

# **Sandhyavandanam**

( An extract from the Web Site )



By

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## **Sandhyavandanam & its significance**

Our planet not only goes around the sun but also rotates on its own axis. Sun rise and Sun set are caused by the rotation of earth on its own axis. At every instant of time, there will be Sunrise at one place and Sunset at another place. At Sunrise, rays of Sun will hit that part of the earth for the first time for that day, resulting in release of energies. Similarly at Sun set there will be withdrawal of energies.

Sun rise constitutes a change from 'darkness' to 'light' and hence constitutes a 'Sandhya' i.e junction. Similarly sun set is also a 'Sandhya' i.e. a junction.

Upanishads speak very highly of Sandhya times. It says that benefits are far more during Sandhya times than that at other times. Recent researches have also brought out abundant release of beneficial energy at sun rise and withdrawal of non-beneficial energy at sun set.

Though Upanishads refer to two Sandhya-names Sun rise and Sun set, the sages have added one more 'Sandhya' namely 'Madhyanika' or mid-day. Sun rises in east, moves upward, reaches zenith, and then descends to west. The point at zenith represents change from upwards to downwards. This sandhya is considered to be beneficial for worship of 'Pithru Devatas' - that is devatas who are instrumental for one to get son, grandson, etc and also one to be a son or grandson, etc.

## **Sandhyavandanam**

Prayers at Sandhya time are called "Sandhyavandanam". The main objective of Sandhyavandanam is to avail benefits of Sandhya for an individual.

## **Vedic References**

References are there regarding 'Sandhyavandanam' in Thaithria, Ishavasya and Chandogya Upanishads. They all bring out the importance of offering 'Arghya' meditating on 'Adithya'. This form of worship will help an individual to acquire the qualities of 'Adithya'- namely lustrous and healthy body and mind, high intellect with grasping power, high intuition, memory etc. Chandogya Upanishads brings out also the importance of worshipping 'Adithya' through Gayathri Hymns.

## **Format**

Keeping the observations in Upanishads, our sages have evolved a format for Sandhyavandanam covering:-

- Purification
- Offering Arghyam
- Meditation through Gayathri

Purification : The purification measures in Sandhyavandanam are essentially to strengthen this aspect and condition the body, to receive the beneficial cosmic radiation

The purification essentially tunes the body to receive cosmic radiation's available at Sandhya time. The purification measures are:-

1. Achamanam
2. Pranayamam
3. Prasanam
4. Prokshanam

The present day studies of Naturopathy, like Pranic Healing, Reiki etc have brought out the role of Bio- electricity in humans in regard to health. The purification measures in 'Sandhyavandanam' are essentially to strengthen this aspect and condition the body to receive the beneficial cosmic radiations.

'Achamanam' helps in the flow of bio-electricity within the body.

'Pranayamam' helps to activate the chakras.

'Prasanam' is swallowing energized water and

'Prokshanam' is sprinkling of energized water.

'Sandhyavandanam' starts with purification process so that the benefits of 'Arghyam' and 'Gayathri' are realised.

Though Sandhya time refers to sun rise and sun set , it's benefit spreads on either side of this point.Under Indian situations , approximately two hours on either side is beneficial.

### **Mantra**

A 'Hymn' or 'Mantra' is a prayer ( With words and alphabets specifically chosen) addressed to God or Deity . It is supposed to have mystic and supernatural powers. The energy from the universe is present everywhere . By reciting a Mantra either orally or mentally , we tune ourselves to receive this energy .The hymns chosen for Sandhyavandanam are meant to realize the benefits of Sandhya.

Every Mantra has a Chandas - the Chandas explains the potential of the Mantra or the power it can create in our body by receiving it.

Sri Thillasthanam Swamy Kainkarya Sabha, Bangalore has brought out a book on 'Sandhyavandanam' (130 pages) explaining the above aspects in details. It covers general background , detailed notes explaining appreciation and correct procedure for various constituents such as Achamanam , Pranayamam , etc . The meaning for various Hymns has been given in English . Tamil , Kannada and Devanagiri script has been used for various hymns and the book covers the three veda sakas viz Yajur , Sama and Rig veda . It is modelled as a self instructor especially for people without any specialized knowledge .

Interestingly , it also includes procedure for changing sacred thread and performing Special Gayathri Japam. This book has proved to be very popular especially for those who want to gift something to relatives staying abroad or during Upanaynam ceremony.

### **Sandhyavandanam Book Preview**

□ A number of individuals after the success of the book on Srivaishnavism requested the sabha to bring out a book on Sandhyavandanam .

□ Great Sages like Manu , Parasara , Yagnavalka , Gautama and others , with a view to establish a society of nobility , have prescribed a few Samskaras or rituals. These Samskaras are integral part of Hindu Dharma and are meant to improve the quality of humans. Sandhyavandanam is one such Samskara and is meant to improve the health of body and mind and also improve intellectual quality. It is a 'Nitya Karma' or daily ritual to be performed at 'Sunrise' and 'Sunset' . Vedic tenets recognise an energy body external to our physical body.This acts as a via media between the individual and the universe. Cosmic radiations are absorbed through chakras in this energy body.

□ Sandhyavandanam or Sandhya prayers consists of (a) Purification (b) Offering Arghyam (c) Meditation through Gayathri . By purification , it is meant to condition ourselves to receive cosmic radiation and not just superficial cleaning.

□ A statement by our sages states : 'Sandhyahino Ashuchih Nityam Anarhah Sarva Karmasu . Yada Anyat Kurute Karma Na Tatra Phalam Ashnute ' meaning one who does not perform Sandhyavandanam is ever impure and as such not qualified to perform any religious act. In spite of this if he performs any religious act , there will be no benefits. This illustrates the importance given to Sandhya Prayers in our tradition.

□ The book has been brought out as a self instructor type with meanings , explanatory notes to meet the needs of the present generation. Thus , one can perform Sandhyavandanam with understanding . The book has been organised as under :

□ Chapter -I is devoted to general information and covers Vedic tenets , significance and time of performance of Sandhyavandanam and a few scientific facts.

□ Chapter-II is devoted completely to various rituals forming part of Sandhyavandanam. Not only correct performance of the rituals have been explained with photographs but also explanatory notes have been added to bring out the significance of the rituals.

□ Chapter -III (Along with Annexures) is devoted to Hymns in the three Veda Sakas. Hymns have been given in Sanskrit ,Tamil and Kannada scripts for Yajur Veda to cover a wide range of people. Hymns for Rig and Sama Sakas are given in Devanagiri script .

□ Chapter-IV covers meanings of important Hymns included in Sandhyavandanam.

□ Chapter -V covers other important Vedic rituals. Rituals like "Yagnopavitha Dharanam " ( Changing of sacred thread) etc for the benefit of those residing at places where facilities of a teacher or guide are not easily available.

□ Basically ,the conventional Vedic style of Sandhyavandanam has been followed in the book but the findings of modern science for better appreciation of the various rituals and the Hymns have been included in the book. The approach is that Sandhyavandanam should not be looked upon as a mere ritual but as a Vedic prescription for development of personality with healthy body and mind. The presentation in the whole book is from practical aspects , the objective being that every individual should avail the benefits of Sandhya periods.

This book has proved a good success and many have even taken the book to present it to others on the occasion of " Upanaynam" - Sacred thread ceremony. The book has been nominally priced at Rs100/- in India and US\$ 10 abroad .Copies are available at Sri.Thillasthanam Swamy Kainkary Sabha , e-Mail : [tsksabha@yahoo.com](mailto:tsksabha@yahoo.com) / [tsksabha@thillasthanam-swamy-sabha.in](mailto:tsksabha@thillasthanam-swamy-sabha.in)