

Class-IV

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**1****SANDHYA YOGA**

Sandhya means the time of junction between day and night in 24 hours day, means morning when sun rises and evening when sun sets. These are generally known as Sandhya. At this time people do Sandhyavandanam, the act of thanking the source of all inspiration that is the Sun in the sky, was made part of daily routine. The only benefit out of Sandhya is the purification of an internal tool called Manas. We accumulate dirt in the mind by thinking bad about others, by intending bad things to others, hurting others, giving pain to others etc. Basically, yoga is meant for purifying Manas. Sandhyavandanam is also a type of Yoga, Sandhya Yoga.

**Note****OBJECTIVES**

After reading this lesson you will be able to:

- recite the Mantras of Sandhya
- practice abridged form of Sandhya

1.1 SANDHYA YOGA

In Sandhya Yoga, there are three very important components;

1. Pranayama (breathing regulations),
2. Arghyam (pouring water which is energized with a Mantra) and
3. Gayatri Japa (repeating a Mantra while remembering Savitr Devata, the Sun).

Asana, Pranayama, Dhyana etc are made part of Sandhya Yoga every day. So, one has to prepare oneself for Sandhya Yoga as given below;

- Clean and Quiet place exclusive for Sadhana, practice
- Fixed time – approximately 100 minutes before sunrise in the morning and before appearance of stars in the skies in the evening
- Specified mat etc.
- Seated in one Asana (Physical posture)

1.2 S STEPS OF SANDHYA YOGA PERFORMANCE



Note

1. vkpeue~(Achamanam) –

Sit on a plank with a Panchapatram (coper tumbler) in front, full of water and a spoon or Uddharanam (coper spoon). Pour a few drops of water on your right palm and drink it three times

2. k.kk; ke%(Pranayama) –

Touch the right nostril with the right thumb and the left nostril with the right ring finger and gently press the right thumb to close the gap on the right nostril and inhale through the left nostril

3. l dYi e-(Sankalpa) –

Face East for ‘Prata-sandhya-vandanam’ and ‘Madhyahnikam’ and West for ‘Sayam sandhya-vandanam’ Keep the left palm on the right thigh with palm facing upwards and keep the closed right palm over the left palm and chant the following:

अद्यब्रह्मणः द्वितीयपरार्धे श्वेतवराहकल्पे वैवस्वतमन्वन्तरे कलियुगे
प्रथममादे जम्बूद्वीपे भरतखण्डे भारतवर्षे अस्मिन् वर्तमान
संवत्सरे अयने तौ मासे
पक्षे तिथौ वासरे पुण्यकाले
ममोपात्तसमस्तदुरितक्षयद्वारा श्रीपरमेश्वरप्रीत्यर्थं प्रातः/सायं
सन्ध्यामुपासिष्ये ।

**Note****4. वृक्षार्घ्यप्रदानम् (Arghya Pradanam) –**

Hold water in the palm in both the hands, utter the following mantra

ॐ भास्कराय नमः इदमर्घ्यम्

and pour the water on the floor and repeat it three times

5. सवित्रजपः (Savitr Japa) –

यो देवः सवितास्माकं धियो धर्मादिगोचराः । प्रेरयेत्तस्य यद्भर्गः
तद्वरेण्यमुपास्महे ।।

Chant the above Mantra 108 times twice a day.

6. अक्षय्यपात्रम् (Achamanam and close) –**INTEXT QUESTIONS 1.1**

1. What are the important components in Sandhya?
2. Name the steps for Sandhya Yoga performance.

**WHAT HAVE YOU LEARNT**

- Steps of performing Sandhya.



TERMINAL QUESTIONS

1. How should one get prepared for Performing Sandhya Yoga every day.



ANSWERS TO INTEXT QUESTIONS

1. Preanayam, Arghyam and Gayatri Jaap etc.
2. Achamanam, Pranayam, Sankalp, Arghyapradanam, Savitri Jap and Achamanam.



Note