

Sipping Water for Purification (vaiṣṇava-ācamana)

Always perform *ācamana* before entering the deity room to worship the Lord.

Sit on a proper sitting place (*āsana*). (If there is no *āsana*, kneel with your right knee touching the floor and your left foot flat on the floor.)

With an *ācamana-pātra* filled with water clean both hands by sprinkling them with water; holding the *ācamana* spoon in your left hand, pour a few drops into the right palm. While looking at the water chant the appropriate *mantra* and then silently sip the water from the base of the right thumb (the *brāhma-tīrtha*).

- Chant ***om keśavāya namaḥ*** and sip water from the *brāhma-tīrtha* of your right hand.
- Chant ***om nārāyaṇāya namaḥ*** and sip water from the *brāhma-tīrtha* of your right hand.
- Chant ***om mādhavāya namaḥ*** and sip water from the *brāhma-tīrtha* of your right hand.
- Chant ***om govindāya namaḥ*** and sprinkle water on your right hand.
- Chant ***om viṣṇave namaḥ*** and sprinkle water on your left hand.
- Chant ***om madhusūdanāya namaḥ*** and touch your right cheek with the fingers of your right hand.
- Chant ***om trivikramāya namaḥ*** and touch your left cheek with the fingers of your right hand.
- Chant ***om vāmanāya namaḥ*** and wipe above your upper lip with the base of your right thumb.
- Chant ***om śrīdharāya namaḥ*** and wipe below your lower lip with the base of your right thumb.
- Chant ***om hr̥ṣīkeśāya namaḥ*** and sprinkle water on both hands.
- Chant ***om padmanābhāya namaḥ*** and sprinkle water on your feet.
- Chant ***om dāmodarāya namaḥ*** and sprinkle water on the top of your head.

While chanting the following *mantras*, perform the hand motions:

- Chant ***om vāsudevāya namaḥ*** and touch your upper and lower lips with the tips of the fingers of your right hand.
- Chant ***om saṅkarṣaṇāya namaḥ*** and touch your right nostril with your right thumb and forefinger.
- Chant ***om pradyumnāya namaḥ*** and touch your left nostril with your right thumb and forefinger.
- Chant ***om aniruddhāya namaḥ*** and touch your right eye with your right thumb and ring finger.
- Chant ***om puruṣottamāya namaḥ*** and touch your left eye with your right thumb and ring finger.
- Chant ***om adhokṣajāya namaḥ*** and touch your right ear with your right thumb and forefinger.

- Chant ***om nṛsimhāya namaḥ*** and touch your left ear with your right thumb and forefinger.
- Chant ***om acyutāya namaḥ*** and touch your navel with your right thumb and little finger.
- Chant ***om janārdanāya namaḥ*** and touch your heart with the palm of your right hand.
- Chant ***om upendrāya namaḥ*** and touch your head with all the finger tips of your right hand.
- Chant ***om haraye namaḥ*** and touch your right upper arm with the fingertips of your left hand.
- Chant ***om kṛṣṇāya namaḥ*** and touch your left upper arm with the fingertips of your right hand.

Now chant the following *mantra* from the *Ṛg Veda* while showing the *praṇāma-mudrā* (palms together in front of your heart):

*(om) tad viṣṇoḥ paramaṁ padaṁ sadā
 paśyanti sūrayaḥ divīva cakṣur-ātataṁ
 tad viprāso vipanyavo jāgṛvaṁ saḥ
 samindhate viṣṇor yat paramaṁ padam*

Just as those with ordinary vision see the sun's rays in the sky, so the wise and learned devotees always see the supreme abode of Lord Viṣṇu. Because those highly praiseworthy and spiritually awake brāhmaṇas can see that abode, they can also reveal it to others. [Ṛg Veda Saṁhitā]