(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-brahma guru-vishnu guru-devo maheshvarah**
Guru-sakshat para-brahma-tasmai sree gurave-namah

**Gayatri Prardhana**

**om mukta vidru-mahe-manila dhavala-cha-yair-mukai-srikshanaih**
yuktai vindu-kala-nibandha-ratna makutam tattvartham-vamamakam
gayatri varada-bhayamku-shakashah shubram kapan-gadam
shankham chakra-madhara-vinda yugalam hastairvaha nitimbhaje.

**Gayatri mantram**

**Om bhurbe-vasuvah tatha-viturva-renyam**
Bharga-devasya-dhimahi 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-mardhamtu rakshasam
kuru-ghanta-ravam tatra-devatahvana lanchanam
eti ghantanadam krutva

Ganapati prardhana
shuklam-baradharam vishnum sasi-varnam chaturbujam
prasanna-vadanam dhyayet sarva-vighnopas-shantaye

Bhuto-chatanam
*(by chanting this mantram spray water around you)*
uttishtastu bhuta pishachah yete bhumi-bharakah
yetesha mavirodhena bramha-karma samarabh

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)*

Sankalpam
mama upatta samasta-duritakshaya-dvara sree lakshmi-venkateshvara
swami prityardham, shube-shobhane muhurte adya
bramhanah dviya-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 kutumbanan 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 pujam karshye

Kalasha puja
kalasham gandha-pushpa-kshtai rabhryachya (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-tatrasitito bramha-madhye
matru-ganah-smrutah kukshowtu-sagara-sarve sapta-dvipa-vasundhara rug-vedodha
yajur-veda sama-vedo-hyadharvana
amgaicha-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 viradapvasvara daspachamdagn syapo-joyitgom-
shapoyaju syapasyatama-parasva-devata apo bhurvahasuvap rapa om||
gangecha-yaumne chaiva godavari sarsvati namada sindhu-kaveri jalesmin sanidham-
kuru, kaveri tunga-bhadhracha krusha-venicha gotwami 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 pujam karishye
om gananam tvan ganaapati maha-maha, kavimkavinam-pamashravastamam|
yjeshta rajam bramhanam brmhana spata anashrunvannuti bhisida sadanam sree maha-
ganadi-pataye namah
dhyayami dhyam 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,
dashamgulam 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 prakrutey namah
kurmaya namah
varahaya namah
anantaya namah
ashta-digajebhyo namah
tanma-dyeskhirarnavaya namah
kshirarnava madye-shveta dvipaya namah
sveta-dvipa syadhih kalpa-vruksha 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
Ataprapana pratishtapanam karishye

Prana pratishtapanam
Om asunite-punaramsa 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-syamrutamdvi.
padyoh padyam samarpayami.

Arghyam
Tripa-durdva udaitpurushah padosyeha
Bhava-tpunah tato vishva-jva-kramat
Sashananashane abiha-stayah
arghyam samarpayami

Achamanam
Tasmadvi-rada-jayata virajo adhipurushah
Sajato tyarichyata paschadbumi mado-purah
achamaniyam 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-snayayami|

*(chanting this mantra do curd abishekam)*
dadi-kravanako 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 aiyena-snayayami.

*(chanting this mantra do honey abishekam)*
madhuh-vata ruta-yate madhu-ksharanti sindhavah
madvirna-samtoshadhah madhuna snapayami.

*(chanting this mantra do sugar abishekam)*
svadhuh pavasva-divyaya janmane svadurindraya suhavetu
namne, svadurmitraya varunaya vayave bruhaspataye
madhu-magm adabhayah sharkarayasnayayami.

*(chanting this mantra do coconut water abhishekam)*
yah-phala-nirya aphala apushpa-yascha-pushponih
bruhaspati prasutastano mumchan tvaghanhasah
phalodakena snapayami.

Shuddodaka snanam
*(chanting this mantra do water abishekam)*
om apohi shtamayo-bhuvah tana-urjeda-dhatana,maheranaya chaksha-seyo vasivata-
morasaah, tasyabhaja-yatehanah ushati-riva-matarah tasmadarangamamavah
yasyakshayaya jinvadha apojana yatachanaah
shuddodaka snanam samarpayami.

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

Yaghnopavitam
Yaghnopavitam paramam pavitrnam 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.

Akhatalu
Ayanete-parayane durvarohantu pushpinih
Hrudascha pandarikani samudrasya-ghru eme
Alankaranardham akshatan samarpayami.

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

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

Angapuja

Om pujya 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
Vanasptha tyudhavairdi-vaernana-gandai susamyutaih aghreya
Sarvadevanam-dhupoyam-prati-ghruhyatam dhupamaghrapayami.

Ekarti(one ghee vatti-dipa harati)
Bramhanosya-mukha-mosit, bahu-rajanya krutah uru-tadasya
Yadvaisyah padbyagm shudro-ajayata sajya-mekarti samyuktam
Vahni-nayojitam maya-ghruhena mangalam dopam trailokya timirapaha
Bhuktya 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-byonnaham
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-sarvarga 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
pradakshinam pade-pade, popoham papakarmaham papatam papa sambhavah
trahimam krupayadeva sharanagata vatsala||

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

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

Nyunata kshamapana
Yasyasmrutyachya 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-bhavamtu.

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

Tirdham
(chanting this mantra take tirdham)
akala mrutyu-haranam sarva-vyadi nivaranam
samasta duritopa-shamanam sree lakshy 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
(………..)
vyaghnya vyaghna-mayajanta devah
tani dharmani pradhamanyasan
teganakam mahi-masasya-jante
yatrapurve sadhyasanti devah
   yadha-stanam prave-shayami.
   Devataarchana sampurnam.