

Kamokaarsheet Japam August 03, 2020 Morning

Start with **Achamaniyam** – Three sips of water from the palm chanting 1. Achutaya Namaha, 2. Anantaya Namaaha, 3. Govindaya Namaha followed by Kesava, Narayana ...

Sit on a mat or wooden plank. Wear Pavitram with 2 darbha's folded on the Right hand ring finger, place some darbha's under the seat

Ganapati Dhyanam

Om Shuklambaradharam Vishnum Shashi varnam chaturbhujam Prasannavadanam dyayetha, sarva vignobha upashanthaye -

Pranayamam

Om boohu, Om bhuvaha, Om bhuvastuvah, Om mahahah, Om janaha Om tapaha, Oghum satyam, Om tatsa vithurvarenyam, Bhargo devasya dhimahi, dheeyo yonah prachodayathu, Om apaha, jyothi rasah, amrutam brahma, bhurbhuva suvarom

Sankalpam (for North America)

Mamopatha Samastha, duritha kshaya dwara, Shri Parameswara preethartham ... Tadeva lagnam sudhinam tadaiva, tharaa balam chandra balam thadaiva , vidhya balam daiva balam tadaiva, Sri Lakshmi pathe aangriyugam smaraami, Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari kaksham, sabahyanthara suchi , manasam vaachikam paapam, karmanaa Samuparjitham, Sri Rama smaranenaiva vyopahathi na samsaya .Sri Rama, Rama Rama, Tidhir Vishnu, Tatha vaaraha, nakshatram Vishnu reva cha, Yogamcha karanam chaiva sarvam Vishnu mayam Jagath , Sri Govinda , Govinda Govinda, Aadhya Sri Bagavatha mahaa purushasya Vishnor Agnaya , Pravarthamanasya , shubhey shobhaney muhurthey, adhya brahmanah, dvithiya pararthey shwetha varaha kalpey, vaivaswatha manvantharey, ashtavighum shathi thamey, kaliyugey, prathamey padhey, krauncha dweepe, Ramanaka varshey, Aindra khandey Meroho Pashchime Digbhaage, uttara parshvey shakapthey, asmin, varthamane, vyavaharikey, prabhava dhinanam, shashtyaha, samvatsaranam madhye Saarvari nama samvatsare, Dakshinaayane, Greeshma rithou, Kadaka mase, shukla pakshe, aadhy pournamasyam shubha thidou, Indu vasara yukthayam, Sravana nakshatra yukthayam, Shubhayoga, Shubha karana, evam guna, viseshana visishtaayam, asyam Pournamaasyam shubha thithau.

Mamo patha samastha, duridha kshaya dwara, sri parameswara prithartham, adhyayot sarjana akarana, prayaschithartham, samvatsara prayaschithartham, ashtothara sahasra sankhyaya (1008 times) or ashtothara shatha sankya (108 times) " Kamokaarsheeth Manyura kaarsheeth " ithi maha mantra japam karishyey.

Now chant 1008 times - "**Kamokaarsheeth Manyura Kaarsheeth**"

On completion, Take out the darbhai from the fingers, untie the pavithram and discard both in the northern direction. Then do the Achamaniyam and say "Kama manyu upasthanam karishye." Conclude by saying "Sarvam brahmarpanam asthu" and using your palm, pour a little water in front of you.