

|| samidādhānam || Daily ritual for brahmacārīns.

(face East and have Homa kuṇḍa and offerings like samidhās ready / this should be twigs of twigs of)

|| gaṇapati dhyānam || Meditation on Lord Gaṇapati (Tap the temples then do Namaskaara-mudra)

śuklām-baradharaṁ viṣṇuṁ śaśi-varṇaṁ caturbhujam |

prasana-navadanaṁ dhyāyet sarvaviḡhno-paśāntaye ||

|| ācamaniyam || (sip water three times)

om brahmaṇe svāhā |

om viṣṇave svāhā |

om rudrāya svāhā ||

|| prāṇāyāmaḡ ||

om asya prāṇāvāsyā | (namaskara mudra)

para-brahma ṛṣiḡ | (touch forehead)

daivi-gāyātrī chaṇḍaḡ | (touch top lip)

param-ātmā devatā | (touch heart)

prāṇā-yāme vini-yogaḡ || (namaskara mudra)

om om om |

(breath in through the left nostril)

om būḡ | om bhuvāḡ | om suvāḡ | om mahāḡ | om janāḡ | om tapāḡ | om saṡyaṁ ||

(retain the breath)

om tat savitur vareṇyaṁ bhargō devasyā dhīmahi | dhīyo yonāḡ pracodayāt ||

(breath out through right nostril)

om āpo jyoti-rasomṛtaṁ brahmā bhūr bhuvāḡ suvārāpa om ||

(repeat this starting with the right nostril instead of the left)

|| saṅkalpaḡ || Statement of intent to perform the ritual (Take three pinches of rice akshatas in the right hand and

cover with the left hand. Hold this while chanting the saṅkalpa, and offer into the homa kuṇḍa with "kariṣye")

om mamo-pāṡta | samasta durita-kśaya-dvāra | śrī parameśvara prītyarthaṁ | prātaḡ samidā-dhānaṁ kariṣye | (or

if it is evening sāyaṁ samidā-dhānaṁ kariṣye)

apa upaspiṣya || (Take a spoon of water and wash hands for purification.)

(light fire if not already lit with the mantra om bhūr bhuvāḡ ssvārom)

|| prārthanām || (namaskāra mudrā)

pari tvā'gne pari mṛjāmyāyuṣā ca dhanēna ca ।

suprajāḥ prajayā bhūyāsagm̄ suvīro virai ssvarcā varcasā supoṣaḥ poṣai-ssugr̄ho gr̄hai-ssupatiḥ patyā sumedhā
medhayā sūbrahmā brahmacāribhiḥ ।

adīte'numanyasva ।

anūmate'numanyasva ।

sarāsvate'numanyasva ।

devā savitaḥ prasūva ।।

।। dvādaśa samidhāhuti ।। (Offering of twelve samidhaas)

agnaye samidha-māhārṣam̄ br̄hate jātavedase । yathā tvamagne samidhā samidhyasā evam̄ māmāyuṣā varcasā
sanyā medhayā prajayā paṣubhir-brahmavarcasenā-nnādhyena samedhaya svāhā । (offer samidhā or darbhā)
edho'syedhiṣi-mahi svāhā । (offer samidhā)

samidāsi samedhiṣimahi svāhā । (offer samidhā)

tejo'si tejo mayi dhehi svāhā । (offer samidhā)

apo adyānva-cāriṣagm̄ rasena sama-sṛkṣamahi । payāsvāgm̄ agnā āgamaṁ tam̄ mā sagm̄sṛjā varcasā svāhā । (offer
samidhā)

sam̄ mā'gne varcasā sṛjā prajayā ca dhanēna ca svāhā । (offer samidhā)

vidyunme asya devā indro vidyāthsaha ṛṣibhi ssvāhā । (offer samidhā)

agnaye br̄hate nākāya svāhā । (offer samidhā)

dyāvā-pṛthivibhyāgg svāhā । (offer samidhā)

eṣā te agne samittayā vardhāsva cāpyāyasva ca tayā'ham̄ vardhamāno bhūyāsamā-pyāyā-mānaśca svāhā । (offer
samidhā)

yo mā'gne bhāginagm̄ santamathā-bhāgam̄ cikīrṣati ।

abhā-gamagne tam̄ kuru māmagne bhāginam̄ kuru svāhā । (offer samidhā)

samidhāmā-dhāyāgne sarvāvrate bhūyāsagg svāhā । (offer samidhā)

om bhū ssvāhā । agnaye idam̄ na m̄ama ।

om bhuvā ssvāhā । vāyave idam̄ na m̄ama ।

om suvā ssvāhā । sūryāya idam̄ na m̄ama ।

om bhūr bhuvā ssvāhā । prajāpataye idam̄ na m̄ama ।।

adīte'nvamaggsthāḥ ।

anūmate'nvamaggsthāḥ ।

sarāsvate'nvamaggsthāḥ ।

devā savitaḥ prāsāvīḥ ।

।। agni upasthānam kariṣye । (namaskāra mudrām)

yatte agne tejaṣtenā ahaṁ tejaṣvī bhūyāsam ।

yatte agne varcaṣtenā ahaṁ varcaṣvī bhūyāsam ।

yatte agne haraṣtenā ahaṁ haraṣvī bhūyāsam ।

mayī medhām mayī prajāṁ mayyagnis-tejō dadhātu ।

mayī medhām mayī prajāṁ mayīndra indriyaṁ dadhātu ।

mayī medhām mayī prajāṁ mayī sūryo bhrajo dadhātu ।

om agnaye namaḥ ।।

mantrahīnaṁ kriyāhīnaṁ bhaktihīnaṁ hutāśana ।

yaddhutaṁ tu mayā deva paripūrṇaṁ tadastu te ।।

prāyaścittān-yaśeṣāni tapaḥ karmāt-makāni vai ।

yāni teṣā-maśeṣānām śrī śiva-smaraṇaṁ param ।।

hara hara pārvati pataye ।

hara hara mahā-deva ।।

।। abhivādādam ।। (Do abhivādādam according to your tradition or skip this step)

abhivādādhaye kāśyapā āvatsāra naidhrvā tryā hr̥ṣeyā pravaraṇ

।। rakṣam ।। (Take ash from the fire, hold in the left hand, and pray for blessings with these mantras as you mix the ash to a fine powder moving the ring finger of the right hand in a clockwise circle through the ash.)

mānāstoḥke tanāye mā na āyūṣi mā no goṣu mā no aśveṣu rīriṣaḥ ।

vīrānmā no rudra bhāmito vadhī-rhaviṣmānto namāsā vidhema te ।।

ārātte goghna uta pūruṣaghne kśaya-dvirāya sumnamasme te astu ।

rakṣā ca no adhi ca deva brūhyadhā ca naḥ śarmā yaccha dvībarhāḥ ।।

(Then take ash with the right hand ring finger and apply to the parts mentioned)

medhāvī bhūyāsam । (forehead)

tejaṣvī bhūyāsam । (heart)

varcaṣvī bhūyāsam । (right shoulder)

brāhma-varcaṣvī bhūyāsam । (left shoulder)

āyūṣmān bhūyāsam । (neck)

annādo bhūyāsam | (back of neck)
svasti bhūyāsam || (crown of head)

|prārthanām || (namaskaara mudraam)
śraddhām medhām yaśa prajñām vidyām buddhim śrīyam balam |
āyusyaṁ teja ārogyaṁ dehi me havya-vāhanā ||
dehi me havya-vāhanā om namḥ iti ||

kāyena vācā manasen-driyairvā budhya" | tmanā vā prakṛteḥ svabhāvāt |
karomi yadyat sakalam parasmai nārāyaṇāyeti samarpayāmi ||

om tat sat . brahmārpaṇamastu ||