

Sama Veda Upakarma Prayoga for the year 2010

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(10-9-2010)

(Compiled by P.R.Ramachander)

In the case of Sama Veda, The upa Karma prayogam is very extensive and differs very much from the Upakarma prayoga of Rig and Yajur Vedis. They always do it in Hastha Nakshtra of the Kanya Masa. It essentially consists of ten steps in the following order

- 1.Panchagavya sammelanam
- 2.Snana Mahasankalpam
- 3.Brahmayagnam
- 4.Punyaham
- 5.Rishipooja(Uthsarjan Karma)
- 6.Deva,rishi, Pithru Tharpanam (264+12)
- 7.Ghata Poojai
- 8.Yagnopaveethadhaaranam
- 9.Vedarambam
- 10.Kankanadharanam

Naturally these have to be done with the instruction of a Guru but in modern times when people are scattered all over the world and also because well learned Sama Vedi Purohithas are very scarce, many people are forced to do it in their home depending on some handouts. Since most of the above steps are lengthy and involve proper chanting of Sama Veda Mantras, they do only three steps of the above 10. They are

- 1.Snana maha Sankalpam,
- 2,Brahma Yagnam
- 3.Yagnopaveetha dharanam

English is a very inadequate language to type out Sanskrit manthras. But I have made an effort to present the needed mantras for the above steps for the year 2087 because I feel that our youngsters are more at home in English rather than in their mother tongue or Sanskrit. Since I am not a Sama Vedin I depend for the mantras on Book published by C.Sankara TRama

Sastri(1956) Sama Veda Upakrama prayoga published by Sri Balamanorama press, Madras. I have also got my typing read through and to certain extent edited by Sri.P.A.Anantharaman.I am grateful to him,

[Maha Samkalpam](#)
[\(10-9-2010\)](#)

a.Aachamanam, wear Pavithram.

b.Shuklam baradharam.....

c.Om bhoo

d.Maha samkalpam

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth
pundari kaksham, sabahyanthara suchi , manasam vaachikam
paapam , karmanaa

Samuparjitham, sri Rama smaranenaiva vyopahathi na samsaya
.Sree rama Rama rama

Tidhir Vishnu, Tatha vaara, nakshatram Vishnu reva cha
Yogascha karanam chaiva sarvam Vishnu mayam Jagat ,
Sri Govinda , Govinda, Govinda

Aadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya
, aparimithaya, sakthyya, briyamaanasya, mahaa jalou ghasya
madhye,

Paribrhama maanaanam aneka koti brhmaandanam madhye, eka
thame,avyaktha mahadahankara pruthivya aptejo vayvakaasaa
ahankaradhii -aavaranair- aavruthe- asmin mahathi bramanda-
karanda-madale- aadhara sakthi – aadhi koormaa nandathi ashta
diggajopari prathishtithasya uparithale -Sathyadhi loka shadkasya
adho bhage, mahaa nalayamana phani raja seshasya sahasra
phanaa mani mandala mandithe, lolaalokachalena parivruthe-
dighdanthi-shunda dhanda-uttambhithe, lavaneshu suraa sarpee
dhadhee dugdha sudhodhakrnavii parivruthe , jambhu-plaksha-
saka-salmali-kusa-krouncha-pushkarakhya saptha dweepa
dheepithe, Indra dheepa kaseru thamra gabhasthi naga soumya
gandharwa chaarana bhathakhya nava gandathmake -Maha
meru giri karnakopetha maha saroruhayamana pancha sath koti
yojana vistheerna bhoo mandale- sumeru nishadha hemakoota
himachala malyavath pariyathraka gandhamadhana kailasa
vindhyachaladhi, maha shailadhishtithe, Lavana Samudhra
mudhrithe, Bharatha Kimpurusha Hari Ilavrutha Ramyaka

Hiranmaya KuruBhadrascha Kethumalakhya nava
varshopashobithe, , Jamboo dweepe, Bharatha varshe, bharatha
kande, Mero Dakshine Parswe, Karma Bhoomou - Swamyavanthii
kuru kshethraadhi sama bhoo Madhya rekhaya poorva dig Bhage,
Vindhachalasya Dakshina dig Bhage , Dandakaranye , Sakala Jagat
Srushta parardha dwaya jeewino Brahmana Pradhame Parardhe
Pancha sadhabdhathmike Aatheethe, Dwitheeya parardhe,
Panchasadabdhou, Pradhame Varshe, Pradahme mase , Pradhame
Pakshe, Pradhame divase, AAhani dwitheeye yame , tritheeye
muhurthe, swayambhuva-swarochisha-uthama-thamasa-raivatha-
chakshuhaksheshu, shatsu manusha vyatheetheshu, saphame
vaivaswatha manvanthare, aashta vimsathi thame, varthamane
kali yuge, prathame padhe, , Shalivahana shakabdhe, Chanrda
savanna souradhi maana bramithe , prabhavaadheenam sashti
samvatsaranaam madhye , Vikruthi nama samvatsare,
Dakshinaayane, Varsha rithou, Simha mase, Shukla pakshe,
aadhya tritheeyam * shubha thidou, Brugu vasara yukthayam,
hastha ** nakshatra yukthayam, shubhayoga, shubha karana
evam guna, viseshana visishtaayam, asyam tritheeyam * shubha
thidou, Sarva Papa Harana nipuna sri Parameswara
preethyartham, Anaadhya vidhyaa vaasanaya pravarthamane ,
Asmin mahathi Samsara Chakre, Vichithrabh karma gathibhi-
vichithrasu yonishu , puna punaranekadha janithwa, Kenaapi
punya karma viseshena idhaaneentha maanushye dwija janma
visesham prapthavatho mama, iha janmani poorva janmasu maya
kruthaanam brahma hathyadhi -swarnaastheya –suraapana-
guruthalpagamana,- maha pathaka chathushtaya,
vyatheerikthaanaam , thath samsargaanaam, theshaam
pathakanaam, nikshipthaya, saranaagathaaya, , pathivruthaya
sangama nimithanam, nishidha sashtraabhi gamanaadheenaa,
vidwad brahmana pankthi bhedhacharana , vaardhakee -vidhawa
vesya vrushalyaadhi samsarga nimithaanaam, balye vaysi
kaumare youvane vaardhake, jagrath swapna sushpthyavasthasu,
mano vaak kaya karmendriya vyapaarai, jnanendriya
vyapaaraischa, samsarga nimithaanaam, bhooyo bhooyo
aabhyasthanaam, thathra thathra garbhothpathi nimithanaam,
thath saha bhोजना thad uchishta bhakshana, aswa yoni,
paswadhi yoniretha skhalitha nimithaanam, govadha paswadhi
prani vadha nimithaanam, sthree shoodhra vita kshatriya vadha
nithaanaam, aayuktha lavana pakvanna madhu ksheera thila
thaila maama moola phala ,

saaka raktha vasa suvarna, kambalaadhi vikraya nimithaanaam,
aswadhi vahana , ikshu kanda dathana, paraapavaadana,
bradhakadhyapana, asad prathi grahana, vrukshschedana,
dhaanya roupya pasustheya, vaardushi karana shudhra seva,
shudra preshya , heena jathi prathigraha, heena sakhya, pankthi
bhedana, paka bhedana, paraa anna bhojana, asachasthra lapa,
pramadhi kara, matadhikara, pourohithya, pareeksha paksha
pathaka, thatakaarama vikraya, thataka vichedhanadhi sama
paathakaanaam, jnantha sakruth kruthaanaam, aajnatha asakruth
kruthaanaam, jnanatho aajanathaascha abhyashaanam,
athyanthabhyasthaanam, nirantharabhyasthaanaam, sankari
karanaanaam, malini karanaanaam, aapathri karanaanaam, jathi
bramsa karanaanam, aavitha karamaacharana, vihitha karma
thyagaadheenaam, prakeernikaanaam upa pathakaanaam, maha
pathakaanaam, aathi paathakaanaam, evam navaanam nava
vidhaanaam, bahoonam bahuvidhaanaam sarveshaam papa
namapanodhana dwara, aayajya yaajanaasath prathi grahaa
bakshya bhakshanaa bhojya bhojanaa peya paanaadhi samastha
papa kshyartham,
aswatha narayana sannidhou-deva brahmana sannidhou-tryaa
trimsath koti devathaa sannidhou-sri visaalakshi sametha
visweswara swami sannidhou-mahaa ganapathi sannidhou-seetha
lakshmana bharaatha sathrugna-hanumat samedha sri rama
chandra swmai sannidhou-sri rukmani sathyabhama samedha sri
gopala Krishna swami sannidhou-hari hara puthra swami
sannidhou-sri lakshmi narayana swami sannidhou
Mama samastha papa kshyartham proshta padhyam hastharshe
adhya yoth sarjana karmangam maadhyahnika snaanamaham
karishye, maadhyahnika snaanamaham karishye.

Aathi kroora maha kaya kalpantha dahanopama,
Bhairavaya namasthubhyam aanugnaam dhathu marhasi.

Durbhojana duraalaapa dush prathigraha sambhavam,
Paapam hara mama kshipram sahyakanye namosthute.

Triraathram jahnvi theere pancha rathram thu yaamune,
Sadhya punathu kaaveri papa maamaranthikam.

Ganga gangethi yo brooyaadh yo janaanaam shatai rapi,
Muchyathe sarva paapebhyo Vishnu lokam sa gachathi. (take bath

thus)

After bath (Nowadays people only take Sankala Snanam by sprinkling water)

take Pancha Gavyam chanting

Yathavagasthi gatham papam dehe thishtathi maamake,
Praasanam pancha gavyasya dahathwagni rivendanam.

Take bath again, wear dry cloths, put on caste marks, do regular daily duties and then do Brahma Yagna.

*Up to 6.58 AM IST of 10/9/2010 Dwithheeya , afterwards Tritheeya and ** up to 6.11 PM IST is Hastham and then Chithra Nakshatra . .If in any country , you are performing the japam after 6.11 PM IST of 10/9/2010 that ,change Hastham to Chithra but the Upakarmam should be performed before "Hastham " changes..This would be for example applicable in many parts of USA

Summary meaning:Here again apart from locating oneself with reference to time , one locates himself with reference to place also.We are supposed to live in Jambu Dweepa, Bharatha Kanda which is south of the great mountain Maha meru.Then again this Bhasratha Kanda is blessed with many holy rivers and holy places.Then prayer is done to God to pardon sins committed by word, thought and deed, because this was done inspite of his great grace which made us be born as human beings after several wheels of birth.Also the sins performed during several ages in life is highlighted.Some of the sins specifically mentioned are those done while earning money without conscience, giving money to improper people, actions which did not suit the caste we are born in, cutting of tree, spoiling a lake , trading of several banned commodities such as salt , blanket, meat, root , fruit etc, sins due to non performance of actions which ought to have been done and so on. We pray God and tell him that we would take bath in holy pure water and then start the veda parayanams which is our duty as a Brahmin.

2.Brahma Yagnam.

1. Perform Achamanam

2. Face eastern direction and do "Shuklam baradaram...."

Followed by pranayamam "om Bhoo..."

3. Mamopartha samastha duritha kshya dwara sri Parameshwara preethyartham Brahma Yagnam karishye. Brahma yagnena Yakshye.

4. Chant and clean the hands with water

Vidhyudasi paapmanam vidhya me paapmanam amruthath Sathya mupaime

And then chant

Om Bhorbavassuva

Om tatsa vithurvarenyam.

Om Bhargo devasya Dheemahi

Om Dhiyo yona prachodayath

Om Tatsa vithurvarenyam Bhargo devasya dheemahi

Om Dhiyo yona prachodayath

Om Bhoo, Om Bhuva, Om Suva, Om Sathyam,Om Purusha

Om Bhoo, bhoo., hoi bhoo, Hoi bhoo Haa aavu vaa a, suvarjyothi
aa

Om Bhuvaa, Bhuva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa
a,suvarjyothi aa

Om Suvaa , Suva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa
a,suvarjyothi aa

Om Sathyam , Sathyam, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa
a,suvarjyothi aa

Om Purushaa , Purusha, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa
a,suvarjyothi aa

Om Thatsa vithurvarenyam , bhargo devasya dheemahi, dhiyo yoo
na Pracho aa, him , dhayo Aaa aa,

Om Agnimeele purohitham Yagnasya Dheva mruthvijam,
hotharam Rathna Dhathamam

**Om Ishe Tworje Thwa ,vayavasthapayavastha Devo vassavitha
prarpayathu sreshtathamaya karmane
Om Agna Aayahi veethaye grunano havypadathaye, ni hotha sadhsi
bharhishi
Om sanno devirabheeshtaya Aapo peethaye sam yorabhisravanthu
na**

**5. Sprinkle water round the head by reciting
Sathyam Thapa sradhayam juhomi**

**6. Recite three times with folded hands
Om namo brahmane namosthwagnaye nama pruthwyai nama
oshadheebhya namo vaache namo vaachaspathaye namo vishnave
bruhathe karomi.**

**8.Clean the hands again with water by reciting “vrushtirasi
vruschame paapmanamamruthath sathyamupaaga”**

Devarshi Pithru tharpanam Karishye

9.Do deva tharpanam through the tip of fingers

- 1.Bramodaya ye deva than devaan tharpayami**
- 2.Sarvaan devaan tharpayami**
- 3. Sarva deva ganaan tharpayami**
- 4.Sarva deva pathnis tharapayami**
- 5.Sarva deva ganapathnis tharpayami**
- 6.Sarva deva puttham stharpayami**
- 7.Sarva deva gana putthamstharpayami**

**10. Do rishi tharpanam(each twice) by wearing yagnopaveetha as
garland and pouring out water from the little finger**

- 1,Krishna dwaipayanya ye rishaya than rishin tharpayami**
- 2. Sarvaan risheen tharpayami**
- 3.Sarva rishi ganaan tharpayami**
- 4. Sarve rishi pathnis tharpayami**
- 5,Sarva rishi gana pathnistharpayami**
- 6.Sarva rishi putthramstharpayami**
- 7.Srava rishi gana putthramstharpayami**

**11.Put the Yagnopaveetham in normal fashion and pour water
from the tips of fingers**

- 1.Rig vedam tharpayami
- 2.Yajur Vedam tharpayami
3. Sama Vedam tharpayami
4. Atharva Vedam tharpayami
5. Ithihasa puranam tharpayami

12.Only those who have lost their father (others go to step 13)do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger(thrice).

1.Soma pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara

thaan pithrun tharpayami,

2. Sarvaan pithrun tharpayami

3. Sarva pithru ganam tharpayami

4. Sarva pithru pathnistharpayami

5. Sarva pithru ganapanthnistharpayami

6.Sarva Pithru puthrastharpayami

7.Sarva pithru gana puthraastharpayami

8.oorjam vahanthi amrutham grutham paya keelaalam parisruyatham

swadaastha tharpayatha me pithrun

13.Put the Yagnopa Vita in the Normal fashion and do Achamanam

Brahma yagnam(sacrifice to Brahma) is the oblation offered to satisfy Devas, Rishis(sages) and Pithrus(ancestors). It is supposed to be performed daily after Madhyannikam, But nowadays it is done mainly on avani avittam days.

3.Yagnopa veetha dharana manthra

(Manthra for wearing Poonal)

a.Aachamanam:Shuklaam Bharadharam..... Santhaye

b.Om Bhoo.....Bhoorbhavaswarom

c.Mamo partha samastha duritha kshya dwara sri paameshwara preethartham

Stroutha smartha vihitha sadachara nithya karmaanushtanaa yogyatha sidhyartham brhma teja abhivrudyartham yagnopaveetha dharanam karishye.

d.Yagnopaveetha dharana maha manthrasya

Parabrhma rishi(Touch forehead)

Trushtup chanda (touch below nose)

Paramathma devatha (touch heart)

e.Yagnopaveetha dharane viniyoga

Wear Poonal one by one by reciting(poonal should be held by both hands, the tie in the poonal being held above by the right hand facing upwards)

Yagnopaveetham paramam pavithram praja pathe,

Yat sahajam purasthad aayushyam

Agriyam prathi muncha shubram yagnopaveetham balamasthu theja.

f.After wearing all poonals one by one do Aachamanam

g.Remove the old poonals and break them to pieces by reciting

Upaveetham bhinna thanthum jeernam kasmala dooshitham,
visrujami jale punarbrahman varcho deergayurasthu me.

h.Do aachamanam.

Summary meaning: I wear the white yagnopavitha that is purifying , which was born along with brahma, which is capable of increasing life .I am sure this would give glory and strength to me.I am destroying the dirty , soiled yagnopavita .

[6.Gaayathri japam \(25-8-2010\)](#)

[For Yajur, Rig and Sama Vedis](#)

1.Aachamanam

2,Shuklaam baradharam

3.Om bhoo

4.Mamo partha samastha duritha kshya dwara sri parameshwara preethyartham Tadeva lagnam sudhinam tadaiva, tharaa balam chandra balam thadaiva , vidhya balam daiva balam tadaiva, Sri Lakshmi pathe aangriyugam smaramaami

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari kaksham, sabahyanthara suchi , manasam vaachikam

paapam , karmanaa

Samuparjitham, sri Rama smaranenaiva vyopahathi na samsaya
.Sree rama Rama Shubhe Shobane muhurthe adya Brahmana
dwiteeya paradhe , Swetha varaha kalpe, Vaivaswatha
Manvanthare, Ashtavimsathi thame , Kali yuge, Prathame pade,
Jambhu Dwipe, Bharatha Varshe, Bhartaha Kande, Mero Dakshine
Parswe, Sakabdhe, Asmin Varthamane Vyavaharike, Prabhavadhi
Sashti Samavathsaranaam Madhye, Vikruthi nama Samvathsare ,
Dakshinayane, Varsha Rithou, Simha mase Krishna pakshe aadhya
prathamaayam* shubha thidou Soumya vaasara yukthayaam
sathabishak ** nakshatra yukthayam shubha yoga shubha
karana evam guna viseshana visisishtaayam asyaam
prathamaayam shubha thidou mithyaa theetha prayaschittartham
ashtothara sahasra samkya gayatri maha manthra japam
karishye.

Start from Pravasya Rishi brahma.... followed by aayathith
anuvagasya... and then chant the gaythri manthra 1008 times.
Complete with Abhivaadaye and then complete with
Kayena vacha.....

* Prathma is up to 11.02 PM IST from 6.26 AM IST of 25/8/2010
.Afterwards chande to Dwitheeyam shubha thidhou

** Shathabishak is up to 12.03 AM on 26/8/2010 IST , afterwards
Poorva Proshtapada Nakshatra yukthayam .

Please compare the time when you are doing japam to IST and do
corrections accordingly.