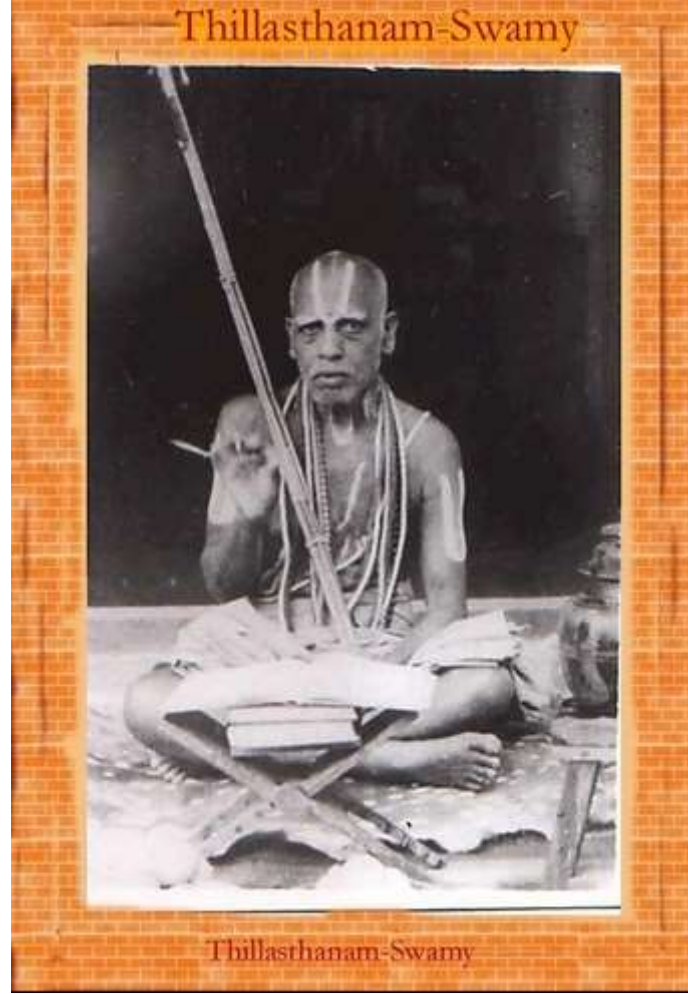


Mantrasnanam

(An extract from the Web Site)



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Mantra Snanam and it's Relevance

Smiritis say 'Snanam Saptavidam Smrutam ', meaning that all the seven forms of Snanam (bath) are equal in merit . The bath we take everyday by pouring water is 'Varuna Snanam' .Smiriti's recognise that 'Varuna Snanam' is not possible at all times and at all places .Therefore , other forms of Snanams(bath) are also recognised. It says

Apohistadibi Mantram Mruda lambasthu Parthivam |
Agneyam Bhasmana Snanam Vayavyam Goraja Smrutam ||
Yattu Saatapa Varshena Divyamtat+snanam+uchyate(Yaattu Saatapa Varshena
Divyam+tat+snanam+uchyate)|
Varunam chaavagahastu (Varunam+cha+Avagahastu) Manasam Vishnu Chintanam ||

meaning sprinkling water on head and feet chanting the hymn 'Apohistha' is 'Mantra Snanam ', smearing pure earth to body and limbs is 'Partiva'(Mrithika) snanam smearing ash of fire is Agneya Snanam , smearing the dust from the feet of cow is 'Vayavyam' snanam , bathing in rain during sunshine is 'Divya' snanam (As if holy Ganga is coming from heaven) , bathing by immersing one self in water is 'Varuna' snanam , meditating on Lord Vishnu is 'Manasika' snanam.

'Mantra Snanam ' and 'Manasika Snanam' have relevance in present day living conditions , particularly for Sandhyavandanam . Sandhyavandanam is a time oriented ritual - namely Sun rise and Sun set. As an alternative to 'Varuna Snanam' 'Mantra Snanam ' can be used to facilitate timely performance of Sandhyavandanam and take advantage of Sandhya .

The procedure for Mantra Snanam is as follows :

Wash hands and feet and change your clothes
' Achamanam '

' Pranayamam '

' Sankalpah' - ' Sri Bhagavadajnaya Sriman Narayana Prithartham Pratah Sandhya
Mantra Snanam Karishye'
or

' Mama Upatta Samastha Dhurita Kashya Dwara Parameshwara
Prithartham Pratah Sandhya Mantra Snanam Karishye '

' Snanam' - (Take small quantity of water in your right hand palm and chant)

Om ! Apavitrah Pavithro Vaa Sarvavastahyam Gatopivaa |
Yaha Smaret Pundarikaksham Sa Bahyabhyantarah Suchihi (Sa Bahyabi+Antarah+Suchihi)||
(And then sprinkle water on your head)

'Prokshanam' - Prokshanam as in Sandhyavandanam is to be done chanting the hymn - ' Om !
Apohishta MayobhuvahOm ! Bhu Bhurva Suvah.

Mantra Snanam Ends here .

After this the desired ritual can be continued.