

## Vedic time scale

Four Yugas = One Maha Yuga. (Divya Yuga) = 4,32,000 Solar Years

	Four Yugas and their Twilights	Time in Daiva years	Time in Earth Solar years	Total time in Solar years
First Yuga	Satya or Krita Yuga Twilight	400	400X360 =	1,728,000
Satya (Krita) Yuga	(Sandhya)	4,000	144,000	
	<b>Satya Yuga</b>	400	4,000X360 =	
			1440,000	
	Satya-Treta Yuga Twilight (Sandhyamsha)		400X360 =	
			144,000	
Second Yuga	Treta Yuga Twilight	300	300X360 =	1,296,000
Treta Yuga	(Sandhya)	3,000	108,000	
	<b>Treta Yuga</b>	300	3,000X360 =	
			1,080,000	
	Treta-Dwapar Yuga Twilight (Sandhyamsha)		300X360 =	
			108,000	
Third Yuga	Dwapar Yuga Twilight	200	200X360 =	864,000
Dwapar Yuga	(Sandhya)	2,000	72,000	
	<b>Dwapar Yuga</b>	200	2,000X360 =	
			720,000	
	Dwapar-Kali Yuga Twilight (Sandhyamsha)		200X360 = 72,000	
Fourth Yuga	Kali Yuga Twilight (Sandhya)	100	100X360 = 36,000	432,000
Kali Yuga	<b>Kali Yuga</b>	1,000	1,000X360 = 360,000	
		100	100X360 = 36,000	
	Kali - Satya Yuga Twilight (Sandhyamsha)			
One Mahayuga	Satya + Treta + Dwapar + Kali	12,000	12,000X360 = 4,320,000	4,320,000
Total of Four				

1,000 Mahayuga = Half Kalpa = Brahma the Creating Authority's One Day.

His night is another Half-Kalpa.

Brahma's one day and one night is One Kalpa = 8,640,000,000 Solar Years = 8.640 Billion years

One Daiva Year = 360 Solar Years; For Devas one day = six months = 180 solar earth days; 1 day and 1 night = 360 earth days

## DAILY RITUALS AND PRAYERS FOR HINDUS

### SANDHYA

### SAM VEDIC

<b>Sandhya: Sam Vedic</b>	<b>Daily Prayers: Sam Vedic</b>
<p><b>Achaman:</b> Sip water three times from the palm of right hand hand</p> <p><b>Mantra:</b> <i>Om Vishnu, Om Vishnu, Om Vishnu, Om Tad</i></p> <p><i>Vishnu paramam padam sada pashyanti suraya; Dibeeba chakshratatam.</i></p> <p><i>Apabitra pabitra va sarvavastham gato pi va, Yah smaret pundarkaksham sa vahya abhyantaram shuchi.</i></p> <p><b>Apomarjan:</b> Sprinkling water on yourself with the right hand;</p> <p><i>Om shannah apo dhanwanaya shamanah santu nupyah</i></p> <p><i>shannah samudria apo shamanah santu kupyah</i></p> <p><i>Om drupada diva mumuchanah shinnah snato mala diva</i></p> <p><i>pootam pavitrene vajjya mapah shuddhantu ma mainashah</i></p> <p><i>Om apo hishtha mayobhuva sta na uurje dadha tana</i></p> <p><i>mahe ranaya chaksha she</i></p> <p><i>Om yo vah shivatamo rasas tasya vajayate nah</i></p> <p><i>ushati riva matarah</i></p> <p><i>Om tasma aranga mama bo yasya kshayaya jinwatha</i></p>	<p>Always meditate on the lotus feet of Shree Vishnu. On this meditation all kinds of unholiness disappear from outside and inside and a person get purified inside out.</p> <p><b>Purifying oneself with water:</b></p> <p>Om! Oh all the waters from the desert and from the regions where water is plentiful, the waters from the oceans and from the wells do good to us and give us your blessings.</p> <p>Om! as a person, full of sweat, feels soothed by sitting under a tree or gets cleaned by bathing, or butter is purified by clarification, so relieve me from my sins.</p> <p>Om! since you all are pleasant and soothing, help us to enjoy the nourishment and be one with the Supreme Being (Parama Brahma)</p> <p>Om! as a mother nourishes her baby so you soothus and do good to us</p> <p>Om! just as you are soothing all in this material world, we pray that we are allowed to be satisfied with your moisture.</p> <p>Om! in the beginning there was Vishnu, in the form of pure consciousness and the universe was filled with deep darkness.</p>

<p><i>apo yanayatha cha nah</i></p> <p><i>Om! ritancha satyancha vee dhat tapaso adhya jayata</i></p> <p><i>tato ratra jayatah, tato samudro arnawah</i></p> <p><i>Om! samudrat arnawat adhi samvatsaro ajayata</i></p> <p><i>ahoratrani vidadhat vishwasya misato washi</i></p> <p><i>Om surya chandra masou dhata yatha puurvam akalpayat</i></p> <p><i>divancha prithivincha antariksha matho swah.</i></p> <p><b>Pranayam:</b></p> <p><i>Omkarasya Brahma Rishir gayatri chchandah agnir devata sarva karmarambhe viniyogah:</i></p> <p><i>Om Bhuradi sapta byahritinam prjapati rishir gayatrushni ganushtub vrihati pankti shtustuv jagatyash chchandamsi, agni vayu surya varunah bhrispatindra vishwadevah devata pranayame viniyogah:</i></p> <p><i>Gayatrya vishwamitra rishir gayatri chchandah savita devata pranayame viniyogah:</i></p> <p><i>Gayatri shirasah prajapatf rishih, brahma vayu agni suryashchtasro devatah pranayame viniyogah.</i></p> <p><b>Purak:</b> <i>Nabhau rakta varnam chaturmukham dwibhujam aksha sutra kamandalu karam hamsasana samarurham Brahmanam dhyayann.</i></p> <p><i>Om Bhuh, Om Bhuvah, Om Swah, Om Mahah, Om Janah, Om Tapah, Om Satyam;</i></p> <p><i>Om Tatsavitur varenyam, Vargo devasya dheemahi dhiyo yonah prachodayat Om;</i></p> <p><i>Om Apojyoti rasomritam Brahmar Bhur Bhuvah Swarom.</i></p> <p><b>Kumbhak:</b> <i>Hridi neelotpala dalapravam chaturbhujam shankha chakra gada padma hastam garurharurham keshavam dhyayann.</i></p> <p><i>Om Bhuh, Om Bhuvah, Om Swah, Om Mahah, Om Janah, Om Tapah, Om Satyam;</i></p> <p><i>Om Tatsavitur varenyam, Vargo devasya dheemahi dhiyo yonah prachodayat Om;</i></p>	<p>Then, by virtue of the Divine Nature or the residual karma of the previous creation, which was absorbed by the Supreme Lord the Universe was filled with water.</p> <p>From that watery ocean, and the Naval of Vishnu, Brahma appeared to create the material world. He created the Sun and the Moon, whence days and nights began. From days and nights the months and years were created. Then Brahma created the Earth, the skies and the heavens</p> <p><b>Breathing Rituals:</b></p> <p>These mantras have three rishis (author saints): Brahma, Prajapati and Vishwamitra; Seven chchandams (miters): Gayatri, Ushnik, Anushtup, Brihati, Pankti, Trishtup, and Jagati; Eight Devatas (Deities): Brahma, Vayu, Agni, Surya, Varuna, Brihaspati, Indra and Vishwadeva</p> <p><b>Inhale:</b> Meditate at the naval on Brahma and recite the Gayatri Mantra.</p> <p>Brahma is red-complexioned, with four faces and two arms holding the sacred thread and the water jug and riding on a swan.</p> <p>Hold breathing: Meditate at the heart on Vishnu and recite the Gayatri Mantra.</p> <p>Vishnu is like a blue lotus, with four arms holding the conchshell, the discus, the club and the lotus and riding on the Garuda (eagle)</p> <p>Exhale: Meditating at the forehead on Shiva and recite the Gayatri Mantra.</p> <p>Shiva is white-complexioned, with two arms holding the trident and Damaru (small drum), with three eyes, decorated with the crescent moon and riding on a bull.</p> <p>Achaman again:</p> <p><b>Morning:</b> For the mantra, starting with Suryashcha ma manyushcha etc. the saint is Brahma, metre is Prakriti, the deity is water and is applied for</p>
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<p><i>Om Apojyoti rasomritam Brahmar Bhur Bhuvah Swarom</i></p> <p><b>Rechak:</b> <i>Lalate swetam trinetrām trishūla damarū karam dwibhujam ardhachandra vibhushitam vrishavarurham Shambhm dhyayann</i></p> <p><i>Om Bhuh, Om Bhuvah, Om Swah, Om Mahah, Om Janah, Om Tapah, Om Satyam;</i></p> <p><i>Om Tatsavitur varenyam, Vargo devasya dheemahi dhiyo yonah prachodayat Om;</i></p> <p><i>Om Apojyoti rasomritam Brahmar Bhur Bhuvah Swarom</i></p> <p><b>Punarachaman:</b></p> <p><b>Pratah:</b> <i>Om Suryashcha metimantrasya Brahma rishi prakritish chandah aapo devata aachamane viniyogah.</i></p> <p><i>Om Suryashcha ma manyushcha manyupatayashcha paapebhyo rakshantam yadratrya paapa makarisham manasa, vacha, hastabhyam, padvya mudarena shishna</i></p> <p><i>Ratristad avalumpatu yat kinchidduritam mayi</i></p> <p><i>Idamaha maapo amritayonou surye jyotishi paramatmani juhomi swaha.</i></p> <p><b>Maddhyanhah:</b> <i>Om aapah punantwiti mantrasya vishnu rishih anushtup chchandah aapo devata aachamane viniyogah.</i></p> <p><i>Om aapah punantu prithiveem prithwi puuta punatu mam</i></p> <p><i>punantu brhmanspatir brahma puuta punatu mam</i></p> <p><i>yaduchchishtam abhojyancha yadva dushcharitam mama</i></p> <p><i>sarvam punantu mamapo satanacha pratigraham swaha.</i></p> <p><b>Sayam:</b> <i>Agnishcha meti mantrasya rudra rishi prakritis chchandah aapo devata aachamane viniyogah.</i></p> <p><i>Om agnishcha ma manyushcha manyu patayashcha manyukritebhya paapebhyo rakshantam.</i></p> <p><i>Yadahnapaapamakarisham manasa, vacha, hastabhyam, padbhya udarena shishna</i></p> <p><i>ahastad avalumpatu yat kinchit dyuritam mayi</i></p> <p><i>idamahamaapo amrita yonou satye jyotishi paramatmant</i></p>	<p>achaman:-</p> <p>Surya, the Sun, the sacrifice and the gods Indra etc. save me from all the sins of incomplete worship and purify me from all the mental, physical and spiritual sins that I may have committed during the night.</p> <p><b>Noon:</b> For the mantra, starting with Apo punantu etc. the saint is Vishnu, the metre is Anushtup, the deity is water and is applied for achaman:-</p> <p>May the water purify the earth and the earth, being purified, purify my soul; May the water purify the Vedas and the Vedas, being purified, purify me in turn; May the water destroy the sins that I may have committed during the day, with or without my knowledge.</p> <p><b>Evening:-</b> For the mantra, starting with Agnishcha etc. the saint is Rudra, metre is Prakriti, the deity is water and is applied for achaman:-</p> <p>Agni (the Fire), anger and the senses dominated by anger, save me from the sins due to anger; May the deity of the day, destroy my sins that I may have committed physically and mentally during the day. I sacrifice myself to the Supreme Lord, the Parabrahma, so that all those sins may be destroyed.</p> <p>Repurification: The three mantras starting with "Apo hi shtha etc." has Sindhu dwipa rishi, gayatri chchanda, water as deity and is applied for purification.</p> <p>Om! since you all are pleasant and soothing, help us to enjoy the nourishment and be one with the Supreme Being (Parama Brahma)</p> <p>Om! as a mother nourishes her baby so you soothus and do good to us</p> <p>Om! just as you are soothing all in this material world, we pray that we are allowed to be satisfied with your moisture.</p> <p><b>Aghamarshana:</b> The mantras starting with Ritam etc. The saint is Aghamarshana, metre is Anushtup, the deity is water and is applied in purification. These three mantras summarize the creation cycle.</p> <p>Om! in the beginning there was Vishnu, in the form of pure consciousness and the universe was filled</p>
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<p><i>juhomi swaha.</i></p> <p><b>Punarmarjan:</b> <i>Apo hishtheti rik trayasya sindhu dwipa rishir gayatri chchandah apo devata marjane viniyogah.</i></p> <p><i>Om aapo hishtha mayobhubah sta na uurje dadha tana; Mahe ranaya chaksha she.</i></p> <p><i>Om yo bah shivatamo rasas tasya vajayate nah-</i></p> <p><i>Ushati riva matarah</i></p> <p><i>Om tasma aranga mama bo yashya kshayaya jinnwatha</i></p> <p><i>Aapo janayatha cha nah.</i></p> <p><b>Aghamarshana:-</b> Take a little water in your righthand palm, dip the tip of the nose in it and think that all the sins and bad things from the body are transfered into the water. Throw the water away after chanting the following mantras.</p> <p><i>Om Ritamityasya aghamarshana rishi Anushtup chchandah bhavavrityo devata ashwa medha wabhrite viniyogah.</i></p> <p><i>Om! ritancha satyancha vee dhat tapaso adhya jayata</i></p> <p><i>tato ratra jayatah, tato samudro arnawah</i></p> <p><i>Om! samudrat arnawat adhi samvatsaro ajayata</i></p> <p><i>ahoratrani vidadhat vishwasya misato washi</i></p> <p><i>Om surya chandra masou dhata yatha puurvam akalpayat</i></p> <p><i>divancha prithivinch a antariksha matho swah.</i></p> <p><b>Suryopasthanam:</b></p> <p><i>Om Uduitya mityasya praskanwa risir gayatri chchandah suryo devata suryo pasthane viniyogah:</i></p> <p><i>Om udutyam jatavedasam devam vahanti keshavah; drishe vishwaya suryam</i></p> <p><i>Om chitra mityasya kutsya rishi, trishtup chchandah suryo devata suryo pasthane viniyogah:</i></p> <p><i>Om chitram devanam utgadaneekam chakshur mitrasya varuna syagne aapra dyava prithivi chantarikshah surya aatma jagatas tasthusascha.</i></p>	<p>with deep darkness.</p> <p>Then, by virtue of the Divine Nature or the residual karma of the previous creation, which was absorbed by the Supreme Lord the Universe was filled with water.</p> <p>From that watery ocean, and the Naval of Vishnu, Brahma appeared to create the material world. He created the Sun and the Moon, whence days and nights began. From days and nights the months and years were created. Then Brahma created the Earth, the skies and the heavens.</p> <p><b>Suryopasthanam - (Worship of the Sun):-</b></p> <p>For the mantra starting with Uduityam, the saint is Prashkanwa, the metre is Gayatri, the deity is Surya and is applied in the worship of the Sun.</p> <p>Om! the rays of the sun, in order to reveal the universe, is holding him high above; who (the sun) is the source of all energy.</p> <p>For the mantra starting with Chitram, the saint is Kutsya, the metre is trishtup, the deity is Surya Surya and is applied in the worship of the Sun.</p> <p>Om! the Sun has come up, who is the revealer of the three established worlds dominated by Mitra, Varuna and Agni. The Sun is the source of energy for the movable and immovable universe. Behold he is up and is flooding the earth and heavens with his golden rays.</p> <p><b>Gayatri Japa:</b></p> <p>Awhan: Oh Gayatri Devi, you are the revealer Brahma, Mother of the Vedas; You are born of the Parabrahma, I evoke you for this meditation and bow down to you.</p> <p>The Gayatri mantra's saint is Viswamitra, metre is gayatri, the deity is Savita and its application is in japa and upanayana.</p> <p>In the morning she is a young girl, holding the Rigveda, representing Brahma, riding on the swan with kusha in her hand and residing in the domain of the Sun.</p> <p>In midday, she is a young woman, holding the Yajurveda, representing Vishnu, riding the Garuda,</p>
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**Deva Tarpan:** Offer a little water with the scoopto each of the following:

*Om Brahmane Namah; Om Brahmanevyo Namah;*

*Om Acharyevyo Namah; Om Rishivyo Namah;*

*Om Devevyo Namah; Om Vayave Namah;*

*Om Mrityave Namah; Om Vishnave Namah;*

*Om Vaishnavanaya Namh; Om Upajaya Namah;*

**Gayatri Japa:**

**Awhan:** *Om aayahi varade devi tryakshare brahma vadini,*

*Gayatris chchandasmatar brahma yoni namostu te.*

**Nyasah:** *Om vuh shirashe swaha; Om vuvah shikhayi vashat;*

*Om swah kavachaya huum;*

*Om Vur Vuvah Swah netra trayaya voushat;*

*Om Vur Vuvah Swah karatala prishthavyam phatt.*

**Dhyanam:** *Gayatrya Vishwamitra rishir gayatree chchandah savita devata japopanayane viniyogah.*

**Morning:** *Om kumareem rigveda yutam brahma rupam vichintayet*

*Hansa sthitam kusha hastam surya mandala samsthitam.*

**Noon:** *Om savitrim vishnu rupanacha tarkas tham peeta vasaseem;*

*Yuvateencha yajurvedam surya mandala samsthitam.*

**Eve:** *Om saraswatim shiva rupanacha vridhdham vrishava vahineem*

*Surya mandala madhyastham sama veda samayutam.*

**Japa:** *Om vur vuvah swah tat savitur varenyam*

*Vargo devasya dheemahi dhiyo yo nah prachodayat Om. (10)*

**Visharyan:** *Om mahesha vadanot panna vishnor hridaya*

dressed in yellow clothing and residing in the domain of the Sun.

In the evening, she is an old lady, holding the Samveda, representing Shiva, riding the bull and resides in the domain of the Sun.

**Visarjan:-** Oh! Mother Gayatri, you evolved from the Lord Shiva's mouth and belonging to Lord Vishnu's heart, you are known completely by Brahma please go to wherever you wish.

**Pranam:** By this Gayatri japa, in order to please the Supreme Brahma, I salute you.

**Atmarakshya:**

For the mantra starting with Jatavedasa etc. the saint is Kashyap, metre is trishtup, the deity is Agni and the application is in Spiritual self defence.

We perform the Soma sacrifice to please Agni (Fire). May Agni destroy the wealth of our enemies and as the boatmen enables us to cross the river with the help of a boat, similarly may Agni help us overcome all our sorrows and free us from the sins causing those sorrows.

**Worshipping Rudra:** For the mantra starting with Ritam the saint is Kalagni Rudra, metre is Anushtup, the deity is Rudra and it's application is in worshipping Rudra.

Om! The Param Brahma, who is Ritam and Satyam(Pure Consciousness and Truth), who for the benefit of the devotees manifested himself as half-man and half-woman ( on the right as black Maheshwar and on the left as yellow Uma), who is brahmachari by virtue of Yoga and Virupaksha (by virtue of his third eye), I salute thee many many times.

Salutation to: Brahma, Vishnu, Rudra and Varuna.

**Offering to Sun:**

Oh Sun! you are full of energy and you are the source of all energy of the universe, you are holy and you are the originator of karma; I present this offering to you

**Pranam:**

*samvava*

*Brahmana sanu gnyata gachcha devi ythechchaya.*

**Pranam:** *Om anena japena vagavanta vaditya shukrou priyetam*

*Om aditya shukravyam namah.*

**Atmarakshya:** Spiritual self defence: Touching the back of the right ear with the right thumb:

*Jata vedasa ityasya kashyapa rishis trishtup chchandah agnir devata Atmarakshayam jape viniyogah.*

*Om jatavedase sunavama soma maratiyato ni dahati vedah;*

*Sa nah parshdati durgani vishwa naveva sindhum durita tyagnih.*

**Rudropasthanam:** Worshipping the Rudra

*Ritamityasya kalagni rudra rishir anushtup chchandah rudro devata rudropasthane viniyogah.*

*Om ritam satyam param brahma purusham krishna pingalam;*

*Urdha lingam virupaksham vishwa rupam namo namah.*

*Om Brahmane namah, Om Vishnave namah, Om Rudraya namah.*

*Om Varunaya namah,*

**Suryarghyah:** Respectful offering the Sun: with some flower and grains of rice in folded hands chant the following mantras and the offering on the edge of the water holder.

*Om namo vivashwate brahman vaswate vishnu tejashe*

*Jagat savitre suchaye savitre karma dayine*

*Ida margham om shree suryaya namah.*

**Pranam:** *Om java kusuma samkasham kashya peyam maha dyuteem Dhwantarim sarva papagham prna tosmi divakaram.*

**Achhidravaranam:** Fulfilling any errors or omissions: Offer a little water with the scoop:

Om the Sun, who is as red as the Java (Hibiscus) flower, who is the son of Kashyapa, who is very bright and destroyer of darkness, destroyer of all sins and the creator of day, I salute thee.

During the worship, if I have left any word out or I have not pronounced any mantra properly, then Oh Mother Gayatri! may all those be fulfilled by your Divine Grace.

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*Om jadaksharam parivrashtam matra heenancha yadvavet*

*Purnam vawatu tat sarvam twat prasadat sureshwari.*

*Om Shantih, Om Shantih, Om Santhih.*