

sandhyA vandhanamfull demonstration

Written by Sarathy T

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"sandhyA hIna: asuchi:" says sAstham meaning one who has not performed sandhyA vandhanam for the particular session/day is impure. It is a bhagavadh AgyA kinkaryam (compulsory activity to be performed as per the orders of srlman nArAyaNan) that is to be done thrice a day (morning, noon, evening) for every dhvijan (brAmaNa, kshathriya, vaisya). It is also to be performed even during Asoucham (both vruththi and kshayam). srl u. vE. dheivanAyagan swamy has given full demonstration of prAthas sandhyA vandhanam, mAdhyAnniham and sAyam sandhyAvandhanam - specific for yajur vEdham. Previously, a DVD was released and is still available for sale for Rs 100 and can be purchased by contacting 044-28440009 or kaarimaaran@gmail.com . We have now uploaded these videos in to youtube for the benefit of every one.

part 1 - introduction and prAthas (morning) sandhyA vandhanam

{youtube}pLW2PrcvLQw{/youtube}

part 2 - prAthas (morning) sandhyA vandhanam (continuation) and mAdhyAnniham (afternoon)

{youtube}jrEA-Cloudw{/youtube}

part 3 - mAdhyAnniham (continuation) and sAyam (evening) sandhyA vandhanam

{youtube}Q1t4o9Zly0w{/youtube}

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part 4 - sAyam sandhyA vandhanam (continuation)

{youtube}UWT08CK6ons{/youtube}