

(I) What is Nitya-Puja ?

Nitya means daily. *Puja* in Sanskrit meant to adore, to worship. *Puja* is to worship God. Therefore *Puja* performed every day is known as *Nitya-Puja*. *Nitya-Puja* evokes feelings of love and adoration. On occasions it may feel mechanical, robotic or ritualistic.

(II) Why is Nitya-Puja performed in the morning?

The scriptures declare that the early hours of the morning are considered especially auspicious. Therefore any sacred activity performed in the morning will bear greater fruit. Meditating on God and the Saint will awaken our spiritual attributes *Dharma*, *Jnan*, *Vairagya*, and *Bhakti*.

So there is no better auspicious time for *puja* than early morning. After a night's rest, the mind is more peaceful than at any other time of the day. With a peaceful mind, thoughts of a Divine still the mind further and make it pure. This will let you transform the day's chores into *bhakti*, into a festival, to keep it free of misfortunes, the morning *puja* is a **must** and **boon**.

A unique fringe benefit of morning *puja* is that the mind is calmed by the divine inspiration of God and His Sadhu and is better able to ford through the day's problems at work and home.

(III) Why personal Puja is necessary?

Some people reveal naively that one of their family members performs a *puja* and lights a *divo* in the *Ghar mandir*, so the rest have no need to do *puja* themselves!

This is not true.

When we feel hungry, if someone else eats on our behalf, will that satisfy us? When we are thirsty, if someone else drinks the water, will it quench our thirst? If we feel sleepy, and if somebody else sleeps for us, will we be rested? No, only we can do those things for ourselves. No one can do them for us.

(IV) Murtis is the Puja. What should the Murtis be like?

There is only one creator, sustainer and protector of the infinite universes and He is *Paramatma*. The *murti* of any ishta devata can be worshipped.

(V) What is the sequence of the Nitya-Puja routine?

Nitya-Puja vidhi activities are:

1. **Getting ready for Puja** : The Puja must be the very first thing one does in the morning. Most satsangi will not drink or eat anything before their *Nitya-Puja*..

One wakes up in the morning before sunrise and takes bath or shower.

For *puja* get dressed with washed clothes. Preferably these clothes are kept separate from those worn during the day. For males, a ***dhotiyu*** and a ***shal*** are suitable. For females, Sari or traditional dresses are suitable. After *puja*, the clothes should be neatly folded and stored away. This inspires noble thoughts during *puja*. It is best not to wear a shirt and a pair of trousers, shorts or jeans during such an auspicious activity.

Have a cup of water, spoon and some sweet, dry fruit, or fruit to offer to God during *puja*. Satsangies often keep separate set of pots to be used only for *Puja* or other such activities.

2. **Place and Asan for the Puja :**

The idea is to do *puja* where you have minimum distraction. Pick such a spot, if you wish play a Kirtan, Dhun cassette in the background. Sit on a piece of cloth or mat (*asan*) facing North or East.

Now, pour spoon of water in your right palm and drink it as follow: first time chant "aum Narayanay Namah" before drinking, second time chant "aum Haraye Namah", and third time chant "aum Harikrusnay Namah".

Now take a spoon or two of water and wash your right right palm before next step.

Now you are ready for tilak Chandlo. This step is slightly different for male and female. For male, the tilak should be imprinted on the forehead using Gopi chandan paste and then in the middle of the tilak a round kum-kum (red) chandlo should be imprinted. For female, only the Kumkum chandlo in the forehead is prescribed in *Sikshapatri*.

3. **Mansi Puja:**

Here are some ideas about how to do the morning mansi *puja*, you can modify and add to it as you wish.

During Mansi Puja, close your eyes, recognize that you are soul. Imagine that you are in service to God. You wake him up, help him clean his teeth, take a nice bath, bring him appropriate clothes, ornaments to wear and so forth. Serve him breakfast, accept *prasad* from him. Do *arti*.

4. **Puja:**

After mansi *puja*, open your eyes. In front of our *asan* another *asan* should be laid, for the *Murtis*. The *Shikshapatri* and the *tilak-chandlo* should be placed neatly on one side. Lay the *murties* in front of you and invite lord to accept your *Puja* through the *Murties*.

Then do following:

1. Offer flowers, and food/water you had prepared.
2. At least do 5 malas (going through each bead of the rosary while chanting) while sitting,
3. At least two malas standing up (on your left leg and hand extended above),
4. At least 5 pradakshina (circling murties in clockwise direction)
5. At least 6 Dandwat or Panchang Pranam. Male satsangies should do dandwat while female satsangies do Panchang Pranam.
6. Now offer your prayers. O Maharaj! Please protect me from the maya. Please protect me form our indriyas and antahkaran. Please protect me form all types of evil, bad company. Please accompany me at all times. Finally one touches the charans(lotus-feet) of the murtis and brings one's hands to one's eyes. This is known as charan sparsh.
7. Now politely request Maharaj to take his place in your heart.
8. Fold up the murties laid in front of you.
9. Now, read at least slokas.

This is the end of morning Puja. Now it is time to wrap up. Put everything back as it was before.

(VI)What are the benefits of Nitya-Puja?

By doing the puja everyday will bring you closer to Lord. Not just that but He will stay with you at all times and help you in doing good things. He will also become very happy on you.

One achieves bhakti [love of God] by hearing and chanting about the Supreme Lord's special qualities even while engaged in the ordinary activities of life in this world.

Some useful items and slokas are given below

Nithya Pooja Vedhi

(Daily Pooja Procedure)

List of pooja items needed

- Kumkum
- Termeric (hadli)
- Akshantam (*mix little bit of kumukum or turmeric, ghee or oil in rice*)
- Sandalwood paste
- Fruits & flowers

- Betel leaves and Betel nuts
- Pancha patra (*preferred sliver or copper plate, tumbler, spoon (udrani)*)
- Water
- Champhor (*karpoor for aarati*) & plate for aarati
- Oil lamps (*preferred ghee, castrol oil, til oil*)
- Bell
- Agarbati
- Dhoop
- Naivadyam / Prasadam

Deva-t-archana

Om guru-bramha guru-vishnu guru-devo maheshvarah

Guru-sakshat para-bramha-tasmai sree gurave-namah

Gayatri Prardhana

om mukta vidru-mahe-manila dhavala-cha-yair-mukai-srikshanaih

yukta vindu-kala-nibandha-ratna makutam tatvardha-varnatmikam

gayatri varada-bhayamku-shakashah shubram kapalam-gadam

shankham chakra-madhara-vinda yugalam hastairvaha nitimbhaje.

Gayatri mantram

Om bhurbha-vasuvah tatsa-viturva-renyam

Bhargo-devasya-dhimahih dhiyo-yonah pracho-dayat

Dhiparadhana

(light the two oil lamp kept in front of the god)

Dhipam-joti para-bhramha dhipam sarvata-mopaham

Dhipena sadhyate sarvam puja-samaye dhipam namostute

Achamanam

Om keshavaya-swaha *(take one sip of tirtam/water from pancha patra)*

Om narayanaya-swaha *(take one sip of tirtam/water from pancha patra)*

Om madhavaya-swaha *(take one sip of tirtam/water from pancha patra)*

Om govindaya namah *(now take tirtam and pour it into the pancha patra)*

Om vishnave namah

Om madhusudanaya namah

Om trivikramaya namah

Om vamanaya namah

Om sree dharaya namah

Om hrushi-keshaya namah

Om padma-nabhaya namah

Om damodaraya namah

Om sankarsha-naya namah

Om vasu-devaya namah

Om pradyum-naya namah

Om annirudhaya namah

Om purushottamaya namah
Om adhokshajaya namah
Om narasimhaya namah
Om achyutaya namah
Om janardanaya namah
Om upendhraya namah
Om haraye namah
Om sree krushnaya namah

Ghanta-nadamu

(chanting this mantram take the bell in your right hand and ring)

aga-mardhamtu devanam, gama-nardhamtu rakshasam
kuru-ghanta-ravam tatra-devatahvana lanchanam
eti ghantanadam krutva

Ganapati prardhana

shuklam-baradharam vishnum sasi-varnam chaturbujam
prasanna-vadanam dhyayet sarva-vighnopa-shantaye

Bhuto-athanam

(by chanting this mantram spray water around you)

uttishtastu bhuta pishachah yete bhumi-bharakah
yetsa mavirodhena bramha-karma samarabeh

Prana-yamamu

(chanting this mantram you have to hold your right hand on nose as mentioned, hold the middle and index finger in between your eye brows, thumb on right nostrils, ring finger and little finger on left nostrils, hold it gently)

om bhuh om-bhuvah om suvah om mahah om janah
om tapah om-satyam om-tatsa-vitur-varenyam
bhargo devasya dhimahi dhiyo-yonah prachodayat
om apo-jyoti rasomrutam bramha bhurba-vasuvarom

Sankalpam

mama upatta samasta-duritakshaya-dvara sree lakshmi-venkateshvara
swami prityardham, shube-shobhane muhurte adya
bramhanah dvatiya-pararde shveta-varaha kalpe
vaivasvata-manvantare kaliyuge pradhama-pade jambudvipe
bharata-varshe bharata-kande asmin varta-mana vyava-harika
chandra-manena prabhavadi shashti samvatsaranam madhye

.....samvatsate

.....ayane

.....rutow

.....mase

.....pakshe

.....tidow

.....vasare

..... shubha-nakshatra

(get the above details for the current day, from panchagam / lunar calender)

shubha yoga shubha-karana evanguna visheshena visishtayam

shubha-tidow asmakam saha kutumbanam kshema-stairya

bhakti-ghnana vairagya-sidhyardham dharmardha kamamoksha chaturvidha

phala purushardha sidhyardham putra-powtra-bhivrudhyardham, sarva-bishta

sidyardham loka ksmemardham yavachakti dhyana-vahanadi shoda-shopachara

sree laksmi-venkateshvara swami devata-mudishya

sree lakshmi-venkateshvara swami prityardham kalasha puja karshye

Kalasha puja

kalasham gandha-pushpa-kshatai rabhyarchya *(pour water, akshantam, flower in the kalasham and apply gandham on three sides)*

tadupari hastam nidhaya *(place your right hand on kalasham and chant the following mantra)*

kalashasya mukheh vishnuh kante-rudra-samasritah mule-tatrastito bramha-madhye

matru-ganah-smrutah kukshowtu-sagara-sarve sapta-dvipa-vasundhara rug-vedodha

yajur-veda sama-vedo-hyadharvana

amgaischa-sahita-sarve kalashantu samasritah ayantu devapujardham mama-

duritakshaya-karakah atra gayatri savitri shantih pushti-karishvari||

apova edagm sarvam vishwa-bhutanyapah pranaga apah pashava

aponna-mapo-mrutamapah samradapo viradapasvara dapaschamdagam syapo-jyotigom-

shyapoyaju syapasatyama-pasarva-devata apo bhurbhavasuva rapa om||

gangecha-yamune chaiva godavari sarsvati narmada sindhu-kaveri jalesmin sanidham-

kuruh, kaveri tunga-bhadracha krusha-venicha govtami bhagirdhi-cha vikhyatah

pancaganga prakirtitah kalashodakena puja dravayani samprokshya,devamatma-namcha somprokshya

(take the water from kalash and sprinkle on god, pooja articles & yourself)

Ganapati puja

adha maha ganapati puja karishye

om gananam tva ganapatigm hava-mahe, kavimkavinamu-pamashravastamam|

jyeshta rajam bramhanam bramhana spata anashrunvannuti bhisida sadanam sree maha-ganadi-pataye namah

dhyayami dhynam samarpayami

avahayami asanam samarpayami

padayoh padyam samarpayami

hastayoh arghyam samarpayami

shuddha-chamaniyam samarpayami

shudhoka snanam samarpayami

vastra-yugmam samarpayami

haridra-kunkumam samarpayami

gandhan-dharayami akshatan samarpayami

parimala patra-pushpaih pujayami

om sumughaya namah
om eka dantaya namah
om kapilaya namah
om gajakarnikaya namah
om lambodharaya namah
om vikataya namah
om vighnarajaya namah
om ganadhipaya namah
om dhumaketave namah
om ganadhipaya namah
om phalachandraya namam
om gajananaya namah
om vakratundaya namah
om shurpa-karnaya namah
om herambaya namah
om skanda-purvajaya namah
sree maha-ganadhipataye namah eti shodasha namavali pujam samarpayami,
dashangulam gugu-lopetam sugandhancha manoharam kapilagoghruta-sama-yuktam
dhupoyam prati gruhyatam.

Om sree maha ganadhipataye namah dhupamagrapayami
Om sree maha ganadhipataye namah dipam darshayami
om sree maha ganadhipataye namah naivedyam samarpayami
mangalam sumukho-deva mangalam aghu-vahana
mangalam vighna-rajaya mangalam skanda-purvaja
om sree maga-ganadhi-pataye namah karpura nirajanam samarpayami
'vakra-tunda| mahakaya|koti surya-sama-prabha|
avighnam kurumedeva|sarva-karyeshu sarvada'
eti pradakshina purva-namaskaram samarpayami
adhipita pujam-karishye

Peeta-puja
om adhara-shaktye namah
mula prakrutye namah
kurmaya namah
varahaya namah
anantaya namah
ashta-digajebhyo namah
tanma-dyeskhirarnavaya namah
kshirarnava madye-shveta dvipaya namah
sveta-dvipa syadhih kalpa-vrukshaya namah
kalpavruksha-syadhah suvarna-mantapaya namah

eti peeta-pujam samarpayami.

Adha-dwara-palaka pujam-karishye
Purva-dvare dvara-sriyai namah
jayaya namah
vijayaya namah
Dhakshina-dvare-dvara-sriyai namah
nandaya namah
sunandaya namah
Paschima dvare-dvara-sriyai namah
balaya namah
prabalaya namah
Uttara-dvare dvara-sriyai namah
kumudaya namah
kumudakshaya namah

Eti dvarapalaka pujam samarpayami
Ataprana pratishthanam karishye

Prana pratishthanam

Om asunite-punarma suchakshuh-punah pranamihano-dehi-bhogam jyokpa-shyema
surya-mucha-ramta manumate mrudayana svasti. amrutam-vaiprana amruta-mapah
prana-neva yadhastana-mupahvayate.

Avahito-bhava, stapito-bhava, sannihito-bhava sannirudho-bhavah

Avakuntito-bhava, varado-bhava,shanto-bava mama suprasnno-bhava stirasanamkuru.

Om narayanaya vidmahe vasudevaya-dhimahi, tanno vishnuh prachodayat dhyanam
samarpayami.

Asanam

Purusha e vedagm sarvam yadbutam yacha-bhavyayam utamrutatva syeshanah yadane-
nati-rohati.

asanam samarpayami.

Padyam

Eta-vanasya-mahima atojya-yagmscha purushah padosya vishva-bhutani
tripada-syamrutamdivi.

padayoh padyam samarpayami.

Arghyam

Tripa-durdva udaitpurushah padosyeha

Bhava-tpunah tato vishva-jva-kramat

Sashananashane abiha-stayoh

arghyam samarpayami

Achamanam

Tasmadvi-rada-jayata virajo adhipurushah

Sajato tyarichyata paschadbumi mado-purah

achamaniam samarpayami.

Madhuparkam

Yatpu-rushena havisha-devayaghna matanvata vasamto asyasi
Dajyam gmishma edhma-sharadavih
maduparkam samarpayami.

Snanam

Sapta-syasan paridhayah trisaptasamidhah krutah devaya-dyaghnam
Tanvanah abadhnan purusham pasum .
snanam samarpayami.

Panchamruta snanam

(chanting this mantra and do milk abishekam)
om apyaya-svasa-metute vishvata-soma vrusniyam
bhava-vajasya sangate kshirena-snapayami|

(chanting this mantra do curd abishekam)

dadi-kravano akarisham, jishno-rasvasya-vajinah surabino-mukha-karat
prana a yugmshi tarishat dadnasnapayami.

(chanting this mantra do ghee abishekam)

sukra-masi jyoti-rasim tejosi devo-vasa-vitatpu-natva-chidrena pavitrena,
vaso-suryasya-rasmibhih ajyena-snapayami.

(chanting this mantra do honey abishekam)

madhu-vata ruta-yate madhu-ksharanti sindhavah
madvirna-samtvoshadhah madhuna snapayami.

(chanting this mantra do sugar abishekam)

svadhuh pavasva-divyaya janmane svadurindraya suhabetu
namne, svadurmitraya varunaya vayave bruhaspataye
madhu-magm adabhyah sharkarayasnapayami.

(chanting this mantra do coconut water abhishekam)

yah-phala-nirya aphala apushpa-yascha-pushponih
bruhaspati prasutastano mumchan tvagnhasah
phalodakena snapayami.

Shuddodaka snanam

(chanting this mantra do water abishekam)

om apohi shtamayo-bhuvah tana-urjeda-dhatana,maheranaya chaksha-seyo vasivata-
morasah, tasyabhaja-yatehanah ushati-riva-matarah tasmadaranga-mamavah
yasyakshayaya jinvadha apojana yatachanah
shuddodaka snanam samarpayami.

Vastram

Abivastranu vasananyarsha bhidheno sudughah puyamana, abhi chandra-bharta-veno
hiranyo-bhyashvan radino-devasoma.
Vastrayugmam samarpayami

Yaghnopavitam
Yaghnopavitam paramam pavitram prajapateryat sahajam purastat
Ayushya-magryam pratimuncha shubram, yaghnopavitam balamastutejah
Yaghnopavitam samarpayami.

haridra kunkuma
Sarva-mangala mangalye sive-sarvardha-sadike saranye-tryambike devi
Narayani namostute.
Haridra kunkuma samarpayami.

Akshatalu
Ayanete-parayane durvarohantu pushpinih
Hrudascha pundarikani samudrasya-ghru eme
Alankaranardham akshatan samarpayami.

Gandham
Gandhadvaram dura-dharsham nitya-pushtamkarishinim
Eshvarigm sarva-bhutanam tvami-hupahvaye sriyam
Gandham samarpayami.

Pulu patram
Yopama-pushpam veda pushpavan
Prajavan pashuman bhavati
Chandramava aapampushpam pushpavan
Prajavan pashuman bhavati.

Angapuja

Om puja padaya namah	padow-pujayami
Om sugulbaya namah	gulpow-pujayami
Om anaghaya namah	jamghe-pujayami
Om ajaya namah	januni-pujayami
Om vyapakaya namah	uru-pujayami
Om svangaya namah	katim-pujayami
Om pujaya namah	nabhim-pujayami
Om vishva-brute namah	hrudayam-pujayami
Om vishva-dhatre namah	stanow-pujayami
Om charu bhushaya namah	kantam-pujayami
Om nanayudhaya namah	bahun-pujayami
Om sumukhaya namah	mukham-pujayami
Om padmanetraya namah	netre-pujayami
Om sushrutaya namah	karnow-pujayami

Om bhakta-piyaya namah lalatam-pujayami
Om sarveshvaraya namah sirah-pujayami
Om sreevaraya namah sarvanyamgani-pujayami

Chant ashotottara shatanamavali of the god to whom you are performing this pooja

Dhupamu

Vanaspa tyudbhavairdi-vyernana-gandai susamyutaih aghreya
Sarvadevanam-dhupoyam-prati-ghruhyatam dhupamaghrapayami.

Ekarti(one ghee vatti-dipa harati)

Bramhanosya-mukha-masit, bahu-rajanya krutah uru-tadasya
Yadvaisyah padbyagm shudro-ajayata sajya-mekarti samyuktam
Vahni-nayojitam maya-ghruhena mangalam dopam trailokyam timirapaha
Bhaktya dipam prayachami devaya paramatmane trahimam krupayadeva,
Divya-jyotir-na-mostute, ekarti dipam darshayami, dipanantaram achamaniyam
Samarpayami. Achamana-natamram pushpanim samarpayami.

Naivedyam

Om bhurbha-vasuvah tatsaviturvarenyam bhargo-devasya dhimahih

Dhiyo-yonah prachodayat,

Om apo-jyoti raso-mrutam brahma-bhurbha-vasuvaro

Om pranaya-swaha

Om apanaya-svaha,

Om vyanaya-svaha,

Om udanaya-svaha,

Om samanaya-svaha,

<gods name to who this pooja is performed> devatabyon namah

For example sree lakshmi-venkateshvarasvami devatabyona namah

Narikela/kadaliphala/kshiram naivedyam samarpayami,

Madhye-madhye paniyam samarpayami. Uttara-poshanam samarpayami

Hastow-prakshalyami padow-prakshalyami,

Sudhachamanam samarpayami hiranya-garbha-byonnamah

Suvarna-pushpa dakshinam samarpayami pugiphala(nuts)

Samayuktam nagavallidalai(leafs)ryutam

Karpura-churna samyuktam tambulam prati-ghruhyatam.

Eti tambulam samarpayami.

Mantra pushpamu

Om dhata-purastadya-mudajahara

Sakrah pravidvan pradisha-s-chatasrah

Tamevam vidva-samruta ehabhavati

Nanyah pandha ayanaya vidyate.

Om sahasra-sirsham-devam vishvaksham vishvam-shambhuvam,

Visham narayanam deva-maksharam paramampadam.

Maha mangala-harati (karpura harati)
Vedaha-metam purusham mahantam aditya-varnam tamasastu pare
Sarvani rupani vichitra dhirah namani-krutva abivadan yadaste

Yasha-skaram bala-vantam prabhutvam tvameva rajadipati rbubhuva
Samkirna nagasapati-r-niranam samangalyam
Satatam dirghamayuh karpura nirajanam samarpayami

Kalyanadbuta-gatraya kamitardha-pradaene
Sree mad-venkata-nadhaya srinivasaya mangalam
Sarva-mangala mangalye sive-sarvarda sadike
Sharanye-tryambake-devi narayani namostute.

Om sarvesham svastirbavatu
Om sarvesham shantirbhavatu
Om sarvesham purnambhatu
Om shantih shantih shantih

Uttara karpura nirajanam samarpayami
Nirajananantaram achamaniyam samarpayami
Achamni yanantaram pushpanim samarpayami

Pradhakshinam
(tell this mantra three times and do pradhakshan clockwise)
yanikani-chapapani janmantara krutanicha tani tani pranashyanti
pradakhinam pade-pade, popoham papakarmaham papatam papa sambhavah
trahimam krupayadeva sharanagata vatsala||

anyadha-sharanam nasti tvameva-sharanam mama tasmad karunya-bhavena raksha
raksha janardana.
Pradakshina purva namaskaram samarpayami.

Punahpuja
Chatam dharayami. Chamaram vijayami,
Nrutyam darshayami. Gitam shravayami,
Andolikam samarpayami, asvarohanam samarpayami,
Gajarohanam samarpayami, panchanga sravanam samarpayami.
Samasta rajo-pachara devo-pachara bhaktyo-pachara
Shaktyo-pachara pujam samarpayami.

Nyunata kshamapana
Yasyasmrutyacha namoktya tapah puja-kruyadishu
Nyunam sampurna tam yatisadyo-vandeta machyutam||
Mantra hinam kriya-hinam bhakti-hinam janardhana,
Yatpu-jitam mayadeva pari-purnam tadastume||

(by chanting this mantra jalakshant live it)

anayapujaya dhyana-vahanadi shodashopachara puja vidhanena
bhagavan sarvatmakah sarvam sree lakshmi venkateshvara-swami (you can replace with
god name to whom you are doing puja) suprita-suprasanno varada-bhavantu.

Ghantapuja

Sanakadi devata bhyonamah tirdha-snanam samarpayami.
Nirmalyam gandhan dharayami. Nirmalyam akshatan samarpayami.
Nirmalyam pushpanim pujayami bali nivedayami.

Tirdham

(chanting this mantra take tirdham)
akala mrutyu-haranam sarva-vyadi nivaranam
samasta duritopa-shamanam sree lakshi venkateshvara swami (you can replace with god
name to whom you are doing puja) padodakam pavanam shubham.

Prasadamu

(chanting this mantra take flower and prasadam)
Vishnu padotpalam pushpam tatpushpam sirasa-vaham koti-janma krutam papam tat-
kshanesa visashyati.

Udvasana

(.....)
yaghnena yaghna-mayajanta devah
tani dharmani pradhmanyasan
teganakam mahi-masasya-jante
yatrapurve sadhyasanti devah
yadha-stanam prave-shayami.
Devatarchana sampurnam.