

# How to do acamana?

## Steps for the Acamana

1. Sit on an asana with acamana cup in front
2. Clean both hands by sprinkling water on them
3. Cup the right hand and pour a few drops of water with the spoon held in left hand
4. Look into the water and chant the appropriate mantra
5. Then silently sip the water from base of right thumb 5 (brahma-tirtha) - as indicated by circle on hand



## The Mantras to be chanted

Chant 'Om Keshavaya Namah' and sip water from the brahma-tirtha of your right hand.

Chant 'Om Narayanaya Namah' and sip water from the brahma-tirtha of your right hand.

Chant 'Om Madhavaya Namah' and sip water from the brahma-tirtha of your right hand.