

Sarala Puja Vidhi

Puja (ritualistic worship) is an effective sadhana (spiritual discipline) to purify our mind. Employing our body, speech and mind, we perform puja for inner development. Physical action like offering flowers and ringing the bell, vocal actions like chanting mantras and singing hymns and mental actions like feeling the presence of God, constitute the procedure of ritual. As we sincerely do it day after day, our devotion to the Lord further increases and flows as an undercurrent all through the day's activities. We shall in fact find that God is within us at all times. ~ Pujya Swami Tejomayananda

1. Prepare

Atha Acharanam --- Gurudev icon --- With folded hands at heart, chant

*aum shuklambaradharam vishnum shashivarnam chaturbhujam
prasannavadanam dhyayet sarvavighnoshantaye*

2. Purify

Atha Pranayamam --- aum --- With right hand close left nostril with little-ring finger and breathe in mentally chanting once & keeping left nostril closed, close right nostril with thumb mentally chanting four times & lift little-ring finger breathing out mentally chanting twice & repeat in reverse order

aum

3. Protect

Atha Dhyanam --- Gurudev icon --- With folded hands at heart, chant

*gururbrahma gururvishnuh gururdevo maheshvarah
gurureva param brahma tasmai shri gurave namah*

4. Invite

Atha Avahanam --- aum --- With left hand on one's heart and right hand on Gurudev's feet, chant

*aum sri gurubhyo namah
avahayami*

5. Welcome

Atha Asanam --- cloth --- Offer at Gurudev's feet with right hand, chant

*aum sri gurubhyo namah
asanam samarpayami*

6. Comfort

Atha Snaniyam --- water --- Sprinkle on Gurudev's feet with right hand, chant

*aum sri gurubhyo namah
snanam samarpayami*

7. Give

Atha Archanam --- flower --- Offer at Gurudev's feet with right hand, chant

*aum **apramEyAya** namah aum **karunAsAgarAya** namah aum **gunAtItAya** namah aum **cinmayAya** namah
aum **jitEndriyAya** namah aum **tapasvinE** namah aum **dharmasamsthApakAya** namah aum **nirvikalpAya** namah
aum **nityAya** namah aum **sumanasE** namah aum **sthitaprajnAya** namah*

*aum sri gurubhyo namah
archanam samarpayami*

8. Praise

Atha Upacharam --- sandalwood paste --- With right hand ring finger anoint both of Gurudev's padukas, taking fresh Chandan each time, then anoint self.

*aum sri gurubhyo namah
upacharan samarpayami*

9. Integrate

Atha Namaskaram --- aum --- Standing with folded hands at heart, turn in a clockwise circle thrice while chanting & prostrate to Gurudev's feet

*yani kani cha papani janmantara krtani cha
tani tani vinashyanti pradakshina pade pade
aum sri gurubhyo namah
pradakshina namaskaran samarpayami*