

## || Laghunyāsaḥ ||

agnirmē<sup>1</sup> vāci śritaḥ | vāgghrdāye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

vāyurmē<sup>2</sup> prāṇe śritaḥ | prāṇo hṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

sūryo me cakṣuṣi śritaḥ | cakṣurhṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

candramā me manasi śritaḥ | mano hṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

diśo me śrotrē śritāḥ | śrotragṛhṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

āpo me retasi śritāḥ | reto hṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

pṛthivī me śarīre śritā | śarīragṛhṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

oṣadhivanaspatayo me lomāsu śritāḥ | lomāni hṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

indro me balē śritaḥ | balagṛhṛdaye |  
hṛdayaṁ mayi<sup>1</sup> | ahamamṛte<sup>2</sup> | amṛtaṁ brahmaṇi |

parjanyo me mūrdhni śritaḥ | mūrdhā hṛdaye |  
hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmāni |

īśāno me manyau śritaḥ | manyurhṛdaye |  
hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmāni |

ātmā mā ātmani śritaḥ | ātmā hṛdaye |  
hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmāni |

punarma ātmā punarāyurāgāt | punaḥ prāṇaḥ punarākūtamāgāt |  
vaiśvānaro raśmibhirvāvṛdhānaḥ | antastiṣṭhatvamṛtasya gopāḥ |