

*laghunyasah (agnir me)*

agnirmé vāci śritah |

vāghrdāye |

hrdayam mayi |

ahamamṛte |

amṛtam brahmaṇi ||

vāyurme prāṇe śritah |

prāṇo hrdaye |

hrdayam mayi |

ahamamṛte |

amṛtam brahmaṇi ||

sūryome cakṣuṣi śritah |

cakṣurhrdaye |

hrdayam mayi |

ahamamṛte |

amṛtam brahmaṇi ||

candramā me manasi śritah |

mano hrdaye |

hrdayam mayi |

ahamamṛte |

amṛtam brahmaṇi ||

diśo me śrotre śritah |

śrotragm hrdaye |

hrdayam mayi |

ahamamṛte |

amṛtam brahmaṇi ||

āpo me retasi śritah |

reto hrdaye |

hrdayam mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

pṛthivī me śarīre śritā |

śarīragṃ hṛdaye |

hṛdayaṃ mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

oṣadhivanaspatayo me lomāsu śritāḥ |

lomāni hṛdaye |

hṛdayaṃ mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

indro me balē śritāḥ |

balagṃ hṛdaye |

hṛdayaṃ mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

parjanya me mūrdhni śritāḥ |

mūrdhā hṛdaye |

hṛdayaṃ mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

īśāno me manyau śritāḥ |

manyur hṛdaye |

hṛdayaṃ mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

ātmā mā ātmani śritāḥ |

ātmā hṛdaye |

hṛdayaṃ mayi |

ahamamṛte |

amṛtaṃ brahmaṇi ||

punārma ātmā punarāyurāgāt |

punaḥ prāṇaḥ punarākūtamāgāt |

vaiśvānaro raśmirbhirvā vṛdhānaḥ |

antastiṣṭhatvamṛtasya gopāḥ ||