

1. Agnihotra-Mantra at Sunrise

Sooryáya swáhá sooryáya idam na mama (make the first offering along with swaha).

Prajápataye swáhá prajápataye idam na mama (make the second offering along with Swaha).

2. Agnihotra-Mantra at Sunset

Agnaye swáhá agnaye idam na mama (make the first offering along with Swaha).

Prajápataye swáhá prajápataye idam na mama (make the second offering along with Swaha).

3. Sapta-Shloki

Yada srushtam jagat sarvam
Tada lokapitamahah
Chaturveda samayuktam
Shashwatam dharmamadishat

Kim satkarma kim adhyatmam
Yadi vijnyatum arhati
Sarva shastreshu grantheshu
Pramanam paramum shrutih

Aspashtam cha kada spashtam
Tatwajnyana wiwechanam
Anyatra labhyate kintu
Pramanam paramam shrutih

Arsha grantheshu sarveshu
Shruti pramanya mewacha
Sarvatah saramadadya
Nnijakalyan hetawe

Shushkawadaratah kechin
Nanyadasteeti wadinah
Sarwe te wilayam yanti
Mithya kalaha karinah

Nastikah wedanindakah
Pakhandah wedadooshakah
Ete sarwe winashyanti
Mithyachar prawartakah

Yajnyadanatapahkarma
svadhyayanirato bhavet
Esa eva hi srutyuktah
satyadharmah sanatanah

4. Pratijnya

DHARMADESA

Yajnya dharmam carami
Daan dharmam carami
Tapo dharmam carami
Karma dharmam carami
Swadhyaya dharmam carami
Punarapi yajnya dharmam carami
Punarapi daan dharmam carami
Punarapi tapo dharmam carami
Punarapi karma dharmam carami
Punarapi swadhyaya dharmam carami
Punah punarapi yajnya dharmam carami
Punah punarapi daan dharmam carami
Punah punarapi tapo dharmam carami
Punah punarapi karma dharmam carami
Punah punarapi swadhyaya dharmam carami

5. Tri Satya Sharanagati

TRISATYA PRATIJNA

Satyam saranam gachhami
satyadharmam saranam gachhami
satyadharmasangham saranam gachhami
(Recite three times)

6. Vyahruti-Mantra

Bhoo swaha, Agnaye Idam na mam
Bhuwah swaha, vayave idam na mam
Swaha swaha , sooryay idam na mam
Bhoor bhuwaw swaha swaha, prajapataye idam na mam

7. Tryambakam-Mantra

Om Tryambakam yajamahe sugandhim pushtivardhanam urvarukmiv bhandhanan
mrutyor mukshiyam mamrutat .

8. Gayatri-Mantra

Om bhoor bhuwah swaha, tatsavitur varenyam bhargo devasya dheemahi dhiyo yo
naha prachodayat.