

## **Sama Veda Upakarma Prayoga for the year 2021**

**(9 September 2021)**

(Compiled by P.R.Ramachander)

Gayatri Japam 2021 date is August 23. And check out [Gayatri Japam Mantras](#) here for 2021..

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

1.Panchagavya sammelanam

2.Snana Mahasankalpam

3.Brahmayagnam

4.Punyaham

5.Rishipooja(Uthsarjan Karma)

6.Deva,rishi, Pithru Tharpanam (264+12)

7.Ghata Poojai

8.Yagnopaveethadhaaranam

9.Vedarambam

10.Kankanadharanam

Naturally these have to be done with the instruction of a Guru but in modern times when people are scattered all over the world and also because well learned Sama Vedi Purohithas are very scarce, many people are forced to do it in their home

depending on some handouts. Since most of the above steps are lengthy and involve proper chanting of Sama Veda Mantras, they do only three steps of the above 10. They are

I. Snana maha Sankalpam,

ii, Brahma Yagnam

iii. Yagnopaveetha dharanam

English is a very inadequate language to type out Sanskrit mantras. But I have made an effort to present the needed mantras for the above steps for the year 2021 because I feel that our youngsters are more at home in English rather than in their mother tongue or Sanskrit. Since I am not a Sama Vedin I depend for the mantras on Book published by C.Sankara TRama Sastri (1956) Sama Veda Upakrama prayoga published by Sri Balamanorama press, Madras. I have also got my typing read through and to certain extent edited by Sri.P.A.Anantharaman. I am grateful to him,

i. Snana Maha Samkalpam

(9 September 2021)

a. Achamanam, wear Pavithram.

b. Shuklam baradharam.....

c. Om bhoo

d. Maha samkalpam

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari kaksham, sabahyanthara suchi , manasam vaachikam paapam , karmanaa

Samuparjitham, sri Rama smaranenaiva vyopahathi na samsaya  
.Sree rama Rama rama

Tidhir Vishnu, Tatha vaara, nakshatram Vishnu reva cha  
Yogascha karanam chaiva sarvam Vishnu mayam Jagat ,  
Sri Govinda , Govinda, Govinda

Aadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya  
, aparimithaya, sakthyya, briyamaanasya, mahaa jalou ghasya  
madhye,

Paribrhama maanaanam aneka koti brhmaandanam  
madhye, eka thame,avyaktha mahadahankara  
pruthivya aptejo vayvakaasaa ahankaradhii -aavaranair-  
aavruthe- asmin mahathi bramanda-karanda-madale- aadhara  
sakthi – aadhi koormaa nandathi ashta diggajopari  
prathishtithasya uparithale -Sathyadhi loka shadkasya adho  
bhage, mahaa nalayamana phani raja seshasya sahasra phanaa  
mani mandala mandithe, lolaalokachalena parivruthe-  
dighdanthi-shunda dhand-uttambhithe, lavaneshu suraa sarpee  
dhadhee dugdha sudhodhakrnavii parivruthe , jambhu-plaksha-  
saka-salmali-kusa-krouncha-pushkarakhyaa saptha dweepa  
dheepithe, Indra dheepa kaseru thamra gabhasthi naga soumya  
gandharwa chaarana bharathakhyaa nava gandathmake -Maha  
meru giri karnakopetha maha saroruhayamana pancha sath koti  
yojana vistheerna bhoo mandale- sumeru nishadha hemakoota  
himachala malyavath pariyathraka gandhamadhana kailasa  
vindhyachaladhi, maha shailadhishtithe, Lavana Samudhra  
mudhrithe, Bharatha Kimpurusha Hari Ilavrutha Ramyaka  
Hiranmaya KuruBhadrascha Kethumalakhyaa nava  
varshopashobithe, , Jamboo dweepe, Bharatha varshe, bharatha  
kande, Mero Dakshine Parswe, Karma Bhoomou - Swamyavanthii  
kuru kshethraadhi sama bhoo Madhya rekhaya poorva dig  
Bhage, Vindhachalasya Dakshina dig Bhage , Dandakaranye ,

Sakala Jagat Srushta parardha dwaya jeewino Brahmana Pradhame Parardhe Pancha sadhabdhatmikhe Aatheethe, Dwitheeya parardhe, Panchasadabdhou, Pradhame Varshe, Pradahme mase , Pradhame Pakshe, Pradhame divase, AAhani dwitheeye yame , tritheeye muhurthe, swayambhuva-swarochisha-uthama-thamasa-raivatha-chakshuhaksheshu, shatsu manusha vyatheetheshu, saptame vaivaswatha manvanthare, aashta vimsathi thame, varthamane kali yuge, prathame padhe, , Shalivahana shakabdhe, Chanrda savanna souradhi maana bramithe , prabhavaadheenam sashti samvatsaranaam madhye , Plava nama samvatsare, Dakshinaayane, Varsha rithou, Simha mase, Shukla pakshe, aadhya tritheeyaam \* shubha thidou, guru vasara yukthayam, hastha \*\* nakshatra yukthayam, shubhayoga, shubha karana evam guna, viseshana visishtaayam, asyam • Tritheeyam \* shubha thidou, Sarva Papa Harana nipuna sri Parameswara preethyartham, Anaadhya vidhyaa vaasanaya pravarthamane , Asmin mahathi Samsara Chakre, Vichithrabh karma gathibhi- vichithrasu yonishu , puna punaranekadha janithwa, Kenaapi punya karma viseshena idhaaneentha maanushye dwija janma visesham prapthavatho mama, iha janmani poorva janmasu maya kruthaanam brahma hathyadhi -swarnaastheya –suraapana- guruthalpagamana,- maha pathaka chathushtaya, vyatheerikthaanaam , thath samsargaanaam, theshaam pathakanaam, nikshipthaya, saranaagathaaya, , pathivruthaya sangama nimithanam, nishidha sashtraabhi gamanaadheenaa, vidwad brahmana pankthi bhedhacharana , vaardhakee -vidhawa vesya vrushalyaadhi samsarga nimithaanaam, balye vaysi kaumare youvane vaardhake, jagrath swapna sushpthyavasthasu, mano vaak kaya karmendriya vyapaarai, jnanendriya vyapaaraischa, samsarga nimithaanaam, bhooyo bhooyo aabhyasthanaam, thathra thathra garbhothpathi nimithanaam, thath saha bhojana thad uchishta bhakshana, aswa yoni, paswadhi yoniretha skhalitha nimithaanaam,

govadha paswadhi prani vadha nimithaanam, sthree  
shoodhra vita kshatriya vadha nithaanaam, aayuktha lavana  
pakvanna madhu ksheera thila thaila maama moola phala ,

saaka raktha vasa suvarna, kambalaadhi vikraya nimithaanaam,  
aswadhi vahana , ikshu kanda dathana, paraapavaadana,  
bradhakadhyapana, asad prathi grahana, vrukshschedana,  
dhaanya roupya pasustheya, vaardushi karana shudhra seva,  
shudra preshya , heena jathi prathigraha, heena sakhya, pankthi  
bhedana, paka bhedana, paraa anna bhojana, asachasthra lapa,  
pramadhi kara, matadhikara, pourohithya, pareeksha paksha  
pathaka, thatakaarama vikraya, thataka vichedhanadhi sama  
paathakaanaam, jnantha sakruth kruthaanaam, aajnatha asakruth  
kruthaanaam, jnanatho aajanathaascha  
abhyashaanam, athyanthabhyasthaanam,  
nirantharabhyasthaanaam, sankari karanaanaam, malini  
karananaam, aapathri karanaanaam, jathi bramsa karanaanam,  
aavihitha karamaacharana, vihitha karma thyagaadheenaam,  
prakeernikaanaam upa pathakaanaam, maha pathakaanaam,  
aathi paathakaanaam, evam navaanam nava vidhaanaam,  
bahoonam bahuvidhaanaam sarveshaam papa namapanodhana  
dwara, aayajya yaajanaasath prathi grahaa bakshya bhakshanaa  
bhojya bhojanaa peya paanaadhi samastha papa kshyartham,

aswatha narayana sannidhou-deva brahmana sannidhou-tryaa  
trimsath koti devathaa sannidhou-sri visaalakshi sametha  
visweswara swami sannidhou-mahaa ganapathi sannidhou-seetha  
lakshmana bharatha sathrugna-hanumat samedha sri rama  
chandra swmai sannidhou-sri rukmani sathyabhama samedha sri  
gopala Krishna swami sannidhou-hari hara puthra swami  
sannidhou-sri lakshmi narayana swami sannidhou

Mama samastha papa kshyartham proshta  
padhyam hastharshe adhya yoth sarjana  
karmangam maadhyahnika snaanamaham karishye,  
maadhyahnika snaanamaham karishye.

Aathi kroora maha kaya kalpantha dahanopama,  
Bhairavaya namasthubhyam aanugnaam dhathu marhasi.  
Durbhojana duraalaapa dush prathigraha sambhavam,  
Paapam hara mama kshipram sahyakanye namosthute.  
Triraathram jahnavi theere pancha rathram thu yaamune,  
Sadhya punathu kaaveri papa maamaranthikam.

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

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

take Pancha Gavyam chanting

Yathavagasthi gatham papam dehe thishtathi maamake,

Praasanam pancha gavyasya dahathwagni rivendanam.

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

\*Tritheeya is up to 0.19 am on 10-9-  
2021 afterwards Chathurthi

Hastha Nakshatra is up to 2.31 pm on 9-9-2021 , afterwards  
Chithra Nakshatra. Change according to your local time after  
comparing it to IST. The Avani avittam for Sama Vedis has to  
be done in Hastha Nakshatram. (If you are doing it after hastha  
nakshatra in the country where you live , please consult your  
Acharya- possibly you have to do it the previous day there).

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 Bharatha 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 in spite of his great grace which made us be born as human beings after several wheels of birth. Also the sins performed during several ages in life is highlighted. Some of the sins specifically mentioned are those done while earning money without conscience, giving money to improper people, actions which did not suit the caste we are born in, cutting of tree, spoiling a lake, trading of several banned commodities such as salt, blanket, meat, root, fruit etc, sins due to non performance of actions which ought to have been done and so on. We pray God and tell him that we would take bath in holy pure water and then start the Veda Parayanas which is our duty as a Brahmin.

ii. Brahma Yagnam.

Perform Achamanam

Face eastern direction and do "Shuklam baradaram...." Followed by pranayamam "om Bhoo..."

Mamopatha samastha duritha kshya dwara sri Parameshwara preethyartham Brahma Yagnam karishye. Brahma yagnena Yakshye.

Chant and clean the hands with water

Vidhyudasi paapmanam vidhya me paapmanam amruthath  
Sathya mupaime

And then chant

Om Bhorbavassuva

Om tatsa vithurvarenyam.

Om Bhargo devasya Dheemahi

Om Dhiyo yona prachodayath

Om Tatsa vithurvarenyam Bhargo devasya dheemahi

Om Dhiyo yona prachodayath

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

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

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

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

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

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

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

Om Agnimeele purohitham Yagnasya Dheva mruthvijam,  
hotharam Rathna Dhathamam

Om Ishe Tworje Thwa ,vayavasthapayavastha Devo vassavitha  
prarpayathu sreshtathamaya karmane



Om Agna Aayahi veethaye grunano havypadathaye, ni hotha sadhsi  
bharhishi

Om sanno devirabheeshtaya Aapo peethaye sam  
yorabhisravanthu na

Sprinkle water round the head by reciting

Sathyam Thapa sradhayam juhomi

Recite three times with folded hands

Om namo brahmane namosthwagnaye nama pruthwyai nama  
oshadheebhya namo vaache namo vaachaspathaye namo  
vishnave bruhathe karomi.

8. Clean the hands again with water by reciting “vrushtirasi  
vruschame paapmanamamruthath sathyamupaaga”

Devarshi Pithru tharpanam Karishye

9. Do deva tharpanam through the tip of fingers

1. Bramodaya ye deva than devaan tharpayami
2. Sarvaan devaan tharpayami
3. Sarva deva ganaan tharpayami
4. Sarva deva pathnis tharapayami
5. Sarva deva ganapathnis tharpayami
6. Sarva deva puthaam stharpayami
7. Sarva deva gana puthamstharpayami

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

1,Krishna dwaipayana ya ye rishaya than rishin tharpayami

2. Sarvaan risheen tharpayami

3.Sarva rishi ganaan tharpayami

4. Sarve rishi pathnis tharpayami

5,Sarva rishi gana pathnistharpayami

6.Sarva rishi puthramstharpayami

7.Sarva rishi gana puthramstharpayami

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

1.Rig vedam tharpayami

2.Yajur Vedam tharpayami

3. Sama Vedam tharpayami

4. Atharva Vedam tharpayami

5. Ithihasa puranam tharpayami

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

1.Soma pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara

thaan pithrun tharpayami,

2. Sarvaan pithrun tharpayami
3. Sarva pithru ganan tharpayami
4. Sarva pithru pathnistharpayami
5. Sarva pithru ganapanthnistharpayami

6.Sarva Pithru puthrastharpayami

7.Sarva pithru gana puthraastharpayami

8.oorjam vahanthi amrutham grutham paya keelaalam  
parisruiyatham

swadaastha tharpayatha me pithrun

13.Put the Yagnopa Vita in the Normal fashion and do  
Aachamanam

Brahma yagnam(sacrifice to Brahma) is the oblation offered to  
satisfy Devas, Rishis(sages) and Pithrus(ancestors). It is supposed  
to be performed daily after Madhyannikam, But nowadays it is  
done mainly on avani avittam days.

iii.Yagnopa veetha dharana manthra

( Manthra for wearing Poonal)

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

b.Om Bhoo.....Bhoorbhavaswarom

c.Mamo patha samastha duritha kshya dwara sri paameshwara  
preethyartham

Sroutha 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)

III.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 yagnopavita .

6.Gaayathri japam (23 August 2021)

For Yajur, Rig and Sama Vedis given separately

And then do aachamanam. And bring to end upakarma

Please note that

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.

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