

ओ३म्

Vedic Agnihotra

A COMPREHENSIVE GUIDE

॥ यज्ञो वै श्रेष्ठतमं कर्म ॥





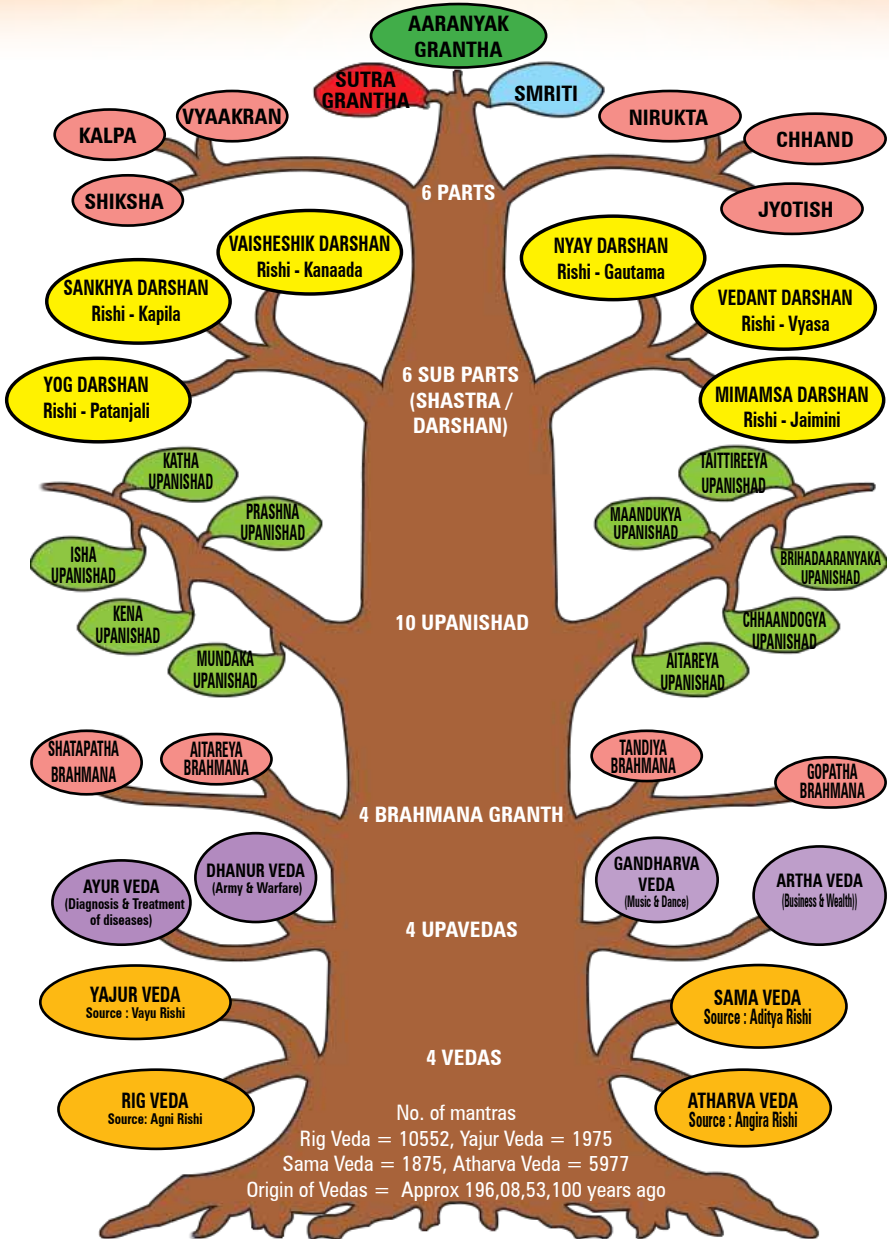
Maharishi Dayanand Saraswati (1824-1883)
Founder of Arya Samaj



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Vedic Tree



Courtesy: Acharya Gyaaneshwar Arya

PREFACE

As per Vedas, there are five types of Yajnas, that all of us should perform on a daily basis as part of true worship. They are commonly known as 'Pancha Maha Yajna'.

Deva Yajna (also known as Agnihotra or Hawan), is primarily meant towards purifying our atmosphere. As human beings, we invariably pollute the environment every day. Agnihotra is the perfect scientific way to neutralize the pollution and maintain a harmonious relationship with nature. Agnihotra should ideally be performed twice a day, during sunrise and sunset.

In Agnihotra, we light a small fire in a copper pyramid and offer Cow Ghee and Samagri (mixture of herbs). Cow dung cakes may also be offered. Vedic mantras are chanted simultaneously to invoke the blessings of the Almighty.

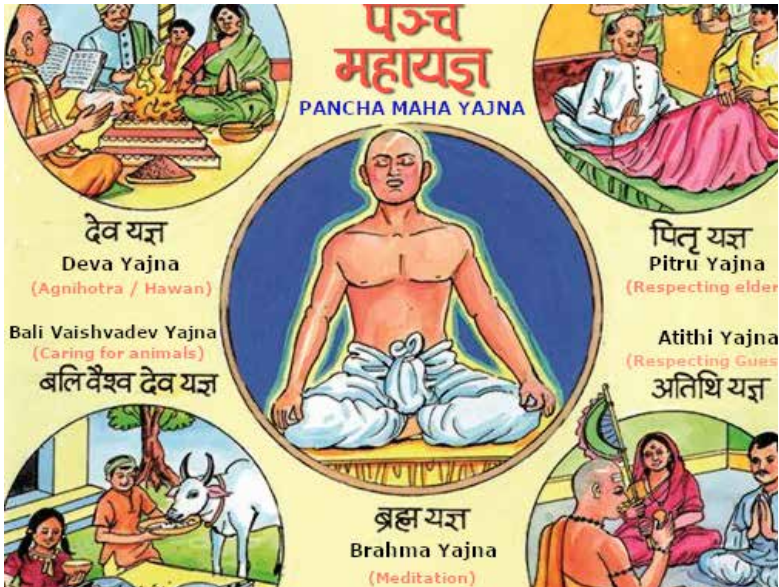
This book compiles the mantras that are chanted during the daily Agnihotra. Many of the mantras end with the words “इदं न मम”, ('Idam Na Mama') which means – 'This is not mine'. In this world, which is driven by consumerism and selfishness, we pray that whatever we are offering to the sacred fire is for everyone around – not only for us. It will benefit the entire family, neighbours and other living beings.

Agnihotra brings families together. It is typically performed as a team, with people (Yajmaans) sitting on all four sides of the copper pyramid (Hawankund). Indeed, it is a great way for people to also celebrate all key occasions in life – birthdays, anniversaries, house warming, etc.

Even you if you do not chant the Vedic mantras in Sanskrit, the chemical reaction will probably remain the same. Everyone around will benefit from the gaseous essence that is generated. The reason why Vedic mantras are also prescribed is for it to be a deeper spiritual experience.

The gist of the mantras (rather than word-by-word meaning) in simplified English have also been given. However, there could be certain errors

and omissions in the process. We request the reader to excuse us for the omissions, but please do bring to our notice any feedback for correction and improvement in subsequent versions. We will remain grateful to you for your support and feedback. You can write to 'Tamilnadu Arya Samaj Educational Society' 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai – 600086 or email to publications@davchennai.org.



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References:

- (i) 'Vaidik Nitya Karma Vidhi' | Author: Swami Dayanand Saraswati
- (ii) 'Vaidik Nitya Karma Vidhi' | Author: Pandit Yudhistir Mimamsak Ji

I. PREPARATION FOR AGNIHOTRA

Please arrange the following items for the Agnihotra.

- i. Pyramid shaped vessel, preferably made of copper (Hawankund).
- ii. Samidha (Firewood) from either Mango or Peepal or Palaash tree. Cow dung cakes may also be used.
- iii. Samagri (Herbal powder) with plates.
- iv. Cow ghee (preferably from India native breed; otherwise whatever is available) – 250 gms.
- v. Ghee vessels along with a long wooden spoon (to offer ghee to the Agni, i.e. fire).
- vi. Camphor and matchbox.
- vii. Small tumblers with drinking water – this is for ‘*Aachmana*’ mantra (see pg. 9).
- viii. One jug (Kalash) of water to be offered during ‘*Jalaseechanam*’ mantra. (see pg. 16)
- ix. Small towel, tissue paper and seating mats.

Note: Samagri is a mixture of various dried herbal roots and leaves, including Holy Basil (*Tulasi* leaves), Black Sesame Seeds, Barley, Rose petals, Sandalwood powder, Jaggery, Dry Coconut, Neem leaves, Cinnamon, Turmeric, Spikenard (*Jataamansi*), Wild asparagus (*Shataavari*), etc.



Hawankund



Samagri



Samidha- Fire Wood Sticks



Tumbler



Ghee Spoon



Samagri Plate



Kalash



Ghee Vessel

KEY POINTS

1. **Timing** – Agnihotra should be ideally performed at the time of sunrise and sunset. Simple daily agnihotra can be performed in 15–20 minutes.
2. **Group prayer** – It is ideal if the Agnihotra can be jointly performed by all members of the family sitting around the Pyramid vessel (Hawankund).
3. **Offering ghee** – Ghee is offered by the Main Yajmaan. Any member of the family can offer ghee, though ideally it is the senior member of the household.
4. **Direction in which one should sit** – The Main Yajmaan (person offering ghee) should sit on the West side (facing the East). If husband and wife are performing together, then the wife should be seated on the right side of the husband.
5. **Meaning of Mantras** – It will be hugely beneficial if all the participants know the broad gist of the mantras. Recalling the meaning of the mantra as we chant them, will make the experience more meaningful.
6. **Vedic Scholar** – Having a Vedic scholar who chants the mantras well and explains the meaning, is very helpful. However, with practice over a few days, anyone (irrespective of age, gender, caste, etc.) can learn the overall process and can then successfully perform the Agnihotra.
7. **Avoid smoke** – We should use various ingredients in the right proportion to avoid smoke. Generally, Yajmaans tend to offer too much Samidha and Samagri, compared to ghee. Kindly avoid doing so.

II. TAKING OATH

संकल्प पाठः (Samkalpa Paatha)

ओ३म् तत्सत् श्री ब्रह्मणो, _____ (i) _____ मासे, _____ (ii) _____ दिनांके, _____ (iii) _____
वासरे (प्रातः / सायं) काले, शुभमुहूर्ते जंबूद्वीपे भरतखण्डे, आर्यावर्तान्तर्गते, _____ (iv) _____
प्रांते, तत्रस्थ _____ (v) _____ नगरे, _____ (vi) _____ उपनगरे, _____ (vii) _____
सर्व कल्याणार्थं, अस्माभिः अत्र देवयज्ञः क्रियते।

Om Tatsat Shri Brahmano, _____ (i) _____ maase, _____ (ii) _____ dinanke,
_____ (iii) _____ vaasare, (praataha/saayan) kaale, shubhmuhurte, jambudweepe,
bharatakhande, aaryavartaantargate, _____ (iv) _____ praante, tatrastha
_____ (v) _____ nagare, _____ (vi) _____ upanagare, _____ (vii) _____, sarva
kalyaanaartham, asmaabhi atra devayajnah kriyate।

O God! On this _____ (i) _____ month, _____ (ii) _____ date,
_____ (iii) _____ day of the week, in the (morning/evening), on this
auspicious occasion, in the Island of Jambu, in this Arya land of Bharat, in
the state of _____ (iv) _____, in the city of _____ (v) _____, in the area of
_____ (vi) _____, in the _____ (vii) _____, Deva Yajna is being performed by
us for everyone's benefit.

Note: Each of the seven continents is essentially an island. The Asia region was historically known as 'Jambu' island (Jambudweep).

(i) Months of the year – (मास)	जनवरी (Jan), फरवरी (Feb), मार्च (March), अप्रैल (April), मई (May), जून (June), जुलाई (July), अगस्त (Aug), सितंबर (Sep), अक्टूबर (Oct), नवंबर (Nov), दिसंबर (Dec)
(ii) Days of month (दिनांक)	प्रथम (1); द्वितीय (2); तृतीय (3); चतुर्थ (4); पंचम (5); षष्ठ (6); सप्तम (7); अष्टम (8); नवम (9); दशम (10); एकादश (11); द्वादश (12); त्रयोदश (13); चतुर्दश (14); पंचदश (15); षोडश (16); सप्तदश (17); अष्टादश (18); एकोनविंशति (19); विंशति (20); एकविंशति (21); द्वाविंशति (22); त्रयोविंशति (23); चतुर्विंशति (24); पंचविंशति (25); षड्विंशति (26); सप्तविंशति (27); अष्टाविंशति (28); एकोनत्रिंशत् (29); त्रिंशत् (30); एकत्रिंशत् (31)
(iii) Days of week (वासर)	सोम (Mon), मंगल (Tue), बुध (Wed), बृहस्पति (Thurs), शुक्र (Fri), शनि (Sat), रवि (Sun)
(iv) State (प्रांत)	The state where you are performing the Agnihotra (Eg: Tamilnadu)
(v) City (नगर)	The city where you are performing the Agnihotra (Eg: Chennai)
(vi) Area (उपनगर)	The area where you are performing the Agnihotra (Eg: Mogappair)
(vii) Place	The exact place or the venue where you are performing the Agnihotra (Eg: D.A.V. School)

III. PRAYERS BEFORE AGNIHOTRA

Directions - The first eight mantras are chanted in meditation posture (sitting straight with eyes closed), realizing the meaning of every mantra. These mantras can indeed be separately chanted prior to any solemn occasion.

Titled as 'Ishvara – Stuti – Praarthanaa – Upaasanaa' mantras, we humbly invoke the blessings of God.

- **Stuti** - To invoke the virtues, deeds and the characteristics of God
- **Praarthanaa**- Pray to God to give us good intellect, happiness and bliss
- **Upaasanaa**- *Upa* means 'Near' | *Aasanaa* means 'To sit'. Thus Upaasanaa means to realize God within our own soul.

1. ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ।

यद् भद्रं तन्न आ सुव ॥

Om Vishwaani deva savitar-duritaani paraasuva |

Yad bhadram tanna aasuva ||

(Yajur Veda | Chapter 30 | Mantra 3)



O God! Creator of the universe, and Giver of true happiness! We pray to You to remove all our shortcomings and vices. May You bestow upon us all good qualities.



2. ओ३म् हिरण्यगर्भः समवर्त्तताग्रे भूतस्य जातः पतिरेक आसीत् ।

स दाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम ॥

Om hiranya-garbhah samavarta-taagre bhootasya jaatah patireka aaseet |

Sa daadhaara prithiveem dhyaa-mutemaam kasmai devaaya havishaa vidhema ||

(Yajur Veda | Chapter 23 | Mantra 1)

O God! You are the sole Creator of all source of light like the Sun. You always existed; You are present as of now and You will always exist. You hold and sustain the earth and other celestial bodies, thus supporting this entire universe. We worship You alone.



3. ओ३म् य आत्मदा बलदा यस्य विश्व उपासते प्रशिषं यस्य देवाः ।

यस्य छायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ॥

Om ya aatmadaa baladaa yasya vishva upaasate prashisham
yasya devaah |

Yasya chaaya-amritam yasya mrityuh kasmai devaaya havishaa
vidhema ||

(Yajur Veda | Chapter 25 | Mantra 13)

O God! You have bestowed the soul with a highly intricate physical body, moral and spiritual strength. The learned sing Your praise and humbly accept Your governance and judgment. Your shade of protection leads to immortality. Lack of trust in You, causes all kinds of miseries and fear of death. We worship You alone.



4. ओ३म् यः प्राणतो निमिषतो महित्वैक इद्राजा जगतो बभूव ।

यऽईशेऽस्य द्विपदश्चतुष्पदः कस्मै देवाय हविषा विधेम ॥

Om yah praanato nimishato mahitvaika idraajaa jagato babhoova |

Ya-eeshe-asya dvipadash-chatushpadaha kasmai devaaya havishaa
vidhema ||

(Yajur Veda | Chapter 23 | Mantra 3)

O God! You are the One and only King of this entire universe (living and non-living). You alone Create and Rule over both humans (bipedes) and animals (quadrupeds). We worship You alone.



5. ओ३म् येन द्यौरग्रा पृथिवी च दृढा येन स्वःस्तभितं येन नाकः ।

योऽअन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम ॥

Om yena dyaurugraa prithivi cha
dridhaa yena svaha-stabhitam yena
naakah |

Yo-antarikshe rajaso vimaanaha
kasmai devaaya havishaa vidhema ||
(Yajur Veda | Chapter 32 | Mantra 6)



O God! You sustain this Universe including Sun, Earth and other celestial bodies that maintain balanced momentum. You are the Giver of true happiness and bliss. We worship You alone.



6. ओ३म् प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परिता बभूव ।

यत्कामास्ते जुहुमस्तन्नोऽस्तु वयं स्याम पतयो रयीणाम् ॥

Om prajaapate na tvadetaa-nyanyo vishvaa jaataani paritaa
babhoova |

Yatkaamaaste juhumastanno-astu vayam syaama patayo
rayeenaam ||

(Rig Veda | Mandal 10 | Sukta 121 | Mantra 10)

O God! You are the Lord of all. None other than You rules over life forms and the material world. May You fulfill all our cherished desires and may we have wealth and other material things.



7. ओ३म् स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा ।

यत्र देवा अमृतमानशानास्तृतीये धामन्ध्यैरयन्त ॥

Om sa no bandhur-janitaa sa vidhaataa dhaamaani veda
bhuvanaani vishvaa |

Yatra devaa amritamaana-shaanaas-triteeye
dhaamanna-dhyairayanta ||

(Yajur Veda | Chapter 32 | Mantra 10)

O God! You are our parent and our brother. You are our sustainer and controller. You are our teacher and judge. You know the name, place and source of everything. The enlightened souls, who trust You, have a sense of freedom and are not affected by miseries.

8. ओ३म् अग्ने नय सुपथा राये अस्मान् विश्वानि देववयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठान्ते नम उक्तिं विधेम ॥

Om agne naya supathaa raaye asmaan vishvaani deva-vayunaani
vidvaan |
Yuyo-dhyasmaj-juhuraana-meno bhooyishtaante nama uktim
vidhema ||

(Yajur Veda | Chapter 40 | Mantra 16)

O God! Please lead us on to the right path of honesty and simplicity.
Remove from us all sins and crookedness. May we do only good
deeds. We praise and worship You alone.



IV. PURIFYING SELF - WATER

Aachmana Mantra

Directions - Each Yajmaan may take some water in the right palm from the small tumblers. Recite first of the three mantras. After 'Svaaha' sip the water.

In the same manner, once again take some water in the right palm and sip it after reciting the second and the third mantra. After sipping the water for the third time, you may take some additional water and slightly rinse your palms.



Sipping of water helps you clear your throat, making you feel comfortable as you start performing the Agnihotra.

9.	ओ३म् अमृतोपस्तरणमसि स्वाहा ॥	Om amrito- pastaranamasi svaaha ॥ (First sip)	May God protect me from below, i.e. internal problems
10.	ओ३म् अमृतापिधानमसि स्वाहा ॥	Om amrita- pidhaanamasi svaaha ॥ (Second sip)	May God protect me from above, i.e. external problems
11.	ओ३म् सत्यं यशः श्रीर्मयि श्रीः श्रयतां स्वाहा ॥	Om satyam yashaha shrirmayi srihi shrayataam svaaha ॥ (Third sip)	May God bless me with true knowledge, glory and material prosperity
(Taittiriya Aaranyaka Prapataka10. Anuvakam 32, 35)			

Angasparsha Mantra

Directions - Take some water in your left palm. As you recite the following mantras (12 – 18), touch the relevant organ of your body, with the middle and ring finger of your right hand.



12.	ओ३म् वाङ्म आस्येऽस्तु ॥	Om vaangma aasye astu ॥	May I have good speech	<i>Touch your mouth (right and then left)</i>
13.	ओ३म् नसोर्मे प्राणोऽस्तु ॥	Om nasorme praano astu ॥	May I have 'Praana' (breath) in my nostrils	<i>Touch your nostrils (right and left)</i>
14.	ओ३म् अक्षोर्मे चक्षुरस्तु ॥	Om akshanor- me chakshur- astu ॥	May I have vision in my eyes	<i>Touch your eyes (right and left)</i>
15.	ओ३म् कर्णयोर्मे श्रोत्रमस्तु ॥	Om karnayor- me shrotram- astu ॥	May I be able to hear with my ears	<i>Touch your ears (right and left)</i>
16.	ओ३म् बाह्वोर्मे बलमस्तु ॥	Om baahvor- me balam- astu ॥	May I have strength in my arms	<i>Touch your arms (right and left)</i>
17.	ओ३म् ऊर्वोर्मे ओजोऽस्तु ॥	Om urvor-me ojo-astu ॥	May I have vigour in my thighs	<i>Touch your thighs (right and left)</i>
18.	ओ३म् अरिष्टानि मेऽङ्गानि तनूस्तन्वा मे सह सन्तु ॥	Om arishtaani me-angaani tanusstanva me saha santu ॥	May all major and minor limbs of my body remain healthy and free from diseases	<i>Sprinkle remaining water on your head</i>

(Paaraskara Grihya Sutra, 1.3.25)

V. LIGHTING THE AGNI (FIRE)

Directions - Put a small piece of camphor in long spoon. Reciting the following mantra, ignite the camphor from the flame of a ghee lamp already kindled beforehand. Alternatively, ignite it with a match-stick.



19. ओ३म् भूर्भुवः स्वः ।

Om bhoor bhuvah svaaha ।

(Gobhila Grihya Sutra, 1.1.11)

Oh Almighty! The Giver of 'Praana' (life); Remover of our sorrow;
Giver of happiness and bliss



20. ओ३म् भूर्भुवः स्वद्यौरिव भूम्ना पृथिवीव वरिम्णा ।
तस्यास्ते पृथिवि देवयजनि पृष्ठेऽग्निमन्नादमन्नाद्यायादधे ॥

Om bhoor bhuvah svar-dyaauriva bhumnaa prithviva varimnaa ।
Tasyaaste prithvi devayajani prishthe-agnim-annadam-
annadyayadadhe ॥

(Yajur Veda | Chapter 3 | Mantra 5)

O God! You are the Giver of Praana (life),
Remover of our sorrow, Giver of happiness
and bliss. I hereby start the Agnihotra in
this Hawan kund, which is placed on the
Mother Earth. May the Agni (fire) be
established smoothly and my offerings be
kindly accepted



21. ओ३म् उद्बुध्यस्वाग्ने प्रतिजागृहि त्वमिष्टापूर्ते सं सृजेथामयं च ।
अस्मिन्सधस्थेऽध्युत्तरस्मिन् विश्वे देवा यजमानश्च सीदत ॥

Om udbhudya-svaagne pratijaa-grihi tvam-ishtapoorte sam
srijethaam-ayam cha |

Asmint-sadhassthe-adhyuttarasmin vishve deva yajmaanashcha
seedata ||

(Yajur Veda | Chapter 15 | Mantra 54)

O God! May the kindled fire grow further in its full vigour. May our learned companions co-operate with us in our works. May we help each other not only towards material progress but also towards our spiritual development.



VI. OFFERING ONLY SAMIDHA (FIREWOOD)

Directions - Each yajmaan (sitting on all four sides of the Hawankund) offers three samidhas each. The first samidha (firewood) is to be offered at the end of this mantra after 'Svaaha'.



22. ओ३म् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्द्धस्व चेद्ध वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा ॥ इदमग्नये जातवेदसे इदं न मम ॥

Om ayanta idhma aatma jaatavedas-tene-dhyasva vardhasva
chedha vardhaya chaasmaan prajaya pashubhir-brahmavarchase-
naannaa-dyena samedhaya svaaha ॥

Idam agnaye jaatavedase idam na mama ॥

(Aashvalayana Grihya Sutra, 1.10.12)

O God! I offer this (samidha) to help this fire grow further in its full vigour. Similarly, may I also grow in my life blessed with family, animals as companions, vitality, food and other everyday needs. This offering is for the welfare of all - not only for me.



Directions - No offering (either Samidha or ghee) to be made after this mantra

23. ओ३म् समिधाग्निं दुवस्यत घृतैर्बोधयतातिथिम् ।
आस्मिन् हव्या जुहोतन ॥

Om samidha-agnim duvasyata ghritair-bodhaya-taa-tithim |
Aasmin havyaa juhutana ||

(Yajur Veda | Chapter 3 | Mantra 1)

O God! We make the fire grow further by offering ghee and samidha. This offering is for the welfare of all - not only for me.



Directions - The second samidha (firewood) is to be offered at the end of this mantra after 'Svaaha.'

24. ओ३म् सुसमिद्धाय शोचिषे घृतं तीव्रं जुहोतन ।

अग्नये जातवेदसे स्वाहा ॥ इदमग्नये जातवेदसे इदं न मम ॥

Om susamid-dhaaya shochishe ghritam teevram juhutana |

Agnaye jaatavedase svaaha || Idam agnaye jaatavedase idam na mama ||

(Yajur Veda | Chapter 3 | Mantra 2)

O God! We offer pure and fragrant ghee in the fire. All the offerings will get converted into fine particles purifying the atmosphere. This offering is for the welfare of all - not only for me.



Directions - The third samidha is to be offered at the end of this mantra after 'Svaaha.'

25. ओ३म् तन्त्वा समिद्धरङ्गिरो घृतेन वर्द्धयामसि ।

बृहच्छोचा यविष्ठय स्वाहा ॥ इदमग्नयेऽङ्गिरसे इदं न मम ॥

Om tam-tvaa samidbhir-angiro ghritena vardhayaamasi |

Briha-chhochaa yavishtya svaaha | Idam agnaye angirase idam na mama ||

(Yajur Veda | Chapter 3 | Mantra 3)

O Agni (fire)! We offer you ghee and samidha, thus ensuring you glow brightly. This offering is for the welfare of all - not only for me.

VII. OFFERING GHEE

Directions - This mantra is to be repeated five times. At the end of each mantra, Ghee should be offered to the Agni (fire).

26. ओ३म् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्द्धस्व चेद्ध वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा ॥ इदमग्नये जातवेदसे इदं न मम ॥

Om ayanta idhma aatma jaatavedas-tene-dhyasva vardhasva chedha vardhaya chaasmaan prajaya pashubhir-brahmavarchase-naannaa-dyena samedhaya svaaha ||

Idam agnaye jaatavedase idam na mama ||

(Aashvalayana Grihya Sutra | 1.10.12)

O God! I offer this (ghee) to help this fire grow further in its full vigour. Similarly, may I also grow in my life blessed with family, animals as companions, vitality, food and other everyday needs. All these offerings are for the welfare of all - not only for me.

Why five times? We humans have five senses through which we gain knowledge, also known as 'Gyaan-Indriya'. These are Eyes, Nose, Ears, Tongue and Skin. We chant this mantra five times, praying to the Almighty to keep all our five senses robust, such that we gain the right knowledge.



VIII. POURING WATER AROUND THE HAWANKUND

Jalaseechanam

Directions – In this stage the water from the jug (kalash), is poured on all four sides of the Hawankund with chanting of the mantras. This is symbolic of the fact that this Earth is also surrounded by water, which has a very significant role in our lives.

27.	ओ३म् अदितेऽनुमन्यस्व ॥	Om adite- anumanyasva ॥	Eastern side of the Hawankund	O God! May this water be beneficial for us
28.	ओ३म् अनुमतेऽनुमन्यस्व ॥	Om anumate- anumanyasva ॥	Western side of the Hawankund	
29.	ओ३म् सरस्वत्यनुमन्यस्व ॥	Om Sarasvatya- anumanyasva ॥	Northern side of the Hawankund	

(Gobhila Grihya Sutra, 1.3.1-3)

Directions – Water from the jug (kalash), is to be poured on all the four sides of the Hawankund in the following sequence – East, South, West and North

30. ओ३म् देव सवितः प्रसुव यज्ञं प्रसुव यज्ञपतिं भगाय ।

दिव्योगन्धर्वः केतपूः केतन्नः पुनातु वाचस्पतिर्वाचनः स्वदतु ॥

Om deva savitah prasuva yajnam prasuva
yajna-patim bhagaaya ।

Divyo gandharvah ketapooah ketannah punaatu vaachaspatir-
vaacham nah svadatu ॥



(Yajur Veda | Chapter 30 | Mantra 1)

O God! May this water inspire us to perform good deeds. May it purify our mind and knowledge. May it also purify our speech.

IX. OFFERING GHEE...CONTD.

31.	ओ३म् अग्नये स्वाहा ॥ इदमग्नये इदं न मम ॥	Om agnaye svaaha ॥ Idam agnaye idam na mama ॥	<i>Offer ghee on northern side of Hawankund</i>	O God! This offering is for You – the 'Agni'; this is not mine
32.	ओ३म् सोमाय स्वाहा ॥ इदं सोमाय इदं न मम ॥	Om somaaya svaaha ॥ Idam somaaya idam na mama ॥	<i>Offer ghee on southern side of Hawankund</i>	O God! This offering is for You – the 'Soma'; this is not mine
33.	ओ३म् प्रजापतये स्वाहा ॥ इदं प्रजापतये इदं न मम ॥	Om prajaapataye svaaha ॥ Idam prajaapataye idam na mama ॥	<i>Offer ghee in middle of the Hawankund</i>	O God! This offering is for You – the 'Prajapati'; this is not mine
34.	ओ३म् इन्द्राय स्वाहा ॥ इदमिन्द्राय इदं न मम ॥	Om indraaya svaaha ॥ Idam indraaya idam na mama ॥	<i>Offer ghee in middle of the Hawankund</i>	O God! This offering is for You – the 'Indra'; this is not mine

(Gobhila Grihya Sutra, 1.8.24, 45)

(Yajur Veda | Chapter 22 | Mantra 27)

(Yajur Veda | Chapter 18 | Mantra 28)



35. ओ३म् यदस्य कर्मणोऽत्यरीरिचं यद्वा न्यूनमिहाकरम् ।

अग्निष्टत्स्विष्टकृद्विद्यात्सर्वं स्विष्टं सुहुतं करोतु मे ।

अग्नये स्विष्टकृते सुहुतहुते सर्वप्रायश्चित्ताहुतीनां कामानां समर्द्धयित्रे सर्वात्रः

कामान्समर्द्धय स्वाहा ॥ इदमग्नये स्विष्टकृते इदं न मम ॥

Om yadasya karmano-atyareericham yadvaa nyu-namihaakaram ।

Agnishtat-svishtakrid-vidyaat-sarvam svishtam suhutam karotu me ।

Agnaye svishta-krite suhutamute sarva-praayashchittaa-huteenam
kaamaanaam samardhayitre sarvaan-nah kaamaant-samardhaya
svaaha ॥

Idamagnaye svishta-krite idam na mama ॥

(Aashvalayana Grihya Sutra, 1.10.22)

(Satapatha Brahmana, 14.9.4.24), (Paaraskara Grihya Sutra, 1.2.10)

O God! There could be certain deficiencies in the performance of the Agnihotra. We hereby request you to excuse us for such shortcomings. May You fulfill all our saatvik desires. This offering is for the welfare of all – not only for me.



Directions – This is a silent prayer. We silently chant the word प्रजापतये (Prajapataye).

36. ओ३म् प्रजापतये स्वाहा । इदं प्रजापतये इदं न मम ॥

Om prajaapataye (recite this word silently) svaaha । Idam prajaapataye
idam na mama ॥

(Yajur Veda | Chapter 18 | Mantra 28)

O God! This offering is for You - the 'Prajapati'; this is not mine.



X. OFFERING GHEE AND SAMAGRI

Directions – From this mantra onwards, the Main Yajmaan can continue to offer ghee. The other Yajmaans seated on other three sides of the Hawankund can start offering Samagri after 'Svaaha'. Kindly note that only a little samagri should be offered to the fire with each mantra, such that it does not result in smoke.

37.	ओ३म् सूर्यो ज्योतिर्ज्योतिः सूर्यः स्वाहा ॥	Om suryo jyotir- jyotih suryah svaaha ॥	These offerings are for the morning time They are dedicated to the Surya (Sun) Devtaa, which is the source of life energy. It also symbolically represents Knowledge.
38.	ओ३म् सूर्यो वचो ज्योतिर्वचः स्वाहा ॥	Om suryo varcho jyotir varchah svaaha ॥	May we also acquire knowledge and dispel the darkness around us.
39.	ओ३म् ज्योतिः सूर्यः सूर्यो ज्योतिः स्वाहा ॥	Om jyotih suryah suryo jyotih svaaha ॥	
40.	ओ३म् सजूर्देवेन सवित्रा सजूरु- षसेन्द्रवत्या जुषाणः सूर्यो वेतु स्वाहा ॥	Om sajur devena savitra saju- rushasendravatyaa jushaanah suryo vetu svaaha ॥	

(Yajur Veda | Chapter 3 | Mantra 9,10)



HOW TO OFFER SAMAGRI?



41.	ओ३म् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा	Om agnir-jyotir- jyotir- agnih svaaha	These offerings are for the evening time
42.	ओ३म् अग्निर्वर्चो ज्योतिर्वर्चः स्वाहा ॥	Om agnir-varcho jyotir-varchah svaaha	They are dedicated to the Agni (Fire) Devtaa, which sustains life during night. It also symbolically represents Knowledge.
43.	ओ३म् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ॥	Om agnir-jyotir- jyotir-agnih (<i>recite silently</i>) svaaha	
44.	ओ३म् सजूर्देवेन सवित्रा सजूरात्र्येन्द्रवत्या जुषाणोऽग्निर्वेतु स्वाहा ॥	Om sajur-devena savitra saju- raatryendravyaa jushaano agnir vetu svaaha	May we also acquire knowledge and dispel darkness around us.

(Yajur Veda | Chapter 3 | Mantra 9,10)



45. ओ३म् भूर्ग्नये प्राणाय स्वाहा । इदमग्नये प्राणाय इदं न मम ॥

Om bhur agnaye praanaaya svaaha |

Idam agnaye praanaaya idam na mama ||

(Taittiriya Aaranyakam, 10.2)

O God! May our offering reach Agni Devtaa (Fire), which provides vitality to all human beings. This offering is for the welfare of all – not only for me.



46. ओ३म् भुवर्वायवेऽपानाय स्वाहा । इदं वायवेऽपानाय इदं न मम ॥

Om bhuvar-vaayave-apaanaaya svaaha |

Idam vaayave-apaanaaya idam na mama ||

(Taittiriya Aaranyakam, 10.2)

O God! May our offering reach Vayu Devtaa (Wind), which keeps all living beings healthy. This offering is for the welfare of all – not only for me.

47. ओ३म् स्वरादित्याय व्यानाय स्वाहा । इदमादित्याय व्यानाय इदं न मम ॥

Om svar-aadityaaya vyaanaaya svaaha |

Idam-aadityaaya vyaanaaya idam na mama ||

(Taaittiriya Aaranyakam, 10.2)

O God! May our offering reach Surya Devtaa (Sun), which is the source of life energy. This offering is for the welfare of all – not only for me.



48. ओ३म् भूर्भुवः स्वरिग्न्वाय्वादित्येभ्यः प्राणापानव्यानेभ्यः स्वाहा ।

इदमग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः इदं न मम ॥

Om bhur-bhuvah svar-agni-vaayavaaditye-bhyah praanaapaana-vyaanebhyah svaaha |

Idam-agni-vaayavaaditye-bhyah praanaapaana-vyaanebhyah idam na mama ||

(Gobhila Grihya Sutra, 1.8.4)

The Universe can be divided into three regions – Earth, Atmosphere and Outer space. Earth is supported by Fire; Atmosphere is supported by Wind; Outer space is supported by Sun. O God! The Source of life, Remover of Sorrow, Giver of Happiness! May our offering reach everywhere. This offering is for the welfare of all – not only for me.



49. ओ३म् आपो ज्योती रसोऽमृतं ब्रह्म भूर्भुवः स्वरों स्वाहा ॥

Om aapo jyoti raso-amritam brahma bhur bhuvah svar-om svaaha ||

(Taaittiriya Aaranyakam, 10.15)

O God! You are present everywhere; You are the source of knowledge; You are compassionate; You love all of us; You are the Giver of life; Remover of sorrow; Giver of happiness. You have bestowed us with everything in this world. We humbly offer this oblation to you.



50. ओ३म् यां मेधां देवगणाः पितरश्चोपासते ।

तया मामद्य मेधयाऽग्ने मेधाविनं कुरु स्वाहा ॥

Om yaam medhaam devaganaah pitarashcho-paasate |

Tayaa maam-adhya medhaya-agne medhaavinam kuru svaaha ||

(Yajur Veda | Chapter 32 | Mantra 14)

O God! The scholars desire for good intellect, which protects them. With your blessings, may I also be bestowed with the same intellect immediately, i.e. today. This offering is for the welfare of all – not only for me.



51. ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ।

यद् भद्रं तन्न आ सुव स्वाहा ॥

Om vishwaani deva savitar-duritaani paraasuva |

Yad bhadram tanna aasuva svaaha ||

(Yajur Veda | Chapter 30 | Mantra 3)

O God! Creator of the universe, and Giver of true happiness! We pray to You to remove all our shortcomings and vices. May You bestow upon us all good qualities.



52. ओ३म् अग्ने नय सुपथा रायेऽअस्मान् विश्वानि देव वयुनानि विद्वान् ।

युयोध्यस्मज्जुहुराणमेनो भूयिष्ठान्ते नम उक्तिं विधेम स्वाहा ॥

Om agne naya supathaa raaye asmaan vishvaani deva
vayunaani vidvaan |

Yuyo-dhyasmaj-juhuraana-meno bhooyishtaante nama uktim
vidhema svaaha ||

(Yajur Veda | Chapter 40 | Mantra 16)

O God! Please lead us on to the right path of honesty and simplicity. Remove from us all sins and crookedness. May we do only good deeds. We praise and worship You alone.



Directions – We chant the Gayatri mantra thrice. This is to emphasize the meaning behind the mantra.

53. ओ३म् भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् स्वाहा ॥

Om bhur bhuvah svah | Tat-savitur-varenyam bhargo devasya
dhimahi |

Dhiyo yo nah prachodayaat svaaha ||

(Yajur Veda | Chapter 36 | Mantra3)

O Source of life (Praana), Remover of Sorrow, Giver of Happiness!
We meditate upon You, who created this Universe and is the source
of all knowledge and bliss. We pray that You guide our Intellect on
to the right path.



54. ओ३म् त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय माऽमृतात् स्वाहा ॥

Om tryambakam yajaamahe sugandhim pushti-varadhanam |

Urvaa-rukamiva bandhanaan-mrtyor-mukshiya maa-amrtaat
svaaha ||

(Rig Veda | Mandal 7 | Sukta 59 | Mantra 12)

Oh God! Creator and Protector of this Universe. You are also the
destroyer of evil and suffering. Your energy and fragrance provides
us the joy of life. We worship You!

Please release us from the bond of mortality (i.e. attachment) like
the musk melon fruit that detaches itself from the tree, once it
is ripe. Let our soul journey into immortality, when it leaves this
body.



XI. CONCLUDING AGNIHOTRA

Directions - This mantra will mark the formal conclusion of the Agnihotra. We chant this mantra thrice, offering both ghee and samagri each time after 'Svaaha'.

The remaining ghee and samagri may be completely offered to the Agni with the third 'Svaaha'. However, if there is large quantity of ghee and samagri still remaining, please do not offer it to the Agni. It can be stored back and reused for the Agnihotra next time.

After this mantra, no further ghee or samagri should be offered.

55. ओ३म् सर्वं वै पूर्णं स्वाहा ॥

Om sarvam vai poornam svaaha ॥

(Shatapatha Brahmana, 4.2.2.2, 5.2.2.1)

O God! You are present everywhere. This entire universe created by You, is complete by itself. Listen to our prayers. We seek Your blessings to also be complete.



Directions – The following four mantras may be chanted in meditation posture (sitting straight with eyes closed), realizing the meaning of every mantra

56. ओ३म् नमः शंभवाय च, मयोभवाय च । नमः शङ्कराय च मयस्कराय च ।
नमः शिवाय च शिवतराय च ॥

Om namah shambhavaaya cha, mayaobhavaaya cha ।

Namah shankaraaya cha, mayaskaraaya cha ।

Namah shivaaya cha, shivataaraaya cha ॥

(Yajur Veda | Chapter 16 | Mantra 41)

God is the source of all bliss and prosperity. He alone enriches us physically and spiritually. We humbly bow to Him.



57. ओ३म् द्यौः शान्तिरन्तरिक्षः शान्तिः पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः ।
वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः
सर्वः शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥
ओ३म् शान्तिः शान्तिः शान्तिः ॥

Om dhyau shantir-antariksham shantih prithivi shantir-apah
shantir-oshadhayah shantih |

Vanaspatayah shantir-vishve devah shantir-brahma shantih
sarvam shantih shantir-eva shantih saamaa shantiredhi || Om
shantih-shantih-shantih ||

(Yajur Veda | Chapter 36 | Mantra 17)

May the celestial bodies and the sky bring us peace! May there be
peace on Earth!
May Water bring us peace!
May the various Herbs be source of peace!
May all Trees bring us peace!
May all Leaders and Scholars bring us peace!
May God and the Vedas inspire us with peace!
May all of us co-exist peacefully!
May I be always in peace!
May all of us be blessed with peace!



58. ओ३म् तेजोऽसि तेजो मयि धेहि । वीर्यमसि वीर्यं मयि धेहि ।
बलमसि बलं मयि धेहि । ओजोऽसि ओजो मयि धेहि ।
मन्युरसि मन्युं मयि धेहि । सहोऽसि सहो मयि धेहि ॥

Om tejo-asi tejo mayi dhehi | Veeryam-asi veeryam mai dhehi |
Balam-asi balam mayi dhehi | Ojo-asi ojo mayi dhehi |
Mayur-asi manyum mayi dhehi | Saho-asi saho mayi dhehi ||

(Yajur Veda | Chapter 19 | Mantra 9)

You are the source of knowledge. May I obtain knowledge
You are the source of vigour and vitality. Infuse me with same.
You are the source of strength. May I gain strength.
You are the passion for life. May I also be passionate
You are the source of Justice. May I also be Just.
You are the source of patience. Imbibe in me patience.



59. ओ३म् सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥

Om sarve bhavantu sukhinah sarve santu niraa-mayaah |

Sarve bhadraani pashyantu maa kashcid duhkha-bhaag bhavet ||

(Brihadaranyaka Upanishad, 1.4.14)

O God! May all be happy; May all be free from illness and miseries
May all see what is auspicious; May no one suffer pain.



XII. AGNIHOTRA PRAYER

यज्ञरूप प्रभो हमारे भाव उज्ज्वल कीजिए ।

छोड़ देवे छल-कपट को, मानसिक बल दीजिए ॥

Yajna roopa prabho hamare, bhava ujjawal kijiye ।

Chhod deven chhal kapat ko, manasik bal dejiye ॥

O God! May we have noble thoughts & intentions. May we not be wicked; please give us mental strength.



वेद की बोलें ऋचाएं, सत्य को धारण करें ।

हर्ष में हों मग्न सारे, शोक सागर से तरें ॥

Ved kee bolen richaaen, satya ko dhaaran karen ।

Harsh mein ho magna saare, shok saagar se taren ॥

May we recite the Vedas and hold on to the Truth. May we all be happy, and no one be in grief.



अश्वमेधादिक रचाएँ यज्ञ पर उपकार को ।

धर्म-मर्यादा चलाकर, लाभ दें संसार को ।

Ashvmedhadika rachaayen, yajna para upakaar ko ।

Dharma- maryaadaa chalaakar, laabh den sansar ko ॥

May we regularly perform Yajna for benefit of all. May we follow Dharma and benefit the entire world.



नित्य श्रद्धा भक्ति से यज्ञादि हम करते रहें ।

रोग पीड़ित विश्व के संताप सब हरते रहें ॥

Nitya shraddha bhakti se, yajna-aadi ham karte rahen ।

Roga peedit vishwa ke, santaap saba haraten rahen ॥

May we keep performing Yajna regularly with reverence. May we help to lessen pain and suffering in this world.



भावना मिट जाये मन से पाप अत्याचार की ।

कामनाएँ पूर्ण होवे यज्ञ से नर नार की ॥

Bhavanaa mit jaaye man se, paap atyachaar ki ।

Kaamanaaen poorna howe, yajna se nar naar ki ।।

May we not have any thought of committing a sin or any atrocity.
May noble desires of all be fulfilled by Yajna.



लाभकारी हो हवन हर जीवधारी के लिए ।

वायु जल सर्वत्र हो शुभ गन्ध को धारण किए ॥

Labhakari ho havan, har jeevadhaari ke liye ।

Vayu jal sarvatra ho, shubh gandha ko dhaaran kiye ।।

May the Yajna be beneficial for all living beings. May the air and water hold the fragrance of the Yajna.



स्वार्थ भाव मिटे हमारा प्रेम-पथ विस्तार हो ।

‘इदन्न मम’ का सार्थक प्रत्येक में व्यवहार हों ॥

Svaarth-bhava mite hamaara, prem-path vistaar ho ।

Idam-na-mama ka saarthak, pratyek mein vayavahaar ho ।।

May we get rid of our selfish motives and enhance the path of love.
May we truly believe and practice the fact that ‘Nothing is mine’.



हाथ जोड़ झुकाए मस्तक, वन्दना हम कर रहे ।

नाथ करुणा रूप करुणा आप की सब पर रहे ॥

Haath joda jhukaaye mastak, vandana ham kar rahe ।

Naath karuna roop karuna, aapaki sab par rahe ।।

We pray to you with folded hands and bowing our heads. O God!
May your kindness always be bestowed on everyone.



XIII. ADDITIONAL MANTRAS

Directions – These 12 mantras may be chanted only on special occasions. They may be chanted immediately after Mantra # 36 ['Om Prajaapataye Svaaha'], i.e. before Mantra # 37 ['Om Suryo jyotir jyotih surya svaaha']

For the first 4 mantras only ghee may be offered after Svaaha; for mantras 5-12, both ghee and samagri may be offered.

1. ओ३म् भूर्भुवः स्वः । अग्न आयूंषि पवस आसुवोर्जमिषं च नः ।

आरे बाधस्व दुच्छुनां स्वाहा ॥ इदमग्नये पवमानाय इदं न मम ॥

Om bhoor bhuvah svah | Agna aayumshi pavasa
aasuvor-jamisham cha nah |

Aare baadhasva duch-chhu-naam svaaha || Idam agnaye
pavamaanaaya, idam na mama ||

(Rig Veda | Mandal 9 | Sukta 66 | Mantra 19)



O Source of life, Remover of Sorrow, Giver of Happiness! May You purify our lives, give us food, mental strength and prosperity. May we not have any evil feelings. This offering is for the welfare of all - not only for me.



2. ओ३म् भूर्भुवः स्वः । अग्निर्ऋषिः पवमानः पाञ्चजन्यः पुरोहितः ।

तमीमहे महागयं स्वाहा । इदमग्नये पवमानाय इदं न मम ॥

Om bhoor bhuvah svah | Agnir-rishih pavamaanah
paancha-janyah purohitah |

Tamee-mahe mahaa-gayam svaaha || Idam-agnaye
pavamaanaaya, idam na mama ||

(Rig Veda | Mandal 9 | Sukta 66 | Mantra 20)

O Source of life, Remover of Sorrow, Giver of Happiness! You existed even before creation of this universe. You are the well-wisher of entire humanity. You protect us. This offering is for the welfare of all - not only for me.

3. ओ३म् भूर्भुवः स्वः । अग्ने पवस्व स्वपा अस्मे वर्चः सुवीर्यम् ।

दधद्रयिं मयि पोषं स्वाहा ॥ इदमग्नये पवमानाय इदं न मम ॥

Om bhoor bhuvah svah | Agne pava-sva sva-paa asme varchah
suveeryam |

Dadhad-rayim mayi posham svaaha || Idam-agnaye
pavamaanaaya, idam na mama ||

(Rig Veda | Mandal 9 | Sukta 66 | Mantra 21)

O Source of life, Remover of Sorrow, Giver of Happiness! May our children develop good qualities. May You purify us and bless us with prosperity and vitality. This offering is for the welfare of all - not only for me.



4. ओ३म् भूर्भुवः स्वः । प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परि ता बभूव ।
यत्कामास्ते जुहुमस्तन्नो अस्तु वयं स्याम पतयो रयीणां स्वाहा ॥
इदं प्रजापतये इदं न मम ॥

Om bhoor bhuvah svah | Prajaapate na twadetaa-nyanyo vishvaa
jaataani pari taa babhoova | Yat kaamaaste juhumas-tanno astu
vayam syaama patayo rayeenaam svaaha || Idam prajaapataye,
idam na mama ||

(Rig Veda | Mandal 10 | Sukta 121 | Mantra 10)

O Source of life, Remover of Sorrow, Giver of Happiness! None other than You rules over life forms and the material world. May You fulfill all our cherished desires and may we have wealth and other material things. This offering is for the welfare of all - not only for me.



5. ओ३म् त्वं नोऽग्ने वरुणस्य विद्वान् देवस्य हेळोऽव यासिसीष्ठाः ।
यजिष्ठो वह्नितमः शोशुचानो विश्वाद्वेषांसि प्र मुमुग्ध्यस्मत् स्वाहा ॥
इदमग्नीवरुणाभ्याम् इदं न मम ॥

Om twam no-agne varunasya vidvaan devasya hedo-ava
yaasi-seeshthaah |

Yajishtho vahnitamah shoshuchaano vishvaa- dweshaamsi
pra mumug-dhyasmat svaaha || Idam-agnee-varunaa-bhyaam,
idam na mama ||

(Rig Veda | Mandal 4 | Sukta 1 | Mantra 4)

O God! May You remove all our sources of sorrow and envy that others may have towards us. May you also remove our own shortcomings. This offering is for the welfare of all - not only for me.



6. ओ३म् स त्वं नो अग्नेऽवमो भवोती नेदिष्ठोऽस्या उषसो व्युष्टौ ।

अव यक्ष्व नो वरुणं रराणो वीहि मृळीकं सुहवो न एधि स्वाहा ॥

इदमग्नीवरुणाभ्याम् इदं न मम ॥

Om sa tvam no agne-avamo bhavotee-nedish-tho-asyaa
ushaso vyush-tau |

Ava yak-shva no varunam raraano veehi mrideekam
shuhavo na edhi svaaha || Idam-agni-varuna-bhyaam, idam na
mama ||

(Rig Veda | Mandal 4 | Sukta 1 | Mantra 5)

O God! May You protect us at all times. Since You are also compassionate, may we take shelter under You to remove all our sources of sorrow. This offering is for the welfare of all - not only for me.



7. ओ३म् इमं में वरुण श्रुधी हवमद्या च मृळय । त्वामवस्युरा चके स्वाहा ॥

इदं वरुणाय इदं न मम ॥

Om imam me varuna shrudhi hava-madyaa cha mridaya |

Tvaam-vasyu-raa chake svaaha | Idam varunaaya, idam na mama ||

(Rig Veda | Mandal 1 | Sukta 25 | Mantra 19)

O God! May you remove all my sorrow. May I be blessed with happiness this very day. May I always commit only noble deeds. This offering is for the welfare of all - not only for me.



8. ओ३म् तत्त्वा यामि ब्रह्मणा वन्दमानस्तदा शास्ते यजमानो हविर्भिः ।

अहेळमानो वरुणेह बोध्युरुशंस मा न आयुः प्र मोषीः स्वाहा ॥

इदं वरुणाय इदं न मम ॥

Om tatvaa yaami brahmanaa vandamaanas-tadaa shaaste yajamaano
havir-bhih | Aheda-maano varuneha bodhyu-rushamsa maa na
aayuh pra mosheeh svaaha | Idam varunaaya, idam na mama ||

(Rig Veda | Mandal 1 | Sukta 24 | Mantra 11)

O God! Doing noble deeds, I worship You with utmost love and devotion. Please listen to my prayers. Also, may I live a long meaningful life. This offering is for the welfare of all - not only for me.



9. ओ३म् ये ते शतं वरुण ये सहस्रं यज्ञियाः पाशा वितता महान्तः ।
तेभिर्नोऽद्य सवितोत वष्णुर्विश्वे मुञ्चन्तु मरुतः स्वर्काः स्वाहा ॥
इदं वरुणाय सवित्रे विष्णवे विश्वेभ्यो देवेभ्यो मरुद्भ्यः स्वर्केभ्यः इदं न मम ॥

Om ye te shatam varuna ye sahasram yajnyaah paashaa
vitataa mahaantah |

Tebhirno-adya savitota vishnur-vishve munchantu marutah
svarkaah svaaha ||

Idam varunaaya savitre vishnave vishve-bhyo deve-bhyo
marud-bhyah swarke-bhyah, idam na mama.

(Paaraskara Grihya Sutra 1.2.8)

O God! May I gain knowledge about the numerous rules that govern this entire universe. May my scholarly friends help me emerge out of the shackles and attain salvation (moksha). This offering is for the welfare of all - not only for me.



10. ओ३म् अयाश्चाग्नेऽस्यनभिश्चिपाश्च सत्यमित्त्वमया असि ।
अया नो यज्ञं वहास्यया नो धेहि भेषजं स्वाहा ॥ इदमग्नये अयसे इदं न मम ॥

Om ayaashcha-agne-asya-nabhi-shasti-paashcha
satyamitva-mayaa asi |

Ayaa no Yajnam vahaasya-yaa no dhehi bhesha-jam svaaha ||
Idam-agnaye ayase, idam na mama ||

(Kaathyaayana Shroutsutra, 25.1.11)

O God! As You are present everywhere, You know about all my actions. May You provide the remedy to prevent me from spiritual diseases like anger, greed, jealousy, etc. This offering is for the welfare of all - not only for me.



11. ओ३म् उदुत्तमं वरुण पाशमस्मदवाधमं वि मध्यमं श्रथाय ।

अथा वयमादित्य व्रते तवानागसो अदितये स्याम स्वाहा ॥

इदं वरुणायाऽऽदित्यायाऽदितये च इदं न मम ॥

Om udut-tamam varuna paashamas-mada-vaa-dhamam
vi madhyamam shrathaaya |

Athaa vayam-aaditya vrata tavaa-naa-gaso aaditaye syaama
svaaha || Idam varunaayaa-aadityaayaa-aditaye cha, idam na
mama ||

(Rig Veda | Mandal 1 | Sukta 24 | Mantra 15)

O God! May You set us free from bondage. May we not do any evil deeds. May we follow the rules stipulated by You, thus moving towards salvation (moksha). This offering is for the welfare of all - not only for me.



12. ओ३म् भवतन्नः समनसौ सचेतसावरेपसौ ।

मा यज्ञं हिं सिष्टं मा यज्ञपतिं जातवेदसौ शिवौ भवतमद्य नः स्वाहा ॥

इदं जातवेदोभ्याम् इदं न मम ॥

Om bhavatan-nah samanasau sacheta-saa-vare-pasau |

Maa Yajnam him sishtam maa Yajna-patim jaatavedasau
shivau bhavata-madhya nah svaaha || Idam jaata-vedo-bhyaam,
idam na mama ||

(Yajur Veda | Chapter 5 | Mantra 3)

O God! May we continuously learn and benefit from the scholars. May they guide us onto the right path and always protect us. This offering is for the welfare of all - not only for me.

XIV. MEDITATION

Directions – A short meditation session may be performed anytime during the day. Following text is only indicative. Changes can be made as deemed appropriate. It can be divided into three phases. Start with chanting 'Om' thrice.

Phase	Focus	Remarks
I	Stuti (स्तुति)	To invoke the virtues, deeds and the characteristics of God
II	Prarthanaa (प्रार्थना)	Pray to God for happiness, bliss and intellect
III	Upaasanaa (उपासना)	Communion with God – Feeling His presence

Phase I | Stuti

- You are भूः, | the Giver of life, giver of 'प्राणः'
- You are भुवः, | You remove all my sorrow, all my obstacles.
- You are स्वः, | Giver of happiness and bliss.
- You are सर्वशक्तिमान | You are all powerful.
- You are सर्वरक्षक | You protect me at all times.
- You are सर्वव्यापक | You exist everywhere, in each minute particle. It is like soaking cotton in water. Water exists in every particle of cotton.
- You are सर्वज्ञ | You know every aspect about me and everyone else | You constantly know what I think, speak and do.
- Oh Almighty ! You are न्यायकारी | You are the best judge. You sooner or later ensure justice for all. You are also compassionate.
- You are also सर्वाधार | You create and maintain this Earth, Sun, Moon and other celestial bodies. You have also scientifically created my complex body with over 1 lakh km long blood vessels.



Phase II | Prarthanaa

One can repeat the following 3 times.

Om आनंदः 'Aanandaha'.....You are the source of all happiness and bliss.
Please bestow me with same

You can alternatively also chant the Gayatri mantra praying for good intellect

ओ३म् भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om bhur bhuvah svah | Tat-savitur-varenyam bhargo devasya
dheemahi | Dhiyo yo nah prachodayaat ||

(Yajur Veda | Chapter 36 | Mantra 3)

Oh Source of life, Remover of Sorrow, Giver of Happiness! We meditate upon You, who created this Universe and is the source of all knowledge and bliss. We pray that You guide our Intelligence on to the right path.



Phase III | Upaasanaa

Completely surrender to God. He is everything for us (the soul). Chant the following mantra slowly, internalizing the meaning.

त्वमेव माता च पिता त्वमेव । त्वमेव बन्धुश्च सखा त्वमेव ।

त्वमेव विद्या च द्रविणम् त्वमेव । त्वमेव सर्वम् मम देव देव ॥

- त्वमेव माता | You are my Mother
- च पिता त्वमेव | You are my Father
- त्वमेव बन्धु | You are my Relative
- च सखा त्वमेव | You are my Friend
- त्वमेव विद्या | Knowing you is true Knowledge
- द्रविणं त्वमेव | Acquiring You is true Wealth
- त्वमेव सर्वं मम देव देव | You are Everything for me!



XV. BIRTHDAY PRAYER

ओ३म् तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् । पश्येम शरदः शतं जीवेम शरदः शतं
शृणुयाम शरदः शतं प्रब्रवाम शरदः शतमदीनाः स्याम शरदः शतं भूयश्च शरदः शतात् ॥

Om Tach-chakshur-devahitam purastaa-chhukramuch-charat |
Pashyema sharadah shatam jeevema sharadah shatam shrunu-
yaama sharadah shatam prabravaama sharadah shatam-adinaah
syaama sharadah shatam bhuyash-cha sharadha shataat | |

(Yajurveda | Chapter 36 | Mantra 24 |)

Meaning: Oh God – Our well-wisher and the Giver of knowledge. May we see and learn for hundred years; May we live healthily for hundred years; May we listen to scholars for hundred years; May we speak softly and always the truth for hundred years; May we live a happy meaningful life for hundred years and indeed even beyond that.



BIRTHDAY WISHES

हे..... ! त्वं जीव शरदः शतं वर्द्धमानः । (आयुष्मान् / आयुष्मति), (तेजस्वी /
तेजस्विनी), (वर्चस्वी / वर्चस्विनी), (श्रीमान् / श्रीमति) भूयाः ॥

Hey_____! tvam jeeva sharadah shatam vardhamaanah ।
(aayushmaan / aayushmati), (tejasvi / tejasvini), (varchasvi /
varchasvini), (shrimaan / shrimati) bhooyah । |

Meaning: O (name of the boy/girl) ! May you live for hundred years. May you be educated, compassionate, helpful, hard-working, prosperous and dharmic.



XVI. MEAL TIME PRAYER

ओ३म् अन्नपतेऽन्नस्य नो देह्यन्मीवस्य शुष्मिणः ।

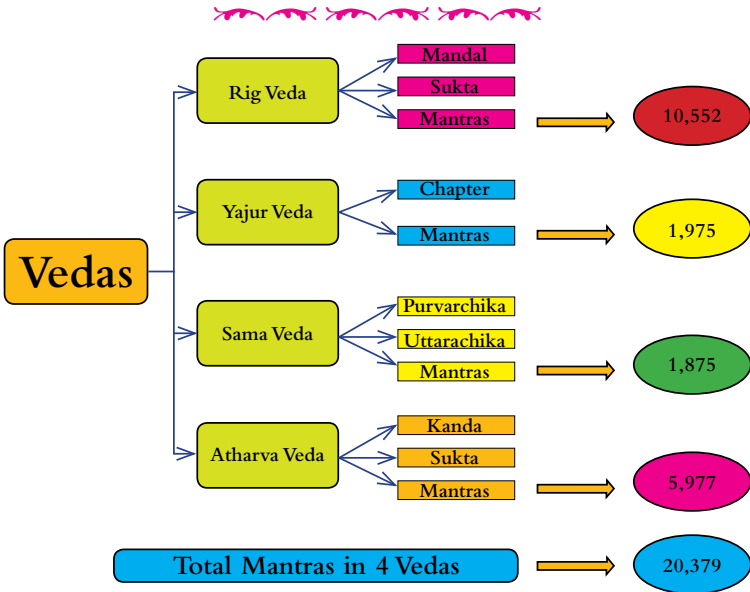
प्रप्र दातारं तारिषऽ ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

Om annapate-annasya no deh-yanmi-vasya sushminah ।

Prapra daataaram taarisha oorijan no dhehi dvipade chatushpade ॥

(Yajur Veda | Chapter 11 | Mantra 83)

Oh God! The Giver of Food ! May you provide us with healthy and energy producing food. Bless all those who have been involved in preparation of this food. May all living beings (human & animals) be blessed with energy giving food.



VEDIC WAY TO BEAT POLLUTION

One of the biggest industrial disasters in this world took place in Bhopal, India on the night of December 2, 1984, wherein about 3,800 people lost their lives. Methyl Isocyanate (MIC) gas leaked from Union Carbide factory in Bhopal causing great havoc. It was past midnight and people were asleep. The gas spread rapidly and people started coughing, feeling chest pain with burning sensation in the eyes. People came out on the streets and began running away. Many were trampled in the panic that followed.

S.L. Kushwaha, teacher aged about 45 years also woke up at 1:30 a.m., on hearing his wife Triveni vomiting. Soon he and his children also began feeling uneasy. Looking out of their home they saw people fleeing in panic. They got to know about the gas leak in the factory about a kilometer away. Just then Triveni suggested that they perform the Agnihotra. They decided to do so and surprisingly within 20 minutes the symptoms of MIC gas poisoning, faded away. It was not a miracle, but a simple scientific process. The gas that emanated from Agnihotra (essence of cow ghee & herbs) enveloped the area and kept the poisonous gas away. Indeed there was one another case – 33 year old M.L. Rathore, lived near the Bhopal Railway station where once again numerous people lost their lives. Rathore also started performing Agnihotra and the entire family got saved.

