

Hari om, this is the suggested daily practise for Sandhya Vandanam. It is a shortened version of the complete Sandhya Vandana vidhi, designed to give maximum time possible to Gayatri japa.

First we start by invoking lord Narayana to purify the body, mind and intellect. Merely bringing the lord's name and form into your mind and repeating bhagavan's name three times is sufficient to eliminate all impurities from BMI.

śarīra śuddhi

apavitraḥ pavitrō vā sarvāvasthā-ṅgatō-'pivā |
ya-ssmarē-tpuṇḍarīkākṣaṃ sa bāhyābhyantara śśuchiḥ ||
puṇḍarīkākṣa ! puṇḍarīkākṣa ! puṇḍarīkākṣāya namaḥ |

Now perform additional purification by repeating three names of lord Narayana. Your teacher will walk you through how to use water during the achamanam procedure

āchamanaḥ

ōṃ kēśavāya svāhā
ōṃ nārāyaṇāya svāhā
ōṃ mādhavāya svāhā

Now perform pranayama, your teacher will show you how to inhale and exhale during this practise.

prāṇāyāmaḥ

ō-mbhūḥ | ō-mbhuvāḥ | ōgṃ suvāḥ | ō-mmahaḥ | ō-mjanaḥ |
ō-mtapaḥ | ōgṃ s̥atyam |
ō-mtathsāviturvarēṇyaṃ bhargō dēvasyā dhīmahi |
dhiyō yō nāḥ prachōdayāt ||
ōmāpō jyōtī rasō-'mṛṭa-mbrahmaṃ bhū-rbhuvā-ssuvarōm ||

Now take a vow to complete the sandhya vandanam

saṅkalpaḥ

mamōpāṭṭa, durita kṣayadvārā, śrī paramēśvara muddisya, śrī
paramēśvara prītyartham prātaḥ/madhyāhnikā/sāyam
sandhyāṃ upāsiṣyē ||

Now take a vow to offer arghya, an offering of water to mother
gayatri who expresses to the physical world as Surya bhagavan

laghusaṅkalpaḥ

prātassandhyāṅga arghyapradānam kariṣyē ||

Offer water three times while repeating gayatri mantra

arghya mantram (repeat 3 times and offer water)

ō-mbhūrbhuvāssuvāḥ || tathsāviturvarēṇyaṃ-mbhargō dēvasyā
dhīmahi | dhiyō yō nāḥ prachōdayāt

Invoke mother Gayatri by inviting her into your heart.

gāyatrī avāhana

āyātu varādā dēvī akṣarā-mbrahmaṣammītam |
gāyatrī-ñChandāsā-mmātēda-mbrāhma juṣasvā mē | ōjō-'si
sahō-'si balāmasi bhrājō-'si dēvānā-mdhāmanāmāsī viśvāmasi
viśvāyu-ssarvāmasi sarvāyu-rabhibhūrōm |
gāyatrī-māvāhayāmi sāvitrī-māvāhayāmi sarasvatī-māvāhayāmi
Chandarṣī-māvāhayāmi śriya-māvāhayāmi

Take a vow to complete gayatri japa

Do gayatri japa at least 24 times during regular practice. If you don't have sufficient time, at least do it 10 times a day. On weekends, do japa 108 times. Your teacher will teach about the mental attitude while doing japa.

gāyatrī mantram

ō-mbhūrbhuvassuvāḥ ||
tathsāviturvarēṇyam
bhargō dēvasyā dhīmahi |
dhiyō yō naḥ prachodayāt ||

Thank mother Gayatri for being present with you during the japa.

gāyatrī udvāsana (prasthānaṃ)

uttamē śikhārē jātē bhūmyā-mpārvatamūrthāni |
brāhmaṇēbhyō-'bhyānujñātā gachchadēvi yathāsukham | stutō
mayā varadā vēdamātā prachodayantī pavanē dvijātā | āyuh
pṛthivyā-ndraviṇa-mbrāhmavarchasā-mmahya-ndatvā
prayātu-mbrāhmalōkam || (mahānārāyaṇa upaniṣat)

Prayers to lord vasudeva, kesava and janardhana. All prayers in whichever form they are offered, reach lord narayana.

bhūmyākāśābhi vandanaṃ

ākāśātpatita-mtōyaṃ yathā gachChatī sāgaram |
sarvadēva namaskāraḥ kēśava-mpratigachChatī ||
śrī kēśava-mpratigachChatyōnnama iti |

Offer respects and recite your parampara, see examples at the end for some gotras

abhivādaḥ (pravara)

Abhivādayē *[insert three rishis]*... pravārānvita *[insert gotra]*..
gōtraḥ *[insert sutra]*.. sūtraḥ *[insert sakha]*.. śākhādhyāyī ...
[insert name] aham asmi bhōhō

Any results that have accrued from the practice are offered to lord narayana.

Īśvarārpaṇam

kāyēna vāchā manasēndriyairvā | buddhyā-"tmanā vā prakṛtē
ssvabhāvāt |

karōmi yadyatsakala-mparasmai śrīmannārāyaṇāyēti
samarpayāmi ||

hariḥ ō-ntatsat | etat sarvaṃ śrī krishnārpaṇamastu |

Kaundinya Gotra Abhivada:

Abhivādayē vāsistha maitravaruna kaundinya trayarsheya
pravarānvita kaundinya gōtraḥ apasthambha sūtraḥ Yajus
śākhādhyāyī ... *[insert name]* aham asmi bhōhō ||

Kasyapa Gotra Abhivada:

Abhivādayē Kasyapa Avatsara Daivala trayarsheya
pravarānvita kasyapa gōtraḥ apasthambha sūtraḥ Yajus
śākhādhyāyī ... *[insert name]* aham asmi bhōhō ||

Bharadwaja Gotra Abhivada:

Abhivādayē Angirasa Barhaspatya Bharadwaja trayarsheya
pravarānvita Bharadwaja gōtraḥ apasthambha sūtraḥ Yajus
śākhādhyāyī ... *[insert name]* aham asmi bhōhō ||