

yaj~JOpavItadhaaraNa vidhi :

1. Achamana

OM shrI kEshavaaya svaahaa |
OM shrI naaraayaNaaya svaahaa |
OM shrI maadhavaaya svaahaa |

OM gOvindaaya nama: |
ityaadi chaturviMshati naamagaLannu dhyaanisuvudu.

2. praaNaayaama :

praNavasya parabrahma RuShi: paramaatmaa dEvataa |
dEvI gaayatrI Canda: praaNaayaamE viniyOga: |
OM bhU: | OM bhuva: | OM sva: | OM maha: |
OM jana: | OM tapa: | OM satyaM |

OM tatsaviturvarENyam | bhargO dEvasya dhImahi |
dhiyO yO na: prachOdayaat |
OmaapO jyOtirasOmRutam brahma bhUrbhuvasvarOm |

3. sankalpa -

shubhE shObhanE muhUrte Adya brahmaNa:
dvItIyaparaardhE, shrI shvEtavaraahakalpe, vaivasvata
manvantarE, aShTaavimshatitamE kaliyugE, prathamapaadE,
bharatavarShE, jambUdvIpe, bharataKanDE, danDakaaraNyE,
gOdaavaryaa: dakShiNE tIre, shaalIvaahana shakE,
boudhaavataarE, raamakShEtrE, asminvartamaanE, _____
saMvatsarE, _____ AyanE, _____ Rutou,
_____ maase, _____ pakShE, _____ tithou,
_____ vaasarE, _____ nakShatrE, shubhayOga,
shubhakaraNa, EvanguNa vishEShaNa vishiShTaayaam
shubhatitou, shrI bhaaratIramaNa muKyapraaNaantargata
shrI vEdavyaasa prEraNayaa shrI vEdavyaasa prItiyartham
shrouta smaarta karmaanuShThaana yOgyataasiddiyartham,
yaj~JOpavItadhaaraNamaham kariShyE |
tadaadou yaj~JOpavIta samskaaram kariShyE |

4. Samskara -

We must not use the Janivara brought from the shop directly. It needs some samskara to be done before wearing. They are :

We have to do mandala, and on the mandala we have to keep the Janivara in a tamrada/silver plate. Then we have to chant

5. Abhimantrana

Om syOnaa pRuthivI bhavaanRukSharaa nivEshani |
yachchaa na: sharma sapratha | (mantradinda)

Then we have to do abhimantrana with Gayatri Mantra

ApO hi ShTaa mayObhuvastaana UrjE dadhaatana : |
mahEraNaaya chakShasE |

We have to do prokshana by chanting the above shloka

6. praaNa pratiShThaapane -

We have to chant the below mentioned shloka by touching the Janivara :

Om asunItE punarasmaasu chakShu puna:
praaNamihanOdEhi bhOgaM |
jyOk pashyEma sUryamuchcharaMta
manumate mRuLayaa na: svasti |
iti praaNapratishThaapanaM kRutvaa

"Om namO naaraayaNaaya Om" - We have to chant 8 times

brahmaadi navatantu dEvategaLa Avaahana maaDuvudu -

brahmaja j~JaanaM, nakula:, brahmaa, triShTup brahmaa,
triShTup brahmaavaahanE viniyOga: |

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Om brahmajaj~Jaanam prathamam purastaad visImata:
suruchOvEna Ava: |
sabudhnyaa upamaa asya
viShThaassatashcha yOnimasatashcha viva: ||
sUtrOtpaadakam brahmaaNam tadaMtaryaamiNam viShNum
Avaahayaami ||
(We have to invite Brahma devaru)

OM tryambakam yajaamahE sugandhim puShTivardhanam |
urvaarukamiva bandhanaan mrutyOrmukShIya maamRutaat ||

OM rudraaya nama: |
tadgRanthidaataaram rudram tadantaryaamiNam
shrI sankarShaNam Avaahayaami ||
idam viShNurmEdhaatithi: viShNurgaayatrI
(We have to invite Rudra Devaru)

Om idaM viShNurvichakramE trEdhaa nidadhE padaM |
samULhamasya paaMsure |
OM viShNave nama: viShNumaavaahayaami ||
(We have to invite Sri Maha Vishnu)

prathamatantou Omkaaram Avaahayaami |
dvitIyatantou agnim Avaahayaami |
tRutIyatantou naagaan Avaahayaami |
chaturtatantou sOmam Avaahayaami |
paMchamatantou pitRun Avaahayaami |
ShaShTatantou prajaapatim Avaahayaami |
saptamatantou vaayum Avaahayaami |
aShTamantantou sUryam Avaahayaami |
navamatantou vishvEdEvaan Avaahayaami ||
**(In this way Omkaara, agni, naaga, chandra,
pitrudEvategalu, prajaapati, vaayu, sUrya, and
vishvEdEvategalu total nine should be in different
tantus)**

7. dOrakadalli Avaahana
prathamadOrake RugvEdam Avaahayaami |
dvitIyadOrake YajurvEdam Avaahayaami |
tRutIyadOrake saamavEdam Avaahayaami |

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(In this way Rug, yajur, saamavEdaadigaLu should be invited)

8. ShODachOpacaarapUjaa -

We have to do Shodashopachara puja to Janivara

We have to show the Janivara to Suryanaarayana devaru with the following mantra :

"Om udutyam jaatavEdasam dEvam vahanti kEtava: |
dRushE vishvaaya sUryam ||

After doing all these steps only, Janivara will get pavitrya.

vaamana rUpi paramaatmana chintane
ajinadanDa kamanDalumEKalaa
ruchirapaavana vaamanamUrtayE |
mitajagatritayaaya jitaarayE
nigama vaakpaTavE vaTavE nama: ||

mama braahmaNya siddhyartham vahaami tvaamandrita: |
paavitryam balamaayuShyam shriyam kaantamarOgataam |
haritadbhaktasEvaam cha sadaa kuru jagatpriya ||

9. dhaaraNa -

yaj~JOpavItimiti mantrasya
parabrahmaRuShi: paramaatmaa dEvataa tRiShTupChandha: |
yaj~JOpavItadhaaraNE viniyOga: ||

OM yaj~JOpavItam paramam pavitram prajaapatEryassahajam
purastaat |

AyuShyamagryam pratimunchashubhram yaj~JOpavItam
balamastu tEja: ||

(Chant thrice and then wear janivara)

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Those who wears more than one janivara, they must chant the same mantra on each occasion after doing Achamana

For the Second Yagnopaveeta Dharana :

gruhasthaashramasiddhyarthE
dvitIya yaj~JOpavItadhaaraNam kariShyE ||

For the third Yagnopaveeta Dharana :

uttarIyaarthE tRutIya yaj~JOpavIta dhaaraNam kariShyE||

For the fourth Yagnopaveeta Dharana :

Sahayaartam chaturtha yaj~JOpavIta dhaaraNaM kariShyE||

**10. Previous yaj~JOpavIta visarjana -
(Chant atleast Ten gaayatri mantra) and chant the
following shloka**

upavItam bhinnatantum jIrnAm kashmaladUShitam |
visRuJaami parabrahmaN varchO dIrGaayurastu mE |

"samudram gachcha svaahaa" ityuktvaa visRujEt |
punaraachamanaM | **Do Achamana again**

achyutaaya nama: | anantaaya nama: | gOvindaaya nama: |
anEna yaj~JOpavItadhaaraNEna bhagavaan madhvaantargata
shrI viShNu prERaNayaa shrI viShNuprItiyartham prItO
varadO bhavatu |

shrI kRuShNaarpaNamastu ||

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