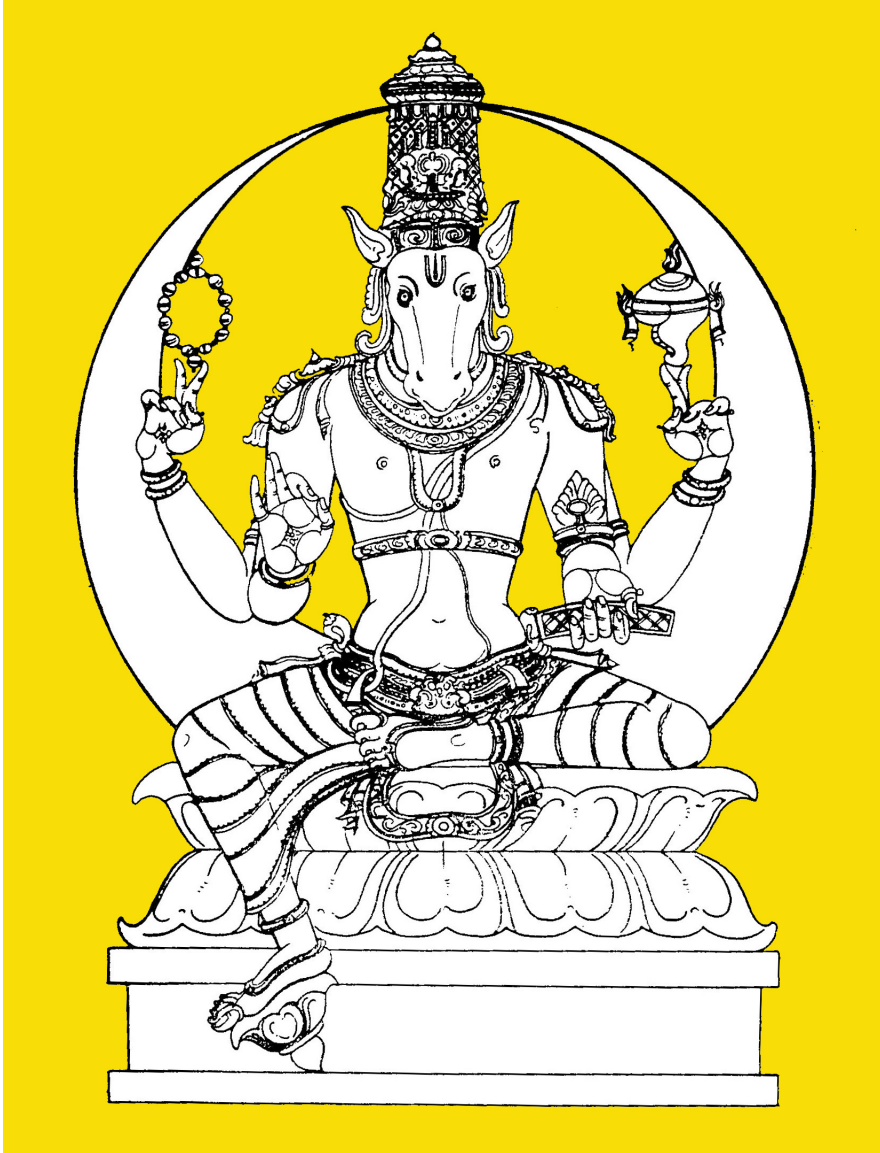


Introduction to VEDIC CHANTING



Pandit Ub.Ve Sri Rama Ramanuja Achari

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13:09:2013

INTRODUCTION

PARIS, FRANCE, November 12, 2003: The oral tradition of Vedic chanting has been declared an intangible heritage of humanity by UNESCO. In a meeting of jury members on November 7, 2003, at Paris, Mr. Koichiro Matsuura, Director-General of UNESCO, declared the chanting of Vedas in India an outstanding example of heritage and form of cultural expressions. The proclamation says that in the age of globalization and modernization when cultural diversity is under pressure, the preservation of oral tradition of Vedic chanting, a unique cultural heritage, has great significance.

The jury members included Dr. Richard Kurin, Director of the Center for Folklore and Cultural Heritage of the Smithsonian Institution (United Nations), Mr. Juan Goytisolo, Writer (Spain), Mr. Yoshikazu Hasegawa (Japan), Ms. Olive W.M. Lewin. Pianist, ethnomusicologist, Director of the Jamaica Orchestra for Youth (Jamaica).

The UNESCO declaration will bring international recognition to the excellence of the Vedic chanting tradition of India, which has survived for centuries encoding the wisdom contained in the Vedas through an extraordinary effort of memorization and through elaborately worked out mnemonic methods. The purity and fail-safe technique devised for Vedic chanting in the olden days led to access to one of the ancient literatures of humanity in its entirety today.

The Department of Culture, Ministry of Tourism and Culture, took the initiative to put up the candidature of the Vedic chanting to UNESCO. A presentation was prepared by Indira Gandhi National Centre for Arts. The Department has also prepared a five-year action plan to safeguard, protect, promote and disseminate the oral tradition of Vedas in terms of their uniqueness and distinctiveness, encourage scholars and practitioners to preserve, revitalize and promote their own branch of Vedic recitation as the custodians of their own traditions and direct the efforts primarily to making the tradition survive in its own context.



DIVISIONS OF THE FOUR VEDAS

The Veda is considered to be infinite [*ananto vai vedāh*] in the beginning of creation there was only one Veda and the number of revealed texts was far greater than we could imagine, during the course of time due to the diminishing intelligence of mankind as well as declining in strength health and loss of faith, many texts were lost and the Veda that is known today is a mere fraction of the original Veda.

Towards the close of the Dvāpara Yuga, it is believed, the Lord manifested as the sage Veda Vyāsa, who in order to save the Veda from extinction, re-edited the Veda dividing it into 4 units. Each unit was assigned to different classes of brahmins so that it would be easier to preserve them. These 4 books are known as the Rik, Yajur, Sāma and Atharvana Vedas. Seeing that only the first 3 orders of society had access to the Vedas this excluded over half the population which consisted of women and Sūdras from spiritual knowledge. It is for their benefit that the Holy Sage compiled the Purāṇas and the Itihāsas [Rāmāyaṇa and Mahābhārata which is known as the Fifth Veda].

Had it not been for the work of this great Rishi, humankind with its deteriorating intellectual capacity would have forgotten this massive sacred heritage. Veda Vyāsa had 4 disciples and to each of them he taught one Veda. Paila mastered the Rik veda, Jaimini the Sāma Veda, Vaiṣampāyana the Yajur Veda and the Atharvana Veda was learnt by Sumantu. Romaharṣana was entrusted with the duty of transmitting the Purāṇas and Itihāsas.

The Vedas transmitted by these sages to their disciple and in turn by the latter to theirs resulted in the Vedas becoming diversified into many branches or schools through the disciplic succession.

Each of the Vedas is divided into Saṃhita, Brāhmaṇa, Araṇyaka and Upaṇiṣad. The Saṃhita is the text which comprises of hymns used in the sacrifices. The Brāhmaṇas are the theological treatises which deal with the sacrificial details and gives the interpretation of the ritual. The Araṇyakas and the Upaṇiṣads deal with a variety of topics related mainly to cosmology and philosophy.

In addition each Vedic school had its own Gṛhya Sūtra which dealt with the performances of the domestic rites and sacraments and its own Śrauta sūtra which dealt with the public rituals and sacrifices of national import.

VEDIC CHANT

The Vedic Chant is the oldest form of psalmody known. Very strict and complex methods of instruction have made it possible to preserve the ritual chant unchanged, despite thousands of years of wars, conquests and social upheavals.

The Rig Veda is chanted on 3 notes, the Yajur Veda on up to 5 notes and the Sāma Veda on 7 notes. The Sāma is the only chant that is considered really musical *per se* and as such is considered to be inferior to the other two Vedas. Because of its 'worldly' character it is often forbidden in certain rituals. It is also prescribed that if the Sāma Veda is heard while the other two are being recited then the recitation should stop immediately and only continue after the Sāma has terminated.

According to the Taittiriya Upaniṣad — śikṣā-valī there are 6 main factors that need to be taken into consideration:—

1. Varṇaḥ — pronunciation

Correct pronunciation of the letters of the alphabet.

Differentiation between short and long vowels.

Sandhi — Anusvara (ṁ) changes according to the letter that follows it.

When followed by	ṁ changes to
ka kha ga gha ṅa	ṅ
ca cha ja jha ṅa	ṅ
ṭa ṭha ḍa ḍha ṅa	ṅ
ta tha da dha na	n
pa pha ba bha ma	m
Any vowel	ṁ
sa ṣa śa ha ya ra	guṁ
samyukta akṣara (combined letter)	gg

Visarga (ḥ) also changes

When followed by **sa, ṣa, śa**, the **visarga** changes into those letters.

When followed by a **p** it changes into **pha**

2. Svaraḥ — notes

The sāma veda uses 7 musical notes.

Chanting of the ṛk, yajur and atharvana veda is done using 3 notes only.

Udātta — the raised note indicated in the text by a vertical stroke over the letter. (ā̇)

Anudātta — the lowered note indicated by a line under the letter. (ạ̄)

Svarita — the neutral drone which is not indicated in the text (ā̄)

Nigādha — a deviant note which is based on the udātta and is like a double udātta with the second being slight raised above the first. In the kṛṣṇa yajur veda it is usually marked by double perpendicular strokes above the letter. (ā̇̇)

The **udātta** changes into a **nigādha** in the following situations:—

- When a mantra ends in a long *udātta*
- When a mantra ends in a *anusvara* which carries the *udātta*
- When the *udātta* is followed by a *samyuktākṣara* (combined letter such as kṣ, stha, tv, śr, etc.

3. Mātra — duration

ardha — half — when a word ends in a halanta.

hrasva — short (the short vowels a, i, u, ṛ & ḥ)

dīrgha — long (ā, ī, ū, e, ai o & au — sometimes indicated by the digit 2 after the letter in a text)

pluta — extra long — indicated by the digit 3 after the syllable

अधस्विदासी इद् उपरिस्विदासी इत् ।

4. Balam — emphasis

Alpa prāṇa — soft — these are all the regular vowels and consonants.

Mahā prāṇa — hard — these are all the aspirated consonants also ṣa and ha.

5. Sāma — continuity

One must ensure a continuity and smooth flow of the chanting.

6. Santānaḥ — punctuation

One must pause at the appropriate places - commonly indicated by (l)

In addition a slight pause is required:—

After chanting OM

When a word ends in a vowel and is followed by a vowel.

When a visarga (ḥ) is followed by kṣa

THE VEDIC ACCENT

All the Vedic texts as well as in two Brāhmaṇas — Taittiriya [and its Aranyaka] and the Śatapatha Brāhmaṇa [including the Bṛhadaraṇyaka Upaniṣad] are marked with the accent [*svara*].

The Vedic chant is based upon these accents or *svaras* and consists of basically 3 notes; The chief tone is the *Udātta* [raised] the other two being the *Svarita* [drone] and the *Anudātta* [low].

Textual Markings;

There are 4 different methods of marking the *svaras* in the texts. In the Rik, Yajur and Atharva Vedas and the Taittiriya Saṃhita & Brāhmaṇa the *svarita* is not marked at all because it is the middle pitch.

The preceding *anudātta* is marked by a horizontal stroke below the syllable, and the following *udātta* is marked by a perpendicular stroke above the syllable, two perpendicular strokes together mean that there is an elongated double raised sound -*nigādha*. In some texts the *udātta* is marked by a crescent above the syllable, when this is done then the elongated double sound is marked by a singular perpendicular line.

The place of the principle accent the *svarita* is governed by grammatical rules. A *udātta* always follows an *svarita* and is called the '*enclitic udātta*'. When an *svarita* is lost due to an euphonic combination [sandhi] of the vowel into the corresponding semi-vowel e.g. *kva* = *kua* then the *udātta* is called the '*independent udātta*'.

When an independent *udātta* is placed immediately before an *svarita* then it is accompanied by the numeral 1 if the vowel is short and by the numeral 3 if the vowel is long; the numeral itself being marked with both the *udātta* and the *anudātta*.

In the Sāma Veda the figures 1, 2, & 3 are written above the accented syllable to mark the *svarita*, *udātta*, & *anudātta* respectively.

When there are 2 successive *svarita* then the second is not marked but the following *udātta* has a 2r written above. The independent *udātta* is also marked with a 2r, and the preceding *anudātta* is marked with a 3k.

A peculiar feature of the Vedic chant is that the *anusvara* changes to a GUM before the following letters; **a, ha, sa, sa, & r.**

Example; saṃhita = sagumhita, (संहिता = सगंहिता)

padaṃ sadā = padagum sadā (पदं सदा = पदगुं सदा)

VARIANT FORMS OF VEDIC CHANT

Vedic recitation has assumed two distinct forms that evolved to preserve its immutable character:— **Prākṛti** and **Vikṛti** with sub-forms.

The *pāda pāṭhaḥ* forms the basis of a number of special recitations known as '*vikṛiti*' or 'crooked' recitations. The text is recited backwards or forwards or the successive words are chanted in specific combinations. These were originally designed to prevent the student from forgetting even one letter of the text, however through the ages these mnemonic techniques became an end in themselves.

Prākṛti

1. Saṃhita pāṭhaḥ — continuous recitation

ॐ ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत् ।

2. Pāda pāṭhaḥ — word for word recitation — 1/2/3/4/5

1	2	3	4	5	6	7	8
ईशा ।	वास्यम् ।	इदम् ।	सर्वम् ।	यत् ।	किञ्च ।	जगत्याम् ।	जगत् ।
īśā	vāsyam	idaṃ	sarvaṃ	yat	kiñca	jagatyām	jagat

3. Krama pāṭhaḥ — words recited in pairs — 1 2 / 2 3 / 3 4 / 4 5 / 5 6 / 6 7 / 7 8 /

1 + 2	2 + 3	3 + 4	4 + 5	5 + 6
īśā vāsyam	vāsyam idaṃ	idagum sarvaṃ	sarvaṃ yat	yat kiñca

In the Prākṛti form the words do not change their sequence

Vikṛti

There are 8 traditional vikṛiti combinations which are;

jaṭā;	1 2 2 1 1 2 / 2 3 3 2 2 3 / 3 4 4 3 3 4 / 4 5 5 4 4 5 /
mālā;	1 2 / 2 1 / 1 2 / 2 3 / 3 2 / 2 3 / 3 4 / 4 3 / 3 4 /
śikhā;	1 2 2 1 1 2 3 / 2 3 3 2 2 3 4 / 3 4 4 3 3 4 5 / 4 5 5 4 4 5 6 /
rekhā;	1 2 / 2 1 / 1 2 / 2 3 4 / 4 3 2 / 2 3 / 3 4 5 6 / 6 5 3 4 / 3 4 / 4 5 6 7 8 / 8 7 6 5 4 / 4 5 / 5 6 7 8 9 10 / 10 9 8 7 6 5 / 5 6 /
dhvaja;	1 2 / 99 100 / 2 3 / 98 99 / 3 4 / 97 98 / 4 5 / 97 98 / 5 6 / 96 97 / 97 98 / 3 4 / 98 99 / 2 3 / 99 100 / 1 2 .
daṇḍa;	1 2 / 2 1 / 1 2 / 2 3 / 3 2 1 / 1 2 / 2 3 / 3 4 / 4 3 2 1 / 1 2 / 2 3 / 3 4 / 4 5 / 5 4 3 2 1

ratha; 1 2 / 5 6 / 2 1 / 6 5 / 1 2 / 5 6 / 2 3 / 6 7 / 3 2 1 / 7 6 5 / 1 2 / 5 6 / 2 3 / 6 7 / 3 4 / 7 8 / 4 3 2 1 / 8 7 6 5 /

ghana; 1 2 2 1 1 2 3 3 2 1 1 2 3 / 2 3 3 2 2 3 4 4 3 2 2 3 4 / 3 4 4 3 3 4 5 5 4 3 3 4 5 /

STYLES OF VEDIC CHANTING

In India today there are 3 distinctive styles of Vedic chant;

1. Maharāṣṭra Brahmins
2. Tamil Brahmins
3. Nambudiri Brahmins of Kerala

The northern tradition is characterized by a preponderance of the Sukla Yajur Veda of the Madhyāṃdina recension, The Rik Veda of the Sakala recension and Sāma Veda of the Kauthuma Ranayaniya recension and very little Atharva Veda.

The Southern tradition is characterized by the Kṛṣṇa Yajur Veda of the Taittiriya recension, along with the Rik and Sāma Vedas of the same school. Atharva Veda is non-existent in the south.

In the Nambudiri tradition the Rik Veda belongs entirely to the Vāskala recension [Kauṣītaki]. The Yajur Veda is exclusively Taittiriya but the recitation differs from that of the Tamils. The Sāma Veda belongs entirely to the Jaiminiya school which is not found elsewhere.

MUDRAS

When teaching the method of chanting there are certain movements of the hands which are designed to help the memory;

1. udātta - right hand to shoulder
 anudātta - hand to knee
 svarita - hand moved to 45 degree angle to the body
2. udātta - head up
 anudātta - head down
 svarita - head turned slightly to the side

3. udāṭṭa - palm turned up
anudāṭṭa - palm down
svaraṭṭa - hand moved horizontally to the right

4. udāṭṭa - thumb on index finger
anudāṭṭa - thumb on little finger
svaraṭṭa - thumb on ring finger



Chandas — METRE.

Rhyme is not used in the Rig-veda.

The metres are regulated by the number of syllables — *akṣaras* — in the stanza (ṛk), which consists generally of 3 or four Pādas, measures, divisions, or quarter verses, with a distinctly marked interval at the end of the second Pāda, and so forming two semi-stanzas of varying length.

The most common metres consist of 8, 9, 10, 11, 12, syllables (*akṣaras*) in each pāda these are known as *anuṣṭubh*, *bṛhati*, *pañkti*, *triṣṭup*, *jagati*.

The *anuṣṭubh* is the prevailing form of metre in the Dharma-sastras, the Mahabharata, the Ramayana, and all the Puranas.

The Pādas of a stanza are generally of equal length and of more or less corresponding prosodial quantities: but sometimes two or more kinds of metre are employed in one stanza, and then the Pādas vary in quantity and length.

Summary of the Metres

1. Anuṣṭup, anuṣṭup or Anuṣṭubh: — 4 Pādas of 8 akṣaras each, 2 Pādas forming a line.

Jayanti maṅgalā kalī, bhadrā kalī kapālinī |
durgā śivā kṣamā dhātrī, svāhā svadhā namo'stu te ||

2. Tristup or Tristubh: = 4 Pādas of 11 akṣaras each.

gurūn ahatvā hi mahānubhāvān
śreyo bhoktuṃ bhaikṣyam apīha loke |
hatvārtha kāmāṃs tu gurūn ihaiva
bhuñjīya bhogān rudhira-pradigdhān || 5 ||

3. Pañkti: 5 Pādas of 8 akṣaras — like Anuṣṭup with an additional Pāda.

4. Gāyatri: the stanza usually consists of 24 akṣaras, variously arranged, but generally as a triplet of 3 Pādas of 8 akṣaras each, or in one line of 16 akṣaras and a second line of 8.

om tatpuruṣāya vidmahe |
mahādevāya dhīmahi |
tanno rudra pracodayāt ||

Brhati: 4 Pādas (8 + 8 + 12 + 8) containing 36 akṣaras in the stanza.

Jagati: 48 akṣaras arranged in 4 Pādas of 12 akṣaras each, 2 Pādas forming a line or hemistich.

Anuṣṭup Pipilikamadhyā: a species of Anuṣṭup, having the second Pāda shorter than the first and third (8 akṣaras+ 4+8+ 8).

Anuṣṭub-garbha: a metre of the Usnih class: the first Pāda containing 5 akṣaras, and the 3 following Pādas of 8 akṣaras each.

Nastarupi: a variety of Anuṣṭup.

Asti: consisting of 4 Pādas of 16 akṣaras each, or 64 akṣaras in the stanza.

Astrapaikṭi: consisting of 2 Pādas of 8 akṣaras each, followed by two Pādas of 12 akṣaras each.

Atidhrti: 4 Pādas of 19 akṣaras each = 76 akṣaras.

Atincrti: consisting of 3 Pādas containing respectively seven, six, and seven akṣaras.

Atiśakvari: 4 Pādas of 15 akṣaras each.

Atyasti: 4 Pādas of 17 akṣaras each.

Brhati: 4 Pādas (8 + 8 + 12 + 8) containing 36 akṣaras in the stanza.

Purastadbrhati: a variety of Brhati with twelve akṣaras in the first Pāda.

Caturvimsatika Dvipāda: a Dvipāda containing 24 akṣaras instead of 20.

Dhrti: consisting of seventy-two akṣaras in a stanza.

Ekapāda Tristup: a Tristup consisting of a single Pāda or quarter stanza.

Ekapāda Viraj: a Viraj consisting of a single Pāda.

Gāyatri: the stanza usually consists of 24 akṣaras, variously arranged, but generally as a triplet of 3 Pādas of eight akṣaras each, or in one line of sixteen akṣaras and a second line of eight.

There are eleven varieties of this metre, and the number of akṣaras in the stanza varies accordingly from nineteen to 33.

Dvipāda Viraj: a species of Gāyatri consisting of two Pādas only (12+8 or 10+10 akṣaras); inadequately represented in the translation by two decasyllabic iambic lines.

Vardhamana: a species of Gayatri; 6 + 7 + 8 = 21 akṣaras.

Jagati: a metre consisting of 48 akṣaras arranged in 4 Pādas of twelve akṣaras each, two Pādas forming a line or hemistich which in the translation is represented by a double Alexandrine.

Atijagati: 4 Pādas of 13 akṣaras each.

Kakup or **Kakubh**: a metre of 3 Pādas consisting of 8, 12, and 8 akṣaras respectively.

Kakubh Nyakusira; consisting of 3 Pādas of 9+12+4 akṣaras.

Krti: a metre of 4 Pādas. of 20 akṣaras each.

Madhyejyotis: a metre in which a Pāda of 8 akṣaras stands between two Pādas of 12.

Mahibrhati: 4 Pādas of 8 akṣaras each, followed by one of 12.

Mahapādapañkti: a 2-lined metre of 31 akṣaras, the first line consisting of 4 Pādas of five akṣaras each, and the second being a Tristup of the usual eleven akṣaras.

Mahā-pañkti: a metre of forty-eight akṣaras 8 x 6 or 12 x 4.

Nyañkusarini: a metre of 4 Pādas of 8 + 12 + 8 + 8 akṣaras.

Pādanicrt: a variety of Gayatri in which one syllable is wanting in each Pāda: 7+3=21 akṣaras.

Pādapañkti: a metre consisting of 5 Pādas of 5 akṣaras each.

Pañkti: a metre of 5 Pādas of 8 akṣaras — like Anuṣṭup with an additional Pāda.

Pañktyuttara: a metre which ends with a Pañkti of 5 + 5 akṣaras.

Pipilikamadhya: any metre the middle Pāda of which is shorter than the preceding and the following.

Pragatha: a metre in Book VIII, consisting of strophes combining two verses, viz. a Brhati or Kakup followed by a Satobrhati.

Prastarapañkti: a metre of forty akṣaras: 12+12+8+8

Pratistha: a metre of 4 Pādas of 4 akṣaras each; also a variety of the Gāyatri consisting of 3 Pādas of eight, seven, and six akṣaras respectively.

Pura-usnih: a metre of 3 Pādas, containing 12+8+8 akṣaras.

Sakvari: a metre of 4 Pādas of 14 akṣaras each.

Satobrhati: a metre whose even Pādas contain eight akṣaras each, and the uneven twelve: 12+8+12+8=40.

Mahasatobrhati: a lengthened form of Satobrhati.

Skandhogriva: consisting of Pādas of 8 + 12 + 8 + 8 akṣaras.

Tanusira: consisting of 3 Pādas of 11 + 11 + 6 akṣaras.

Abhisarini: a species of Trstup, in which two Pādas contain twelve instead of eleven akṣaras.

Uparistadbrhati: consisting of 4 Pādas of 12 + 8 + 8 + 8 akṣaras.

Uparistajjyotis: a Tristup stanza the last Pāda of which contains only eight akṣaras.

Urdhvabrhati: a variety of Brhati.

Urobrhati: a variety of Brhati: 8+12 8 + 8 akṣaras.

Usnigarbha: Gayatri of 3 Pādas of six, seven, and eleven akṣaras respectively.

Usnih: consisting of 3 Pādas of 8 + 8 + 12 akṣaras.

Viraj: a metre of 4 Pādas of ten akṣaras each.

Viparita: a metre of 4 Pādas resembling Vistarapañkti.

Viradrupa: a Tristup metre of 4 Pādas, 11 + 11 + 11 + 7 or 8 akṣaras.

Viratpurva: a variety of Tristup.

Viratsthana: a variety of Tristup.

Visamapāda: metre of uneven stanzas.

Vistarabrhati: a form of Brhati of 4 Pādas containing 8 + 10 + 10 + 8 = 36 akṣaras.

Vistarapañkti: a form of Pañkti consisting of 4 pādas of 8+12+12+8=40 akṣaras.

Yavamadhya: a metre having a longer Pāda between two shorter ones.



CHANTING EXERCISES

(The traditional method of instruction is for the teacher to pronounce once and the students to repeat twice)

oṃ̣ | 1 |
 oṃ̣ namāḥ̣ |
 oṃ̣ namọ namāḥ̣ |
 oṃ̣ namọ namā oṃ̣ |
 oṃ̣ namọ namā oṃ̣ oṃ̣ |
 oṃ̣ namọ namā oṃ̣ oṃ̣ namāḥ̣ ||

mā | 2 |
 mā aham |
 mā aham - aham |
 mā aham - aham mā |
 mā aham - aham mā mā |
 mā aham - aham mā mā - aham |

mayi | 3 |
 mayi medhām |
 mayi medhām medhām |
 mayi medhām medhām mayi |
 mayi medhām medhām mayi mayi |
 mayi medhām medhām mayi mayi medhām ||

sūryaḥ | 4 |
 sūryo bhrājaḥ |
 sūryo bhrājo bhrājaḥ |
 sūryo bhrājo bhrājas sūryaḥ |
 sūryo bhrājo bhrājas sūryas sūryaḥ |
 sūryo bhrājo bhrājas sūryas sūryo bhrājaḥ ||

aham | 5 |
 aham - annaṃ |
 aham - annaṃ - annaṃ |
 aham - annaṃ - annaṃ - aham |
 aham - annaṃ - annaṃ - aham - aham |
 aham - annaṃ - annaṃ - aham - aham - annaṃ ||

namaḥ | 6 |
 namaś-śivāya |
 namaś-śivāya śivāya |
 namaś-śivāya śivāya namaḥ |
 namaś-śivāya śivāya namo namaḥ |
 namaś-śivāya śivāya namo namaś-śivāya ||

savituḥ | 7 |
 savitur vareṇyam |
 savitur vareṇyaṁ vareṇyam |
 savitur vareṇyaṁ vareṇyaguṁ savituḥ |
 savitur vareṇyaṁ vareṇyaguṁ savitus-savituḥ |
 savitur vareṇyaṁ vareṇyaguṁ savitus savitur vareṇyam ||

aham | 8 |
 ahaṁ manāḥ |
 ahaṁ mano manāḥ |
 ahaṁ mano mano aham |
 ahaṁ mano mano aham - aham |
 ahaṁ mano mano aham - ahaṁ manāḥ ||

ośadhayaḥ | 9 |
 ośadhayaś-sam |
 ośadhayaś-saguṁ sam |
 ośadhayaś-saguṁ sam - ośadhayaḥ |
 ośadhayaś-saguṁ sam - ośadhaya ośadhayaḥ |
 ośadhayaś-saguṁ sam - ośadhaya ośadhayaś sam ||

bhrājaḥ | 10 |
 bhrājo dadhātu |
 bhrājo dadhātu dadhātu |
 bhrājo dadhātu dadhātu bhrājaḥ |
 bhrājo dadhātu dadhātu bhrājo bhrājaḥ |
 bhrājo dadhātu dadhātu bhrājo bhrājo dadhātu ||

aham | 11 |
 ahaṁ prāṇam |
 ahaṁ prāṇam prāṇam |
 ahaṁ prāṇam prāṇam - aham |

aham prāṇam prāṇam - aham - aham |
 aham prāṇam prāṇam - aham - aham prāṇam ||

mayi | 12 |
 mayi sūryaḥ |
 mayi sūryas-sūryaḥ |
 mayi sūryas-sūryo mayi |
 mayi sūryas-sūryo mayi mayi |
 mayi sūryas-sūryo mayi mayi sūryaḥ ||

ca | 13 |
 ca namaḥ |
 ca namo namaḥ |
 ca namo namaśca |
 ca namo namaśca ca |
 ca namo namaśca ca namaḥ |

aham | 14 |
 aham vijñānam |
 aham vijñānam vijñānam |
 aham vijñānam vijñānam aham |
 aham vijñānam vijñānam aham - aham |
 aham vijñānam vijñānam aham - aham vijñānam ||

kavim | 15 |
 kavim kavīnām |
 kavim kavīnām kavīnām |
 kavim kavīnām kavīnām kavim |
 kavim kavīnām kavīnām kavim kavim |
 kavim kavīnām kavīnām kavim kavim kavīnām |

śatāyuh | 16 |
 śatāyuh (f) puruṣaḥ |
 śatāyuh (f) puruṣaḥ (f) puruṣaḥ |
 śatāyuh (f) puruṣaḥ (f) puruṣaś-śatāyuh |
 śatāyuh (f) puruṣaḥ (f) puruṣaś-śatāyuhś-śatāyuh |
 śatāyuh (f) puruṣaḥ (f) puruṣaś-śatāyuhś-śatāyuh (f) puruṣaḥ ||

aham | 17 |
 aham - ānandam ||

aham - ānandam - ānandam̐ |
 aham - ānandam - ānandam - aham |
 aham - ānandam - ānandam - aham - aham |
 aham - ānandam - ānandam - aham - aham - ānandam̐ ||

devā | 18 |
 devā budhyante |
 devā budhyante budhyante |
 devā budhyante budhyante devā |
 devā budhyante budhyante devā devā |
 devā budhyante budhyante devā devā budhyante ||

om̐ namo prāṇāya prāṇāya nama om̐ | 19 |
 om̐ namo apānāya apānāya nama om̐ |
 om̐ namo vyānāya vyānāya nama om̐ |
 om̐ namo udānāya udānāya nama om̐ |
 om̐ namo samānāya samānāya nama om̐ | oggas svāhā ||

om̐ prāṇa me śudhyantām | 20 |
 om̐ apāna me śudhyantām |
 om̐ vyāna me śudhyantām |
 om̐ samānā me śudhyantām |
 om̐ udāna me śudhyantām |
 om̐ sarva pañca me śudhyantām |
 om̐ prāṇāpāna vyānodāna samānā me śudhyantām ||

om̐ bhūm̐ - bhūmyai namaḥ | 21 |
 om̐ vaṁ - varuṇāya namaḥ |
 om̐ ram - agnaye namaḥ |
 om̐ yaṁ - vāyave namaḥ |
 om̐ ham - ākāśāya namaḥ |
 om̐ am - ātmāya namaḥ ||

om̐ mitrāya namaḥ | 23 |
 om̐ ravaye namaḥ |
 om̐ sūryāya namaḥ |
 om̐ bhānave namaḥ |
 om̐ khagāya namaḥ |
 om̐ pūṣṇe namaḥ |
 om̐ hiraṇya-garbhāya namaḥ |

om̐ marīcayē namaḥ |
om̐ ādityāya namaḥ |
om̐ savitre namaḥ |
om̐ arkāya namaḥ |
om̐ bhāskarāya namaḥ ||

Laghu Nyāsa

agnir me vāci śritāḥ | vāg-hṛdaye | hṛdayam mayi | aham amṛte |
amṛtam brahmaṇi || 1 ||

vāyur me prāṇe śritāḥ | prāṇo hṛdaye | hṛdayam mayi | aham amṛte |
amṛtam brahmaṇi || 2 ||

sūryo me cakṣuṣi śritāḥ | cakṣur hṛdaye | hṛdayam mayi | aham amṛte |
amṛtam brahmaṇi || 3 ||

candramā me manasi śritāḥ | mano hṛdaye | hṛdayam mayi | aham
amṛte | amṛtam brahmaṇi || 4 ||

diśo me śrotre śritāḥ | śrotragum hṛdaye | hṛdayam mayi | aham amṛte
| amṛtam brahmaṇi || 5 ||

āpo me retasi śritāḥ | reto hṛdaye | hṛdayam mayi | aham amṛte |
amṛtam brahmaṇi || 6 ||

pṛthivī me śarīre śritāḥ | śarīragum hṛdaye | hṛdayam mayi | aham
amṛte | amṛtam brahmaṇi || 7 ||

oṣadhi vanaspatayo me lomāsu śritāḥ | lomāni hṛdaye | hṛdayam mayi |
aham amṛte | amṛtam brahmaṇi || 8 ||

indro me bale śritāḥ | balagum hṛdaye | hṛdayam mayi | aham amṛte |
amṛtam brahmaṇi || 9 ||

parjanya me mūrdhni śritāḥ | mūrdho hṛdaye | hṛdayam mayi | aham
amṛte | amṛtam brahmaṇi || 10 ||

īśāno me maṇyau śrītaḥ | maṇyur hṛdaye | hṛdayaṃ mayi | aham
 amṛte | amṛtaṃ brahmaṇi ||
 ātmā mā ātmani śrītaḥ | ātmā hṛdaye | hṛdayaṃ mayi | aham amṛte |
 amṛtaṃ brahmaṇi || 11 ||
 punar ma ātmā punar āyurāgāt | punaḥ prāṇaḥ punar ākūtam āgāt |
 vaiśvānarō raśmabhīr-vā-vṛdhānaḥ | antas-tiṣṭhatv-amṛtasya gopāḥ ||

Virāja Homa mantras

prāṇāpāṇa vyānodāna samāna me śudhyantāṃ
 jyotir-aham virajā vipāpmā bhūyāsaggas svāhā ||

By this oblation may all my vital forces become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

vāṅg manaś-cakṣuś-śrotra-jihvā-ghrāṇa-reto-budhyā-kūtiś saṅkalpā
 me śudhyantāṃ jyotir-aham virajā vipāpmā bhūyāsaggas svāhā ||

By this oblation may my speech, mind, sight, taste, smell, seed, intellect, intention and aim become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

tvak-carma-māṅṁsa-rudhira-medo-majjā-snāyavo-'sthāni
 me śudhyantāṃ jyotir-aham virajā vipāpmā bhūyāsaggas svāhā ||

By this oblation may my seven bodily components become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

śiraḥ-pāṇi-pāda-pārśva-prṣṭhor-udara-jaṅghā-śiśno-pastha-pāyavo
 me śudhyantāṃ jyotir-aham virajā vipāpmā bhūyāsaggas svāhā ||

By this oblation may limbs, head, hands, feet, sides, back, thighs, abdomen, shanks, generative organs and the rectum all become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

uttiṣṭha puruṣa harita piṅgala lohitaḥ dehi dehi dadāpayitā
 me śudhyantāṃ jyotir-aham virajā vipāpmā bhūyāsaggas svāhā ||

O Divine Person, who is dark blue and brown, with red eyes, make hast to favour me. Grant that I may become purified. Grant me knowledge, and purity through the medium of my preceptor. May my thoughts become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

ṛṭhivyaṗ-ṭejo-vāyur-ākāśā me śudhyaṅtāṃ
jyotiṛ-ahaṃ viraḗā vipāṗmā bhūyāsaggas svāhā ॥

By this oblation may the five constituent elements of my body become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

śabda sparśa rūpa rasa gandhā me śudhyaṅtāṃ
jyotiṛ-ahaṃ viraḗā vipāṗmā bhūyāsaggas svāhā ॥

By this oblation may the qualities of sound, touch, vision, taste, and smell become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

mano-vāk-kāya karmāṇi me śudhyaṅtāṃ
jyotiṛ-ahaṃ viraḗā vipāṗmā bhūyāsaggas svāhā ॥

By this oblation may all the acts accomplished through body, speech and mind become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

avyakta-bhāvair-ahaṅkārair jyotiṛ-ahaṃ
viraḗā vipāṗmā bhūyāsaggas svāhā ॥

May I not have any suppressed feelings of egoism. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

ātmā me śudhyaṅtāṃ jyotiṛ-ahaṃ viraḗā vipāṗmā bhūyāsaggas svāhā ॥

By this oblation may my body become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

antarātmā me śudhyaṅtāṃ jyotiṛ-ahaṃ viraḗā vipāṗmā bhūyāsaggas
svāhā ॥

By this oblation may all my internal organs become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

paramātmā me śudhyantāṃ jyotir-ahaṃ virajā vipāpmā bhūyāsaggas
svāhā ॥

By this oblation may my infinite Self become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

kṣudhe svāhā ॥ kṣut-pipāsāya svāhā ॥ vivṛṭṭyai svāhā ॥ ṛg-vidhānāya
svāhā ॥ kaṣōt-kāya svāhā ॥ oggas svāhā ॥

I make this oblation to hunger, to the conjoined deities of hunger and thirst, to the omnipresent Supreme, to the ordainer of the Rik chants, to the One who is invested in His projection of the universe, I am the truth expressed by the praṇava.

kṣut-pipāsa-mālaṃ jyeṣṭhāṃ alakṣmīr nāśayāmyaham ॥

abhūtim asamṛddhiṃ ca sarvān nirṇuda me pāpmānaggas svāhā ॥

O Lord through your grace I remove from me the affliction of hunger, thirst, misfortune, adversity, poverty and lack of progress etc. Efface my sins.

anna-maya prāṇa-maya mano-maya vijñāna-mayam ānanda-mayam
ātmā me śudhyantāṃ jyotir-ahaṃ virajā vipāpmā bhūyāsaggas svāhā ॥

By this oblation may my five-fold self consisting of the sheaths of nourishment, respiration, mind, intellect, and bliss become purified. I pray that I may become filled with the supreme Light bereft of all obstructing karma and their cause: the desires that I harbour.

Śivapañcākṣarī mantrah

1. samhitā pāṭhaḥ — namaḥ śivāya ca |

2. padapāṭhaḥ — namaḥ | śivāya | ca |

3. kramapāṭhaḥ — namaḥ śivāya | śivāya ca |

4. jaṭapāṭhaḥ

namaḥ śivāya śivāya ca namo namaḥ śivāya |
śivāya ca ca śivāya śivāya ca śivāya ca |

5. ghanapāṭhaḥ

namaḥ śivāya śivāya namo namaḥ śivāya ca ca śivāya namo namaḥ
śivāya ca | śivāya ca ca śivāya śivāya ca |

Śatamānam bhavati — āśīrvadam

1. samhitā pāṭhaḥ

śatamānam bhavatu śatāyuh puruṣaś-śatendriya
āyusyevendriye prati tiṣṭhati ||

2. krama pāṭhaḥ

śatamānam bhavatu |
śatamānam iti śata -mānam |
bhavatu śatāyuh |
śatāyuh puruṣaḥ |
śatāyur iti śata -āyuh |
puruṣaś śatendriyaḥ |
śatendriya āyusi |
śatendriyaiti śata -indriyaḥ |
āyusseyeva |
eva prati |
prati tiṣṭhati |
tiṣṭhatiti -tiṣṭhati ||

Gāyatrī mantrah

om bhūḥ bhuvah suvah | tat savituḥ vareṇyaṁ bhargō devasya dhīmahī
| dhiyo yo naḥ pracodayāt ||

1. ghanapāṭhah

tat savitus savitus tat tat savitur vareṇyaṁ vareṇyaguṁ savitus tat tat
savitur vareṇyaṁ |

savitur vareṇyaṁ vareṇyaguṁ savitus savitur vareṇyaṁ bhargō bhargō
vareṇyaguṁ savitus savitur vareṇyaṁ bhargah |

vareṇyaṁ bhargō bhargō vareṇyaṁ vareṇyaṁ bhargō devasyā devasyā
bhargō vareṇyaṁ vareṇyaṁ bhargō devasyā |

bhargō devasyā devasyā bhargō bhargō devasyā dhīmahī dhīmahī
devasyā bhargō bhargō devasyā dhīmahī |

devasyā dhīmahī dhīmahī devasyā devasyā dhīmahī | dhīmahīti
dhīmahī |

dhiyo yo yo dhiyo dhiyo yo nō nō yo dhiyo dhiyo yo naḥ |

yo nō nō yo yo naḥ pracodayāt pracodayān nō yo yo naḥ pracodayāt |

naḥ pracodayāt pracodayān nō naḥ pracodayāt |

pracodayād iti pra-codayāt ||

Karoti Rūpāṇi

1. samhitā pāṭhah

karoti rūpāṇi juhōti rūpair evaināguṁ samardhayati tasyā upōthāya
karṇamā jāpediḍe rante'dīte sarasvatī priye preyasi mahī viśrūtyetāni te
aghniye nāmāni sukṛtām mā deveṣu brūtād iti devebhya evainamā
vedayatyanvenam devā budhyante |

He offers to her forms; verily he unites with her forms. Rising up he repeats into her ear: O Ida, Ranti, Aditi, Sarasvati, Priya, Preyasi, Mahi Vishruti; these O Inviolable one are thy names, proclaim me among the gods as the doer of good deeds. Verily she proclaims him among the gods, and the gods take note of him. (Taittiriya Samhita 7:1:6:28)

karoti | rūpāṇi | juhōti | rūpaiḥ | eva | enām | samiti | ardhayati |
 tasyāḥ | upōthāya karṇam | eti | japet | iḍe | rante | adite | sarasvati
 | priye | preyasi | mahi | viśruti | etāni | te | aghniye | nāmāni |
 sukṛtam | mā | deveṣu | brutāt | iti | devebhyaḥ | eva | enam | eti |
 vedayati | anviti | devāḥ | budhyante ||

2. krama pāṭhaḥ

karoti rūpāṇi	viśrutyetāni
rūpāṇi juhōti	viśrutīti vi - śruti
juhōti rūpaiḥ	etāni te
rūpair-eva	te aghniye
evainām	aghniye nāmāni
enāguṃ sam	nāmāni sukṛtam
samardhayati	sukṛtam mā
ardhayati tasyāḥ	sukṛtamiti su - kṛtam
tasyā upōthāya	mā deveṣu
upōthāya karṇam	deveṣu brūtāt
upōthāyetyūpa - utthāya	brūtād iti
karṇamā	iti devebhyaḥ
ājapet	devebhya eva
japediḍe	evainam
iḍe rante	enamā
rantedite	ā vedayati
adite sarasvati	vedayatyanu
sarasvati priye	anvenam
priye preyasi	enam devāḥ
preyasi mahi	devā budhyante
mahi viśruti	budhyanta iti budhyante

3. jata pāṭhaḥ

karoti rūpāṇi rūpāṇi karoti karoti rūpāṇi |
 rūpāṇi juhōti juhōti rūpāṇi rūpāṇi juhōti |
 juhōti rūpai-rūpair-juhōti juhōti rūpaiḥ |
 rūpair-evaiva rūpai-rūpair-eva |
 evainām-enām-evai-vainām |
 enāguṃ saguṃ samēnām-enāguṃ sam |
 samārdhayaty-ardhayati saguṃ samārdhayati |
 ardhayati tasyās-tasyā ardhayaty-ardhayati tasyāḥ |
 tasyā upōtthāyōpōtthāya tasyās-tasyā upōtthāya |
 upōtthāya karṇam karṇam upōtthāyōpōtthāya karṇam |
 upōtthāyety-ūpa - utthāya |
 karṇamā karṇam karṇamā |
 ājāpet jāped ājāpet |
 jāped-iḍa iḍe jāpej-jāped-iḍe |
 iḍe rante ranta iḍa iḍe rante |
 rantedite-dite rante rante-dite |
 adite sarasvatī sarasvaty-adite-dite sarasvatī |
 sarasvatī priye priye sarasvatī sarasvatī priye |
 priye preyaṣi preyaṣi priye priye preyaṣi |
 preyaṣi mahi mahi preyaṣi preyaṣi mahi |
 mahi viśrutī viśrutī mahi mahi viśrutī |
 viśrutyetānyetāni viśrutī viśrutyetāni |
 viśrutīti vi - śrutī |
 etāni teta etānyetāni te |
 te aghniye aghniye te te aghniye |
 aghniye nāmāni nāmānyagghniye aghniye nāmāni |

nāmāni sukṛtaguṁ sukṛtaṁ nāmāni nāmāni sukṛtaṁ" |
 sukṛtaṁ mā mā sukṛtaguṁ sukṛtaṁ mā |
 sukṛtamiti su - kṛtaṁ" |
 mā deveṣu deveṣu mā mā deveṣu |
 deveṣu brūtāt brūtāt deveṣu deveṣu brūtāt |
 brūtād itīti brūtāt brūtād itī |
 itī devebhyo devebhya itīti devebhyaḥ |
 devebhya evaiva devebhyo devebhya eva |
 evainam enam evai-vainam" |
 enam ainam enamā |
 āvedayati vedayatyā vedayati |
 vedayaty-anvanu vedayati vedayaty-anu |
 anvenam-enam-anvan-venam |
 enam devā devā enam-enam devāḥ |
 devā budhyante budhyante devā devā budhyante |
 budhyanta itī budhyante ||

4. ghana pāṭhaḥ

karoti rūpāni rūpāni karoti karoti rūpāni juhōti juhōti rūpāni karoti
 karoti rūpāni juhōti |
 rūpāni juhōti juhōti rūpāni rūpāni juhōti rūpairrūpair juhōti rūpāni
 rūpāni juhōti rūpaiḥ |
 juhōti rūpai-rūpair juhōti juhōti rūpair evaiva rūpair juhōti juhōti rūpair
 eva |
 rūpair evaiva rūpai rūpair evainam enām eva rūpai rūpair evainam" |
 evainam enām evai-vaināguṁ saguṁ samēnām-evaivai nāguṁ sam |
 enāguṁ saguṁ samēnām enāguṁ samardhayaty-ardhyati

samēnām enāgum samārdhayati |
 samārdhayaty-ardhayati sagum samārdhayati tasyās-tasyā
 ardhayati sagum samārdhayati tasyāḥ |
 ardhayati tasyās-tasyā ardhayaty-ardhayati tasyā
 upotthāyopotthāya tasyā ardhayaty-ardhayati tasyā upotthāya |
 tasyā upotthāyopotthāya tasyās-tasyā upotthāya karṇam karṇam-
 upotthāya tasyas-tasyā upotthāya karṇam |
 upotthāya karṇam karṇam-upotthāyopotthāya karṇam ā karṇam
 upotthāyopotthāya karṇa mā |
 upotthāyety-ūpa - utthāya |
 karṇam ā karṇam karṇam ā jāpej-japedā karṇam karṇam ājāpet |
 ājāpet japed ājāped idaide japed ājāped ide |
 japed ida ide jāpej-japed ide rante ranta ide jāpej-japed ide
 rante |
 ide rante ranta ida ide rante dite di te ranta ida ide rantedite |
 rante-dite-dite rante rante-dite sarāsvati sarāsvaty-adite rante-dite
 sarāsvati |
 adite sarāsvati sarāsvaty-adite-dite sarāsvati priye priye sarāsvaty-adite-
 dite sarāsvati priye |
 sarāsvati priye priye sarāsvati sarāsvati priye preyaṣi preyaṣi priye
 sarāsvati sarāsvati priye preyaṣi |
 priye preyaṣi preyaṣi priye priye preyaṣi mahi mahi preyaṣi priye priye
 preyaṣi mahi |
 preyaṣi mahi mahi preyaṣi preyaṣi mahi viśrutī viśrutī mahi preyaṣi
 preyaṣi mahi viśrutī |
 mahi viśrutī viśrutī mahi mahi viśrutī-ētāny-ētāni viśrutī mahi mahi
 viśrutī-ētāni |

viśruty-etāny-etāni viśrutī viśruty-etāni teta etāni viśrutī viśruty-etāni te
| viśrutīti vi - śrutī |

etāni teta etāny-etāni te aghniye aghniye ta etāny-etānite
aghniye |

te aghniye aghniye te te aghniye nāmāni nāmāny-aghniye te te aghniye
nāmāni |

aghniye nāmāni namānyaghniye aghniye nāmāni

sukṛtaguṁ sukṛtaṁ namānyaghniye aghniye nāmāni sukṛtaṁ |

nāmāni sukṛtaguṁ sukṛtaṁ nāmāni nāmāni sukṛtaṁ mā mā sukṛtaṁ
nāmāni nāmāni sukṛtaṁ mā |

sukṛtaṁ mā mā sukṛtaguṁ sukṛtaṁ mā deveṣu deveṣu mā sukṛtaguṁ
sukṛtaṁ mā deveṣu |

sukṛtamiti su - kṛtaṁ |

mā deveṣu deveṣu mā mā deveṣu brūtāt brūtāt deveṣu mā mā deveṣu
brūtāt |

deveṣu brūtāt brūtāt deveṣu deveṣu brūtād itīti brūtāt deveṣu deveṣu
brūtād itī |

brūtād itīti brūtāt brūtād itī devebhyo devebhya itī brūtāt

brūtād itī devebhyaḥ |

itī devebhyo devebhya itīti devebhya evaiva devebhya itīti devebhya
eva |

devebhya evaiva devebhyo devebhya evainam enam eva

devebhyo devebhya evainam |

evainam enam evaivainam ainam evai vainamā |

enam-ainam-enamā vedayati vedaty-ainam-enamā vedayati |

āvedayati vedatyā vedaty-anvanu vedatyā vedaty-anu |

vedayaty-anvanuvedayati vedayaty-anvenam enam-anu vedayati
vedayaty-anvenam |

anvenam-ena manvan-venam deva deva enam-anvan-venam devah |

enam deva deva enam-enam deva budhyante budhyante deva enam
enam deva budhyante |

deva budhyante budhyante deva deva budhyante |

budhyanta iti budhyante ||

Forgiveness for mispronunciation

yad akṣara pada bhraṣṭhaṁ mātrā hīnaṁ tu yad bhavet |
tat sarvaṁ kṣamyatāṁ deva nārāyaṇa namo'stu te |
visarga bindu mātrāṇi pada padākṣareṣu ca |
nyūnātiriktaṁ yat kiñcit ābhīrgīrbhir udīrayet ||

O Lord Narayana! whatever mistakes I have made in pronunciation, mispronouncing syllables, neglecting the metre and beat, dropping the various grammatical forms, elongating or shortening vowels — please forgive me for all of that and accept it as complete.

