

Sandhyaa Prardhana

(+ Kurishu varachu kondu aarambhikkanam)

Pithavum puthranum parishudha roohayumaaya sathyeka daivathinte thirunaamathil, Amen

Thante mahathwathaal aakaashavum bhoomiyum niranjirikkunna/ balavaanaaya daivam thampuraan/ parishudhan, parishudhan, parishudhan/ uyarangalil ooshaana.

Daivamaaya karthaavinte thirunaamathil/ vannavanum varuvaanirikkunnavanu-maayavan/ vaazhthapettavanaakunnu. Uyarangalil sthuthi.

Kauma

Daivame Nee Parishudhanaakunnu.

Balavaane Nee Parishudhanaakunnu.

Maranamillaathavane Nee Parishudhanaakunnu.

Njangalkku vendi + krooshikka-ppettavane/njangalodu karuna cheyyaname

(3 pravashyam)

Njangalude karthaave njangalodu karuna cheyyaname./ Njangalude karthaave krupayundaayi njangalodu karuna cheyyaname./ Njangalude karthaave/ njangalude shushrooshayum praardhanakalum kaikkondu/ njangalodu karuna cheyyaname.

Daivame ninakku sthuthi; Srashtaave ninakku sthuthi; Paapikalaaya adiyarodu/ karuna cheyyunna mishihaa raajaave ninakku sthuthi./ Barekmor.

Swargasthanaaya njangalude pithave, ninte thirunaamam parishudhamaakappedaname./ Ninte raajyam varename./ Ninte thiruvishtam/ swargathilethupole bhoomiyilum aakaname. Njangalkkavashyamulla appam/ innu

njangalkku tharename./ Njangalude kadakkaarodu njangal kshamichathupole/
njangalude kadangalum paapangalum/ njangalodu kshamikkaname./
Pareekshayilekku njangale praveshippikkaruthe, / pinneyo dushtanil ninnu
njangale rakshichukollaname./ Enthukondennal/ rajyavum shakthiyum
mahathwavum/ ennekkum ninakkullathaakunnu. Amen.

Krupa niranja mariyame ninakku samaadhaanam, karthaavu ninnodu koode,/ nee
sthreekalil anugrahikkappettavalaakunnu./ Ninte udaraphalamaaya nammude
karthaavu eeshomishihaa vaazhthappettavanaakunnu./ Vishudha mariyame
thampurante amme/ paapikalaaya njangalkku vendi/ ippozhum eppozhum/
njangalude maranasamayathum/ thampuraanodu apekshichu kollaname./ Amen.

Mar Baalaaiyude Apeksha

Anugrahagal niranjirikkunnavane,/ anukoolathinte divasathil/ ninte srishtiyee nee
puthanaakki anukoolamaakkaname./ Karthaave ninnilulla aashrayathodu koodi
marichu/ ninte varavinaayi nokki paarkkunna/ njangalude marichu poyavare/
aashwasippichu punyappeduthaname./ Abrahaaminteyum, Isahaakkinteyum,
Yakkobinteyum/ madiyil avare paarppikkaname. / Vannavanum varuvaaniri-
kkunnavanum/ marichavare anukoolamaakku-nnavanum aayavan vaazhthappetta-
vanaakunnu ennu /shareerangalum aathmaakkalum/ shariyaayi attahasikku-
maarakaname. **Amen.**

Moraneshumishihaa

Moraneshumishihaa, / ninte anugrahagalude vaathil/ njangalude nere
adakkaruthe./ Karthaave, njangal paapikalaakunnu ennu, njangal ettuparayunnu/
njangalodu karunayundaakaname./ Karthaave ninte maranathaal/ njangalude
maranam maanjupokuvaanaayi,/ ninte sneham ninte idathilninnu/ njangalude
adukkalekku irakki konduvannu/ njangalodu karuna cheyyaname. **Amen.**

: 3 :

Soothaara Prardhana

Aarambhavum Kaumaayum

Apeksha

Karunayulla daivame/ ninte vaathilil /njangalude apekshayude swaram muttunnu./
Ninne vandikkunnavarude aavashyangal nee mudakkaruthe. Daivame,
balaheenaraaya njangalude sahaayathinu/ ninne njangal vilikkunnu. Nallavane
njangalude apekshayude swaram kettu/ karunayundaayi/ njangalude yaachanakal
nalkaname. **Amen.**

Mar Apreminte Bovoosa

Karthaave krupa cheyyaname / kaikkondadiyaarude karmam
Poruthi ayacharulaname nin / arayeennalivum anugrahavum

Nidra vedinjittunarvodu njaan / nin mun nilkkaraakaname
Veendumurangilathil paapam / theendukayum cheyyaruthe njaan

Akramamunarvil cheyyaathe / kaakkaname naadhaa krupayaal
Nidrayil njaan paapam cheykil / nin krupa mochanamarulaname

Elimayezhum nin + kurishineyor –/ thekanamadiyanu sukha nidra
Maayaa roopakkazhchakalil / paayaathenne rakshikka

Swachandamurangunnam / dushchinthakal dushtanmaaram
Enne vannu bharikkaayvaan / ee raavil kaakkanamenne

En dehamasesham kappa – / nekuka velivin doothane nee
Nin mey njaan bhakshichathinaal / durmohe veezharuthe njaan

Aashwaasatho-durangumeni – / kkaavuka nin raktham kaaval
Ee nin sadrishyamathaam srishti- / kkekaname nee swaathanthryam

: 4 :

Nin kai velayathaam mey mel / ninte valam kai mevaname
Parichaykkoppam kaakkuka nin / karunakkotta valanjene

Meyyithurangumbol kaaval / cheyyaname ninnude shakthi
Aakaname nal dhoopam pol / enete urakkam thirumunpil

Nin maathru praardhanayaalen / shayyakkanayaruthe dushtan
Saathan enne kollaayvaan / thirubaliyavane vilakkaname

Nin vaakkennil nivarthikka / Nin + kurishennuyir kaathiduka
Enne thaangiya nin anpaal / ninneyunarvil sthuthi cheyvaan

Ninnishtam kettathine njaan / anuvarthippaan karthaave
Neethiyehunnoru raavumeni- /kkekaname nal sandhyayathum

Velivaam mishihaa rakshaka nee / velivil thanne nin vaasam
Velivin puthranmaar ninne / thanne vandicheedunnu

Velivil vasikkunnulakathin / rakshakanaameesho sthothram
Ihapara lokangalil ninte / krupa njangalilundaakaname

Sthothram sthothram karthaave / sthothramathaa-yiramaa-yiramaay
Anavadhiyaay sthothram naadhaa / krupa venam njangalilennum

Sthothram maalaghakal shushroo- / shicheerayar vandippavane
Praardhana kelkeerayarudeyum / maalaaghakaludeyum naadhaa

Thrithwaikathwa-vumekathwa / thrithwavumaayi sthithi cheyyum
Pithrusutha parishudhaa-thmaavaam / sathyaika parannaay sthothram

*Balaheenajana praardhanaye / kelppavanum kaazhchakal pole
Anuthaapam poondavar kanneer / kaikkollunnavanum sthothram

Eerayar shushrooshippavane / maalaghakal vaazhthunnavane
Vrikshadalathin sankhyayil man- / mayar ninne sthuthi cheyyunnu

Pitha sutha parishudhaathmaavaam / sathyaika parannaay sthothram
Cheytheedenam naam sathya – / njaana vivekathodu koodi

Mrithikara vishamaam ponvelli / dhanamayyo nedaruthe nee
Theduka sukhakara-mupadesham / ninne naadhan snehippaan

Nalppathu nombathu nolkkuka nee / theettuka theenillaathavare
Eeshaayi suthanoppam nee / praadhikkuka dinamezhoozham

Naalppathu naalinnupavasam / moosha kazhicheliyaavum
Naadhan shathruvine vennu / naalppathu naalupavaasathaal

Kadal kuzhiyagni choolakalil / ninnu kareriya praardhana pol
Adiyaarude praardhanakalkkum / krupayaam vaathil thurakkaname

Praardhana ketteedunnavane / yaachana nalkeedunnavane
Praardhana kettu nirappaayi / krupayaal yaachana nalkaname

Kuriyelaayison.. Kuriyelaayison.. Kuriyelaayison..

Parishudhanaaya baavaa thampuraane/ ninte parishudha thirunaamathaal /
njangale kaathukollename./ Rakshithaavaaya puthran thampuraane, ninte
jayamulla + sleebaayaal / njangale marachu kollaname. Parishudhanaaya roohaa
thampuraane, njangale ninte/adhivaasathinu bhavanangalaakki theerkkaname.

: 6 :

Njungalude daivamaaya karthaave, ellaa samayathum/ ninte daivathwathinte chirakukalude keezhil/ njangale marachu kollaname. **Amen.**

Masmooaraakal : 91, 121

Athynnathante marayil irikkunnavan/ daivathinte nizhalil mahathwappedunnu.

Njaan aashrayichirikkunna daivam/ ente sharanavum sanketha-sthalavum-ennu/ karthaavine kurichu nee parayuka.

Enthennaal/ avan virudhathayude keniyil ninnum/ vyardha samsaarathil ninnum ninne rakshikkum.

Avan thante thoovalukal kondu ninne rakshikkum. Avante chirakukalude keezhil nee marakkappedum. Avante sathyam/ ninakku chuttum aayudham aayirikkum.

Nee raathriyile bhayatheyum/ pakal parakkunna asthratheyum, iruttil sancharikkunna vachanatheyum/ madhyaahnathil veeshunna kodum-kaattineyum/ bhayappedukayilla.

Ninte bhaagathu aayirangalum/ ninte valathu bhaagathu pathinaayirangalum veezhum.

Enkilum ava ninkalekku adukkukayilla/ennaalo ninte kannukal kondu/ nee kaanuka maathram cheyyum. Dushtanmaarkkulla prathibhalathe nee kaanum.

Enthennal thante vaasa-sthalam/ uyarangalil aakkiya/ ente sharanamaaya karthaavu neeyaakunnu.

Dosham ninnod adukkukayilla./Siksha ninte vaasa sthalathinu sameepikkukayumilla.

: 7 :

Enthennaal, ninte sakala vazhikalilum ninne kaakkendathinu/ ninne kurichu thante maalaghamaarodu kalppikkum.

Ninte kaalil/ ninakku idarcha undaakaathe irikkuvaan/avar thangalude bhujangalil ninne vahikkum.

Gorso sarppatheyum/ analiyeyum nee chavittum. Simhatheyum perumbambineyum/ nee methikkum.

Avan enne anweshi-chathukondu/ njan avane rakshikkum. Avan ente naamam arinjathu kondu/ njaan avane balappeduthum.

Avan enne vilikkum./ Njaan avanodu utharam parayum./ Njerukkathil njaan avanodu koode irunnu/avane balappeduthi bahumaanikkum.

Deerghaayussu kondu/ njaan avane thripthi-ppeduthi/ ente raksha avane njaan kaanikkum.

121 Njaan parvathangalilekku/ ente kannukal uyarthum. Enne sahaayikkunnavan/ evide ninnu varum.

Ente sahayam/ aakaashavum bhoomiyum srishticha/ karthaavinte sannidhiyil ninnaakunnu.

Avan ninte kaal ilakuvaan sammathikkukayilla./ Ninte kaavalkkaaran urakkam thoongukayumilla.

Enthennaal israyelinte kaavalkkaaran/ urakkam thoongunnilla, urangunnumilla.

: 8 :

Ninte kaavalkkaaran karthaavaakunnu / karthaavu thante valathu kai kondu ninaku nizhalidum.

Pakal sooryano/ raathriyil chandrano/ ninne upadravi-kkukayilla.

Karthaavu sakala doshangalil ninnum/ ninne kaathukollum. Avan ninte aathmaavine kaathukollum.

Karthaavu, ninte gamanatheyum aagamanatheyum/ ithu muthal ennekkum kaathukollum.

Daivame ninakku sthuthi yogyamaakunnu, Barekmor.

Apeksha

Karthaave, ninte karunayin chirakukalude nizhalin keezhil/ njangale marachu njangalodu karuna cheyyaname.

Sakalavum kelkunnavane/ ninte karunayaal, ninte adiyarude apeksha nee kelkkaname.

Mahathwamulla raajaavaayi, njangalude rakshakanaaya mishihaa/ samadhaana poornamaaya sandhyayum/ punyamulla raavum njangalkku tharename.

Njangalude kannukal/ ninkalekku nokkikondi-rikkunnu. Njangalude kadangalum paapangalum nee pariharichu, ihavum paravumaaya randu lokangalilum njangalodu karuna cheyyaname.

Karthaave ninte karuna njangale marachu,/ ninte krupa njangalude mupil nilkkaname. Ninte + sleeba/ dushtanil ninnum, avante sainyangalil ninnum/ njangale kaathukollaname.

Njanganal jeevanodirikkunna naalukal okkeyum/ ninte valathukai /njanganalude mel aavasippikkaname.

Ninte samaadhaanam /njanganalude idayil vaazhu-maaraakaname. Ninnodu apekshikkunna aathmaakkalkku / sharanavum rakshayum nee nalkaname.

Ninne prasavicha mariyaaminteyum/ ninte sakala parishudhan-maarudeyum praardhanayaal/daivame njanganalude kadangalkku parihaara-mundaakki/ njanganalodu karuna cheyyaname.

Krobenmaarude Sthuthi

- + karthaavinte bahumaanam, thante sthaanathu ennekkum vaazhtha-ppettathaakunnu.
- + karthaavinte bahumaanam, thante sthaanathu ennekkum vaazhtha-ppettathaakunnu.
- + karthaavinte bahumaanam, thante sthaanathu ennekkum vaazhtha-ppettathaakunnu.

Vishudhiyum mahathwamulla thrithwame, njanganalodu karuna cheyyaname.

Vishudhiyum mahathwamulla thrithwame, krupayundaayi njanganalodu karuna cheyyaname.

Nee ennekkum vishudhiyum mahathwavum ullavanaakunnu.

Nee ennekkum vishudhiyum mahathwavum ullavanaakunnu.

Nee vishudhiyullavanum ninte thirunaamam ennekkum vaazhthappettathu-
maakunnu.

Njanganalude karthaave ninakku sthuthi.

Njanganalude karthaave ninakku sthuthi

Njanganalude sharanavume ennekkum ninakku sthuthi, **Barekmor**.

Swargasthanaaya njangalude pithaave...

Kurpa niranja mariyame ninakku samaadhaanam...

Vishwaasapramaanam

Sarvashakthanaaya pithaavum/ aakashathinteyum bhoomiyudeyum/ kaana-ppedunnayum kaana-ppedaathavayum aaya, sakalathinteyum srashtaavum aaya/ sathyeka daivathil njangal vishwasikkunnu.

Daivathinte ekaputhranum/ sarvalokangalkkum munpe/ pithaavil ninnu janichavanum/ prakaashathil ninnulla prakaashavum/ sathya daivathil ninnulla sathya daivavum/ janichavanum srushti-yallaathavanum/ saaraamshathil pithaavinodu samathwamullavanum/ sarva srushtikkum hethuvaayavanum/ manushyaraaya njangalkkum, njangalude rakshakkum vendi/ swargathil ninnu irangi,/ + parishudha roohaayil ninnum/ daiva-maathaavaaya vishudha kanyaka mariyaamil ninnum/ shareeriyaayi theernnu,/ + manushyanaayi/ponthiyos peelaathosinte divasangalil/ njangalkkuvendi + krooshikkappettu/ kashta-thayanubhavichu/ marichu, adakkappettu/thirumanasaaya prakaaram/moonnam divasam uyirthezhunnettu/ swargathilekku kareri/thante pithaavinte valathu bhaagath irunnavanum/ jeevanullavareyum marichavareyum vidhikkuvaan/ valiya mahathwathode iniyum varuvaaniri-kkunnavanum/ thante raajyathinu avasaana-millaathavanum/ eka karthaavumaaya, yeshu-mishihaayilum njangal viswasikkunnu.

Sakalatheyum jeevipikkunna karthaavum/ pithaavil ninnu purappettu/ pithaavinodum puthranoodum koode/vandikkappettu sthuthikka-ppedunnavanum/ nibiyanmaaram, sleehanmaaram, mukhaanthiram samsaarichavanum/ jeevanum parishudhiyumulla eka roohaayilum/ kaatholikavum slaihikavum, ekavum vishudhavumaaya sabhayilum/ njangal vishwasikkunnu.

: 11 :

Paapamochanathinulla maamodeesa/ onnu mathrameyullu ennu njangal ettu paranju/ marichu poyavarude uyarppinum/ varuvaanirikkunna lokathile puthiya jeevanumaayi/ njangal nokkippaarkkunnu. **Amen.**

Barekmor Sthoumenkaalos, Kuriyelaayison.

Apeksha

Sathyavaanaaya daivame njangale rakshikkename./Thinmakal okkeyil ninnum, doshangal okkeyil ninnum/ thinmappetta manasthithiyil ninnum/ veshyaa-dosha chinthakalil ninnum/ ellaavidha shathrukkalil ninnum/ vanchanayulla snehitharil ninnum/ pishaachukkalude pareekshayil ninnum/ dushta-manushyarude thinmakalil ninnum/ ashudha vikaarangalil ninnum/ mlechamaaya mohangalil ninnum/ paishaachika vicharangalil ninnum/ thinmakaramaaya swapnangalil ninnum/ olikkappetta kenikalil ninnum/ vyardha vachanangalil ninnum/ van chathivukalil ninnum/ utharikkenda kadangalil ninnum/ ihalokathinadutha sakala pareekshakalil ninnum/ karthaave njangale rakshichu kollaname.

Kopathil ninnum, dweshathil ninnum/ krodhathinte shikshakalil ninnum/ pettenuulla maranathil ninnum/ minnalukalil ninnum, idikalil ninnum, vasanthakalil ninnum/ kadina peedakalil ninnum, theenarakathil ninnum, chaakaatha puzhuvil ninnum/ kedatha theyil ninnum, pallukadiyil ninnum/ karachilil ninnum, kashta-tharamaaya bhavishyathukalil ninnum/ thinmappetta naazhikayil ninnum/ upadrava-karamaaya ella shakthikalil ninnum/ karthaave njangale rakshichu kollaname.

Kshaamathil ninnum, bhayathil ninnum/ paribhrama-karamaaya ellaattil ninnum, asahyamaaya shikshakal okkeyil ninnum/ **'pokuvin ningale njaan ariyunnilla'** ennulla thiruvachanathil ninnum/ ninnil ninnum njangale akattunnathaaya sakalathil ninnum/ karthaave njangale rakshichu kollaname. **Amen.**

: 12 :

Kuriyelaayison...Kuriyelaayison....Kuriyelaayison- njangalude karthaave,njangalodu karuna cheyyaname;/ njangalude karthaave daya thonni njangalodru karuna cheyyaname./ Njangalude karthaave, utharamaruli njangalodu karuna cheyyaname.

Njangalude karthaave ninakku sthuthi,/ Njangalude karthaave ninakku sthuthi,/ njangalude sharanavume ennekkum ninakku sthuthi, **Barekmor.**

Sthothram

Daivame ninakku sweekaaryamaaya, sthuthiyum sthothravum/ nandi poorvam arppikkuvaan, njangale anugrahikkename.

Pithaavaaya daivame,/ nee njangalude srashtaavum samrakshakanum aakayaal **ninakku sthothram.**

Puthranaaya daivame,/ nee njangalude rakshakanum parithraathaavum-aakayaal **ninakku sthothram.**

Parishudhaathmaavaaya daivame,/ nee njangale shudheekari-kkunnavanum/ parippali-kkunnavanum aakayaal **ninakku sthothram.**

Parishudha thrithwame,/ vishudha katholikka sabhakku / nee swayam velippeduthi-yathinaalum, athinte makkalaayi njangale anugrahi-kkunnathinaalum, **ninakku sthothram.**

Ee jeevithathilekku/njangale konduvannathinaal **sthothram.**

Ninte vishudhanmaarude uthama maathrukakalkkum,/ divyopadeshangalkkum vendi **sthothram.**

Ninne ariyukayum, snehikkukayum, sevikkukayum cheyyuvaan thakkathaaya krupa/ njangalkku thannittulla-thinaayi **sthothram.**

Inne divasam thrikkayyil ninnu njangal praapicha/ anugrahangalkkaayi **sthothram.**

Madhysthatha

Njanganlude maathaapithaakkal,/ sahodarasahodarimaar,/ chaarchakkaar, gurukkanmaar, snehithar,/ njangalkku nanma cheythittullavar,/ ennivareyellaam anugrahikkename. Ee deshatheyum bharanaadhi-kaarikaleyum/ sarvajanangaleyum anugrahikkename.

Sakala janangaleyum/ ninte sathyathilekkum rakshayilekkum aakarshikkaname. Njanganlude akatholikkaa sahodarangale/ anusaranathilekkum thirusabhayude aikyathilekkum thirichu varuthaname./Lokamaakeyulla ninte thirusabhaye anugrahikkaname. Thirusabhayude thalavanaaya parishudha **Francis Marpappayeyum**, njanganlude thalavanum pithaavumaaya /**Moron Mor Beseliyos Kleemis Kaatholikka baavayeyum** anugrahikkaname.

Njanganlude ellaa bhadraa-sanangaleyum/ idavakakaleyum mishyanukaleyum,/ vaidikareyum vaidika-vidyaardhikaleyum/ sanyaasee sanyaasinikaleyum anugrahikkaname.

Ellaa rogikaleyum kleshithareyum/ paradesha vaasikaleyum anaadhareyum/ bhavana rahithareyum thozhil rahithareyum/ prathyekamaayum anugrahikkaname.

Njanganlude vidyaala-yangaleyum aathuraa-layangaleyum,/ ellaa sthaapanangaleyum, avayil pravarthikkunna-vareyum, avayodru bandhappedu- nnavareyum/ ellaa kudumbangaleyum, sakala janangaleyum anugrahikkaname.

Ninte krupakalaalum aishwaryangalaalum / njangan ellaavareyum aasheervadikkaname.

:14 :

Samarppanam

Inne divasam njangal cheythupoya/thettukalum paapangalum /daya thonni njangalodu kshamikkaname.

Ee raathriyil njangale kaathukollaname./ Ee raathriyilum, njangalude jeevithakaalam muzhuvanum/ ninte krupayilum vishudhiyilum njangale paalikkaname.

Njangalude shishtaayussineyum/ njangale thanneyum, thirumunpaake njangal samarppikkunnu. Njangalude samarppanam kaikkollaname.

Pithaavaaya daivame ninte snehavum/ puthranaaya daivame ninte krupayum/ parishudhaathmaavaaya daivame/ ninte samsargavum aavaasavum/ innum ennum njangalkkun-daakaname, **Amen.**

Daivamaathaa-vinteyum sakala vishudharudeyum/ praardhanaa sahaayangalum anugrahangalum /ippoohum ennekkum njangalkkundaayirikaname, **Amen.**

Vishudha maathaave/ ee raathriyil daivakrupayilum vishudhiyilum/ njangale kaathukollaname, **Amen.**

Njangalude kaaval maalaghamaare/ ee raathriyil daivakrupayilum vishudhiyilum/ njangale kaathukollaname, **Amen.**

(Ellavarum)

Ente aathmaave karthaavine sthuthikkuka. Ennilulla sakalavume avante parishudha naamathe pukazhthuka.

Ente aathmaave karthaavine sthuthikkuka, avante upakaarangaal onnum marakkaruthe.