

# Sri Rudram Laghnyasam

Om aadhaatmaanagm Sivaatmaanag Sree rudraroopam dhyayEt ||

SuddhasphaTika sankaaSam trinEtram pancha vaktrakam |  
gangaadharam daSabhujam sarvaabharaNa bhooShitam ||

neelagreevam SaSaankaankam naaga yagnyOpa veetinam |  
vyaaghra charmOttareeyam cha varENyamabhaya pradam ||

kamanDal-vakSha sootraaNaam dhaariNam SoolapaaNinam |  
jvalantam pingaLajaTaa Sikhaa muddyoTa dhaariNam ||

vRuSha skandha samaarooDham umaa dEhaartha dhaariNam |  
amRutEnaaplutam Saantam divyabhOga samanvitam ||

digdEvataa samaayuktam suraasura namaskRutam |  
nityam cha SaaSvatam Suddham dhruva-makShara-mavyayam |

sarva vyaapina-meeSaanam rudram vai viSvaroopiNam |  
Evam dhyaatvaa dvijaH samyak tatO yajanamaarabhEt ||

athaatO rudra snaanaarchanaabhiShEka vidhim vyaa"kShyaasyaamaH |  
aadita Eva teerthE snaatvaa udEtya SuchiH  
prayatO brahmachaaree Suklavaasaa dEvaabhimukhaH sthitvaa  
aatmani dEvataaH sthaapayEt ||

prajananE brahmaa tiShThatu |  
paadayOr-viShNustiShThatu |  
hastayOr-harastiShThatu |  
baahvOrindrastiShTatu |  
jaTharEagnistiShThatu |  
hRuda'yE SivastiShThatu |  
kaNThE vasavastiShThantu |  
vaktrE sarasvatee tiShThatu |  
naasikayOr-vaayustiShThatu |  
nayanayOSchandraadityau tiShTEtaam |  
karNayOraSvinau tiShTEtaam |  
lalaaTE rudraastiShThantu |  
moorthnyaadityaastiShThantu |  
Sirasi mahaadEvastiShThatu |  
Sikhaayaam vaamadEvaastiShThatu |  
pRuShThE pinaakee tiShThatu |  
purataH Soolee tiShThatu |  
paarSyayOH SivaaSankarau tiShThEtaam |  
sarvatO vaayustiShThatu |  
tatO bahiH sarvatOgnir-jvaalaamaalaa-parivRutastiShThatu |  
sarvEShvangEShu sarvaa dEvataa yathaasthaanam tiShThantu |  
maagm rakShantu |

sarVaN maha jnaN rakShantu|

agnirmE' vaachi SritaH | vaagdhRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

vaayurmE" praaNE SritaH | praaNO hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

sooryO' mE chakShuShi SritaH | chakShur-hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

chandramaa' mE mana'si SritaH | manO hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

diSO' mE SrOtrE" SritaaH | SrOtragn hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

aapOmE rEtasi SritaaH | rEtO hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

pRuthivee mE Saree'rE SritaaH | Saree'ragh hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

OShadhi vanaspatayO' mE IOma'su SritaaH | IOmaa'ni hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

indrO' mE balE" SritaH | balagn hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

parjanyaO' mE moordni SritaH | moordhaa hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

eeSaa'nO mE manyau SritaH | manyur-hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

aatmaa ma' aatmani' SritaH | aatmaa hRuda'yE |  
hRuda'yam mayi' | ahamamRutE" | amRutam brahma'Ni |

puna'rma aatmaa punaraayu raagaa"t | punaH praaNaH punaraakoo'tamaagaa"t |

vaiSvaanarO raSmibhi'r-vaavRudhaanaH |  
antasti'ShThatvamRuta'sya gOpaaH ||

asya Sree rudraadhyaya praSna mahaamantrasya,  
aghOra RuShiH, anuShTup chandaH,  
sankarShaNaa moorti svaroopO yOsaavaadityaH  
paramapurushaH sa ESha rudrO dEvataa |  
namaH SivaayEti beejam |  
SivataaraayEti SaktiH |  
mahaadEvaayEti keelakam |  
Sree saanba sadaaSiva prasaada siddhyarthE japE viniyOgaH ||

Om agnihOtraatmanE anguShThaabhyaam namaH |

darSapoorNa maasaatmanE tarjaneebhyaam namaH |  
caatur-maasyaatmanE madhyamaabhyaam namaH |  
nirooDha paSubandhaatmanE anaamikaabhyaam namaH |  
jyOtiShTOmaatmanE kaniShThikaabhyaam namaH |  
sarvakraatvaatmanE karatala karapRuShThaabhyaam namaH ||

agnihOtraatmanE hRudayaaya namaH |  
darSapoorNa maasaatmanE SirasE svaahaa |  
caaturmaasyaatmanE Sikhaayai vaShaT |  
nirooDha paSubandhaatmanE kavacaaya hum |  
jyOtiShTOmaatmanE nEtratrayaaya vauShaT |  
sarvakraatvaatmanE astraayaphaT |  
bhoorbhuvassuvarOmiti digbandhaH ||

## Dhyaanam

aaapaataaLa-nabhaHsthalaanta-bhuvana-brahmaaNDa-maavisphurat  
jyOtiH sphaaTika-linga-mauLi-vilasat-poorNEndu-vaantaamRutaiH |  
astOkaapluta-mEka-meeSa-maniSam rudraanu-vaakaanjapan  
dhyayE-deepsita-siddhayE dhruvapatam viprObhiShinchE-cchivam ||

brahmaaNDa vyaaptadEhaa bhasita himarucaa bhaasamaanaa bhujangaiH  
kaNThe kaalaaH kapardaaH kalita-SaSikalaa-SchaNda kOdaNda hastaaH |  
tryakShaa rudraakShamaalaaH prakaTitavibhavaaH Saanbhavaa moortibhEdaaH  
rudraaH Sreerudasookta-prakaTitavibhavaa naH prayacchantu saukhyam ||

Om gaNaanaa"m tvaa gaNapa'tigm havaamahE kavim ka'veenaamu'pamaSra'vastamam |  
jyEShTharaajam brahma'Naam brahmaNaspada aa na'H SRuNvannootibhi'sseeda saada'nam || Om  
sree mahaagaNapatayE namaH ||

Sam cha' mE maya'Scha mE priyam cha' mE nukaamaScha' mE kaama'Scha mE saumanasaScha' mE bhadram  
cha' mE SrEya'Scha mE vasya'Scha mE yaSa'Scha mE bhaga'Scha mE dravi'Nam cha mE yantaa cha' mE  
dhartaa cha' mE kShEma'Scha mE dhRuti'Scha mE viSva'm cha mE maha'Scha mE sanviccha' mE gnyaatra'm  
cha mE sooScha' mE prasooScha' mE seera'm cha mE layaScha' ma Rutam cha' mEmRuta'm cha  
mE yakShmam cha mE naa'mayaccha mE jeevaatu'Scha mE deerghaayutvam cha' mE namitram cha mE bha'yam  
cha mE sugam cha' mE Saya'nam cha mE sooShaa cha' mE sudina'm cha mE ||

Om SaantiH SaantiH Saanti'H ||