

taittirīya upaniṣat (mahānārāyanāya) IV. 51-61.

- prāṇa apāna – (śuci mantra)

om prāṇāpānavyānodānasamānā me śudhyantāṃ
jyotirahaṃ virajā vipāpmā bhūyāsaggsvāhā ||

om vāṅgmanaścakṣuśśrotrajihvāghrāṇaretobuddhyā-
kūtissamkalpā me śudhyantāṃ jyotirahaṃ virajā
vipāpmā bhūyāsaggsvāhā ||

om śiraḥ pānipādapārśvapṛṣṭhodarajaṅghaśīśnopastha-
pāyavo me śudhyantāṃ jyotirahaṃ virajā vipāpmā
bhūyāsaggsvāhā ||

om tvakcarmamāgṃsarudhiramedo'sthimajjā me
śudhyantāṃ jyotirahaṃ virajā vipāpmā
bhūyāsaggsvāhā ||

om śabdaspārśarūparasagandhā me śudhyantāṃ
jyotirahaṃ virajā vipāpmā bhūyāsaggsvāhā ||

om pṛthivyaptejovāyvakāśā me śudhyantāṃ jyotirahaṃ
virajā vipāpmā bhūyāsaggsvāhā ||

om annamayaprāṇamayamanomayavijñānamayānanda-
mayā me śudhyantāṃ jyotirahaṃ virajā vipāpmā
bhūyāsaggsvāhā ||

om vivṛṭṭyai svāhā ||

om ghaṣotkāya svāhā ||

om uttiṣṭhapuruṣaharelohitapiṅgalākṣidehidehi-
dadāpayitā me śudhyantāṃ jyotirahaṃ virajā
vipāpmā bhūyāsaggsvāhā ||

oggsvāhā ||

1. By this oblation may my in breath, out breath, diffused breath, up breath and middle breath become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

2. By this oblation may my speech, mind, sight, hearing, taste, smell, seed, intention and aim become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

3 By this oblation may the limbs and the parts of my body comprised by the head, hands, feet, sides, back , thighs, belly , shanks, the generative organ, the middle part of the body, and the anus become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

4 By this oblation may my 7 bodily ingredients, outer and inner skin, flesh, blood, fat, marrow, sinew and bone become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

5 By this oblation may the qualities of sound, touch, colour, taste and smell become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

6 By this oblation may the five constituent elements of my body - earth, water, fire, air and ether become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

7 By this oblation may my five fold self comprised of food, breath, mind, intelligence and bliss become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!

8 O thou divine person who is dark blue and brown, and who is red in eyes, make haste to favour me.

Grant me more and more purity.

Be a grantor of knowledge and purity to me through the medium of my preceptor.

May my thoughts become purified.

I pray that I become the Supreme Light bereft of all obstructing sins and their cause, the passions in me.

For this end may this oblation be appropriately offered into the consecrated fire. Hail!