यं दिवाकर

anukampaya mām bhaktyā gṛhāṅārghyaṁ divākara

O Surya with your thousand divisions of light and powerful rays, show compassion to your devotees and accept my prayer.

ध्येयः सदा सवितृमण्डलमध्यवर्ती नारायणः सरिसजासनसंनिविष्टः।

**dhyeyaḥ sadā savitr̥maṇḍalamadhyavartī nārāyaṇaḥ
sarisajāsanasaṁniviṣṭaḥ |**

केयूरवान् मकरकुण्डलवान् किरीटी हारी हिरण्मयवपुर्धृतशङ्खचक्रः ॥

**keyūravān makarakuṇḍalavān kirīṭī hārī
hiraṇmayavapurdhṛtaśaṅkhacakraḥ ||**

30. THE 12 NAMES OF THE SUN

1. ॐ मित्राय नमः

om mitrāya namaḥ

2. ॐ रवये नमः

om ravaye namaḥ

3. ॐ सूर्याय नमः

om sūryāya namaḥ

4. ॐ भानवे नमः

om bhānave namaḥ

5. ॐ खगाय नमः

om khagāya namaḥ

6. ॐ पूष्णे नमः

om pūṣṇe namaḥ

7. ॐ हिरण्यगर्भाय नमः

om hiraṇyagarbhāya namaḥ

8. ॐ मरीचये नमः

om marīcaye namaḥ

9. ॐ आदित्याय नमः

om ādityāya namaḥ

10. ॐ सवित्रे नमः

om savitre namaḥ

11. ॐ अर्काय नमः

om arkāya namaḥ

12. ॐ भास्कराय नमो नमः

om bhāskarāya namo namaḥ

ॐ कर्मसाक्षिणे अरुणाय नमः।

om karmasākṣiṇe aruṇāya namaḥ

आदित्यस्य नमस्कारं ये कुर्वन्ति दिने दिने

जन्मान्तरसहस्रेषु दारिद्र्यं नोपजायते

**ādityasya namaskāraṁ ye kurvanti dine dine
janmāntarasahasreṣu dāridraṁ nopajāyate**

अकालमृत्युहरणं सर्वव्याधिविनाशनम्।

सूर्यपादोदकं तीर्थं जठरे धारयाम्यहम्॥

**akālamṛtyuharaṇaṁ sarvavyādhivināśanam|
sūryapādodakaṁ tīrthaṁ jaṭhare dhārayāmyaham ||**

O Lord, you remove any danger in life and destroy any type of disease and sickness; the holy water that drips from Nārāyaṇa's feet... I am holding that within my jaṭhara (digestive fire).

ॐ तत्सत् कृतमिदं कर्म ब्रह्मार्पणमस्तु

om tatsat kṛtamidaṁ karma brahmārpaṇamastu

ॐ विष्णवे नमः om viṣṇave namaḥ

ॐ विष्णवे नमः om viṣṇave namaḥ

ॐ विष्णवे नमः om viṣṇave namaḥ

ॐ शान्तिः शान्तिः शान्तिः
om śāntiḥ śāntiḥ śāntiḥ