

|| Laghunyāsaḥ ||

agnirmé vāci śritāḥ | vāgghṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

vāyurmé prāṇe śritāḥ | prāṇo hṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

sūryó me cakṣuṣi śritāḥ | cakṣurhṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

cāndramā me manasi śritāḥ | mano hṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

diśó me śrotre śritāḥ | śrotragmḥṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

āpó me retasi śritāḥ | reto hṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

pṛthivī me śarīre śritā | śarīragmḥṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

oṣadhivanaspatayó me lomāsu śritāḥ | lomāni hṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

indró me balē śritāḥ | balagmḥṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

paṛjanyo me mūrdhni śritaḥ | mūrdhā hṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

īśāno me manyau śritaḥ | manyurhṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

ātmā mā ātmani śritaḥ | ātmā hṛdaye |
hṛdayam mayi | ahamamṛte | amṛtam brahmaṇi |

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