

# Brahmaarpanam Brahma Havir

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Brahmaagnau Brahmana  
Hutam

Brahmaiva Tena Gantavyam  
Brahma Karma Samaadhinaa

Aham Vaishvaanaro Bhutvaa  
Praanimaam Dehamaashritah  
Praanaapaanasamaa Yuktah  
Pacaamyannam Caturvidham