

Nyaasa dhaSakam (of Sri Vedhaantha dhesika).

**aham math-rakshaNa bhara – math-rakshaNa phalam taThaa
na mama Srii-pathe:-eva-ithi - aathmaanam nikshipeth buDha: 1**

My self, the responsibility of taking care of me and the fruits of taking care of me, do NOT belong to me and they all belong to the Lord of Sri (Sriman-NaaraayaNa, the Lord of Sri Mahaa-Lakshmi). Convinced like this, an intelligent person should place oneself at the Holy Feet of Lord Sriman-NaraayaNa (do SaraNaagathi = Prapaththi = Bhara-nyaasam).

**Nyasyaami-akinchana: Sriimaan anukuula:-anya varjitha:
viSwaasa praarThanaa puurvam aathma rakshaa bharam thvayi. 2**

O Lord Sriman-NaaraayaNa, I am a helpless one and I will only do things that are favourable to You. I will avoid all other things that are not favourable to You. I am placing with You, the burden of my protection, with sincere prayers and absolute faith in You.

**swaamii sva-Sesham sva-vaSam sva-bharathvena nirbharam
sva-dhaththa sva-Dhiyaa sva-arTham svasmin nyasyathi maam svayam. 3**

As a bonded servant of my master (Lord Sriman NaaraayaNa, I am under His control, for His own sake. Even this awareness of Him is granted by Him only. I am His own burden now, as I am sub-servient to Him, and I am under His control and I am free of any and all responsibilities.

**Sriiman abhiishta Varadha tvaam-asmi SaraNam gatha:
ethath dheha-avasaane maam thvath paadham praapaya svayam. 4**

O Lord of Sri (Sriman Naaraayana), O Varadha (who grants all boons), I have surrendered to You and please lead me to Your Feet, at the end of this body (at the end of this life itself, with NO more births to me).

**thvath Seshathve sThira Dhiyam thvath praapthi-eka prayojanam
nishiDhdha kaamyaa rahitham kuru maam nithya kinkaram. 5**

Make me Your eternal servant and make my mind firm in being Your servant, with the only purpose of attaining You. Let me not commit any forbidden acts and also any and all desire-motivated-acts.

**dhevii bhuushaNa hethi-aadhi jushtasya bhagavamsthava
nithyam niraparaaDheshu kaimkaryeshu niyunkshva maam. 6**

O Bhagavaan (lord Sriman-NaaraayaNa), without committing any mistakes, please engage me always in Your service, who is always

accompanied by Your Consorts (Sri-dhevi, Bhu-dhevi and NiiLaa-dhevi), along with Your Divine Ornaments (Kausthubham, Kiriitam etc...,) and Your Divine Weapons (SudharSana Chakram, Paanchajanya Sankham, Kaumodhakii Gadha, Saarngam Dhanus and Nandhakam Khadgam).

**maam madhiyam cha nikhilam chethana achethana aathmakam
sva kaimkarya-upakaraNam Varadha sviikuru svayam. 7**

O Lord Sri Varadharaaja, may You Yourself be pleased to accept me along with all that belongs to me, both sentient and non-sentient (sentient ones like wife, children etc..., and non-sentient ones like house, money, jewellery etc..,), as instruments for Your own service (kaimkaryam).

**tvath eka rakshyasya mama - thvam-eva karuNaakara
na pravarthaya paapaani - pravruththaani nivarthaya. 8**

O abode of compassion, You are the one and ONLY one to protect me. You, Yourself may kindly wipe out all my past sins, and also prevent me from committing any more sins in future.

**akruthyaanaam cha karaNam - kruthyaanaam varjanam cha me
kshamasva nikhilam dheva - praNatha aarthi hara prabho. 9**

O Supreme Lord, the Remover of all the difficulties of those who surrender to You, please forgive everything I have done so far – doing all those forbidden things AND not doing those things that I ought to have done. (doing forbidden things, like the five greatest sins – stealing, taking alcoholic drinks, illicit relationships etc..., and NOT doing certain things like SanDhyaa-vandhanam, Pithru-tharpaNams, etc..,)

**Sriimaan niyatha panchaangam - math rakshaNa bhara-arpaNam
achiikarath svayam svasmin – atha:-aham iha nirbhara : 10**

The Lord of Sri Mahaa-Lakshmi, Lord Sriman Naraayana made me entrust the responsibility of my protection to Himself. Now that, this SaraNaagathi (Prapaththi, Bhara-Nyaasam, surrender) to Him, along with the five accessories (doing only those things that are favourable to Sri-Hari, NOT doing the things that are not favourable to Sri-Hari, having absolute faith in Sri-Hari, Accepting Sri-Hari as my ONLY lord for my protection and realizing my utter helplessness to protect myself) is done, I am absolutely free from all burden (of protecting myself, and I am care-free).