

Laghunyāsaḥa

[KYV – TB 3-10-8-4...10]

ॐ ag'nir'mē vāchiśh' śhritaḥa | vāg'hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

vāyur'mēp' prāṇēśh' śhritaḥa |
prāṇō hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

sūr'yō mē chak'ṣhuśhiśh' śhritaḥa |
chak'ṣhur'hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

chan'dramā mē manasiśh' śhritaḥa |
manō hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

diśhō mēśh' śhrōt'rēēśh' śhritā-ḥa |
śhrōt'ragm' hṛdayē |

hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

āpō mē rētaśhiśh' śhritā-ḥa |
rētō hṛdayē |

hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

pṛthivī mē śharīrēśh' śhritā |
śharīragm' hṛdayē |

hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

ōśhadhi vanas'patayō mē

lōmasuśh' śhritā-ḥa |

lōmāni hṛdayē |

hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

in'drō mē balēēśh' śhritaḥa |
ba^lagm' hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

par'jan'yō mē mūr'dhniśh' śhritaḥa |
mūr'dhā hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

īśhānō mē man'yaush' śhritaḥa |
man'yur' hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

āt'mā ma , āt'maniśh' śhritaḥa |
āt'mā hṛdayē |
hṛdayam' mayi | ahamamṛtē |
amṛtam' bram'haṇi |

puⁿar'ma , āt'mā puⁿarāyurāgāte |
puⁿa[fp]' prāṇa[fp]' puⁿarākū^tamāgāte |
vaiśh'vaⁿarō raśh'mi bhir'vāvṛdhānaḥa |
an'tas'tiśh'that'vamṛtas'ya gōpā-ḥa |

ॐ śhā-n'tiśh' śhā-n'tiśh' śhā-n'tiḥi ||