

## ॥ laghunyāsaḥ ॥

om agnirmē vāci śritāḥ | vāgghṛdaye | hṛdayam mayi |  
ahamamṛte | amṛtam brahmaṇi ||

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

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

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

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

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

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