

Japa Vidhi

Simple Procedure



Introduction

Japa is a very important part of Sadhana. Every Sadhak must perform the Japa of the mantra received by a Sadhguru. Every Mantra has a specific japa count for attaining Mantra Siddhi. In general, one must do at least a count of 1.25 Lakhs mantra japa as part of Purascharana.

This document details the complete process of performing Japa and corresponding rules to be followed.

This version focuses on the mantra sadhana vidhi of Siddha guru parampara of Paramahansa Sri Nikhileswarananda maharaj under the able guidance of Sadhguru Sri Anil Kumar Joshi ji.

Sadhakas of other Guru paramparas can utilize this manual vidhi by replacing the appropriate guru mantra as per their tradition / other upasana devata mantras.

NOTE: This is a simplified version to be used for Guru mantra japa and Satvik devata mantras when performed at home/within temple premises. Any Ugra devata mantra sadhana (performed at home/any other holy places) must follow the Sadhaka Japa Vidhi. Always get the right instructions from your guru for such sadhanas.

Items Required

Following are the items required to perform Japa:

- Pancha patra set
- Spatika / Devata related Mala
- Diya / Lamp
- Sandal wood Powder
- Flowers
- Dhoop stick / Loban
- Fruits for Naivedyam
- Yellow / devata colour Woolen mat
- Picture of Guru + Devata
- Yantras and other Sadhana items

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Japa Process

1. Initial Prayers & Permission (Anugna)

Think of the following deities & Seek permission for performing the Japa:

- Ganapati
- Guru
- Rishis
- Gothra Rishis (If you know)
- Parents & Ancestors
- Bhairava
- Vishnu/Sada shiva/Ambika etc.
- Kula devata
- Bhu devi
- Upaasana Devata(s)
- Ishta devata, etc.

2. Achamana

Take spoonful of water from the Pancha Patra into your right hand and sip it by chanting below mantras. After 3 sips, put little water on the hand and wash it.

ōm kēsāvāya svāhā	(Or) ōm acyutāya namaḥ
ōm nārāyaṇāya svāhā	(Or) ōm anantāya namaḥ
ōm mādhavāya svāhā	(Or) ōm gōvindāya namaḥ

Note: Optionally one can say all 24 names of Vishnu

ॐ केशवाय स्वाहा	(Or) ॐ अच्युताय नमः
ॐ नारायणाय स्वाहा	(Or) ॐ अनन्ताय नमः
ॐ माधवाय स्वाहा	(Or) ॐ गोविन्दाय नमः

ఓం కేశవాయ స్వాహా	(or) ఓం అచ్యుతాయ నమః
ఓం నారాయణాయ స్వాహా	(or) ఓం అనంతాయ నమః
ఓం మాధవాయ స్వాహా	(or) ఓం గోవిందాయ నమః

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3. Aasana Pooja

Touch the Asana with both hands before sitting on the Asana and say”

ōm kūrmasanāya namaḥ

ॐ कूर्मासनाय नमः

ఓం కూర్మాసనాయ నమః ।

4. Guru Kavacham (Optional)

Read the following Guru Kavacha mantra to receive protection by your Guru while performing the ritual:

gurudēvaḥ śiraḥ pātu hṛdayaṁ nikhilēśvaraḥ |
kaṇṭaṁ pātu mahāyōgī vadaṇaṁ sarva dṛg-vibhuḥ ||
karau mē pātu pūrṇātmā pādaḥ pātu rakṣatu svāminaḥ |
sarvāṅgaṁ sarvadā pātu paraṁ brahma sanātanaḥ ||

गुरुदेवः शिरः पातु हृदयं निखिलेश्वरः ।
कन्टं पातु महायोगी वदनं सर्व दृग्-विभुः ॥
करौ मे पातु पूर्णात्मा पादौ पातु रक्षतु स्वामिनः ।
सर्वानां सर्वदा पातु परं ब्रह्म सनातनः ॥

గురుదేవః శిరః పాతు హృదయం నిఖిలేశ్వరః ।

కంఠం పాతు మహాయోగీ వదనం సర్వ దృగ్-విభుః ॥

కరౌ మే పాతు పూర్ణాత్మా పాదౌ పాతు రక్షతు స్వామినః ।

సర్వాంగం సర్వదా పాతు పరం బ్రహ్మ సనాతనః ॥

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5. Light a lamp

Light a Diya / lamp and bow to it in reverence while saying the following:

ōm dīpaṁ jyoti parabrahmanē namaḥ

ॐ दीपं ज्योति परब्रह्मणे नमः

ఓం దీపం జ్యోతి పరబ్రహ్మణే నమః ॥

6. Prayer to Ganesha

Say the following shloka of Ganapati for removing obstacles:

śuklāmbāradharaṁ viṣṇuṁ śaśivarṇaṁ caturbhujāṁ |
prasannavadanaṁ dhyāyēt sarva vighnōpaśāntayē ||

शुक्लांबरधरं विष्णुं शशिवर्णं चतुर्भुजं । प्रसन्नवदनं ध्यायेत् सर्व विघ्नोपशान्तये ॥

శుక్లాంబరధరం విష్ణుం శశివర్ణం చతుర్భుజం ।

ప్రసన్నవదనం ధ్యాయేత్ సర్వ విఘ్నోపశాంతయే॥

7. Pranayama

Place your thumb on the right nostril, inhale through the left nostril. Hold breathe for a while. Exhale from the right Nostril. Do these steps in reverse order again. While doing this, think of the following mantra: ōm gaṁ (ఓం గం) or Gayatri Mantra or any other mantra.

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8. Sankalpam

Take a spoonful of water (Flower, Akshatas, etc.) in right palm, pledge while saying the below and leave the water on ground. **Use the appropriate devata name by replacing 'devata' in sankalpa.**

Note: The Japa duration and Specific count to be said mentally before leaving the water after saying the following:

ōm mamōpātta samasta duritakṣayadvārā śrī paramēśvara prītyartham
śrī nikhilēśhvarānanda svāmi (/ dEvata) anugraha prasāda siddhyartham
adya śubhadinē śubhamuhūrtē śrī guru (/ dEvata) mantra japam yathāśakti
kariṣyē ||

ॐ ममोपात्त समस्त दुरितक्षयद्वारा श्री परमेश्वर प्रीत्यर्थ
श्री निखिलेश्वरानन्द स्वामि (/ देवत) अनुग्रह प्रसाद सिद्धयर्थ
अद्य शुभदिने शुभमुहूर्ते श्री गुरु (/ देवत) मन्त्र जपम् यथाशक्ति करिष्ये ॥

ఓం మమోపాత్త సమస్త దురితక్షయద్వారా శ్రీ పరమేశ్వర ప్రీత్యర్థం
శ్రీ నిఖిలేశ్వరానంద స్వామి (/దేవత) అనుగ్రహ ప్రసాద సిద్ధ్యర్థం
అద్య శుభదినే శుభముహూర్తే శ్రీ గురు (/దేవత) మంత్ర జపం యథాశక్తి కరిష్యే ॥

9. Guru Dhyanam:

Have a Yantra / Picture of Guru in front of you for doing Pooja and japam.

gururbrahma guruviṣṇuḥ gururdēvō mahēśvaraḥ |
gurussākṣātparam brahma tasmai śrī guravē namaḥ ||

गुरुर्ब्रह्म गुरुविष्णुः गुरुर्देवो महेश्वरः । गुरुस्साक्षात्परं ब्रह्म तस्मै श्री गुरवे नमः ॥

గురుర్బ్రహ్మ గురువిష్ణుః గురుర్దేవో మహేశ్వరః ।
గురుస్సాక్షాత్ పరం బ్రహ్మ తస్మై శ్రీ గురవే నమః ॥

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and/or:

namāmi nārāyaṇa dēva dēvaṃ |
bhajāmi bhaktōdaya bhāskaram taṃ |
dhyāyāmi nikhilēśhvara pādapankajam |
japāmi śiṣyōdhdhara nāmarūpaṃ |

नमामि नारायण देव देवं । भजामि भक्तोदय भास्करं तं ।
ध्यायामि निखिलेश्वर पादपन्कजं । जपामि शिष्योद्धर नामरूपं

నమామి నారాయణ దేవ దేవం ।
భజామి భక్తోదయ భాస్కరం తం ।
ధ్యాయామి నిఖిలేశ్వర పాదపంకజం ।
జపామి శిష్యోద్ధర నామరూపం ॥

10. Prayers to Guru Lineage:

- oṃ guṃ gurubhyō namaḥ || (Sri Anil guruji & Pratibha Maataji)
- oṃ parama gurubhyō namaḥ || (Sri Narayan Dutt Srimali ji & Bhagawati maataji)
- oṃ paṃ parātpara gurubhyō namaḥ || (Sri Nikhileswarananda Swamiji)
- oṃ paṃ paramēṣṭi gurubhyō namaḥ || (Sri Sachidananda Swamiji)
- oṃ siddhāśramāya namaḥ ||
- oṃ siddhāśramāya samasta ṛṣibhyō namaḥ ||

- ॐ गुं गुरुभ्यो नमः ॥ (Sri Anil guruji & Pratibha Maataji)
- ॐ परम गुरुभ्यो नमः ॥ (Sri Narayan Dutt Srimali ji & Bhagawati maataji)
- ॐ पं परात्पर गुरुभ्यो नमः ॥ (Sri Nikhileswarananda Swamiji)
- ॐ पं परमेष्टि गुरुभ्यो नमः ॥ (Sri Sachidananda Swamiji)
- ॐ सिद्धाश्रमाय नमः ॥
- ॐ सिद्धाश्रमाय समस्त ऋषिभ्यो नमः ॥

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- ఓం గుం గురుభ్యో నమః స్వాహా[॥] | (Sri Anil guruji & Pratibha Maataji)
- ఓం పరమ గురుభ్యో నమః స్వాహా[॥] | (Sri Narayan Dutt Srimali ji & Bhagawati maataji)
- ఓం పం పరాత్పర గురుభ్యో నమః స్వాహా[॥] | (Sri Nikhileswarananda Swamiji)
- ఓం పం పరమేష్ఠి గురుభ్యో నమః స్వాహా[॥] | (Sri Sachidananda Swamiji)
- ఓం సిద్ధాశ్రమాయ నమః స్వాహా[॥] |
- ఓం సిద్ధాశ్రమాయ సమస్త ఋషిభ్యో నమః స్వాహా[॥] |

Note: One can do the Nyasas for Guru as per the instructions given by Guru Parampara

11. Guru Panchopachara Pooja

Offer Sandal powder	<p>ōm lam gurubhyō namaḥ gandham samarpayāmi ॐ लं गुरुभ्यो नमः गन्धं समर्पयामि । ఓం లం గురుభ్యో నమః గంధం సమర్పయామి </p>
Offer flowers	<p>ōm ham gurubhyō namaḥ puṣhpaṁ samarpayāmi ॐ हं गुरुभ्यो नमः पुष्पं समर्पयामि । ఓం హం గురుభ్యో నమః పుష్పం సమర్పయామి </p>
Light incense stick and show	<p>ōm yam gurubhyō namaḥ dhūpaṁ āghrāpayāmi ॐ यं गुरुभ्यो नमः धूपं आघ्रापयामि । ఓం యం గురుభ్యో నమః ధూపం ఆఘ్రాపయామి </p>
Show Diya / Light	<p>ōm ram gurubhyō namaḥ dīpaṁ darśayāmi ॐ रं गुरुभ्यो नमः दीपं दर्शयामि । ఓం రం గురుభ్యో నమః దీపం దర్శయామి </p>
Offer Raisins, Jaggery, etc.	<p>ōm vam gurubhyō namaḥ naivedyaṁ samarpayāmi ॐ वं गुरुभ्यो नमः नैवेद्यं समर्पयामि । ఓం వం గురుభ్యో నమః నైవేద్యం సమర్పయామి </p>

NOTE: Repeat the Panchopachara as above for your deity / Shodashopachara Pooja as per sadhana vidhi.

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12. Mala Mantra:

Sadhaka must hold the mala in hand, touch the meru and pray to it with the following mantra:

ōm hrīm śiddhyai namaḥ

ॐ ह्रीम् शिद्धये नमः

ఓం హ్రీం శిద్ధ్యై నమః

13. Guru / Devata Mantra:

Do Japa of the following mantra with Spatika Mala for Guru, other deities may have their respective malas.

For Guru Mantra Facing East or North is best. Other Mantras may have specific directions as recommended by Sadhguru to be followed.

Guru Mantra (1/4 Malas or your Purascharana daily Count):

ōm paramatatvāya nārāyaṇāya gurubhyō namaḥ ||

ॐ परमतत्वाय नारायणाय गुरुभ्यो नमः ||

ఓం పరమతత్వాయ నారాయణాయ గురుభ్యో నమః ||

Chetana Mantra (108 / 11 times) :

ōm hrīm mama prāṇa dēha rōma pratirōma caitanya jāgraya hrīm ōm namaḥ

ॐ ह्रीं मम प्राण देह रोम प्रतिरोम चैतन्य जाग्रय ह्रीम् ओं नमः

ఓం హ్రీం మమ ప్రాణ దేహ రోమ ప్రతిరోమ చైతన్య జాగ్రయ హ్రీం ఓం నమః

Guru Gayatri (108 / 11 times):

ōm gurudēvatāya vidmahē parabrahmāya dhimahī tanno sadguru pracodayāt

ॐ गुरुदेवताय विद्महे परब्रह्माय धिमही तन्नो सद्गुरु प्रचोदयात्

ఓం గురుదేవతాయ విద్మహే పరబ్రహ్మాయ ధిమహీ తన్నో సద్గురు ప్రచోదయాత్

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Sample Devata Mantra (Replace with your upasana Mantra)

ōm aim sarasvatyai namaḥ

ॐ ऐं सरस्वत्यै नमः

ఓం ఐం సరస్వత్యై నమః

14. Kshama Prarthana

Ask for forgiveness of any mistakes / shortcomings and say

mantrahīnaṁ kriyāhīnaṁ bhaktihīnaṁ nikhilēśhvara |
yatkṛtaṁtu mayā dēva paripūrṇaṁ tadastutē ||

śrī kṛṣṇa kṛṣṇa kṛṣṇa (think of Lord Krishna).

मन्त्रहीनं क्रियाहीनं भक्तिहीनं निखिलेश्वर ।
यत्कृतं तु मया देव परिपूर्णं तदस्तुते ॥

श्री कृष्ण कृष्ण कृष्ण

మంత్రహీనం క్రియాహీనం భక్తిహీనం నిఖిలేశ్వర |
యత్కృతంతు మయా దేవ పరిపూర్ణం తదస్తుతే ||

శ్రీ కృష్ణ కృష్ణ కృష్ణ

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15. Samarpana

Say the following mantra while leaving a little water from the right hand into a plate to surrender the doer ship to lord Sri Krishna:

anēna divya mangaḷa japēna bhagavān sarvātmakaḥ śrī nikhilēśhvarānanda
svāmi prīyatām |

ōm tatsat | sarvaṁ śrī nikhilēśhvarānanda svāmi charaṇārpaṇamastu |

अनेन दिव्य मन्गळ जपेन भगवान् सर्वात्मकः श्री निखिलेश्वरानन्द स्वामि प्रीयताम् ।

ॐ तत्सत् । सर्व श्री निखिलेश्वरानन्द स्वामि छरणार्पणमस्तु ।

అనేన దివ్య మంగళ జపేన భగవాన్ సర్వాత్మకః శ్రీ నిఖిలేశ్వరానంద స్వామి ప్రీయతామ్ |

ఓం తత్సత్ | సర్వం శ్రీ నిఖిలేశ్వరానంద స్వామి చరణార్పణమస్తు |

Note: One can take this water as a teertham after Japam.

16. Shanti mantra

ōm lōkāssamastā ssukhinōbhavantu ||

ōm śāntiḥ śāntiḥ śāntiḥ ||

ॐ लोकास्समस्ता स्सुखिनोभवन्तु ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

ఓం లోకాస్సమస్తా స్సుఖినోభవన్తు ॥

ఓం శాన్తిః శాన్తిః శాన్తిః ॥

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Appendix: Important Rules /Niyama to be followed for Japa:

- Guru / Devata Mantras to recited by only initiates
- One must try and sit in isolation for sadhana.
- It is recommended to do Japam silently without uttering the mantra loudly. Sometimes one can say it a little loud to retain the focus.
- Japa is different from Dhyana or Meditation. Once in a while one can also do the meditation with mantra during the japa.
- Japa can be done without closing eyes.
- One must place a glass of water in front of them (different form achamana patra). During sadhana one must touch the water and place the hand on right ear after yawning, burping, cough/sneezing, farts etc. If one has to get up for a toilet break, have a bath and wear new clothes.
- Japa to be done with a mala using Go mukhi. Mala should not touch the ground. If Mala slips from hand during Japa, one must re start that particular round.
- One must pray to Mala by holding Meru before starting Japa.
- One must do the Japa on Mala with only Middle, Ring and Thumb fingers while drawing the Bead/Mani towards themselves. One must not touch the Mala with Index finger.
- One must not cross the Meru of mala during japa. The mala to be reversed at the last bead and start japa from there to again reach the Meru.
- One must make sure that the thread of Japa mala is strong. If the mala thread breaks during the anushtana, one must re thread the beads (manis) again with a strong thread. While wiring the beads, mantra to be recited for every Mani/bead. Do 1 mala with the mantra " OM Hreem Siddhyai namaH". Then, do 16 malas of guru mantra as a prayaschitta before restarting the japam.
- One must not talk to any one during the japam and must remain very calm. One must do the sadhana with complete faith, and reverence to guru and mantra devata. One must not use any bad language.
- Women must not do Japam during their Monthly cycle (5 days).
- Sadhak must only eat the Saatwik food during the anushtana period. (Non-veg, Onion, Garlic, Alcohol, Hotel food, Smoking, Chewing tobacco to be avoided)
- Nothing to be consumed (including water) during the Japa. One can eat food / have milk before start of Japa.
- Sadhaka must sleep on floor on a simple blanket / mat (exception for any health issues / elderly to sleep on cots).
- During the Anushtana period, one must remain in Celebacy / brahmacharya.

----- Sri Guru charana kamalebhyo namah -----

"Solve your problems through Sadhana" – Sadhguru Anil

Japa Vidhi

Simple Procedure



- One must not engage in unnecessary chats, TV programs etc that diverts the focus from sadhana.
- Unless one is sick, it is recommended to always bath (with soap) before sitting for Sadhana. One must avoid using body fragrances.
- Wear only Dhoti / tradition wear for sadhana. Avoid wearing anything stitched.
- It is recommended to avoid hair cut / shave during the sadhana time
- During Sadhana, one may encounter few experiences. It is best to ignore those and continue with Sadhana.

----- Sri Guru charana kamalebhyo namah -----

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