

## **Sri Vishnu Sahasra Naama Homam**

### **Laghu Paddhati (Short Procedure)**

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#### **A Word from the author**

My spiritual master Dr Manish Pandit hails from Pune, India and lives in Manchester, UK. The idea of spreading homam in the world was revealed to him in a dream a few years ago. He saw eight elevated beings in a dream. They transported him across blue skies to Chennai, India, where he was shown the big fire that was to be lighted in future. They told him to start the work. They assured him that homam as a spiritual sadhana was very appropriate in Kali yuga. As spiritually inclined people have fewer and fewer hours to spend on spiritual sadhana everyday with the progressing Kali yuga, sadhanas that work fast are more relevant. Homam works much faster than japam and other spiritual sadhanas. They told him that the practice of homam would transform into a movement that would reach across caste, class and race barriers.

Later, when we were performing a Shata Chandi Homam in the first week of March 2006 at the Kalikambal temple in Chennai, he had a darshan of Divine Mother on a Friday and was reassured by Her about the right course of events regarding spreading homam. A Mahaganapathi homam manual was published later and several people are performing it daily or weekly or monthly.

Our goal is to create a community of people who regularly perform a quick homam for the deity that they are attracted to. We intend to make manuals available for simplified homam procedures for several deities.

#### **What is Homam**

Homam is a fire ritual of sacrifice. It is also known as homa or havan or yajna (yagya) or yajana. In homam, divine presence is invoked into fire using specific procedures. Then materials are sacrificed into fire, along with sacred chants (mantras). The sacrifices are supposed to reach gods. It is interesting to note that fire ritual is an ancient practice and several religions taught worshipping gods in fire.

#### **Why Homam**

Homam is a very powerful tool for spiritual progress. Chanting mantras in front of fire while offering material substances into fire has a great cleansing and calming influence on one's mind and gives great level of mental focus, peace, calmness and bliss. This practice has been extolled in many scriptures such as Yajurveda and Bhagavad Gita. Vedic seers practiced it regularly. Several people are experiencing the benefits of homam even today. The proof of the pudding is

in eating it. If one performs homam regularly for a few months, one will surely see the difference in one's mental state.

### **Why Vishnu Sahasra Naama Homam**

In Hinduism, a special place is given to the Trinity of gods, who control the creation, sustenance and destruction of this universe. While Lord Brahma and Lord Shiva are in charge of creation and destruction respectively, Lord Vishnu sustains the universe. The nine planets which keep track of the karmas (actions) of people and give them karmaphala (equal and opposite reactions at a later point of time to one's actions) are nothing but the nine incarnations of Lord Vishnu, according to Maharshi Parasara who is the father of Maharshi Vyasa.

Vishnu sahasra naama stotram is a compilation of 1,000 names of Vishnu, as taught by Bheeshma to Yudhishtira during the Mahabharata time.

Chanting the 1,000 auspicious names of Vishnu fills one's mind with positive thoughts. One becomes what one thinks of and one becomes more saattwik by thinking of various qualities and attributes of Vishnu. Sanskrita is a powerful language. Even if one does not understand the meaning of what one is chanting, one's mind is sub-consciously affected. If one understands, albeit vaguely, the meaning of the names, it is even better. As Vishnu is the sustainer of this universe, chanting his names can give one material success as well spiritual progress. In Kali yuga, Vishnu sahasra naama stotram is very powerful and removes various obstacles after consistent practice and creates auspicious developments in life.

As mentioned earlier, offering various prayers in fire is far more powerful than just chanting them in front of an idol. Thus, devotees can derive the maximum benefit from Vishnu sahasra naama stotram by using it in a homam.

Practice of this homam on a regular basis removes various obstacles from one's path, gives success, makes one saattwik and gives spiritual purity needed for spiritual progress.

### **What Homam Does**

Hinduism teaches that gods come into fire and receive the prayers of spiritual aspirants. Even when one meditates without an external fire, gods being meditated on come into the internal fire of the aspirant and receive the mantras via that fire. However, the internal fire is quite weaker than an external fire for most people and hence it is beneficial to perform worship using an external fire. That practice eventually strengthens the internal fire also.

We all see and feel our *sthoola sareera* (gross body), which is made up of gross matter. But, we also have a *sookshma sareera* (subtle body) made up of subtle matter. It cannot be perceived by the senses attached to the gross body (eyes, ears, nose *etc*). It contains thousands of *naadis*, which are essentially subtle channels of energy flow. A fire called *bhootaagni* (existential fire) burns in this subtle body. It is the subtle basis of one's entire existence. It manifests in the gross body in the form of various fires. Examples are the "fire" in the stomach that helps one digest the

food eaten and the “fire” in the brain that helps one digest and understand various sense experiences.

This *bhootaagni* is vital to one’s existence. In most people, it is quite weak. Due to impurities and obstructions in the *naadis* of the subtle body, this fire cannot burn strongly to energize the entire existence. When it burns low, the divine presence that can enter it is quite limited in magnitude.

If one overcomes the internal weaknesses such as desire, anger, greed, false prestige, wantonness and jealousy, develops compassion, one-pointed devotion, detachment, and sheds one layer of ego and delusion after another, eventually the impurities in the *naadis* will be cleared and *bhootaagni* will burn strong. However, this is a very difficult and time-consuming process.

One can take advantage of an external fire in that regard. As the deity of homam enters the external fire on a regular basis, the nearby divine presence burns the impurities in the *naadis*, by burning various *karmas* (*actions* from the *past*, which will get corresponding *reactions* in the *future*) in the *kaarana sareera* (causal body). This eventually leads to the strengthening of *bhootaagni*.

After one performs homam for a long enough time, one’s *naadis* are cleared of the obstructions and one’s *bhootaagni* burns brightly. At that juncture, all *sadhanas* performed by one, including regular meditation, become much more effective. If *bhootaagni* can accommodate divine presence to a larger degree, the meditation becomes more effective.

The goal of all spiritual *sadhana*, whether one thinks in those terms or not, is actually to cleanse oneself of all the internal impurities. Various *karmas* from previous lives hang on to the *kaarana sareera* (causal body), making it heavy. These in turn manifest in the *sookshma sareera* (subtle body) as various impurities in various *nadis* (subtle energy channels) that block the free flow of energy. These in turn manifest in the *sthoola sareera* (gross body) as various problems of the body and mind. These also cause dense conditioning of one’s mind to sink one’s consciousness in an ocean of delusion. This conditioning of the consciousness due to previous *karmas* is also known as *maayaa*. When one is sunk in *maayaa*, one is beaten down by the six enemies – *kaama* (desire), *krodha* (anger), *lobha* (greed), *moha* (delusion), *mada* (wantonness) and *maatsarya* (jealousy). As one makes spiritual progress, one’s *karmas* drop off the *kaarana sareera*, the impurities in the *nadis* are cleansed, one’s mental conditioning becomes weaker and one can resist the internal enemies. All these are inter-related and happen simultaneously. When one burns all of one’s major *karmas*, one becomes karmically very light. *Nadis* in the *sookshma sareera* are all clear and energy can freely flow anywhere. One is untouched by the internal enemies then. When one sees *all* as *god*, nothing can make one angry or jealous or deluded. When mental conditioning drops, nothing excites one and nothing saddens one. One stays in a state of bliss always. Despite the changing nature of the external work and appearance, one is in the same state internally.

The goal of all spiritual *sadhana* is to reach that state. Whether through *jnaana* (knowledge and wisdom) or through *bhakti* (devotion and surrender) or both, one has to burn the *karmas* and impurities blocking one from reaching that state. The goal of all *sadhana* is to let ego (the sense

of “I-ness”) go completely and merge (have yoga) with divinity. If a vacuum can be created within oneself, then divine presence can fill the vacuum. As long as one has egotism and various kinds of conditioning (vasanas) of mind, such a vacuum cannot be created. When all those cease and the mental conditioning is weakened, the mind become extremely calm and a vacuum is created within. Then divine presence fills one and the result is indescribable bliss.

Homam facilitates this process quickly by burning various karmas that are creating various layers of conditioning and obstructing spiritual progress.

A lot of Hindu rituals involve invoking divine presence in an idol or a water pot (kalasha) and offering worship to the idol/pot. Unfortunately, we are living in Kali yuga in which the elements of earth, water and air are not pure. If the idol has any impurities on account of the time when it was made, how it was made, the thoughts of the person who made it *etc*, the impurities heavily restrict how much divine presence the idol can accommodate.

The only elements that cannot be polluted are space/ether (aakaasa) and fire (agni). It is very difficult to do spiritual sadhana via the medium of space. So the best medium for sadhana is fire. One of the Sanskrit words for “fire” is “paavaka”, which means “the one that purifies”. Fire is by definition pure and purifies everything that it comes in touch with. The wood or coconut used to sustain fire may have impurities, but fire itself is very pure and accommodates a divine presence of the highest degree. For a ritual using the earth or water elements as the medium to be successful, the sadhaka must be quite pure and the sadhaka’s bhootagni must be reasonably strong. On the other hand, a ritual using the fire element as the medium can be successful irrespective of the stature and purity of the sadhaka. For this reason, homam is the most apt sadhana for most spiritual aspirants in this yuga, especially as the Kali deepens. Unfortunately, many people have unfounded fears of making mistakes and being punished for them and hence do not take advantage of the fantastic practice of homam.

Apart from the personal benefits, there are universal benefits of homam. The offerings in the fire finally reach Sun, who feeds the entire earth. The gross material body of the burnt offerings reaches the gross material body of Sun. The subtle body of the burnt offerings reaches the subtle body of Sun. It is the subtle body of Sun that feeds the subtle bodies of all beings on earth. Thus, feeding it is very important for the smooth running of life on earth. As we enter the Ghora Kali (terrible age of strife and disorderliness) phase, adharma (un-righteous activities) will be on the rise in the world and as such the subtle body of Sun will become weaker. If more and more people perform homam and strengthen the subtle body of Sun, it will balance the adharma and keep the world away from a total collapse.

### **Common Mis-conceptions**

(1) *Misconception*: Homam is very difficult to perform. It is for experts only.

*Comment*: Not really. Several people who did not know anything about how to do any kind of worship conducted homam by themselves by reading this document. It is a simple practice.

(2) *Misconception*: One must either do a “perfect” homam or not do any homam at all. A perfect homam takes a very long time.

*Comment*: Though one may eat a sumptuous meal on an important festival day, one does not necessarily get a lot of energy from it. One gets most of one’s energy from the regular dal (lentils) and rice that one eats everyday.

Though there are complicated versions of homam, it is better to do a simple homam on a regular basis than to do a complicated version very rarely. A small half-hour or one-hour homam done on a daily basis is far better for spiritual sadhana than a big annual or half-yearly homam.

(3) *Misconception*: If mistakes happen in a homam, the consequences will be bad.

*Comment*: If a homam is performed with a saattwik spirit for saattwik purposes, there are no risks.

If you act nice with your parents because you want their money, you have to understand their thinking well, take the advice of people who know them well and act very carefully to get money from them. Mistakes can be costly and spoil your goal.

But, if you act nice with your parents simply because you love them and want to show your love, you do not need to be careful. You just show your love in whatever way you know. There is no need to follow anybody’s advice strictly and there are no risks.

Similarly, you have to be careful if you perform a homam for certain material goals (such as getting money, attracting someone, destroying someone *etc*). If you perform a homam just to show your love to god, cleanse yourself spiritually and make yourself worthy of divine communion, then there are no risks. The procedure taught in this document is based on the teachings of rishis and it is safe for anybody to use. Small mistakes will not result in any punishment.

In fact, it is expected that everybody who uses this document is interested in only the second kind of goal, *i.e.* spiritual cleansing and upliftment.

(4) *Misconception*: One not initiated by a guru (master) cannot perform homam or recite certain mantras.

*Comment*: If one receives a mantra or a procedure from the mouth of a master, it is analogous to a millionaire opening a bank account in his son’s name with a high starting balance. The son is lucky, as he is starting off with a big balance. Similarly, some of the siddhi (attainment) the master has in the mantra or procedure is transferred to the disciple even as (s)he starts out.

If one does *not* receive a mantra or a procedure from the mouth of a master, it is analogous to starting off with a zero bank balance. While it is useful to start off with a positive balance, it is neither necessary nor sufficient. There are sons of millionaires who used up the millions earned by parents and reduced them to zero, while there are some self-made men who made millions

purely with self-effort. Similarly, one taught by the greatest guru can fall while one not taught by a guru can reach the ultimate. While it is desirable to have a guru, it is by no means compulsory.

If one is the kind who needs to have a guru figure behind every mantra or procedure, one can think of the author and/or his spiritual master, Dr Manish Pandit from Pune, India (currently residing in Manchester, UK) as the guru for this homam procedure.

(5) *Misconception*: Those who are not learned in Veda cannot recite Veda mantras and perform homam based on Veda mantras.

*Comment*: Jnaneshwar was a 12<sup>th</sup> century master. He was a great Krishna devotee. When he was asked to not recite Veda by a council of erudite scholars, as he was not formally qualified, he replied that every being had a right to recite Veda. When he started reciting, they tried to shut his mouth. Then, a buffalo standing next to him recited Veda! The scholars begged his pardon and corrected their narrow-minded attitude.

Many great souls like him taught that Veda could be recited by anyone. One engaged in *tantric* practices that serve specific purposes and give specific *siddhis* (attainments) need to be afraid of side effects and punishments for mistakes, but mantras from Veda were taught by great rishis for the highest purpose of self-realization. One reciting them need not be afraid of any side effects. Veda mantras are saattwik, self-correcting and ultimately leading to self-realization.

Those who have an affinity to tantric practices should not be discouraged from learning and using them, but those who appreciate the teachings of rishis must be encouraged to recite Veda mantras and perform homam based on Veda mantras. The key is to have an attitude of submission and a desire for nothing other than self-realization and to do homam without any expectations whatsoever. Then there are no risks.

The procedure taught in this document contains just a few Veda mantras, which are not very difficult to pronounce.

(6) *Misconception*: Those who are not born in a Brahmin family cannot perform homam.

*Comment*: One's varna (caste) is not to be determined solely from the family one is born in. There are examples of men born to parents belonging to various castes performing *tapascharya* and becoming rishis. Maharshi Viswamitra, who taught the Savitru Gayatri mantra, was a kshatriya by birth. Maharshi Valmiki, who taught Brahma Jnana to Maharshi Bharadwaja, was a shoodra by birth.

One who has affinity to knowledge is a Brahmin (scholar). One who has affinity to power and authority is a kshatriya (warrior). One who has affinity to money is a vaisya (trader). One who has affinity to carnal pleasures is a shoodra (worker). If a person born in a Brahmin family is after money, he becomes a vaisya and not a Brahmin. On the other hand, if a person born in a vaisya family desires nothing but knowledge and self-realization, he automatically becomes a Brahmin and very fit to perform homam.

Irrespective of the caste of birth, one who is interested in knowledge (especially knowledge of self) and one whose interest in power, money and pleasures is decaying is fit to perform homam.

(7) *Misconception*: Women cannot perform homam.

*Comment*: There is a big difference between men and women when it comes to the gross body. But, at the level of subtle body or causal body, there is no difference based on gender. All spiritual practices operate mainly at the subtle and causal level. So, it makes no sense to have a *total* ban on women performing homam.

However, there are some practical reasons behind the biases of tradition. Though there are no differences based on gender in the subtle body, the differences at the gross body level can come into play in the initial stages. Women interested in performing homam may carefully consider the following factors and make their decision.

Any spiritual practice performed well over a period of time eventually results in a Kundalini awakening and rise. Kundalini is nothing but one's self-identification. It is a microcosmic representation of the Divine Mother within oneself. It defines how one identifies oneself. Though everything in the universe is just Brahman, each being forms a separate self-identity and that self-identity is reinforced quite strongly with time. When one identifies completely with the body without any kind of questioning, Kundalini is asleep. As kundalini wakes up and rises, one starts to wonder "who am I" and one's awareness of self becomes more and more refined. As kundalini reaches higher chakras, one realizes one's true nature. When Kundalini reaches Sahasrara chakra, one realizes one's truest nature, *i.e.* one realizes that one is the formless Brahman.

If Kundalini gets stuck at swadhishtana chakra, one's sexual drive increases and one is tested in that matter. In this matter, women and men are very different. This phase can be very difficult for women. This is not to say that this phase is easy for men.

More importantly, some spiritual experiences in a pregnant lady can even kill a fetus, if the soul in it is not spiritually elevated. On the positive side, if an elevated soul is in the fetus at the time of such experiences, a siddha may be born.

There is a negative for every positive and it is a matter of balancing the factors and making an individual decision. Women interested in homam should consider the above factors and decide whether they want to perform homam or not. If any women are interested, they should be encouraged to perform homam.

(8) *Misconception*: Homam is just like meditation. It is not any better. It does not really make any difference.

*Comment*: The proof of the pudding is in eating it. If one tries performing a homam to the best of one's ability on a daily basis for a few months, one will know what homam can do! After doing homam for several months, one will find that all other sadhanas one does become more effective as a result of homam.

(9) *Misconception*: One should get a priest to do homam and not do it oneself.

*Comment*: Let us revisit a previous analogy. If one wants to be nice to one's parents to get their money, one may engage someone who will act on one's behalf to get the money of parents. But, if one's sole purpose is to just love one's parents and show that love, it is better to do it directly than to engage other people.

(10) *Misconception*: Before doing homam with any mantra, one must do japam of that mantra by a count that is ten times the homam count. For example, one must do japam by a count of 10,000 before one does homam by a count of 1,000.

*Comment*: This convention is not without reason. The true meaning of this convention is that homam is ten times more powerful than japam. If one does a mantra 1,000 in a homam, it is *equivalent* to doing the mantra 10,000 in japam. If one wants, one can offer the mantra entirely in external fire and there is no need to do any japam before doing homam.

All thumb rules and conventions have exceptions. If a rishi with a very strong bhootagni does japam, it is equivalent to a homam and the "ten times" rule does not apply. However, for most normal people, homam is ten times more powerful than japam. The bottomline is that the strength and the purity of the medium that accommodates the presence of the deity who receives the mantra will decide the effectiveness of the mantra.

## **About This Document**

This document describes a short procedure for performing Vishnu homam, which takes 30-45 minutes. This document is for those who are interested in performing Vishnu homam by themselves every day or week or month. The procedure taught here is simple enough to do daily and yet retains all the important steps in a full-fledged traditional Vedic homam. Those who want an even simpler procedure with fewer mantras may refer to **Appendix A** for a **super-short procedure** with **bare minimum** mantras.

One should consult one's elders and gurus and decide whether one is allowed to perform a homam or not. If one thinks one is allowed to do homam and is interested in doing homam on a regular basis but does not know how to do it, then one can use this document to learn *one* way to do it. If one's gurus have taught one a different procedure, one may use the procedure taught by one's gurus. This document is for the benefit of those who do *not* know *any* procedure and want to learn *some* procedure to do homam. Those who learnt a slightly different procedure from the previous versions of this document need not worry and either follow what they have already learnt or switch to the procedure in this document.

## **Excessive Movement of Body and Mind**

Some people move a lot when they meditate. As it was mentioned earlier, the goal of all sadhana is to calm the mind down and create a vacuum within oneself, so that the deity of the sadhana can come and occupy the space. One should lose awareness of the body. When meditating, it is a good idea to keep the back straight without making it too tense. It is a good idea to not move. If



it is not possible to stay still for extended periods, one should at least try to stay still over short periods of time. It is also a good idea to close the eyes. One can focus one's mind on either a deity or on the sound of the mantra.

Similarly, when performing homam also, it is a good idea to keep the back straight and minimize the movement, especially of the back. It is ideal if one keeps the back and head erect and manages with a minimal movement of just one arm.

If body is stationary, there is some chance that mind too will become stationary for a while in the middle. That is the goal after all.

### **Correct Attitude**

While it is good to follow the procedure faithfully, it is even more important to surrender oneself to god, leave ego and identify one's self with the deity in the fire when performing the homam. If that is there, all other minor errors will have no negative effect. If that is not there, even an impeccably performed homam will not have any tangible effect. Like mentioned earlier, the goal is to melt ego (I-ness or sense of self) and create a vacuum within oneself, so that the deity can fill it. Complete devotion, single-minded focus on deity/mantra/procedure and minimization of the activity of body and mind can help one achieve that eventually.

If one has an over-active mind, doing pranayama before homam can be useful. The time around sunrise in the morning is a particularly conducive to a pleasant homam.

### **Materials Needed**

#### ***Must have***

- One homa kundam<sup>1</sup> (a copper container with preferably a square shaped base). If a homa kundam is not available, one can dig a square shaped pit in the ground (with 1-2 foot sides and half to one foot deep) and arrange a few layers of bricks around the pit.
- Dry coconut halves (available in Indian stores) or wood (for burning)
- Ghee (clarified butter) from cow's milk. It is available in Indian stores. If unable to find, just get some butter and melt it in low heat. After it melts, some black stuff will separate from the melted liquid. Filter out the black deposit and use the liquid. It will solidify after a time. Before the homam, melt it again and use it.
- A wooden spoon/ladle to put ghee into the fire
- Some akshatas. Those can be made by mixing raw (uncooked) white (or brown) rice grains with a drop of sesame oil (or some other oil) and a pinch of turmeric powder. Instead of turmeric powder, one can also use vermilion (kumkum) powder used for the dot on the forehead.
- A small lamp, consisting of a wick that can be lit in sesame oil/ghee. A candle can also be used as an alternative, though it is better to burn ghee or sesame oil than wax.

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<sup>1</sup> If in India, search for "Havan Kund" on <http://shopping.rediff.com>. If in US, search for "Kund" on <http://indousplaza.com>.

- A match box to light fire
- One tumbler or cup to store water. It should preferably be made of silver or copper or clay. If unavailable, you may use steel or glass.
- One spoon (preferably silver or copper)
- Some water

### ***Optional***

- A small idol of Vishnu. If you have none, use a metallic coin or any metallic object. Actually, you can do without any idol and just invoke Vishnu in fire.
- A mixture of various auspicious materials known as the *havan samagri* (available in India stores), if possible.
- Some sandalwood powder, turmeric powder and kumkum (vermilion) powder
- Some flowers or flower petals
- Some sesame seeds, some mamra/murmura (puffed white rice), some nuts, some mildly popped corn and other materials that can be offered in fire. Small fruits are also fine. Honey can also be used. All these are optional. The absolute minimum needed is coconut pieces and ghee.
- Some darbhas (dried blades of sacred grass). Check with a local temple priest to find out how to procure them. If darbhas are unavailable, you may think of creative alternatives. For example, find some other dry grass or dry leaves or just thin twigs and pray to your ishta devata (favorite deity) before the homam to make them acceptable.
- An incense stick (agarbatti) if available and a holder to stick it to (a banana can be used instead)
- Camphor and a container or plate for lighting camphor and offering haarati
- Some food that you can offer to god. Eggs, meat and seafood should not be used in that food. In fact, do not *eat* eggs, meat and seafood on the day of homam. Onion, garlic, strong spices and too much of chillies should also be avoided in the food cooked for God. Fruits are also fine. Just sugar or brown sugar or rock candy sugar or jaggery can be offered to god too. When using sugar, please note that the normal white refined sugar used these days has bone ash in it. Brown sugar, vegetarian sugar or jaggery are to be preferred.
- Some milk, if available.

### **Preparation Before Homam**

- (1) Instead of arranging homa kundam directly on the floor, place a wood plank or something on the floor, wrapped with aluminum foil (or some such thing), and put 4 bricks of the same height on it and place the homa kundam on the bricks. Thus, there is some air and a wooden plank under the homa kundam and the floor does not get heated up.
- (2) If you want easy cleaning, place some aluminum foils on the floor all around the plank containing homa kundam. If ghee or something is spilled in that area, it is easy to clean.
- (3) If you want, you can also cover the interior of homa kundam with some aluminum foils, so that it is easy to clean.
- (4) Make some food items to offer to god. You can just use rock sugar candy or raisins or dates or fruits or jaggery also. Please see the notes in the previous section on this.

- (5) Cook a little plain white rice. I put a few grains of rice and a little water in a small container and put it in microwave oven before my homam and cooked rice is ready at the end when I need it. If this is not possible, take a banana or apple or some other fruit and make it into 6 slices.
- (6) Fill water in the tumbler/cup and place the spoon in it.
- (7) Make a seat for yourself in front of the homa kundam. Ideally you should be facing east, i.e. homa kundam should be on the east from you. On the east of the homa kundam, place a small plate or a wooden plank, make a pile of some rice grains on it and place the idol (or a metal/clay object such as a coin) on it. You can decorate based on your ability and taste. An idol is optional. You can worship Vishnu directly in fire.
- (8) From the middle of the western edge of the homam kundam, draw two parallel red lines with kumkum (vermilion) powder towards your seat. They should go east-west and connect homa kundam to your seat. Melt the ghee and place the bowl containing it on those lines.
- (9) Cut dry coconuts into small pieces. Pieces of 1 inch x 1 inch size are useful.
- (10) *Important:* Do not consume any food within 3-4 hours before the homam (atleast one hour). Evacuate the bowels before homam and take bath. Stomach should be empty during a homam for the best experience.

## Homam Procedure

### Anujnaa (Permission)

Before starting the homam, think in your mind of Mother Earth who is bearing you, Lord Ganesha who removes obstacles, your ishta devata (favorite deity), your parents, the rishis of your gothra (if you know them), all the rishis and all your gurus. Then say the following, while mentally requesting all the gods to co-operate with your homam.

ఓం ఋద్ధ్యాస్మై హవైర్నమసోపసద్యః మిత్రం దేవం మిత్రధేయం నో అస్తు అనూరాధాన్ హవిషా వర్ధయంతః శతం జీవేమ శరదః సవీరాః
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If you have a “pavitram” (a ring made of darbha or a special ring made of metal), wear it now. If you don’t have a pavitram, take any ring that you have, pray to your ishta devata and wear it. It should be worn on the right hand ring finger. If you don’t have a ring, don’t worry and move on.

### Aachamanam (sipping water to purify)

Take a little water from the tumbler into your right hand with a spoon. Drink the water after saying the first item below. Take more water with the spoon into your hand, say the second item below and drink it. Take more water, say the third item below and drink it. Imagine that Vishnu who is within you is getting that water.

ఓం కేశవాయ స్వాహా ఓం నారాయణాయ స్వాహా ఓం మాధవాయ స్వాహా
--

### **Vighneswara Pooja (worshipping the remover of obstacles)**

In order to not have any obstacles in the pooja, we have to pray to Ganesha in the beginning. Just read the following verses:

శుక్లాంబరధరం విష్ణుం శశివర్ణం చతుర్భుజం ప్రసన్నవదనం ధ్యాయేత్ సర్వ విఘ్నాపశాంతయే॥  
అగజానన పద్మార్కం గజాననమహర్నిశం అనేకదం తం భక్తానాం ఏకదంతం ఉపాస్మహే॥  
వక్రతుండ మహాకాయ కోటిసూర్యసమప్రభా నిర్విఘ్నం కురు మే దేవ సర్వకార్యేషు సర్వదా॥

Pray within your mind to Ganesha to remove obstacles from your homam. If you have time, energy and inclination (or when you are doing a longer version), you can even make a small Ganesha idol with turmeric and water and do shodasopachaara pooja to the idol. But just reading the above verses and praying to Ganesha in mind should suffice for a short homam that is performed on a regular basis.

### **Praanaayaamam (restraining the life force)**

Take some akshatas (see “Materials Needed” for a description of how to make them) in the the left palm, place the left palm on the left lap, hold the nostrils with the right hand and do praanaayaamam. Place the little finger and ring finger on the left nostril and thumb on the right nostril. Close the left nostril, open the right nostril by releasing the thumb and say the Gayatri mantra mentally while gently breathing in through the right nostril (without making any breathing sound). If you don't know the Gayatri mantra, use one of the following mantras:

ఓం నమో భగవతే వాసుదేవాయ | ఓం నమశ్శివాయ | ఓం గం గణపతయే నమః |

After saying the mantra once, close the right nostril with the thumb and say the mantra once more while retaining the air previously breathed in. Then open the left nostril by relaxing the little and ring fingers and say the mantra for the third time while breathing out through the left nostril. When done, say the mantra once more, while breathing in through the left nostril. Then close the left nostril with little and ring fingers and say the mantra for the fifth time while retaining the air previously breathed in. Then release the thumb and say the mantra for the sixth time while breathing out through the right nostril. While reading the mantra all the six times, contemplate the formless supreme Brahman (supreme soul of the entire universe) that fills each being of this universe and also the air being breathed in and out. If you want, you can imagine a specific form (such as your ishta devata) also and imagine that your ishta devata fills the entire universe. If you want, you can repeat the above sequence as many times as you comfortably can.

### **Sankalpam (taking the vow)**

Now, declare your intention of doing a homam to please Vishnu. Transfer the akshatas to the right hand, place the open left palm (empty) on right lap, place the closed right palm containing

akshatas on the left palm. Then say the following, while mentally thinking that you are going to do a homa to the best of your ability, to please Vishnu.

ఓం మమోపాత్త సమస్త దురితక్షయద్వారా శ్రీ పరమేశ్వర ప్రీత్యర్థం శ్రీ మహావిష్ణు ప్రసాద సిద్ధ్యర్థం  
అద్య శుభదినే శుభముహూర్తే శ్రీ మహావిష్ణు హోమకర్మ యథాశక్తి కరిష్యే|

Then leave the akshatas from your hand in front of the homa kundam or the idol and sprinkle a little bit of water on the palms. Now light the ghee/oil lamp.

### **Kalasa Suddhi (water purification)**

When you are doing a long version of the homam, you can establish a kalasam in the northeastern side of the homa kundam and invoke Varuna in it and do shodasopachaara pooja to Varuna and read Punyaaha Vaachanam (Pavamana Sooktam). For a short homam, you can just do the following.

Place a few akshatas and a flower (if available) in the tumbler containing water. If you can, put dhenu mudra (else, don't worry). Say the following syllable 11 times to purify the water.

వం

Now read the following and think that auspicious essence of various rivers of the world is entering the water in the tumbler.

గంగే చ యమునే చైవ గోదావరి సరస్వతి |  
నర్మదే సింధు కావేరి జలేఽస్మిన్ సన్నిధిం కురు ||  
అమృతం భవతు

Then take a little water from the tumbler with a flower or flower petal or spoon and sprinkle it on yourself, on homa kundam, on the idol you are going to use and other materials to be used in homam (like fruits, flowers and food).

Take a darbha (see "Materials Needed" for a description) and draw 6 lines with the darbha on the base of the homakundam, in the same order as shown in Figure 1. The direction in which each line is drawn is indicated by the direction of the arrow in the figure. Say the following six mantras while drawing the six lines (respectively).

ఓం బ్రహ్మణే నమః|

ఓం యమాయ నమః|

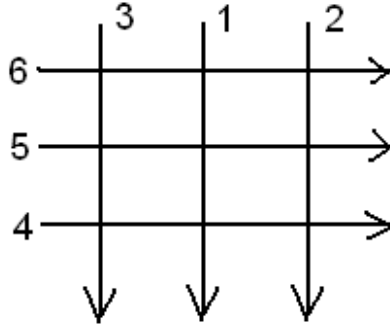
ఓం సోమాయ నమః|

ఓం రుద్రాయ నమః|

ఓం విష్ణవే నమః|

ఓం ఇంద్రాయ నమః|

Figure 1



### Agni Pratishthaapana (fire installation)

Take a darbha. Place it inside the homa kundam (on the base), with the tip of the darbha facing east and the other end facing west. Take another darbha. Place it inside, with the tip of the darbha facing north and the other end facing south.

Take a piece of camphor, light it from the lamp and place it in the middle of the homa kundam, while saying:

ఓం భూర్భువస్సువరోమ్|

Place one or more dry coconut pieces (or a log/twig/piece of wood) above the burning camphor and make sure that it catches fire. Next pray to the fire god using the following mantra from RigVeda. It requests the fire god to keep an inauspicious form of fire called “kravyaada” and carry the offerings to gods through the auspicious form of fire called “jaatavedas”.

క్ర॒వ్యా॑ద॒మ॒గ్నిం॑ ప్ర॒హి॑ణో॒మి దూ॒రం॑ య॒మరా॑జ్ఞో గచ్ఛ॒తు రి॒ప్ర॒వా॒హః॑ ।  
ఇ॒హై॒వా॒య॒మి॒తరో॑ జా॒తవే॑దా దే॒వేభ్యో॑ హ॒వ్యం॑ వ॒హతు॑ ప్ర॒జా॒నన్ ।

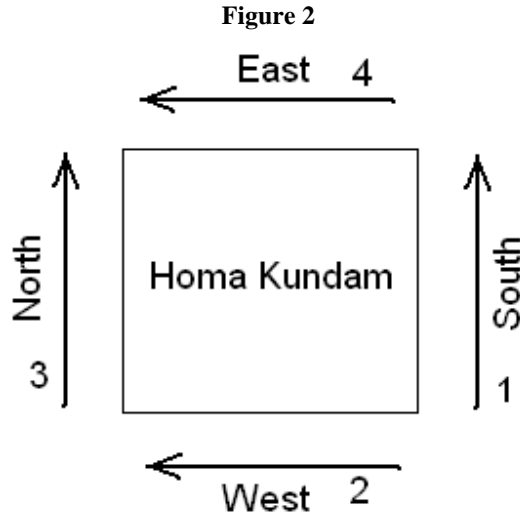
Now we have to do samskara (refinement) to the fire. Pour 8 drops of ghee in the fire while saying the following mantra 8 times.

ఓం భూర్భువస్సువః స్వాహా

Take 2 or more darbhas (or twigs). Place them outside the homa kundam, along the eastern boundary. The tips should be facing north and the other end facing south. Then take another 2 or more darbhas and place them on the southern boundary, with tips facing east and the other end facing west. Then take 2 or more darbhas and place them on the western boundary, with tips facing north. Then take 2 or more darbhas and place them on the northern boundary, with tips facing east. If you do homam on a regular basis, you can leave these darbhas/twigs around the homa kundam there is no need to do this step every time.

Take some water with the spoon and sprinkle it outside the homa kundam, on its four boundaries while reading the following 4 mantras. The order and direction of sprinkling is shown in Figure 2. For example, first sprinkle water from the southwestern corner to the southeastern corner, as shown by the arrow marked "1". Then follow other arrows marked as 2, 3 and 4.

అదితీకనుమన్యస్సా అనుమతీకనుమన్యస్సా సరస్వతీకనుమన్యస్సా దేవ సవితః ప్రసువ



Now pray to Agni (fire god) with the following mantra:

చత్వారి శృంగాస్త్రయో అస్య పాదాద్వే శీర్షే సప్తహస్తాసో అస్య ।  
 త్రిధా బద్ధో వృషభో రోరవీతి మహో దేవో మర్త్యాగ్ం ఆవివేశ ।  
 ఏష హి దేవః ప్రదిశో ను సర్వాః పూర్వో హి జాతః స ఉ గర్భే అంతః ।

స విజాయమానః స జనిష్యమాణః ప్రత్యజ్ఞాస్తిష్ఠతి విశ్వతోముఖః |  
ప్రాజ్ఞాభో దేవ హి అగ్నే మమాభిముఖో భవ

Now think within your mind of Lord Ganesha, your ishta devata (favorite deity), rishis of your gotra (if you know them), all rishis, your gurus, various gods and other beings of this universe.

### Dikpaalaka Pooja (worshipping the rulers of directions)

Now, take some akshatas and also some flowers (if available) and offer them to the rulers of directions. Starting with the eastern edge of the homa kundam, go clockwise (*i.e.* east, southeast, south, southwest *etc*) and offer akshatas and flowers in the eight directions. You can place them on the edges of the homa kundam. After the eight directions, offerings are made to Brahma (ruler of the upward direction) in the middle of northeast and east and to Sesha (ruler of the downward direction) in the middle of southwest and west.

Then offer akshatas and flowers to Agni in the middle of the homa kundam. Finally, touch your heart and offer respect to the self (soul). For the 8+2+1+1=12 offerings, say the following 12 mantras:

ఓం ఇంద్రాయ నమః | ఓం అగ్నయే నమః| ఓం యమాయ నమః| ఓం నిర్వృతయే నమః| ఓం  
వరుణాయ నమః| ఓం వాయవే నమః| ఓం సోమాయ నమః| ఓం ఈశానాయ నమః| ఓం బ్రహ్మణే  
నమః| ఓం శేషాయ నమః| ఓం అగ్నయే నమః| ఓం ఆత్మనే నమః|

### Poorvaangam (preliminary offerings)

Now hold the wooden spoon/ladle pointing from northwest towards southeast and offer a ghee drop in the fire for Prajapati (progenitor of all beings), with the following mantra.

ఓం ప్రజాపతయే స్వాహా| ప్రజాపతయ ఇదం న మమ|

Now hold the wooden spoon/ladle pointing from southwest towards northeast and offer a ghee drop in the fire for Indra (ruler of gods), with the following mantra.

ఓం ఇంద్రాయ స్వాహా| ఇంద్రాయేదం న మమ|

Offer a little ghee to Agni (fire god) in the middle of the fire with the following mantra:



ఓం అగ్నయే స్వాహా॥ అగ్నయ ఇదం న మమ

Then offer a little ghee to Soma (god of nourishment and well-being) in the upper half of the northern side of the homa kundam with the following mantra:

ఓం సోమాయ స్వాహా॥ సోమాయేదం న మమ

Now, we have to offer a “forgiveness offering” to Prajapati again to request his forgiveness for all the mistakes that happened in the homa upto this point, with the following mantra:

ఆరంభప్రభృతి ఏతత్క్షణ వర్యంతం మధ్యే సంభావిత సమస్త దోష ప్రాయశ్చిత్తార్థం సర్వ ప్రాయశ్చిత్తం హోష్యామి ఓం భూర్భువస్సువః స్వాహా॥ ప్రజాపతయ ఇదం న మమ

After making an offering to the basic gods as shown above, one can invoke Ganesha in the fire. After the above preliminary offerings and before invoking Ganesha, one can also make offerings to rishis. One can, for example, make offerings to the rishis of one’s lineage. It is optional.

### Quick Homam for Mahaganapathi

Before calling the main deity of homam (Vishnu) into fire, a quick pooja of Mahaganapathi in fire needs to be done for the removal of obstacles. Mahaganapathi can be invoked in fire while chanting the following.

ఓం గం గణపతయే నమః॥ ఓం శ్రీ మహాగణపతి ప్రాణశక్త్యై నమః॥ అత్ర ఆగచ్ఛ ఆవాహితో భవ  
స్థాపితో భవ సన్నిహితో భవ సన్నిరుద్ధో భవ అవకుంతితో భవ ప్రసీద ప్రసీద

Now, we have to offer worship with several servies to Mahaganapathi in the fire. Say the following and offer sandalwood powder/paste to Mahaganapathi in the fire. You can also offer turmeric powder and kumkum.

లం పృథివ్యాత్మనే నమః॥ గంధం సమర్పయామి

Say the following and offer a flower (or a flower petal) to Mahaganapathi in the fire.

హం ఆకాశాత్మనే నమః॥ పుష్పం సమర్పయామి

Say the following and offer dhoopam (incense) to Mahaganapathi in the fire and the idol. Light the tip of the incense stick, let the fire burn brightly and then extinguish the fire. There should be no fire on the stick but smoke coming from the burning tip. Show the smoke to the fire in the homa kundam. You can also offer the incense stick completely into fire.

యం వాయ్వాత్మనే నమః! ధూపం ఆఘ్రాపయామి

Say the following and show the deepam (light/lamp) to Mahaganapathi in the fire.

రం అగ్న్యాత్మనే నమః! దీపం దర్శయామి

Say the following and offer some food to Mahaganapathi in the fire. You can use cooked food or a fruit or jaggery or sugar. Show it to the fire and offer a little bit into the fire. If you cooked only one item, keep it for Vishnu and use something else for Mahaganapathi. You can offer just a raisin or a little sugar also.

వం అమృతాత్మనే నమః! నైవేద్యం సమర్పయామి

Say the following and offer some akshatas to Mahaganapathi in the fire. This mantra means that we are offering “all services” to Him.

సం సర్వాత్మనే నమః! సర్వోపచారాన్ సమర్పయామి

Now say the following offer ghee (or other allowed materials mentioned at the beginning) into fire for Mahaganapathi. Repeat that 4 or 8 or 12 times.

ఓం గం గణపతయే నమః! స్వాహా॥

### **Praana Pratishthaapanaa (invocation of main deity)**

Now we have to invoke the deity in the idol and the fire. If you know how to do anganyaasam and karanyaasam, do it while saying the following. Otherwise, just read the following.

అస్య శ్రీ ప్రాణాప్రతిష్ఠాపన మంత్రస్య బ్రహ్మ విష్ణు మహేశ్వరా ఋషయః ఋగ్యజుస్సామాధర్వాణి  
ఛందాగ్ంసి శ్రీ మహావిష్ణుః దేవతా! హ్రం బీజం! హ్రీం శక్తిః! క్రోం కీలకం! హ్రం అంగుష్ఠాభ్యాం నమః!  
హ్రీం తర్జనీభ్యాం నమః! హ్రాం మధ్యమాభ్యాం నమః! హ్రైం అనామికాభ్యాం నమః! హ్రౌం కనిష్ఠికాభ్యాం  
నమః! హ్రః కరతల కరపుష్పాభ్యాం నమః! హ్రం హృదయాయ నమః! హ్రీం శిరసే స్వాహా! హ్రాం

శిఖాయై వషట్ పైఠాం కవచాయ హుం హ్రాం నేత్రత్రయాయ వౌషట్ పూః అస్త్రాయ ఫట్ భూర్భువస్సువరోమితి దిగ్బంధః

ధ్యానం - శాన్తాకారం భుజగశయనం పద్మనాభం సురేశం

విశ్వాధారం గగన సదృశం మేఘవర్ణం శుభాంగం

లక్ష్మీకాంతం కమలనయనం యోగి హృద్ధ్యానగమ్యం

వందే విష్ణుం భవభయహరం సర్వలోకైకనాథం

Now invoke the deity in the fire and the idol with the following mantra. While saying it, imagine that Vishnu who is in your own heart is entering the fire and the idol.

ఓం హ్రీం హ్రీం క్రోం యం రం లం వం శం షం సం హం శం క్షం ఓం హంసః సోఽహం సోఽహం హంసః  
శ్రీ మహావిష్ణోః ప్రాణ ఇహ ప్రాణః జీవ ఇహ స్థితః సర్వేంద్రియాణి వాఙ్మనశ్చక్షుః శ్రోత్ర జిహ్వోఽఘ్రాణ  
ప్రాణాపానవ్యానోదానసమానాః ఇహైవాగత్య సుఖం చిరం తిష్ఠంతు స్వాహా సాన్నిధ్యం కుర్వంతు స్వాహా  
అసునీ తే పునరస్మాసు చక్షుః పునః ప్రాణమిహ నో దేహి భోగం జ్యోక్ష్మశ్శేమ  
సూర్యముచ్చరంతమనుమతే మృళయా నః స్వస్తి హ్రీం హ్రీం క్రోం క్రోం హ్రీం హ్రీం ఓం శ్రీ మహావిష్ణు  
ప్రాణశక్త్యై నమః అత్ర ఆగచ్ఛ

Now read the following and make the aavaahani, samsthaapani, sannidhaapani, sannirodhini and avakunthana *mudras* with your hands if you know them. If not, don't worry and just read.

ఆవాహితో భవ స్థాపితో భవ సన్నిహితో భవ సన్నిరుద్ధో భవ అవకుంతితో భవ దేవ ప్రసీద ప్రసీద  
యావద్ధోమావసానకం తావత్త్వం ప్రీతిభావేన మూర్తౌ అగ్నౌ చ సన్నిధిం కురు

While saying this, pray to Lord Vishnu in your mind and ask him to *stay* in the fire and the idol till the *end* of the homam. Now, till the end of the homam, *you* should *firmly* believe that Vishnu *is in the fire* and treat him with *respect* and *love*.

**Panchopachaara Pooja (worship of god)**

Now, we have to offer worship with several servies to Vishnu in the fire and idol. There are several options. One can do a panchopachaara pooja with 5 services or a shodasopachara pooja with 16 services or a chatusshashtyupachara pooja with 64 services. For simplicity, a

panchopachara pooja is recommended in a homam. Those who have a lot of time and want to perform a shodasopachara pooja may refer to Appendix B and use that procedure instead of what is given in this section.

Say the following and offer sandalwood powder/paste to Vishnu in the fire and the idol. You can also offer turmeric powder and kumkum.

లం పుథివ్యాత్మనే నమః! గంధం సమర్పయామి

Say the following and offer a flower (or a flower petal) to Vishnu in the fire and the idol.

హం ఆకాశాత్మనే నమః! పుష్పం సమర్పయామి

Say the following and offer dhoopam (incense) to Vishnu in the fire and the idol. Light the tip of the incense stick, let the fire burn brightly and then extinguish the fire. There should be no fire on the stick but smoke coming from the burning tip. Show the smoke to the fire in the homa kundam.

యం వాయ్వాత్మనే నమః! ధూపం ఆఘ్రాపయామి

Say the following and show the deepam (light/lamp) to Vishnu in the fire and the idol.

రం అగ్న్యాత్మనే నమః! దీపం దర్శయామి

Say the following and offer some food to Vishnu in the fire and the idol. You can use cooked food or a fruit or jaggery or sugar. Show it to the fire and idol and offer a little bit into the fire.

If you made only one food item, it is a good idea to offer it at the end of the homam. There will be a naivedyam (food offering) again. Offer something else for now. The offering at the end is the main one.

వం అమృతాత్మనే నమః! సైవేద్యం సమర్పయామి

Say the following and offer some akshatas to Vishnu in the fire and the idol. This mantra means that we are offering “all services” to Him.

సం సర్వాత్మనే నమః! సర్వోపచారాన్ సమర్పయామి

### **Graha Aahutis (offerings to planets)**

Planets are equated to Vishnu's incarnations by Maharshi Parasara. One aahuti of ghee can be made to each planet. This is optional.

ఓం సూర్యాయ స్వాహా | ఓం చంద్రాయ స్వాహా | ఓం మంగళాయ స్వాహా | ఓం బుధాయ స్వాహా |  
ఓం బృహస్పతయే స్వాహా | ఓం శుక్రాయ స్వాహా | ఓం శనైశ్చరాయ స్వాహా | ఓం రాహవే స్వాహా |  
ఓం కేతవే స్వాహా |

### **Pradhaana Homam (main part)**

Now, you can offer any mantras of Vishnu you want. Suggested count for each mantra is 4 or 8 or 11 or 12 or 16 or 21 or 28 or 108 or 121 or 1008. Pick a count with each mantra and try to meet that count. At the end of the mantra, you have to add the following and then make an offering in the fire.

॥  
స్వాహా

When making the last offering with a mantra (*i.e.* you are going to stop that mantra after this offering and switch to a different mantra), you add the following instead of the above:

వౌషట్

The offering can be a drop of ghee or sesame seeds or murmura/mamra (puffed white rice) or havan samagri or small dry coconut pieces or small pieces of darbha. If you are doing homam on a big scale with a big fire, you can even put banana slices, full coconuts, various fruits, nuts (cashews, almonds etc), dates, raisins, sugar cane pieces, several sweets and snacks *etc.* But, if you are doing on a small scale with a small fire, stick to sesame seeds, dry coconut pieces, puffed white rice and ghee drops. At any cost, avoid spicy substances like any kind of pepper, cinnamon, cloves etc and products containing eggs, meat etc. In general, sweet substances are better. Just offering ghee when you do not have any other substances is also fine.

Vishnu Sahasranamam is a powerful prayer. You can repeat it as many times as you can. It is given in Appendix D. It contains 108 verses and hence 108 aahutis.

### **Punah Pooja (worship again)**

After all the offerings with mantras, we offer a quick worship again to Vishnu in the fire.

Say the following and offer some food to Vishnu in the fire and the idol.

ఓం విష్ణవే నమః॥ వైవేద్యం సమర్పయామి

Light a small camphor piece in a plate and show it to the fire while saying the following. At the end, you can throw the camphor piece into fire.

ఓం విష్ణవే నమః॥ నీరాజనం సమర్పయామి

If one has time, a panchopachara pooja can also be done as the punah pooja. But the above two things will suffice.

Now get up and do *pradakshinas* to the homa kundam. If someone stands on the roof (or in the sky) and looks down at you, it should look like you are going around the homa kundam in the clockwise direction. Do one or three rounds and then sit down again in front of fire.

### Uttaraangam (vote of thanks)<sup>2</sup>

Now, offer one drop of ghee to Prajapati, then the controllers of the three worlds (bhuh – fire god, bhuvah – wind god, who controls space too, suvah – sun god for all the non-material spiritual realms), to Agni who processes the food for gods and makes it consumable and finally Prajapati again. Read the following and offer a drop of ghee at each “swaahaa”.

ఓం ప్ర॒జాప॑తే॒ న త్వ॑దే॒తాన్య॑న్యో॒ విశ్వా॑ జా॒తాని॒ పరి॒ తా బ॑భూ॒వః॒ యత్కా॑మాస్తే॒ జుహు॑మస్తన్నో॒ అస్తు॑  
వ॒యగ్ం॑ స్వా॒మ ప॑తయో॒ రయా॑ణామ్॒ స్వాహా॑ ప్ర॒జాప॑తయ ఇదం న మమ॥  
ఓం భూః॑ స్వా॒హా అ॑గ్నయ ఇదం న మమ॥  
ఓం భువః॑ స్వా॒హా వా॑యవ ఇదం న మమ॥  
ఓం సువః॑ స్వా॒హా సూ॑ర్యాయ ఇదం న మమ॥  
యద॑స్య క॒ర్మణో॑ఽత్య॒రీచి॑ం యద్వా॒న్యూన॑మిహా॒కర॑మ్॒ అగ్ని॑ష్టత్ స్వి॒ష్టకృ॑ద్విద్వాన్ సర్వం స్వి॒ష్టం  
సు॒హు॑తం కరోతు స్వా॒హా అ॑గ్నయే స్విష్టకృత ఇదం న మమ॥  
ఓం భూ॑ర్భువ॒స్సువః॑ స్వా॒హా ప్ర॒జాప॑తయ ఇదం న మమ॥

Now do pranaayaamam again. The procedure of pranaayaamam is explained earlier.

Now, make three offerings to the fire god, asking for forgiveness for any mistakes committed knowingly or unknowingly, while using fire as the medium. Read the following and offer a drop of the ghee in the fire at each “swaahaa”.

<sup>2</sup> Skip this and go to the next section to find a shorter procedure for uttaraangam.

Next, three offerings are made to the fire god, wind god and sun god, the controllers of the three worlds. Read the following and offer a drop of the ghee in the fire at each “swaaha”.

అనాజ్ఞాతం యదాజ్ఞాతం యజ్ఞస్య క్రియతే మిథు అగ్ని తదస్య కల్పయ త్వగ్ం హి వేత్త  
యథాతథం స్వాహా అగ్నయ ఇదం న మమ॥  
పురుషసంమితో యజ్ఞో యజ్ఞః పురుషసంమితః అగ్ని తదస్య కల్పయ త్వగ్ం హి వేత్త యథాతథం  
స్వాహా అగ్నయ ఇదం న మమ॥  
యత్సాకత్రా మనసా దీనదక్షా నా యజ్ఞస్య మన్వతే మర్తానః అగ్నిష్టద్ధోతా క్రతువిద్విజానన్ యజిష్ఠో  
దేవాన్ ఋతుశో యజాతి స్వాహా అగ్నయ ఇదం న మమ॥  
ఓం భూః స్వాహా అగ్నయ ఇదం న మమ॥  
ఓం భువః స్వాహా వాయవ ఇదం న మమ॥  
ఓం సువః స్వాహా సూర్యాయేదం న మమ॥

One final offering to Prajapati is made to beg for forgiveness for various mistakes made in the homam, with respect to pronunciation, actions, procedure, devotion, materials used *etc.* Read the following and offer of drop of ghee.

అస్మిన్ హోమకర్మణి మధ్యే సంభావిత సమస్త మంత్రలోప తంత్రలోప క్రియాలోప భక్తిలోప శ్రద్ధాలోప  
నియమలోప నిష్ఠాలోప ద్రవ్యలోపాది సమస్త దోష ప్రాయశ్చిత్తార్థం సర్వ ప్రాయశ్చిత్తాహుతిం హోష్యామి  
ఓం భూర్భువస్సువః స్వాహా ప్రజాపతయ ఇదం న మమ॥

An offering to Vishnu and an offering to Rudra must be made. Read the following two lines and offer a drop of ghee for each line. Think of Vishnu and Shiva.

ఓం శ్రీ విష్ణవే స్వాహా విష్ణవే పరమాత్మన ఇదం న మమ॥  
ఓం నమో రుద్రాయ పశుపతయే స్వాహా రుద్రాయ పశుపతయ ఇదం న మమ॥

After making an offering to Rudra, wash the hand once. You can simply sprinkle a little bit of water on the right palm for that purpose.

### Uttaraangam – shorter version (vote of thanks)

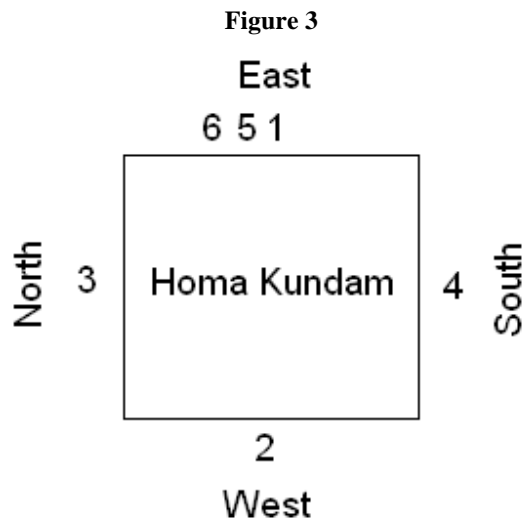
When you are in a hurry, you can perform uttaraangam in a brief form by saying the following and making an offering of ghee with each line.

ఓం భూః స్వాహా॑ అగ్నయ॑ ఇదం న మమ॑॥  
ఓం భువః స్వాహా॑ వాయవ॑ ఇదం న మమ॑॥  
ఓం సువః స్వాహా॑ సూర్యాయ॑ ఇదం న మమ॑॥  
ఓం భూర్భువస్సువః స్వాహా॑ ప్రజాపతయ॑ ఇదం న మమ॑॥  
ఓం శ్రీ విష్ణవే॑ స్వాహా॑ విష్ణవే॑ పరమాత్మన॑ ఇదం న మమ॑॥  
ఓం నమో రుద్రాయ॑ పశుపతయే॑ స్వాహా॑ రుద్రాయ॑ పశుపతయ॑ ఇదం న మమ॑॥

### Suddhaanna Bali (sacrifice of pure rice)

Now, we have to offer bali (sacrifice to other associated beings). Get the cooked white rice (or banana slices or some other fruit slices or raisins). Just place a small token amount as bali. You need to place bali in six different places outside the homa kundam. First, place it on the east of the homa kundam. Then on the west, then on the north, then on the south and finally two more on the east (a little north to the previous bali(s) placed in the east). The order and positions can be found in Figure 3. While offering balis in six places, the following sentence can be said:

ఓం పార్షదేభ్యో॑ నమః॑ బలిం సమర్పయామి॑





The rice remaining after offering balis should be thrown away and not consumed. If cooked rice is not available, small banana slices or some other fruit slices can be used. Again, any fruit pieces left over after bali should be thrown away and not consumed.

### Vasordhaaraa (stream of excellence)

Take a little ghee into the ladle and pour it slowly on the burning dry coconut pieces in the homa kundam while reading the third verse from “Rudra Chamakam”. It is given below.

Don't pour too much ghee if you don't want much smoke. Just take one teaspoonful of ghee in the wooden ladle and manage with it slowly. This ghee should be just enough to make the pieces burn well so that poornaahuti (about to be offered) burns well.

ఓం శం చ మే మయశ్చ మే ప్రియం చ మేకనుకామశ్చ మే కామశ్చ మే సౌమనసశ్చ మే భద్రం చ  
 మే శ్రేయశ్చ మే వస్యశ్చ మే యశశ్చ మే భగశ్చ మే ద్రవిణం చ మే యంతా చ మే ధర్మా చ మే  
 క్షేమశ్చ మే ధృతిశ్చ మే విశ్వం చ మే మహాశ్చ మే సంవిచ్ఛ మే జ్ఞాత్రం చ మే సూశ్చ మే ప్రసూశ్చ  
 మే సీరం చ మే లయశ్చ మఋతం చ మేకమృతం చ మేకయక్ష్మం చ మేకనామయచ్ఛ మే  
 జీవాతుశ్చ మే దీర్ఘాయుత్వం చ మేకనమిత్రం చ మేకభయం చ మే సుగం చ మే శయనం చ మే  
 సూషా చ మే సుదినం చ మే॥

### Poornaahuti

Now, we have to prepare a package for poornaahuti (“complete offering”). The normal procedure is to place a full dry coconut, some metal coins, some turmeric, some sandalwood, some kumkum, some akshatas, samples of some of the materials used in homam as offerings in a cloth and tie the cloth.

For a simple homam with a small fire, you may take a dry coconut half and place a few akshatas, one coin, little sandalwood powder, turmeric powder, kumkum powder and samples of materials offered earlier in it. If you do a small homam everyday in a western country and need to minimize the smoke, you may put just a small coconut piece as poornaahuti. If you are doing homam in a big firepit that is dug in ground, you may want to experiment with a regular full coconut that has little water. It is a more accurate representation of the ego of a normal person.

Place the poornaahuti on the wooden ladle, say the mantra below and then place the poornaahuti in fire carefully with hand (if you drop it on a small fire from the wooden ladle, it can extinguish the fire and also loose materials can spill everywhere in the homa kundam).

ఓం పూర్ణాహుతిముత్తమాం జుహోతి సర్వం వై పూర్ణాహుతిః సర్వమేవాప్నోతి అథో ఇయం వై  
 ॥ పూర్ణాహుతిః అస్యామేవ ప్రతితిష్ఠతి

ఓం పూ॒ర్ణమ॒దః పూ॒ర్ణమి॒దం పూ॒ర్ణా॒త్పూర్ణ॒ముద॒చ్యతే॑ | పూ॒ర్ణస్య॑ పూ॒ర్ణమా॒దాయ॑ పూ॒ర్ణమీ॒వావ॒శిష్య॑తే॑ ||  
ఓం విష్ణవే॑ నమః | పూర్ణాహుతిం సమర్పయామి |

While (or after) placing the poornaahuti in the fire, say the following mantra.

ఓం బ్రహ్మోర్పణం బ్రహ్మహవిర్ బ్రహ్మగ్నౌ బ్రహ్మణా హుతం | బ్రహ్మైవ తేన గంతవ్యం బ్రహ్మ కర్మ  
సమాధినా ||

Imagine that you are completely surrendering yourself to Vishnu. Poornaahuti basically means “complete surrender”. The full (or half) coconut used in the poornaahuti is a symbol of one’s head, *i.e.* ego (“I-ness”), which is to be sacrificed (surrendered) to Vishnu. Think of Vishnu as a manifestation of the Supreme Cosmic Being who fills the whole universe and who is the true owner of your body, mind, existence, thoughts, knowledge and actions. Surrender to Him fully. Without that inner sense of complete surrender, an elaborate poornaahuti ritual with pristine materials has no meaning. Most Vedic rituals are symbolic of certain inner changes that you bring about within yourself, to remove obstacles within your sookshma sareera that are blocking self-knowledge. The purpose of Veda is the knowledge of self (Aatman) and all rituals are ultimately for that purpose. Doing rituals blindly is a good starting point, but at some stage, one has to wonder about the inner meaning.

### Winding Up and Meditation

The fire god (Agni) has carried all our offerings to various gods. So the final offering is to him. Read the following and offer a drop of ghee in the fire.

స॒ప్త॑ తే॒ అగ్నే॑ స॒మిధః॑ | స॒ప్తజి॒హ్వోః॑ స॒ప్త బు॒షయ॑స్స॒ప్తః॑ ధా॒మ ప్రి॒యాణి॑ | స॒ప్త హో॑త్రా స॒ప్త ధా॒త్వా  
య॒జన్తి॑ స॒ప్తయో॒నీరా॑ పృణస్వా॒ ఘృ॒తేన॑ స్వాహా॒ | అగ్నయే॑ సప్తవత ఇదం న మమ ||

Take some water in a spoon and sprinkle it around the homa kumdam as shown in Figure 2. This is similar to what we did at the beginning, but the mantras to say are slightly different. Instead of the four mantras used earlier, use the following four mantras when sprinkling water along the four arrows marked as 1, 2, 3 and 4 in Figure 2:

అ॒ది॒తే॒కన్వ॑మంస్థాః | అ॒ను॒మ॒తే॒కన్వ॑మంస్థాః | స॒రస్వ॑తే॒కన్వ॑మంస్థాః | దే॒వ స॒వితః॑ ప్రా॒సావీః॑ |

The ritual of homam cleanses one internally. The powerful divine presence in the fire has a great ability to cleanse one. Especially, a sincerely offered poornaahuti creates a lot of positive energy as it burns. One can take advantage of it by meditating in front of the fire as the poornaahuti burns. The time when the poornaahuti burns is the best time to meditate.

Sit still with a straight back in front of the fire and meditate. Make sure that the back is erect and yet not too tight. Make sure that the neck and head are also erect. Close the eyes, imagine your favorite deity in a form you like and meditate on that form with your favorite mantra. You can meditate on Vishnu also. It can be the mantra with which you did homam or any other mantra of any deity. Try to forget about the your body and what you are doing and get into the mantra fully. Think that the deity you are imagining is a manifestation of Supreme Cosmic Being and think that all beings and all objects of this world are expressions of the play of that deity. Think that that deity is the true Doer of all actions by all beings of this world. Your chances of losing consciousness of your body and immersing in the mantra fully are the maximum at this point of time than any other (while the poornaahuti is burning)! Take advantage and meditate for atleast 5-10 minutes with maximum focus now. Consider this an essential part of the homam.

### **Rakshaa**

Now, take the darbhas placed at the beginning outside the homa kundam on the western side (or new darbhas, if you did not place any darbhas along the boundaries due to lack of darbhas), apply a little ghee to them and place the tips in fire. When they catch fire, remove them from the fire, place them in a container and let the whole darbhas burn. The black ash you get is called "rakshaa" (protection). At the end of the homam, you can apply a little rakshaa to the forehead of the idol and then a little to your own forehead and the foreheads of others. This is believed to protect from evil forces. You can store the rakshaa for future use on important occasions.

If your fire is too small and does not last till this point, you may consider taking rakshaa before meditation.

It is not *necessary* to take raksha. One can skip this step. Alternately, one can skip now and later mix the ashes of the materials burnt in the homa kundam with ghee and use that as rakshaa.

### **Udvaasana (good bye)**

Take a couple of darbhas in your right hand and a couple more darbhas with your left hand. Take some flowers or akshatas also if available. Hold the darbhas with the tips facing away from you and the bases in your hands. Now touch the two sides of the homakundam with the darbhas in the two hands. Then touch the idol with those darbhas and leave the akshatas and flowers on the god. Imagine that the energy from the homakundam has been transferred into the idol. To simplify this, you can also place your fists containing a few akshatas on top of the northern and southern sides of homa kundam and then deposit the akshatas in those fists at the feet of the idol.

Say the following and show your heart with your hands. Imagine that Sri Mahaganapathi has exited the fire and came back into your heart.

అస్మాదగ్నేః శ్రీమహాగణపతిం యథాస్థానం ప్రతిష్ఠాపయామి

Say the following and show your heart with your hands. Imagine that Vishnu has exited the fire and the idol and came back into your heart.

అస్మాన్మార్తీశ్చ అగ్నేశ్చ శ్రీమహావిష్ణుం యథాస్థానం ప్రతిష్ఠాపయామి

Now, we have to say goodbye to the fire god too. Say the following and bow to the fire god.

అగ్నే నయ సుపథా రాయే అస్మాన్ విశ్వాని దేవ వయునాని విద్వాన్ యుయోధ్యస్మజ్జహురాణమేనో  
భూయిష్ఠాం తే నమ ఉక్తిం విధేమ అగ్నయే నమః॥

### Conclusion

Say the following three verses. Think of Krishna and imagine that you are not the doer and Krishna is the doer who is acting through you. While you do it, place a few akshatas on the tips of the ring and middle fingers of the right hand, place the palm on the small deposit bowl and wash it such that the water and akshatas are deposited in the deposit bowl.

మంత్రహీనం క్రియాహీనం భక్తిహీనం హుతాశనా యద్ధుతంతు మయా దేవ పరిపూర్ణం తదస్తుతీ॥  
ప్రాయశ్చిత్తాన్యశేషాణి తపః కర్మాత్మకాని వై యాని తేషామశేషాణాం శ్రీ కృష్ణస్మరణం పరం॥ శ్రీ కృష్ణ  
కృష్ణ కృష్ణ  
కాయేన వాచా మనసేంద్రియైర్వా బుద్ధ్యాత్మనా వా ప్రకృతేః స్వభావాత్ కరోమి యద్యత్ సకలం  
పరస్మై నారాయణాయేతి సమర్పయామి॥

Say the following finally. Imagine that Sri Vishnu became pleased with your homam. Surrender the doership of the homam to Krishna and pray for peace.

అనేన దివ్య మంగళ హోమేన భగవాన్ సర్వాత్మకః మహావిష్ణుః ప్రీయతామ్ ఓం తత్సత్ సర్వం శ్రీ  
కృష్ణార్పణమస్తు ఓం శాంతిః శాంతిః శాంతిః॥

After this, you should not think of yourself as the doer of the homam just finished, for you have surrendered the doership to Krishna!

The naivedyam (food) you offered can be eaten now and served to others. The rakshaa (holy ash) can be mixed with a drop of ghee and applied on the forehead as a dot or a line.

If you used a kalasam (water pot) in addition to an idol to invoke the god, you can take a bath with the water in the kalasam. Pour the water on yourself after you finish your bath, while saying a mantra of Vishnu. After pouring that water on yourself, don't pour any more regular water. The water from kalasam should be the last water you pour on yourself in the bath. In other words, you should absorb the energy in that water for a while.

It is possible to put a kalasam and use it everyday without changing water. One may change the water every weekend or on every Ashtami or Ekadasi day and take bath with the old water.

:: Sarvam Sri Krishnarapanamastu ::    :: Om Shaantih Shaantih Shaantih ::

## **Appendix A: Super-short Homam (minimum mantras)**

For those who are uncomfortable with Sanskrita and yet want to perform homam, the procedure given in this document may still be difficult. For such people, I can recommend a much shorter procedure. It is hoped that those who start with this super-short homam will eventually make an effort to switch to the main procedure given in this document, after they get some practice and become comfortable with mantras in Sanskrita.

Mantras offered to a deity in fire are powerful irrespective of the procedure used. Instead of not doing homam at all, it is better to do this super-short homam.

This appendix will describe a super-short procedure very briefly. If some details are unclear, please contextualize them by reading the rest of the document. The sanskrita mantras are minimized in this super-short procedure.

### **Preliminary Procedure**

Think in your mind of Mother Earth, Lord Ganesha, Vishnu, your parents, rishis of your lineage (if you know them), all rishis and all gods. You can use a language that you are comfortable with (e.g. English or Hindi or Russian) and say something in an intuitive way to remember all of them.

Take a tumbler or glass of water. Take three spoonfuls of water from the tumbler and drink them while saying: “This is for Keshava (కేశవ )”, “This is for Naaraayana (నారాయణ)” and “This is for Maadhava (మాధవ)”.

With akshatas in hand, pray to Ganesha: “O Ganesha (గణేశ)! Please remove obstacles from my homam”. Do praanaayaama (see the section on it in the main document), possibly with the *Om* sound or a mantra given earlier.

Now take a vow: “I shall now perform a homam to the best of my ability, for the pleasure of Mahavishnu (మహావిష్ణు).”

Leave the akshatas in front of the idol or homa kundam.

## Early Offerings

Light a lamp. Put some akshatas in the water tumbler and say “vam (వం)” 11 times. Take the water with the spoon and sprinkle it on yourself, on the homa kundam, on the idol and on the food, fruits and flowers.

Homa kundam should be on your east and you should be facing east. Draw two red parallel east-west lines with kumkum (vermilion) connecting the middle of the western edge of homa kundam with your seat and place the container with melted ghee on those lines.

Take a small camphor piece, light it in the lamp and place the burning camphor piece in homa kundam while saying the following.

ఓం భూర్భువస్సువరోం

O Fire god, please co-operate with me and make my offerings reach gods in a state of purity.

Place dry coconut pieces or wood above it and make sure that they catch fire. Now offer five drops of ghee while saying the following:

ఓం ప్రజాపతయే స్వాహా॥  
ఓం ఇంద్రాయ స్వాహా॥  
ఓం అగ్నయే స్వాహా॥  
ఓం సోమాయ స్వాహా॥

This is for forgiveness of my mistakes so far.

ఓం భూర్భువస్సువః స్వాహా॥

## Quick Worship of Ganesha in Fire

Say “O Ganesha (గణేశ), please come into this fire”. Say the following while showing the fire with folded palms (as though you are telling someone “come here”):

ఆవాహితో భవ స్థాపితో భవ

Put some akshatas in the fire and say “O Ganesha (గణేశ), please be pleased with these services from me”. Now repeat the following mantra of Ganesha 4 times with an offering of ghee or something else.

ఓం గం గణపతయే నమః । స్వాహా

### Main Homam of Vishnu

Say “O Mahavishnu (మహావిష్ణు), please come into this fire”. Say the following while showing the fire with folded palms (as though you are telling someone “come here”):

ఆవాహితో భవ స్థాపితో భవ

Put some akshatas in the fire and say “O Mahavishnu (మహావిష్ణు), please be pleased with these services from me”.

Now repeat the mantras of Vishnu that you know 4 or 8 or 11 or 12 or 16 or 21 or 28 or 108 or 121 or 1008 times. At a minimum, do the following simple mantra as many times as you can.

శ్రీ రామ రామ రామేతి రమే రామే మనోరమే సహస్రనామ తత్తల్పం రామ నామ వరాననే ॥స్వాహా॥

Each time you say this, offer ghee or akshatas or sesame seeds or some other materials described earlier in this document in the fire. If you do the above mantra many times and not do any other mantras, it is acceptable.

At the end of the offerings, take some food you cooked (or fruit), show it to the fire and say “O Mahavishnu (మహావిష్ణు), please accept this” and throw a small bit into fire. Then stand up and go around the homa kundam once or 3 times. If someone looks at you from the roof or from the sky, it should look like you are going around the homa kundam in clockwise direction. At the end, you can bow in front of the fire. Finally sit down in front of the fire in your original place.

### Final Offerings

Say the following lines and offer a drop of ghee in the fire after each line:

ఓం భూః స్వాహా

ఓం భువః స్వాహా

ఓం సువః స్వాహా

ఓం భూర్భువస్సువః స్వాహా

ఓం విష్ణవే స్వాహా

ఓం రుద్రాయ స్వాహా

At the end, sprinkle a little water on your right hand.

If it is possible, now offer six chunks of cooked white rice or fruit slices in the six places shown in Figure 3, while saying “these are for the associates of Mahavishnu (మహావిష్ణు)”. Otherwise, you may skip this step.

### Poornaahuti

While saying “Om”, pour a stream of ghee from the spoon into the fire. When the fire becomes big, you can offer poornaahuti.

Please read the section on poornaahuti in the main document for the description of materials needed, meaning of poornaahuti and the spirit to be followed. Instead of the mantras in the main document, just say the following:

ఓం విష్ణవే నమః! పూర్ణాహుతిం సమర్పయామి

Then drop the full coconut or half coconut or coconut piece in fire. Offer one more drop of ghee while saying:

ఓం అగ్నయే సప్తవతీ స్వాహా

Now, meditate with any mantra you like for 5-10 minutes as the poornaahuti burns. For some useful tips, please refer to the main document.

At the end of the meditation, show your heart with your hands and say “O Ganesha (గణేశ) and O Mahavishnu (మహావిష్ణు), please come back into my heart”. Also, thank the fire god mentally for his co-operation in the ritual. Then say:

సర్వం శ్రీ కృష్ణార్పణమస్తు! ఓం శాంతిః శాంతిః శాంతిః!

If you minimize the entire procedure and spend maximum time chanting a mantra of Lord Vishnu with offerings into fire and then meditating as the poornaahuti burns, you will get the most out of your homam and not lose much! After some practice, you can compare this super-short procedure with the procedure given in the main document and keep adding mantras from



the main procedure and eventually switch to the main procedure. But even this super-short procedure, when performed sincerely, can give good results.

## Appendix B: Shodasopachaara Pooja

[If you want to perform a shodasopachaara pooja (a worship consisting of 16 services) to Vishnu who is in fire and the idol, instead of the panchopachaara pooja mentioned in this document, please use the procedure in this appendix instead. This will take more time.]

Say the line below and think in the mind that you are offering a nice seat to Vishnu to sit on. While imagining that, just offer a few akshatas to the idol and the fire.

ఓం విష్ణవే నమః! ఆసనం సమర్పయామి

Now, say the line below imagine that you are washing his feet. While imagining that, show a little water with the spoon to the fire and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

ఓం విష్ణవే నమః! పాదయోః పాద్యం సమర్పయామి

Say the line below, imagine that you are washing the hands of Vishnu, show a little water in the spoon to the fire and leave it in the deposit bowl.

ఓం విష్ణవే నమః! హస్తయోః అర్ఘ్యం సమర్పయామి

Say the line below, imagine that you are offering drinking water to Vishnu 's mouth, show a little water in the spoon to the fire and leave it in the deposit bowl.

ఓం విష్ణవే నమః! ముఖే శుద్ధాచమనీయం సమర్పయామి

Say the first sentence below, imagine that you are giving a bath to Vishnu, show a little water in the spoon to the fire and leave it in the deposit bowl. Say the second sentence below, imagine that you are giving drinking water to Vishnu 's mouth after bath, show a little water in the spoon to the fire and leave it in the deposit bowl.

ఓం విష్ణవే నమః! స్నానానంతరం ఆచమనీయం సమర్పయామి

Say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant) and offer a few akshatas to the idol and the fire.

ఓం విష్ణవే నమః వస్త్రాణి ధారయామి

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to the idol and the fire.

ఓం విష్ణవే నమః యజ్ఞోపవీతం సమర్పయామి

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to the idol and the fire.

ఓం విష్ణవే నమః ఆభరణాని సమర్పయామి

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to the idol and the fire. If you don't have all these, just sprinkle a few akshatas on the idol and the fire.

ఓం విష్ణవే నమః గంధాన్ ధారయామి హరిద్రా కుంకుమం సమర్పయామి అక్షతాన్ సమర్పయామి

Keep sprinkling a few flowers or flower petals or akshatas on the idol and the fire while reading the following 16 names of Vishnu. Make sure you put very little amount of materials in the fire, so that you don't extinguish it accidentally. Offer most things to the idol instead. Just offer a token amount in the fire.

ఓం విష్ణవే నమః పుష్పాణి పూజయామి

Say the following line and show the incense stick lighted before to the fire and the idol.

ఓం విష్ణవే నమః ధూపం ఆఘ్రాపయామి

Say the following line and show the lamp lighted before to the fire and the idol. Then show a little water in the spoon to the fire and idol and leave it in the deposit bowl.

ఓం విష్ణవే నమః దీపం దర్శయామి ఆచమనీయం సమర్పయామి

Say the first sentence below, show one of the two food items you prepared (or fruits) to god and imagine that he tasted it. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below. When saying the

second line, imagine that you are offering a nice *taamboolam* (*paan*) to Vishnu and offer some akshatas in their place to the idol and the fire.

ఓం విష్ణవే నమః! నైవేద్యం సమర్పయామి తాంబూలం సమర్పయామి

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of the fire. Say the line below while you do it.

ఓం విష్ణవే నమః! కర్పూరనీరాజనం సమర్పయామి

Take a small flower (or some akshatas) in your right hand, say the following and offer the flower to the idol (and perhaps a couple of petals into the fire). If you know “Narayana Sooktam” and/or Mantrapushpam (and if you have time), read them first and then say the line below. Otherwise, just this line will do. Imagine that you are offering a flower that captures the essence of all mantras.

ఓం విష్ణవే నమః! మంత్రపుష్పం సమర్పయామి

Say the following and bow before Vishnu mentally. Of course, you can also get up, go around the homa kundam once or thrice and bow down (or kneel down or lie down) in front of the fire, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the fire in clockwise directions.

ఓం విష్ణవే నమః! ప్రదక్షిణా నమస్కారాన్ సమర్పయామి

While you do all this, make sure that the fire gets going. Keep placing more dry coconut pieces if necessary to keep the fire going. It may be tricky the first few times, but you will get used to it. When necessary, you can sprinkle a little camphor powder in the fire to make it bigger.

## Appendix C: Practical Tips and Hints

Here are some hints related to practical aspects of homam:

(1) In the beginning, there may be problems with maintaining the fire. New dry coconut pieces (or wood pieces) have to be put in the fire while old pieces are still burning, in order to keep the fire going. One’s ability to estimate how long a dry coconut piece can sustain fire will improve with time.

(2) If the fire completely goes away, sprinkling some camphor powder on the hot pieces can bring the fire back. That fire can be sustained by placing new pieces.

(3) If only a small amount of akshatas are offered during pooja (one or two akshatas each time) and placed on a coconut piece, they will eventually burn.

(4) When offering a flower, if only a petal is placed on a coconut piece and the rest of the flower is placed near the idol, it has a better chance of burning fully in the fire without creating problems to the fire. Of course, in a homam performed with a big fire, full flowers burn easily.

(5) If small amounts are offered, it works better (when the fire is also small).

(6) If merely a drop of ghee is offered each time, less smoke is generated.

(7) Wood generates smoke. But dry coconut generates very little smoke. It generates smokes mainly at the end when the fire goes away. If the homa kundam is close to a window and the window is opened at the end, that may be sufficient to drive the little smoke out.

(8) Apart from mantras of Vishnu, mantras of other deities can be offered in the fire while imagining them and Vishnu to be different manifestations of the same Cosmic Being.

(9) It is a very good idea to keep the body as still as possible, with minimal movement of only those body parts that must move (*e.g.* arm and mouth). It will maximize the positive spiritual benefit from homam.

(10) It is a good idea to keep atleast two coconut pieces burning all the time. Even if the fire in one becomes weak, the other piece can help re-ignite it.

(11) If one puts a lot of oil or ghee in a pan and heats it, it generates smoke as the ghee burns. If one puts too little oil in a pan and tries to fry vegetables, they burn and generate smoke. If one puts the right balance of oil and vegetables, they get cooked properly and there is no smoke. Similarly, if one puts the right balance of ghee and solid materials, they burn without smoke. There will be some smoke only at the end, when the fire goes off. Wood, on the other hand, is different from dry coconut and generates more smoke.

## Appendix D: Vishnu Sahasra Namam

విశ్వం విష్ణుర్ వషట్కారో భూతభవ్యభవత్ ప్రభుః ।

భూతకృద్ భూతభృద్ భావో భూతాత్మా భూతభావనః ॥స్వాహా॥

పూతాత్మా పరమాత్మా చ ముక్తానాం పరమా గతిః ।

అవ్యయః పురుషః సాక్షీ క్షేత్రజ్ఞోక్షర ఏవ చ ॥స్వాహా॥

యోగో యోగవిదాం నేతా ప్రధానపురుషేశ్వరః ।

నారసింహవపుః శ్రీమాన్ కేశవః పురుషోత్తమః ॥స్వాహా॥

సర్వః శర్వః శివః స్థాణుర్ భూతాదిర్నిధి రవ్యయః ।  
 సంభవో భావనో భర్తా ప్రభవః ప్రభురీశ్వరః ॥స్వాహా॥  
 స్వయంభూః శంభురాదిత్యః పుష్కరాక్షో మహాస్వనః ।  
 అనాదినిధనో ధాతా విధాతా ధాతురుత్తమః ॥స్వాహా॥  
 అప్రమేయో హృషీకేశః పద్మనాభోఽమరప్రభుః ।  
 విశ్వకర్మా మనుస్తవ్షా స్థవిష్ఠః స్థవిరో ధ్రువః ॥స్వాహా॥  
 అగ్రాహ్యః శాశ్వతః కృష్ణో లోహితాక్షః ప్రతర్దనః  
 ప్రభూత స్త్రికకుబ్ధామ పవిత్రం మంగళం పరం ॥స్వాహా॥  
 ఈశానః ప్రాణదః ప్రాణో జ్యేష్ఠః శ్రేష్ఠః ప్రజాపతిః ।  
 హిరణ్యగర్భో భూగర్భో మాధవో మధుసూదనః ॥స్వాహా॥  
 ఈశ్వరో విక్రమీధన్వీ మేధావీ విక్రమః క్రమః ।  
 అనుత్తమో దురాదర్శః కృతజ్ఞః కృతిరాత్మవాన్ ॥స్వాహా॥  
 సురేశః శరణం శర్మ విశ్వరేతాః ప్రజాభవః ।  
 అహస్సంవత్సరో వ్యాళః ప్రత్యయః సర్వదర్శనః ॥స్వాహా॥  
 అజః సర్వేశ్వరః సిద్ధః సిద్ధిః సర్వాది రచ్యుతః ।  
 వృషాకపి రమేయాత్మా సర్వయోగవినిస్సృతః ॥స్వాహా॥  
 వసుర్వసుమనాస్సత్యః సమాత్మా సమ్మితః సమః ।  
 అమోఘః పుండరీకాక్షో వృషకర్మా వృషాకృతిః ॥స్వాహా॥  
 రుద్రో బహుశిరా బభ్రుర్ విశ్వయోనిః శుచిశ్రవాః ।  
 అమృతః శాశ్వతః స్థాణుర్ వరారోహో మహాతపాః ॥స్వాహా॥  
 సర్వగః సర్వవిద్భానుర్ విష్వక్సేనో జనార్దనః ।  
 వేదో వేదవిదవ్యంగో వేదాంగో వేదవిత్సవిః ॥స్వాహా॥  
 లోకాధ్యక్షః సురాధ్యక్షో ధర్మాధ్యక్షః కృతాకృతః ।  
 చతురాత్మా చతుర్వ్యూహః చతుర్దంష్ట్ర శ్చతుర్బుజః ॥స్వాహా॥  
 భ్రాజిష్ణుర్బౌజనం భోక్తా సహిష్ణుర్జగదాదిజః ।

అనఘో విజయో జేతా విశ్వయోనిః పునర్వసుః ॥స్వాహా॥  
 ఉపేంద్రో వామనః ప్రాంశురమోఘః శుచిరూర్జితః ।  
 అతీంద్రః సంగ్రహస్సర్గో దృతాత్మా నియమో యమః ॥స్వాహా॥  
 వేద్యో వైద్యః సదాయోగీ వీరహా మాధవో మధుః ।  
 అతీంద్రియో మహామాయో మహోత్సాహో మహాబలః ॥స్వాహా॥  
 మహాబుద్ధిర్మహావీర్యో మహాశక్తి ర్మహాద్యుతిః ।  
 అనిర్దేశ్యవపుః శ్రీమాన్ అమేయాత్మా మహాద్రిధృక్ ॥స్వాహా॥  
 మహేష్వాసో మహీభర్తా శ్రీనివాసః సతాం గతిః ।  
 అనిరుద్ధః సురానందో గోవిందో గోవిదాం పతిః ॥స్వాహా॥  
 మరీచిర్దమనో హంసః సువర్ణో భుజగోత్తమః ।  
 హిరణ్యనాభః సుతపాః పద్మనాభః ప్రజాపతిః ॥స్వాహా॥  
 అమృత్యుః సర్వదృక్సింహః సంధాతా సంధిమాన్ స్థిరః ।  
 అజో దుర్మర్షణః శాస్తా విశ్రుతాత్మా సురారిహా ॥స్వాహా॥  
 గురుర్గురుతమో ధామ సత్య స్సత్యవరాక్రమః ।  
 నిమిషోఽనిమిషః స్రగ్వీ వాచస్పతి రుదారధీః ॥స్వాహా॥  
 అగ్రణీర్ గ్రామణీః శ్రీమాన్ న్యాయో నేతా సమీరణః ।  
 సహస్రమూర్ధా విశ్వాత్మా సహస్రాక్షః సహస్రపాత్ ॥స్వాహా॥  
 ఆవర్తనో నివృత్తాత్మా సంవృతః సంప్రమర్దనః ।  
 అహస్సంవర్తకో వహ్ని రనిలో ధరణీధరః ॥స్వాహా॥  
 సుప్రసాదః ప్రసన్నాత్మా విశ్వసృష్టిశ్వభుగ్విభుః ।  
 సత్కర్తా సత్కృతస్సాధుః జహ్ను ర్నారాయణో నరః ॥స్వాహా॥  
 అసంఖ్యేయోఽప్రమేయాత్మా విశిష్టః శిష్టకృచ్ఛుచిః ।  
 సిద్ధార్థః సిద్ధసంకల్పః సిద్ధిదస్సిద్ధిసాధనః ॥స్వాహా॥  
 వృషాహీ వృషభో విష్ణుః వృషపర్వా వృషోదరః ।  
 వర్ధనో వర్ధమానశ్చ వివిక్తః శ్రుతిసాగరః ॥స్వాహా॥

సుభుజో దుర్ధరో వాగ్మీ మహేంద్రో వసుదో వసుః ।  
 నైకరూపో బృహద్వాపః శిపివిష్టః ప్రకాశనః ॥స్వాహా॥  
 ఓజస్తేజోద్యుతిధరః ప్రకాశాత్మా ప్రతాపనః ।  
 ఋద్ధః స్పష్టాక్షరో మంత్రశ్చంద్రాంశుర్భాస్కరద్యుతిః ॥స్వాహా॥  
 అమృతాంశూద్భవో భానుః శశబిందు స్సరేశ్వరః ।  
 ఔషధం జగతః సేతుః సత్యధర్మపరాక్రమః ॥స్వాహా॥  
 భూతభవ్యభవన్నాథః పవనః పావనోఽనలః ।  
 కామహా కామకృత్కాంతః కామః కామప్రదః ప్రభుః ॥స్వాహా॥  
 యుగాదికృద్యుగావర్తో నైకమాయో మహాశనః ।  
 అదృశ్యో వ్యక్తరూపశ్చ సహస్రజిదనంతజిత్ ॥స్వాహా॥  
 ఇష్టోఽవిశిష్టః శిష్టేష్టః శిఖండీ నహుషో వృశః ।  
 క్రోధహా క్రోధకృత్కర్తా విశ్వబాహు ర్మహీధరః ॥స్వాహా॥  
 అచ్యుతః ప్రథితః ప్రాణః ప్రాణదో వాసవానుజః ।  
 అపాం నిధి రధిష్ఠాన మప్రమత్తః ప్రతిష్ఠితః ॥స్వాహా॥  
 స్కందః స్కందధరో ధుర్యో వరదో వాయువాహనః ।  
 వాసుదేవో బృహద్భానురాదిదేవః పురందరః ॥స్వాహా॥  
 ఆశోకస్తారణస్తారః శూరః శౌరిర్జనేశ్వరః ।  
 అనుకూలః శతావర్తః పద్మీ పద్మనిభేక్షణః ॥స్వాహా॥  
 పద్మనాభోఽరవిందాక్షః పద్మగర్భః శరీరభృత్ ।  
 మహార్ధిర్ధిద్ధో వృద్ధాత్మా మహాక్షో గరుడధ్వజః ॥స్వాహా॥  
 అతులః శరభో భీమః సమయజ్ఞో హవిర్వారిః ।  
 సర్వలక్షణలక్షణ్యో లక్ష్మీవాన్ సమితింజయః ॥స్వాహా॥  
 విక్షరో రోహితో మార్గో హేతు ర్దామోదర స్సహః ।  
 మహీధరో మహాభాగో వేగవానమితాశనః ॥స్వాహా॥  
 ఉద్భవః క్షోభణో దేవః శ్రీగర్భః పరమేశ్వరః ।

కరణం కారణం కర్తా వికర్తా గహనో గుహః ॥స్వాహా॥  
 వ్యవసాయో వ్యవస్థానః సంస్థానః స్థానదో ధ్రువః ।  
 పరర్ధిః పరమస్పష్టః తుష్టః పుష్టః శుభేక్షణః ॥స్వాహా॥  
 రామో విరామో విరజోమార్గో నేయో నయోఽనయః ।  
 వీరః శక్తిమతాం శ్రేష్ఠో ధర్మో ధర్మవిదుత్తమః ॥స్వాహా॥  
 వైకుంఠః పురుషః ప్రాణః ప్రాణదః ప్రణవః పృథుః ।  
 హిరణ్యగర్భశ్శత్రుఘ్నో వ్యాప్తో వాయురధోక్షజః ॥స్వాహా॥  
 ఋతు సుదర్శనః కాలః పరమేష్ఠీ పరిగ్రహః ।  
 ఉగ్రః సంవత్సరో దక్షో విశ్రామా విశ్వదక్షిణః ॥స్వాహా॥  
 విస్తారః స్థావరః స్థాణుః ప్రమాణం బీజమవ్యయమ్ ।  
 అర్థోఽనర్థో మహాకోశో మహాభోగో మహాధనః ॥స్వాహా॥  
 అనిర్విణ్ణః స్థవిష్ఠో భూర్ధర్మయూపో మహామఖః ।  
 నక్షత్రనేమి ర్నక్షత్రీ క్షమః క్షామ స్సమీహనః ॥స్వాహా॥  
 యజ్ఞ ఇజ్యో మహేజ్యశ్చ క్రతుస్సత్రం సతాం గతిః ।  
 సర్వదర్శి నివృత్తాత్మా సర్వజ్ఞో జ్ఞానముత్తమమ్ ॥స్వాహా॥  
 సువ్రతః సుముఖః సూక్ష్మః సుఘోషః సుఖదః సుహృత్ ।  
 మనోహరో జితక్రోధో వీరబాహుర్విదారణః ॥స్వాహా॥  
 స్వాపనః స్వవశో వ్యాపీ నైకాత్మా నైకకర్మకృత్ ।  
 వత్సరో వత్సలో వత్సీ రత్నగర్భో ధనేశ్వరః ॥స్వాహా॥  
 ధర్మగుబ్ధర్మకృద్ధర్మీ సదసత్క్షరమక్షరమ్ ।  
 అవిజ్ఞాతా సహస్రాంశుః విధాతా కృతలక్షణః ॥స్వాహా॥  
 గభస్తినేమిః సత్త్వస్థః సింహో భూతమహేశ్వరః ।  
 ఆదిదేవో మహాదేవో దేవేశో దేవభృద్గురుః ॥స్వాహా॥  
 ఉత్తరో గోపతిర్గోష్ఠా జ్ఞానగమ్యః పురాతనః ।  
 శరీరభూతభృత్ భోక్తా కపింద్రో భూరిదక్షిణః ॥స్వాహా॥



సోమపోఽమృతపః సోమః పురుజిత్ పురుసత్తమః ।  
 వినయో జయః సత్యసంధో దాశార్హః సాత్వతాం పతిః ॥స్వాహా॥  
 జీవో వినయితా సాక్షీ ముకుందోఽమితవిక్రమః ।  
 అంభోనిధి రనంతాత్మా మహోదధిశయాఽస్తకః ॥స్వాహా॥  
 అజో మహార్హః స్వాభావ్యో జితామిత్రః ప్రమోదనః ।  
 ఆనందో నందనో నందః సత్యధర్మా త్రివిక్రమః ॥స్వాహా॥  
 మహర్షిః కపిలాచార్యః కృతజ్ఞో మేదినీపతిః ।  
 త్రిపదస్త్రీదశాధ్యక్షో మహాశృంగః కృతాస్తకృత్ ॥స్వాహా॥  
 మహావరాహో గోవిందః సుషేణః కనకాంగదీ ।  
 గుహ్యో గభీరో గహనో గుప్త శ్చక్రగదాధరః ॥స్వాహా॥  
 వేధాః స్వాంగోఽజితః కృష్ణో దృఢః సంకర్షణోఽచ్యుతః ।  
 వరుణో వారుణో వృక్షః పుష్కరాక్షో మహామనాః ॥స్వాహా॥  
 భగవాన్ భగహోఽనందీ వనమాలీ హలాయుధః ।  
 ఆదిత్యో జ్యోతిరాదిత్యః సహిష్ణు ర్గతిసత్తమః ॥స్వాహా॥  
 సుధన్వా ఖండపరశుః దారుణో ద్రవిణప్రదః ।  
 దివిస్పృక్ సర్వదృగ్ వ్యాసో వాచస్పతి రయోనిజః ॥స్వాహా॥  
 త్రిసామా సామగః సామ నిర్వాణం భేషజం భిషక్ ।  
 సన్న్యాసకృచ్ఛమః శాంతో నిష్ఠా శాంతిః పరాయణం ॥స్వాహా॥  
 శుభాంగః శాంతిదః స్రష్టా కుముదః కువలేశయః ।  
 గోహితో గోపతిర్గోష్ఠా వృషభాక్షో వృషప్రియః ॥స్వాహా॥  
 అనివర్తి నివృత్తాత్మా సంక్షేప్తా క్షేమకృచ్ఛివః ।  
 శ్రీవత్సవక్షాః శ్రీవాసః శ్రీపతిః శ్రీమతాం వరః ॥స్వాహా॥  
 శ్రీదః శ్రీశః శ్రీనివాసః శ్రీనిధిః శ్రీవిభావనః ।  
 శ్రీధరః శ్రీకరః శ్రీయః శ్రీమాన్ లోకత్రయాశ్రయః ॥స్వాహా॥  
 స్వక్షః స్వంగః శతానందో నంది ర్జ్యోతిర్గణేశ్వరః ।

విజితాత్మా విధేయాత్మా సత్కీర్తి శ్చిన్నసంశయః ॥స్వాహా॥  
 ఉదీర్ణః సర్వతశ్చక్షు రనీశః శాశ్వతస్థిరః ।  
 భూశయా భూషణో భూతిరశోకః శోకనాశనః ॥స్వాహా॥  
 అర్చిష్మానర్చితః కుంభో విశుద్ధాత్మా విశోధనః ।  
 అనిరుద్ధోఽప్రతిరథః ప్రద్యుమ్నోఽమితవిక్రమః ॥స్వాహా॥  
 కాలసేమినిహా వీరః శూరః శూరజనేశ్వరః ।  
 త్రిలోకాత్మా త్రిలోకేశః కేశవః కేశిహా హరిః ॥స్వాహా॥  
 కామదేవః కామపాలః కామీ కాంతః కృతాగమః ।  
 అనిర్దేశ్యవపు ర్విష్ణుః వీరోఽనంతో ధనంజయః ॥స్వాహా॥  
 బ్రహ్మణ్యో బ్రహ్మకృత్ బ్రహ్మీ బ్రహ్మ బ్రహ్మవివర్ధనః ।  
 బ్రహ్మవిత్ బ్రాహ్మణో బ్రహ్మీ బ్రహ్మజ్ఞో బ్రాహ్మణప్రియః ॥స్వాహా॥  
 మహాక్రమో మహాకర్మా మహాతేజా మహోరగః ।  
 మహాక్రతు ర్మహాయజ్ఞా మహాయజ్ఞో మహాహవిః ॥స్వాహా॥  
 స్రవ్యః స్రవప్రియః స్తోత్రం స్తుతిః స్తోత్రా రణప్రియః ।  
 పూర్ణః పూరయితా పుణ్యః పుణ్యకీర్తి రనామయః ॥స్వాహా॥  
 మనోజవస్తీర్థకరో వసురేతా వసుప్రదః ।  
 వసుప్రదో వాసుదేవో వసుర్వసుమనా హవిః ॥స్వాహా॥  
 సద్గతిః సత్కృతిః సత్తా సద్భూతిః సత్పరాయణః ।  
 శూరసేనో యదుశ్రేష్ఠః సన్నివాసః సుయామునః ॥స్వాహా॥  
 భూతావాసో వాసుదేవః సర్వాసునిలయోఽనలః ।  
 దర్పహా దర్పదోఽ దృష్టో దుర్ధరోఽథాపరాజితః ॥స్వాహా॥  
 విశ్వమూర్తిర్మహామూర్తిర్ దీప్తమూర్తిరమూర్తిమాన్ ।  
 అనేకమూర్తిరవ్యక్తః శతమూర్తిశ్శతాననః ॥స్వాహా॥  
 ఏకో సైకః స వః కః కిం యత్తత్ప్రద మనుత్తమమ్ ।  
 లోకబంధు ర్లోకనాథో మాధవో భక్తవత్సలః ॥స్వాహా॥

సువర్ణవర్ణో హేమాంగో వరాంగ శ్చందనాంగదీ ।  
 వీరహో విషమః శూన్యో ఘృతాశీ రచలశ్చలః ॥స్వాహా॥  
 అమానీ మానదో మాన్యో లోకస్వామీ త్రిలోకధృత్ ।  
 సుమేధా మేధజో ధన్యః సత్యమేధా ధరాధరః ॥స్వాహా॥  
 తేజోవృషో ద్యుతిధరః సర్వశస్త్రభృతాం వరః ।  
 ప్రగ్రహో నిగ్రహో వ్యగ్రో వైకశృంగో గదాగ్రజః ॥స్వాహా॥  
 చతుర్మూర్తిశ్చతుర్బాహుః చతుర్వ్యూహశ్చతుర్గతిః ।  
 చతురాత్మా చతుర్బావః చతుర్వేదవిదేకపాత్ ॥స్వాహా॥  
 సమావర్తోఽనివృత్తాత్మా దుర్జయో దురతిక్రమః ।  
 దుర్లభో దుర్గమో దుర్గో దురావాసో దురారిహో ॥స్వాహా॥  
 శుభాంగో లోకసారంగః సుతంతుస్తంతువర్ధనః ।  
 ఇంద్రకర్మా మహాకర్మా కృతాకర్మా కృతాగమః ॥స్వాహా॥  
 ఉద్భవః సుందరః సుందో రత్ననాభః సులోచనః ।  
 అర్కో వాజసనః శృంగీ జయంతః సర్వవిజ్ఞయీ ॥స్వాహా॥  
 సువర్ణబిందు రక్షోభ్యః సర్వవాగీశ్వరేశ్వరః ।  
 మహాహ్రదో మహాగర్తో మహాభూతో మహానిధిః ॥స్వాహా॥  
 కుముదః కుందరః కుందః పర్జన్యః పావనోఽనిలః ।  
 అమృతాశోఽమృతవపుః సర్వజ్ఞః సర్వతోముఖః ॥స్వాహా॥  
 సులభః సువ్రతః సిద్ధః శత్రుజిత్ శత్రుతాపనః ।  
 న్యగ్రోధోదుంబరోఽశ్వత్థః చాణూరాంధ్రనిషాదనః ॥స్వాహా॥  
 సహస్రార్చిః సప్తజిహ్వః సప్తైధాః సప్తవాహనః ।  
 అమూర్తి రనఘోఽచింత్యో భయకృద్భయనాశనః ॥స్వాహా॥  
 అణుర్బూహత్ కృశః స్థూలో గుణభృన్నిర్గుణో మహాన్ ।  
 అధృతః స్వధృతః స్వాస్థ్యః ప్రాగ్వంశో వంశవర్ధనః ।  
 భారభృత్కృథితో యోగీ యోగీశః సర్వకామదః ।

ఆశ్రమః శ్రమణః క్షామః సుపర్వో వాయువాహనః ॥స్వాహా॥  
 ధనుర్ధరో ధనుర్వేదో దండో దమయుతా దమః ।  
 అపరాజితః సర్వసహో నియంతా నియమో యమః ॥స్వాహా॥  
 సత్త్వవాన్ సాత్త్వికః సత్యః సత్యధర్మపరాయణః ।  
 అభిప్రాయః ప్రియార్హోఽర్హః ప్రియకృత్ ప్రీతివర్ధనః ॥స్వాహా॥  
 విహాయసగర్జ్యోతిః సురుచిర్ హుతభుగ్విభుః ।  
 రవిర్విరోచనః సూర్యః సవితా రవిలోచనః ॥స్వాహా॥  
 అనంతో హుతభుక్ భోక్తా సుఖదో నైకదోఽగ్రజః ।  
 అనిర్విణ్ణః సదామర్షీ లోకాధిష్ఠానమద్భుతః ॥స్వాహా॥  
 సనాత్ సనాతనతమః కపిలః కపిరవ్యయః ।  
 స్వస్తిదః స్వస్తికృత్ స్వస్తి స్వస్తిభుక్ స్వస్తిదక్షిణః ॥స్వాహా॥  
 ఆరౌద్రః కుండలీ చక్రీ విక్రమ్యూర్జితశాసనః ।  
 శబ్దాతిగః శబ్దసహః శిశిరః శర్వరీకరః ॥స్వాహా॥  
 అక్రూరః పేశలో దక్షో దక్షిణః క్షమిణాం వరః ।  
 విద్వత్తమా వీతభయః పుణ్యశ్రవణకీర్తనః ॥స్వాహా॥  
 ఉత్తారణో దుష్ప్రతిహా పుణ్యో దుస్స్వప్ననాశనః ।  
 వీరహా రక్షణః సంతో జీవనః పర్యవస్థితః ॥స్వాహా॥  
 అనంతరూపోఽనంతశ్రీః జితమన్యుర్భయాపహః ।  
 చతురశ్రో గభీరాత్మా విదిశో వ్యాదిశో దిశః ॥స్వాహా॥  
 అనాదిర్ భూర్భువో లక్ష్మీః సువీరో రుచిరామృదః ।  
 జననో జనజన్మాదిర్ భీమో భీమపరాక్రమః ॥స్వాహా॥  
 ఆధారనిలయోఽధాతా పుష్పహాసః ప్రజాగరః ।  
 ఊర్ధ్వగః సత్పథాచారః ప్రాణదః ప్రణవః పణః ॥స్వాహా॥  
 ప్రమాణం ప్రాణనిలయః ప్రాణధృత్ ప్రాణజీవనః ।  
 తత్త్వం తత్త్వవిదేకాత్మా జన్మమృత్యుజరాతిగః ॥స్వాహా॥

భూర్భువఃస్వస్తరుస్తారః సవితా ప్రపితామహః ।  
 యజ్ఞో యజ్ఞపతిర్యజ్ఞా యజ్ఞాంగో యజ్ఞవాహనః ॥స్వాహా॥  
 యజ్ఞభృత్ యజ్ఞకృత్ యజ్ఞే యజ్ఞభుక్ యజ్ఞసాధనః ।  
 యజ్ఞాంతకృత్ యజ్ఞగుహ్యమన్నమన్నాద ఏవ చ ॥స్వాహా॥  
 ఆత్మయోనిః స్వయంజాతో వైఖానస్సామగాయనః ।  
 దేవకీనందనః స్రష్టా క్షిత్తిశః పాపనాశనః ॥స్వాహా॥  
 శంఖభృన్నందకీ చక్రీ శార్ఙ్గధన్వా గదాధరః ।  
 రథాంగపాణిరక్షోభ్యః సర్వప్రహరణాయుధః ॥స్వాహా॥  
 వనమాలీ గది శార్ఙ్గీ శంఖీ చక్రీ చ నందకీ ।  
 శ్రీమాన్నారాయణో విష్ణుర్ వాసుదేవోఽభిరక్షతు ॥స్వాహా॥