

5 A.M. MANTRAS

Build a fire of dung and ghee and start with Vyahruti Yajnya

Bhoooh swaha agnaye idam na mama (give 1 drop of ghee)
Bhuwah swaha wayaye idam na mama (give 1 drop of ghee)
Swah swaha sooryaya idam na mama (give 1 drop of ghee)
Bhoor buwah swah swaha prajapataye idam na mama (give 1 spoon of ghee)

Om poornamadah poornamidam poornaat poornamudachate
Poornasya poornamaadaya poorname vavahishate
Om shaantih shaantih shaantih (3times)

Om asato ma sad gamaya
Tamaso ma jyotir gamaya
Mrityor ma amritam gamaya
Om shaantih shaantih shaantih (3 times)

Om sahanaa vavatu sahanau bhunaaktu
Saha veeryam keravaavahai
Tejasvinaa vaditamastu ma vid vishaavahai
Om shaantih shaantih shaantih (3 times)

Sarvepi sukinah santu
Sarve santu niramayah
Sarve bhadrani pashyantu
Maa kaschit dukamaapnuyat
Om shaantih shaantih shaantih (3 times)

Gayatri mantra

Om bhoor bhuwah swahah
Om tat savitur varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayat om (3 times)

Tryambakam mantra

Om tryambakam yajamahe
Sugandhim pushti vardanum
Urvaarukamiva bandhanaat
Mrityormuksheeya maamritat swaha (11 times)

Om chatwari shrunga trayo asya pada
Dwe sheershe saptahastaso asya
Trida buddho vrushabho rorawiti
Maho dewo martyam a wiwasha (3 times)

Sunrise Agnihotra mantra

Sooryaya swaha sooryaya idam na mama
Prajapataye swaha prajapataye idam na mama

Sunset Agnihotra mantra

Agnaye swaha agnaye idam na mama
Prajapataye swaha prajapataye idam na mama

Agnimile purohitam yajnyasa devamrtvijam
Hotaram ratnadatamum

Agni purvebirrsibhiridyo nutanairuta
Sedevam ehavaksati

Agnina rayimasnavat posemevadive dive
Yasasam viravattamam

Agneyam yajnyamadvarham visvatah paribhurasi
Saidevesu gacchati

Agnirhota kavikratuh satyaschitrasrvastamah
Devo deve bhirah gamatah

Yadangadasushe tvamagne bhadram karishasi
Tavetat sataya mangirahah

Upa tvagne dive dive dosa vastardiyavayam
Namobharanta emasi

Rajantamadvaranam gopamrtasya didivim
Vardamanam sve dame

Sa ma piteve sunevegne supayano bhava
Sachasvanasvastaye

Om Prajapatay Gajanan Om (11 times)

Om Swami Gajana (11 times)

Om Bhadram mantra

Om bhadram karnebhih shrunyama dewah
Bhadram pashyema akshabhiryajatrah
Sthirairangais tushtu wamsa stanubhirwyashema dewahimtahi yadayuh
Swastina indrowrddhashrawah swastinah pusha wishwawedah
Swastina starkshyo arishtamemih swastino brhaspatirdadhatu
Om shantih shantih shantih

Shanti mantra

Om dhiyo shanti-i
Unta riksha gham shanti-i
Prutivi shanti-i
Apah shanti-i
Osadhayah shanti-i
Vanaspatayah shanti-i
Visve devah shanti-i
Brahma shanti-i
Sarvagam shanti-i
Shanti reva shanti-i
Sa ma shanti rehdi
Om shanti shanti shanti-I

Sapta Shloki (Seven Verses)

Yada srushtam jagat sarvam 1
Tada lokapitamahah
Chaturveda samayuktam
Shashwatam dharmamadishat

Kim satkarma kim adhyatmam 2
Yadi vijnyatu marhati
Sarva sastreshu grantheshu
Pramanam paramam shrutih

Aspashtam cha kada spashtam 3
Tatvajnana wiwechanam
Anyatra labhyate kintu
Pramanam paramam shrutih

Arsha grantheshu sarveshu 4
Shruti pramanya mewacha
Sarvatah saramadadyat
Nijakalyan hetawe

Shushkawadaratah kechin 5
Nanyadastiti wadinah
Sarwe te wilayam yanti
Mithya kalaha karinah

Nastikah wedanindakah 6
Pakhandah wedadooshakah
Ete sarwe winashyanti
Mithyachara prawartakah

Yajnya daan tapah karma 7
Swadhyaya nirato bhawet
Esha ewa hi shrutyuktah
Satya dharmam sanatanah

Yajnya dharmam charami
Dana dharmam charami
Tapo dharmam charami
Karma dharmam charami
Swadhyaya dharmam charami

Poonarapi yajnya dharmam charami
Poonarapi dana dharmam charami
Poonarapi tapo dharmam charami
Poonarapi karma dharmam charami
Poonarapi swadhyaya dharmam charami

Poona poonarapi yajnya dharmam charami
Poona poonarapi dana dharmam charami
Poona poonarapi tapo dharmam charami
Poona poonarapi karma dharmam charami
Poona poonarapi swadhyaya dharmam charami

Satyam sharanam gachami

Satyadharmasangham sharanam gachami

(3 times)

The daily disciplines practiced by many Agnihotriis around the world are as follows:

4 a.m. (a few)	Mantras & meditation
5 a.m.	Mantras
-----	Agnihotra
10 a.m.	Vyahruti Homa followed by 15 minutes meditation
12 noon	Vyahruti Homa followed by 15 minutes chanting of Gayatri mantra
3 p.m.	Vyahruti Homa followed by 15 minutes meditation
-----	Agnihotra
9 p.m.	15 minutes of Om Tryambakam Yajnya