



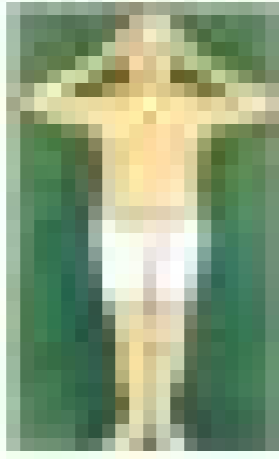
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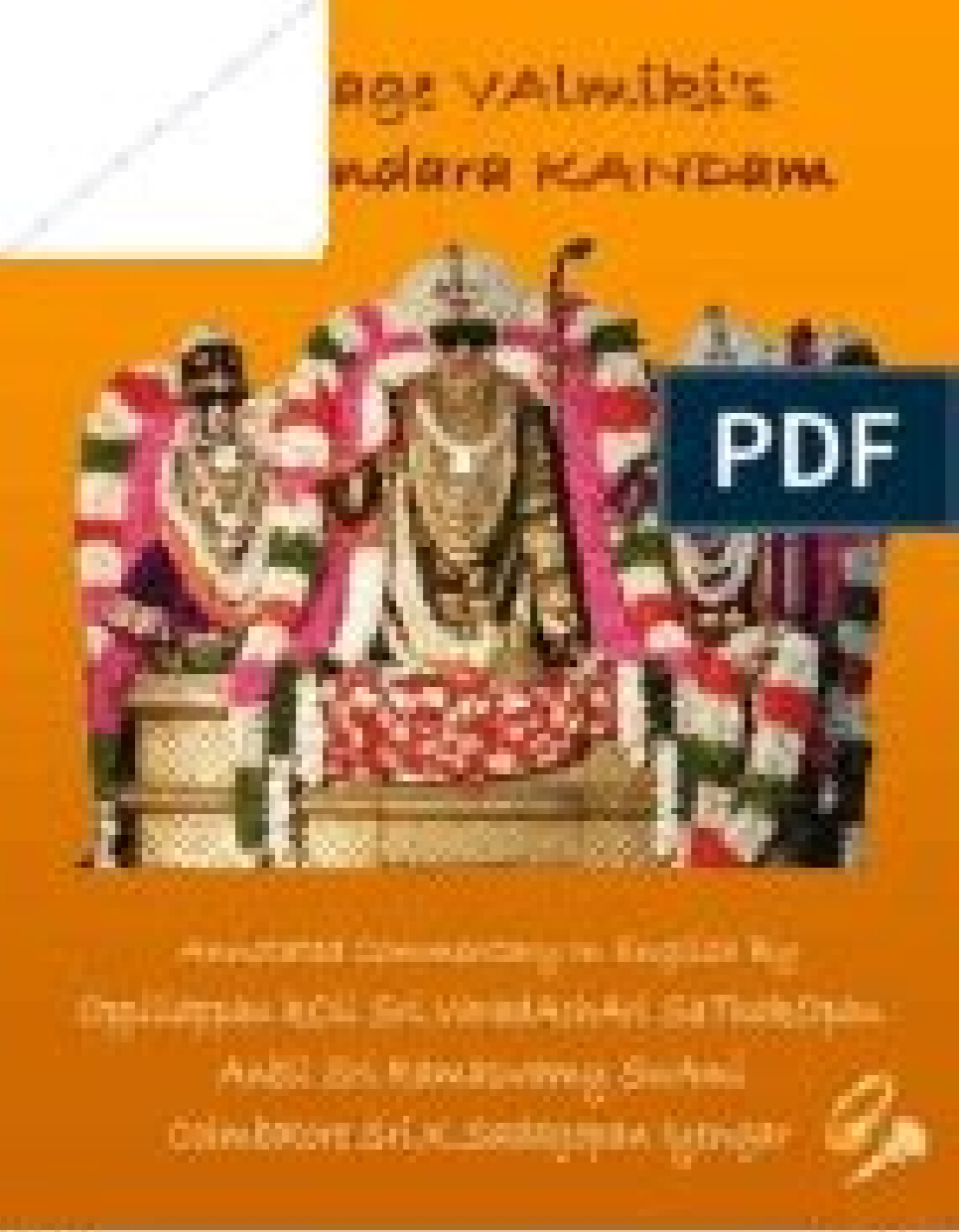
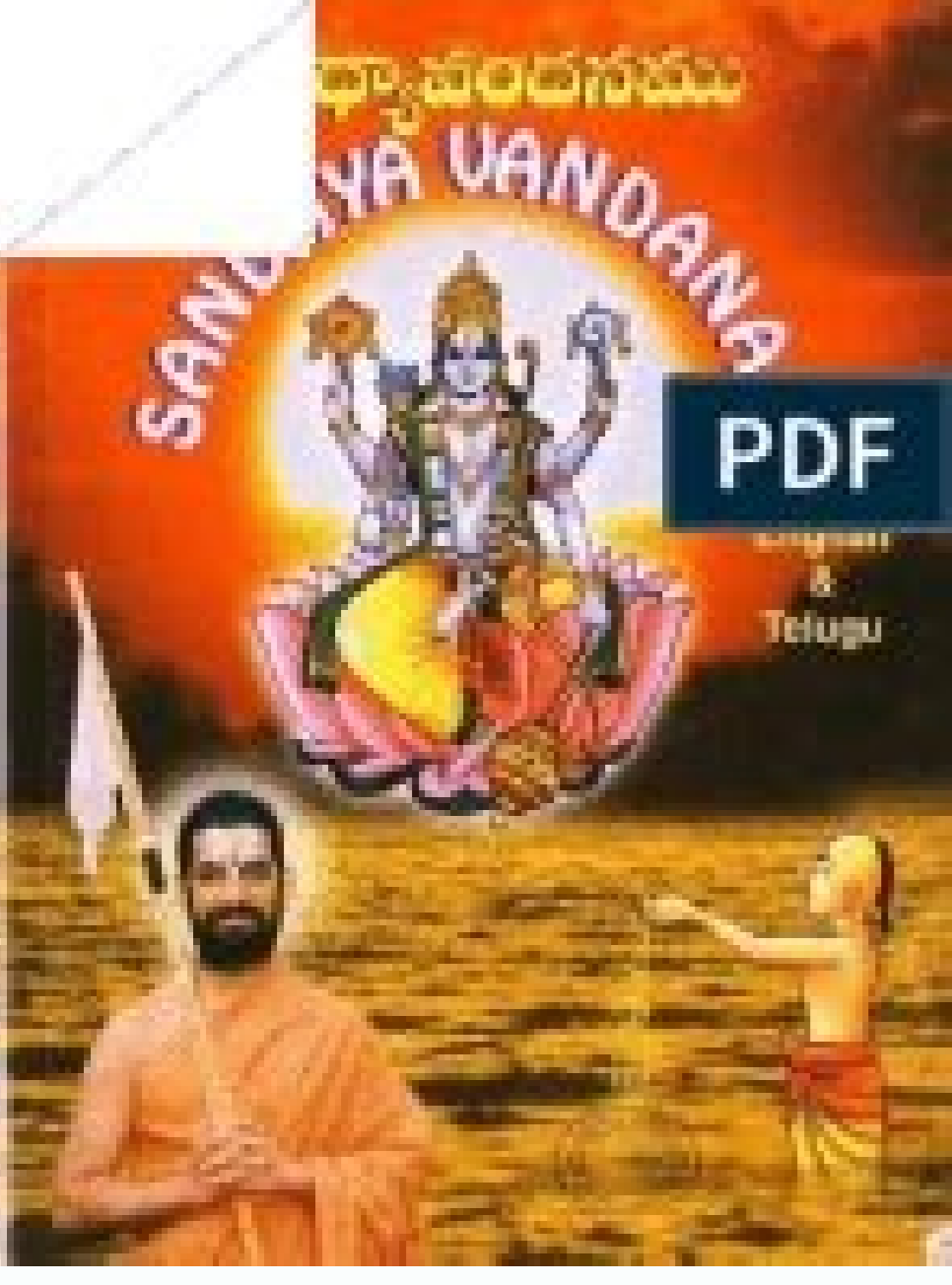
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Procedure for Hanu Water (Samsara) - Changing the Sacred Thread
1. Sit down in an Asana (Padmasana) in the morning and noon, and meditate for 15 minutes.
2. Perform Samsara (Samsara Mantra) with the following procedure - Sit under a tree with a lot of light and water. Take a small amount of water in the palm of your right hand and sprinkle it on your head. Repeat this 108 times. Then take a small amount of water in the palm of your left hand and sprinkle it on your feet. Repeat this 108 times.



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Use the procedure given in section 1.122.1.Japam Japa Sankalpam1. Using your finger, tap the right ear while singing the first mantra word and the left ear while singing the second5. 2. Om Achyuthaya Namah, Om Ananthaya Namah, Om Govindaya Namah So, using only your right hand1. 4. Taking a little water on your right palm, sprinkle water clockwise around your head (like a Pradakshinam) Om Bhobuvassuva51.9 Argya Pradhanam Join both hands, taking care not to let any thumb touch the other fingers. Cover the left palm with the right palm, and sing the next mantra. Mamo partha samastha duritha kshaya dwara Sri Parameshwara prothyartham Prathah Sandhya Madhyannikam Sayam Sandhya Prathah sandhya gayathri mantra japam karishye mahaMadhyannika gayathri maha mantra japam karishye Sayam sandhya gayathri maha mantra japam karishye82. 2Pranava Japam1. Use the thumb, small fingers and fingers of the right hand ring (as shown in Fig. For each of the following mantras, take a little water in your right palm and let it flow down your fingertips, the durations of these three (viz. 6. Sankalpam Rest your left palm on the right thigh. b) Chant the following (ten) mantras. Close your eyes, focus your attention on the spot between your eyebrows and recite Asaavadhityo Brahma. Tap in the middle of your chest Paramathma devatha 4. Tap in the middle of your chest Agni - vayu - arka - vageesa - vauna indra - Visve deva - eAO,20 Free Shipping Best Seller You are reading a free preview Pages 7 to 15 are not shown in this view. Chant OM three times. Madyannikam Face North and repeat twice. 7. Sayam 01.1 01.1 .sezev saud riteper e tseW ecaF Argyam1. 12. Close the two nostrils when recite Om tat-Savithur Varenyam Bargo Devasasya Dhimahi Dhiyo Yona Prachodayath 3. 3. 11. 8. While singing the first seven sprinkles water on the head; While singing the eighth sprinkle water on the feet; For the ninth again, sprinkle on the head and sing the tenth catching a little water in the palm of the right hand and spraying - the around the head clockwise 1 2 3 4 5 6 7 aapo hishta mayo bhuva thana oorje dadha thana mahe ranaaya chakshase yova shiva Thamo Rasa Thasya bhajaya thebana Usatirava Mama Matharas Jump water on your feet (or touch your feet with wet hands) Yasya Kshayaya Jinwacha 9 Salpink on the head Aapo Janayadha jana 10 Getting a little water in your palm, water surrounded around your head in the clockwise direction (as a pradakshinam) om bhobuvassuva1.6 praasanamafter the "swaha" at the end of the mantra, take a small amount of water in the palm of the right hand and drink. Using your middle finger, touch the right shoulder while chanting the first word of the mantra and the left shoulder while chanting the secondTTSreedhara - Hrishikesha 6. Udaya abhisooraya sarvaan dathindra they vache Om utkeddhbhi sruthamagam vrushabham naryabasin Astharameshi soorya Om na thasya maya yachana Ripureeseetha marthya yo Agnyae Dathacha havyadathayemadyannikamsayam Sandhya61.11 Ikye-anusandhanam with the two hands touch in the middle of the chest. 10. Registration is fast, simple and absolutely free, please join our community today! If you have any problems with the registration process or your account login, please contact us. 19. Pranayama, as detailed in Section 1.3.2. Puraka, Kumbhaka and Rechaka) must be in proportion 1: 3: 231.5marjanama) Chant Sri Kesavaya Namah and write Om in the water with the ring finger of the right hand. Use the procedure provided in Section 1.11.8punar marjanarecite The next 14 mantras. The inhalation is called Puraka, the - eAhnam ad 8 e 4 ertne etnemacipit(eAhnam aleP mahtrayhteerp arawhsemaraP irS arawd ayahsk ahtirud ahtsamas ahtap amaM :artnam etniugues o ratnac e ,otierid malp o moc odreugse malp o rirboC .5 .12ed odreugse odal o matrepa sotnuj oneuqep oded o e lena od oded o otnauqne ,atierid aniran an ra ed oxulf o odnalortnoc ziran od otierid odal o artnoc anoisserp ragelop o ,amlap an sodarbot ofAS oidAm oded o e rodacidini O 1 - 1)AVadpor ed aton an odahlated e 1 .sosruccer sortuo sossion rasseca e sepASsuccsid sad airoiam a rev arap odatimil osseca jAd ehl euq odadivnoc mu omoc sacalp sassion odnev jAtse AAcov .snimharB limaT ed snurAf soa odniv-meB .ofASAripers a raruges es-edop ,ziran od sodal so sobma me etnemaenatlumis ofASserp racilpa oA .41 .edrat manahdarp aygra o rezaf rop)ofASAjapxe(ahtihcsayarP mu AV etsE htayadohcarp anoy oyihD ihameed aysaved ograbh maynerav ruhtiv astaT avussavubrohB mO- artnam etniugues o aticer otnauqne soded sod sAVarta augiA a epejseD .eloy e aterid amlap aus me augiA ed edaditnauq aneuqep amu ramot setniugues artnam sod mu adac ratnac ed siopED manamahcaA 1.1.manahdarp aygra A lrednahcamarR.P oirjAutnaS manadnaV ayhdnaS adeV amaS 784 x 995224 x 415753 x 924292 x 443 jxpl ohnamat oditubmE otircsneAS me a manadnavayhdnaS alak-iT adeV amaS solnevE asojigieremofI ragneyT SRT roPO202 .82 vaMsosojigler solnevE .etron arap odariv otmemahcaga ayhdnaS mayaS .21avamam agnara amsaht araham avaritasU anahceth ayajhhv aysaht asar omahit avihis avoV esahskahc ayaanar eham anahit ahdaD ejroo anahT avulhb oyam atshih opaA htahsraht ihsmuhuya anarP hitaarak ahkum onhharuS anjav aysawsar onhsij mahsiraaka onnivark ihdaD .9 .adreugse aniran ad arof e ortned aulf ra o euq odnitmrep ziran od odreugse odal on ofASserp a axaler etnemaenatlumis otnauqne aterid aniran a odnaeuqolb ziran od otierid odal o artnoc etnememrif ragelop o odnaoisserp adreugse aniran a eripsnI samlap saus me etneicifus augiA anAeR akahcer ofASAlaxe Evening) In the morning otnauqne aterid aniraN od sAVarta ra od sAVarta ra od oxulf o ralortnoc es-edop .ecidnaO ocuop oded o moc ofASserp a odnatnemua otnauqne ragelop o odnaxaler .amrof ansem ad .2 mayhtaS mo ahapaht mo ahahanj mo ahaham mo ahavuS mo ahavuhB mO oohohB mO aticer otnauqne adreugse aniran ad sAVarta eripseR :aticer otnauqne asAebac ad atlov me oirjARoh oditnes on elknir us on aterid A aterid A augiA an augiA ed edaditnauq aneuqep amu eugeP .ragelop ed serodacot so ofAn arap odadiuc odnamot .sofAm sa sabma a es- etnuj .81 .4odnuges o egnita otnauqne odreugse odal o e artnam o e artnam o e artnam o avatnac otnauqne ziran od odal on euqot ,rodacidni oded o odnasU .manamahA mrofrePmanamahCA 41.1.imayaprahT marahdomaD imayaprahT mahbanamdaP imayaprahT masekhisirH imayaprahT marahdeerS imayaprahT manamaV imayaprahT mamarkivirT imayaprahT manahdoosuhdaM.12 .31 ahdawnij ayayahsk aysaY jsdnah tew htiv teef ruoy hcuot ro(teef ruoy no retaw elknirpS .imayaprahT .imayaprahT .imavahTA imayaperhT muuhaR imayaprahT markuhS imayaprahT mihtapsaharB imayaprahT mahduB imayaprahT makaragnA imayaprahT mamoS imayaprahT maytidaA .41 anaj ahdayanaj opaA daeh eht no elknirpS .5 ahayahsir asareegnaa - apayask amahwtog - athsisav - ashtuk - ugurb irhta maneerthayv ahtpas ihdaroolhB jdeducike bmuht(sregniI ruof htiv daeh ruoy fo pot eht hcuot .sortuo sortuo sotium rasseca e odAetnoc ed daolpu rezaf .sasiusqep arap daolpu rezaf .jMP(sortuo yltavirp sorbimem sortuo so jAracimnoc .socioP(At soa osseca jAret AAcov .atiturya nimharB edadinumoc asson an rassergni oA .maygra mu siam asAerofu .adnuges mE makinayhdaM - 0061 neyhsiraK makinayhdaM - aid o etnarud hissapU to the left, recite the next mantra while gently touching your temples / rear forehead with your buckles -shuklambaradharam vishnum shashi varnam chathurbhujam prasanna vadanam dnyaveth sarva vigna upa shanthaye. om, om, Om1.4 rest your left palm on the right thigh. tap the navel (belly button) with all fingers, saying padmanabha 7. tap the top of the head with four fingers (thumb deleted) pranavyasa rishi brahma 2. from pranayamam (refer section 1.3) 3.

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