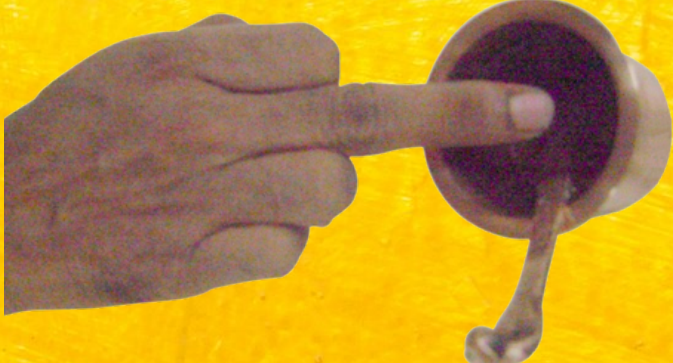


How to prepare water for acamana?

Acamana Cup

1. Fill acamana cup with water
2. The water should be cool, fresh, without bubbles or foul odor or taste, and untouched by fingernails, hair, or any impure item.
3. Rainwater, being in the mode of passion, should not be used

Ankush mudra made by fingers



Do not let the nail touch the water

Chanting invocation mantra

gange ca yamune caiva
godavari sarasvati
narmade sindho kaveri
jale 'smin sannidhim kuru