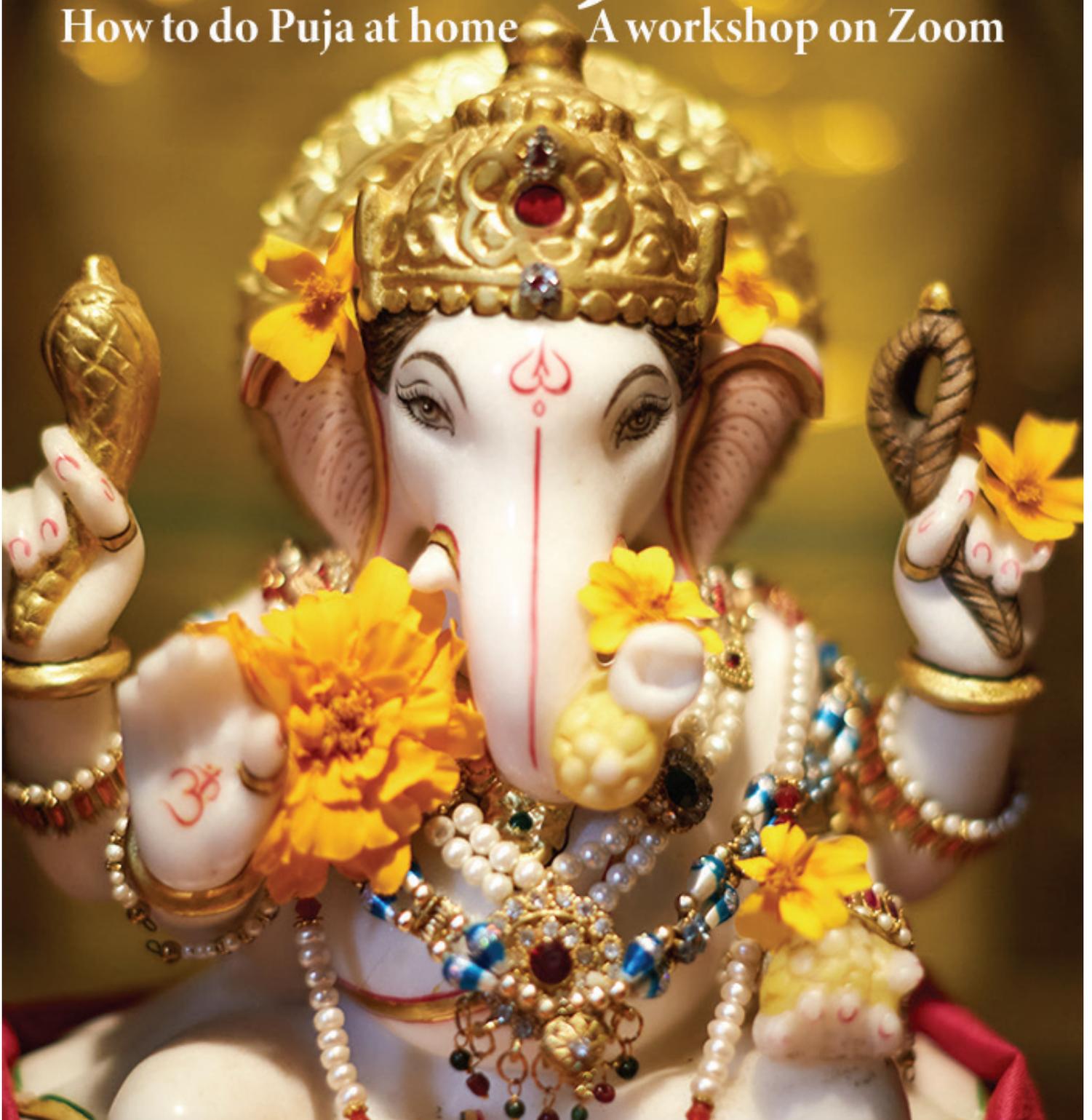


PUJA

How to do Puja at home A workshop on Zoom



GANESHA—THE LORD OF OBSTACLES—ALSO CALLED GANAPATI OR VINAYAKA

Ganesha is the god of beginnings. His right upper hand holds a goad (a cattle prod). His left upper hand holds a noose. His right lower hand shows the mudra of removing fear; his left lower hand holds fruits. His trunk curls to his left, bestowing blessings and removing obstacles. One tusk is broken. He is the god of arts, writing, and sciences and conveys knowledge. He is the gatekeeper to the higher realms of spiritual and mystical experiences.

What you need (more or less)

An altar or “puja place”, best situated in the north-east corner of the home or room. If that is not possible then either you or the deity should face east. Set up a small altar with a table and a place for you to sit in front of it on a mat on the floor. Keep the puja place clean. Use it only for puja (worship), japa (repetition of mantras), meditation and swadhyaya (study of spiritual books).



A murti (living icon of the deity to be worshipped)

We are learning a Ganesha Puja. You will need a small icon of Lord Ganesha. It is good to have one with His trunk bending to His left side. He will be more benign and will tolerate mistakes made while making offerings. If His trunk is to His right side He will be more demanding and you will need to be very exacting in your offerings. If you do not have an ‘icon’, you can have a picture nicely framed. Wood or marble icons should not be bathed but offerings can be made to them. Brass, granite or crystal are good and can be bathed.



Home puja place (Eddie Stern's) ready for Navaratri (Nine-night worship of the Divine Mother in her forms as Lakshmi on the left, Durga in the center and Saraswati on the right).

Implements for puja

These are examples. You may have to make do with what you have until you collect finer implements bit by bit. Try to use brass or copper utensils. Don't use stainless steel. Glass items are OK.



Small table



Puja set can be purchased online or at an Indian grocery store.
These will have most of what you need.



Brass plate to place your icon of Ganesha on.



Oil or ghee lamp. A candle is OK.



Incense holder and incense.



Brass cup with small spoon and water.



Small bell.



Brass pot for water (or other liquid offerings like milk with honey).



Sandal paste, Kum-kum (red powder), Siva Basma (ash).



Rice to which can be added a drop of oil (sesame for example) and kum-kum or turmeric.



Fruits.



Flowers.



Necklace for dressing icon.



Bowl for holding water that has been used for bathing the icon.



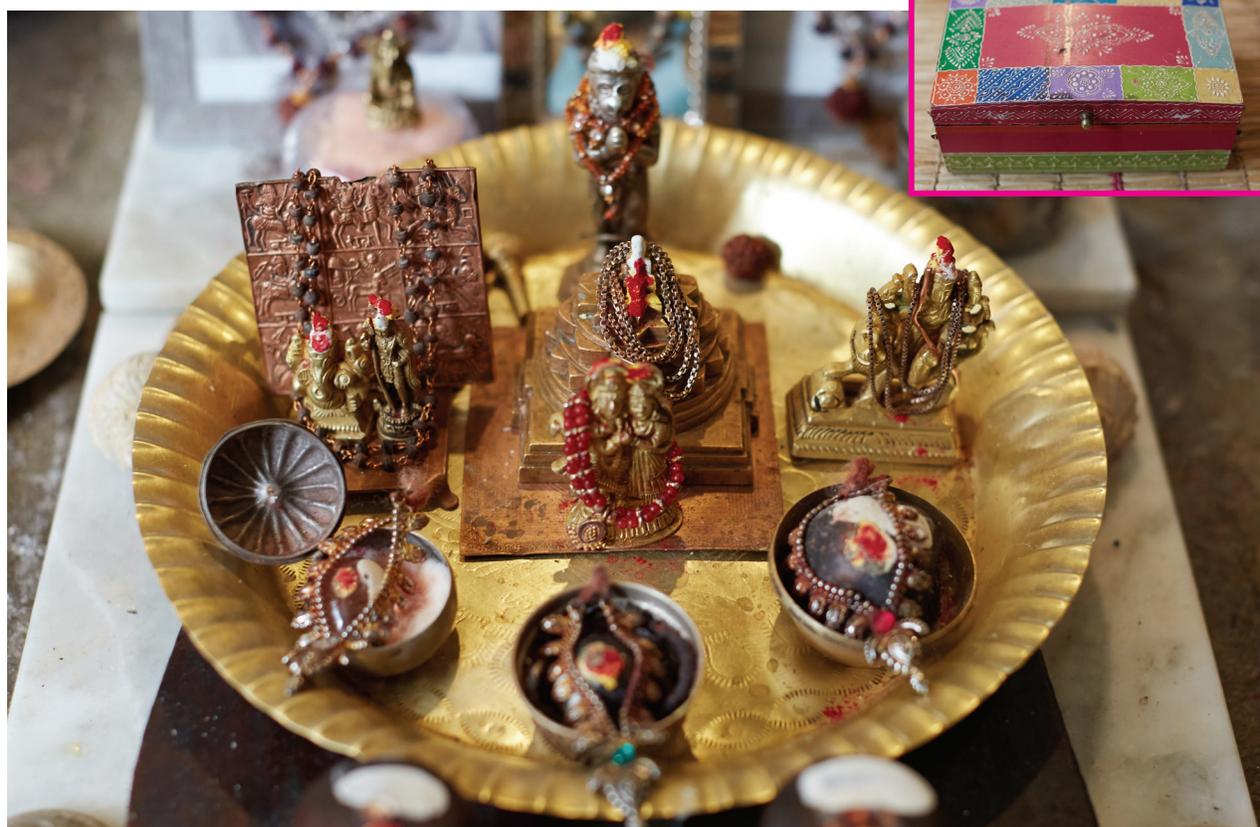
Conch which can be used for bathing the icon.



Conch for blowing - extra additional item.



A home puja place that kept on growing. Puja is done daily. The icons in the photo below are moveable deities—smaller icons of the fixed-in-place deities in the photo above. They can be carried in a small box and taken on travels to keep making the daily offerings.



Beginners - Laghu (light) Ganesh Puja

Gananam tva ganapatigm havamahe kavin kavinaam upamasravastamam
jyestharajam brahmanaam brahmanaspata a nah srunvannutibhisseeda saadanam
Mahaaganapataye namah

Prano Devi Saraswati vaajebhir vaajinivati dhinamavitryavatu
Vag Devyai Namah

Akhanda mandalakaram vyaptam yena charaacharam tatpadam
darshitam yena tasmai sri gurave namah

Deepa jyoti param brahma deepa jyotir janardana
deepo me haratu paapam deepa jyotir namostu'te

Light lamp

Om shuklaambharadharam vishnum shashivarnam chaturbhujam
Prasanna vadanam dhyaayet sarvavighno'pashaantaye

Tap knuckles on temples

Vakratunda mahakaaya suryakoti samaprabha
Nirvighnam kuru me deva sarva karyeshu sarvada

Om shreem hreem kleem glaum gum ganapataye
vara varada sarva jananam me vashamaanaya svaha

state mental intention for the worship

Om Sree Mahaa Ganapataye Namah dhyaanam samarpaayami (*meditation*)

Om Sree Mahaa Ganapataye Namah aavaahanam samarpayaami (*invitation*)

Om Sree Mahaa Ganapataye Namah asanam samarpayaami (*seat*)

Om Sree Mahaa Ganapataye Namah paadyam samarpayaami (*water for feet*)

Om Sree Mahaa Ganapataye Namah arghyam samarpayaami (*water for hands*)

Om Sree Mahaa Ganapataye Namah aacamaneyam samarpayaami (*water for sipping*)

Om Sree Mahaa Ganapataye Namah madhuparkam samarpayaami (*milk and honey bath - optional*)

Om Sree Mahaa Ganapataye Namah shuddhodaka snanam samarpayaami (*water bath*)

Om Sree Mahaa Ganapataye Namah vastrartham akshataani samarpayaami (*new cloth*)

Om Sree Mahaa Ganapataye Namah upaveetham akshataani samarpayaami (*sacred thread*)

Om Sree Mahaa Ganapataye Namah gandhan dhaarayaami (*sandal paste*)

Om Sree Mahaa Ganapataye Namah gandhasyopari haridrakumkumum samarpayaami (*kumkum*)

Om Sree Mahaa Ganapataye Namah akshataani samarpayaami (*rice*)

Om Sree Mahaa Ganapataye Namah pushpaih poojayaami (*flowers followed by 16 names of Ganesh*)

Om Sumukhaaya namah

Om Ekadantaaya namah

Om Kapilaaya namah

Om Gajakarnakaaya namah

Om Lambodaraaya namah

Om Vikataaya namah

Om Vighnarajaaya namah

Om Ganadhipaaya namah

Om Dhoomaketave namah

Om Ganadhyakshaaya namah

Om Phalachandraaya namah

Om Gajananaaya namah
Om Vakratundaaya namah
Om Shoorpakarnaaya namah
Om Herambaaya namah
Om Skandapoorvajaaya namah
Om Sri Maha Ganapataye namah nanavidha parimala patra pushpaani samarpayaami
Om Shree Maha Ganapataye namah dhoopam aghrapayaami

Offer incense

Om Sree Maha Ganapataye namah deepam sandarshayaami

Offer oil lamp

Om bhur bhuvah svaha tat savitur varenyam bhargo devasya dheemahi dhiyoyo nah prachodayaat

Sprinkle water on food offering

Om praanaaya svaaha Om apaanaaya svaaha Om vyaanaya svaaha
Om udaanaaya svaaha Om samaanaaya svaaha Om brahmane namah
Om Shree Maha Ganapataye maha naivedyam nivedayaami

Offer food

Maha naivedyam anantaram aachamaneeyam samarpayaami

Offer water

Om Maha Ganapataye namah mangala deeparatikyam samarpayaami

Offer oil lamp for arati

Neerajana anantaram aachamaneeyam samarpayaami

Offer water

Final prayer

Vakratunda mahakaaya suryakoti samaprabha
Nirvighnam kuru me deva sarva karyeshu sarvada
Om Sree Maha Ganapataye namah praarthana samarpayaami

Apology prayer

mantra hinam kriya hinam bhakti hinam Janardana
yat krtam tu maya deva paripurnam tadastu me

Om Shree Maha Ganapataye namah pradakshina namaskaram samarpayaami

Prostrate

Kaayena vaacaa manasyendriyairvaa buddhyaatamanaa va prakrteh svabhaavaat
Karomi yadyat sakalam parasmai Naaraayanaayeti samarpayaami

Hold water in palm, offer to floor

Om tat sat
Sri Krishna arpanam astu
Mahaganapati Bhagavan a ki jai
Hara nama Parvati pataye Hara Hara Hara Mahadeva

Five element puja

Lam prithiviyatmane gandham samarpayaami
Kham akashatmane pushpai pujayaami
Yam vayuratmane dhupam aghrapayaami
Ram agniratmane deepam sandarshayaami
Vam amrita mahanaivedyam nivedayaami
Sam sarvaatmane sarvopachara pujam samarpayaami

Intermediate Ganesh Puja

GAṆEŚA PŪJĀ

Light lamp

dīpa-jyotiḥ paraṃ brahmā
dīpa-jyotir janārdanaḥ
dīpo me haratu pāpam
dīpa-jyotir namo'stu te

*The light of the lamp is the supreme brahman,
the light of the lamp is Janardana;
may the light of the lamp remove my sin;
salutations to you, light of the lamp.*

keśavāya svāhā *Sip water*
nārāyaṇāya svāhā *Sip water*
mādhavāya svāhā *Sip water*

*Oblation to Keshava,
oblation to Narayana,
oblation to Madhava.*

govindāya namaḥ *Wash hands Salution to Govinda etc.*
keśavāya namaḥ
nārāyaṇāya namaḥ
mādhavāya namaḥ
govindāya namaḥ
viṣṇave namaḥ
madhusūdanāya namaḥ
trivikramāya namaḥ
vāmanāya namaḥ
śrīdharāya namaḥ
hṛṣīkeśāya namaḥ
padmanābhāya namaḥ
dāmodarāya namaḥ

Añjali mudrā

gurur brahmā gurur viṣṇuḥ
gurur devo maheshvaraḥ
guruḥ sākṣāt parabrahmā
tasmai śrī gurāve namaḥ

*The guru is Brahma, Vishnu,
the deity Maheshvara.
The guru is the presence of Supreme Brahman.
Salutation to that very one, the glorious guru.*

Hold rice in hand, tap knuckles on temples

śuklāṃbaradharaṃ viṣṇuṃ
śaśivarṇaṃ caturbhujam
prasanna vadaṇaṃ dhyāyet
sarvavighno'paśāntaye

*One should meditate upon the ever-present smiling face (of Ganesha),
clad in white, the color of the moon and having four arms,
the one who removes all obstacles.*

Hold left fist in right hand on the right knee

mama upāṭṭa [mamopāṭṭa] samasta duritakṣayadvārā
śrī parameśvara prītyartham mahā gaṇapati-pūjaṃ kariṣye

*Having this) opportunity for diminishing all my difficulties (and) in order to please glorious
Parameshwara I will perform worship for Great Ganapati.*

Offer rice over left knee

asmin bimbe sumukhaṃ mahā gaṇapatiṃ dhyāyāmi *Offer rice*

I meditate upon Great Ganapati in this cheerful form.

mahā gaṇapatim āvāhayāmi *Offer rice*

I invoke/invite Maha Ganapati.

mahā gaṇapataye namaḥ āsanaṃ samarpayāmi *Offer rice*
mahā gaṇapataye namaḥ pādyaṃ samarpayāmi *Offer water*
mahā gaṇapataye namaḥ arghyaṃ samarpayāmi *Offer water*
mahā gaṇapataye namaḥ ācamaṇīyaṃ samarpayāmi *Offer water*
mahā gaṇapataye namaḥ snānaṃ samarpayāmi

*Salutation Great Ganapati I offer...a seat,
water to cleanse (your) feet,
water to cleanse (your) hands
water to sip,
water for bathing.*

*Offer water, and repeat any longer mantras that you know during the bathing of the deity. If
you are worshipping a photo, then just one spoon of water into the cup is ok*

mahā gaṇapataye namaḥ snānānantaram ācamaṇīyaṃ samarpayāmi *Offer water*
Salutation Great Ganapati, immediately after I offer water for bathing you.
mahā gaṇapataye namaḥ vastrālaṃkāra-upavītarthaṃ akṣatān samarpayāmi *Offer rice*
*Salutation Great Ganapati, I offer this (auspicious) unbroken rice that you may be
adorned with cloth and the sacred thread.*
mahā gaṇapataye namaḥ divya śrī parimala gandhān dhārayāmi *Offer rice or sandal paste*
Salutation Great Ganapati, I offer divine, glorious and sweet smelling fragrance.
gandho'pari haridrā kuṅkumuṃ samarpayāmi *Offer rice or kumkum*
Salutation Great Ganapati, upon the paste I offer kumkum from tumeric.

mahā gaṇapataye namaḥ puṣpaiḥ puḥayāmi *Offer rice or flowers with each name*
Salutation Great Ganapati, I worship you with flowers.

oṃ sumukhāya namaḥ	<i>Salutation to the handsome one.</i>
oṃ ekadantāya namaḥ	<i>the one with a single tusk</i>
oṃ kapilāya namaḥ	<i>the tawny-colored</i>
oṃ gajakarṇakāya namaḥ	<i>who has an elephant's ears and body</i>
oṃ lambodarāya namaḥ	<i>who has a large belly</i>
oṃ vikaṭāya namaḥ	<i>the enormous one</i>
oṃ vighnarājāya namaḥ	<i>king of obstacles</i>
oṃ gaṇādhipāya namaḥ	<i>lord of the Ganas</i>
oṃ dhūmaketave namaḥ	<i>the comet/whose banner is smoke</i>
oṃ gaṇādhyakṣāya namaḥ	<i>overseer of the Ganas</i>
oṃ phālacandrāya namaḥ	<i>having the moon-flower</i>
oṃ gajānanāya namaḥ	<i>the one with an elephant's mouth</i>
oṃ vakratuṇḍāya namaḥ	<i>one with a curved trunk</i>
oṃ śūrpakarṇāya namaḥ	<i>one with ears like winnowing baskets</i>
oṃ herambāya namaḥ	<i>to Heramba (five-headed Ganesha)</i>
oṃ skandapūrvajāya namaḥ	<i>Skanda's elder brother</i>
oṃ mahāgaṇādhipataye namaḥ	<i>to the great lord of the Ganas</i>

nānāvidha-parimala-patra-puṣpāṇi samarpayāmi

I offer you petals of many various fragrant flowers

mahā gaṇapataye namaḥ dhūpam āghrāpayāmi *Offer incense*

I offer incense for you to smell

mahā gaṇapataye namaḥ dīpaṃ sandarśayāmi *Offer deepa, or candle*

I present the lamp for your viewing

mahā gaṇapataye namaḥ naivedyaṃ nivedayāmi *Offer fresh fruits or cooked veg. food*

I offer food for you to eat

mahā gaṇapataye namaḥ āchamanīyaṃ samarpayāmi *Offer water*

I offer water

mahā gaṇapataye namaḥ tāmbūlaṃ samarpayāmi *Offer betel-leaf*

I offer betel-leaf

mahā gaṇapataye namaḥ divya-maṅgala-dīpāratīkyam sandarśayāmi

Offer āratī lamp, and any āratī mantras or ślokas that you know

I present this divine, auspicious lamp ritual for your viewing

nīrañjanam āchamanīyaṃ samarpayāmi *Offer water*

I offer pure water

mahā gaṇapataye namaḥ pradakṣiṇa-namaskārān samarpayāmi *Offer prostration*

I offer circumambulation and salutations

Añjali mudrā

vakratuṅḍa mahākāya koṭisūryasamaprabha
nirvighnaṃ kuru me deva sarva karyeṣu sarvadā
mahā gaṇapataye namaḥ prārthanaṃ
samarpayāmi

*O God, with the curved trunk and great body,
brilliant like a million suns, pray remove my obstacles always, in all my endeavors.
Salutation to you, Great Ganapati.
I offer you this supplication.*

aparādha-sahasrāṇi krīyante aharniśaṃ
mayā daso'ham iti mām matvā kṣamasva janārdana
Day and night I commit thousands of faults.

Considering that I am your servant, Janardana, please forgive me.

Hold spoon of water in your hand and gaze at the water while saying:

vācā manasendriyairvā buddhyātmanā vā prakṛteḥ svabhāvāt
karomi yad yat sakalaṃ parasmai nārāyaṇāyeti samarpayāmi

*Whatever I do with my body, speech, and mind or with my intellect, soul or by natural
inclination, I dedicate it all to Lord Narayana.*

Offer water on the floor

oṃ tat sat

sri kṛṣṇārpanam astu

Om that is truth.

So let it be an offering to Glorious Krishna.





Swami Nivedananda, a Hindu Tantric priest from Kerala, South India offering puja to an icon of the guru and a Siva Lingam seated on an elaborate yantra created from colored rice powder. Nandi (Lord Siva's vehicle and attendant) is patiently waiting to the left.



A group puja to the Divine Mother worshipped in the form of an oil-lamp in front of each participant. The 1008 names of the Mother Goddess Lalita Devi are repeated while offerings of flowers, rice and kum-kum are made to the foot of the lamp. Participants can envisage their own mother in the lamp.



Puja of Ganesha from the book: *The Sundhya or the Daily Prayers of the Brahmins, illustrated in a series of original drawings from nature, demonstrating their attitudes and different signs and figures performed by them during the ceremonies of their morning devotions, and likewise their poojas.* By Mrs. Sophia Charlotte Belnos (b.1795) Published by Day & Sons, London, 1851 Source: New York Public Library Digital Collection

॥ गणपत्यथर्वशीर्षोपनिषत् ॥

Gaṇapatyatharvaśīrṣopaniṣat

ॐ भद्रं॑ कर्णे॑भिः शृणु॑याम दे॒वाः । भद्रं॑ पश्ये॒माक्ष॑भि॒र्यज॑त्राः ।
स्थि॒रैरङ्गै॑स्तुष्टु॒वाꣳ सस्त॑नूभिः । व्यशे॑म दे॒वहि॑तं॒ यदायुः॑ ।
स्व॒स्ति न॒ इन्द्रो॑ वृद्धश्र॒वाः । स्व॒स्ति नः॑ पू॒षा विश्व॑वेदाः ।
स्व॒स्ति नस्तार्क्ष्यो॑ अरि॒ष्टने॑मिः । स्व॒स्ति नो॒ बृह॑स्पति॒र्दधा॑तु ॥

om bhadrāṃ karṇebhiḥ śṛṇuyāma devāḥ | bhadrāṃ
paśyemākṣabhiryajatrāḥ | sthirairāṅgaistuṣṭuvāṃ sāstanūbhiḥ |
vyaśema devahitaṃ yadāyuh | svasti na indro vṛddhaśravāḥ |
svasti naḥ pūṣā viśvavedāḥ | svasti nastārksyo ariṣṭanemiḥ |
svasti no brhaspatirdadhātu ||

ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥

om śāntiḥ śāntiḥ śāntiḥ ||



ॐ नमस्ते गणपतये । त्वमेव प्रत्यक्षं तत्त्वमसि । त्वमेव
 केवलं कर्तासि । त्वमेव केवलं धर्तासि । त्वमेव केवलं
 हर्तासि । त्वमेव सर्वं खल्विदं ब्रह्मासि । त्वं साक्षादात्मासि
 नित्यम् ॥ १ ॥

om namaste gaṇapataye । tvameva pratyakṣam tattvamasī ।
 tvameva kevalam kartāsi । tvameva kevalam dhartāsi । tvameva
 kevalam hartāsi । tvameva sarvam khalvidam brahmāsi । tvam
 sākṣādātmāsi nityam ॥ 1 ॥

ऋतं वच्मि । सत्यं वच्मि ॥ २ ॥

ṛtam vacmi । satyam vacmi ॥ 2 ॥

अव त्वं माम् । अव वक्तारम् । अव श्रोतारम् । अव
 दातारम् । अव धातारम् । अवानूचानमव शिष्यम् । अव
 पश्चात्तात् । अव पुरस्तात् । अवोत्तरात्तात् । अव
 दक्षिणात्तात् । अव चोर्ध्वात्तात् । अवाधरात्तात् । सर्वतो मां
 पाहि पाहि समन्तात् ॥ ३ ॥

ava tvaṁ mām | ava vaktāram | ava śrotāram | ava
 dātāram | ava dhātāram | avānūcānamāva śiṣyam | ava
 paścāttāt | ava purastāt | avottarāttāt | ava dakṣiṇāttāt | ava
 cordhvāttāt | avādharaṭtāt | sarvato mām pāhi pāhi samantāt
 || 3 ||

त्वं वाङ्मयस्त्वं चिन्मयः । त्वमानन्दमयस्त्वं
 ब्रह्ममयः । त्वं सच्चिदानन्दाद्वितीयोऽसि । त्वं प्रत्यक्षं
 ब्रह्मासि । त्वं ज्ञानमयो विज्ञानमयोऽसि ॥ ४ ॥

tvam vāṅmayastvam cinmayah | tvamānandamayastvam
 brahmayah | tvam saccidānandādvitīyo'si | tvam pratyakṣam
 brahmāsi | tvam jñānamayo vijñānamayo'si || 4 ||

सर्वं जगदिदं त्वत्तो जायते । सर्वं जगदिदं त्वत्तस्तिष्ठति ।
 सर्वं जगदिदं त्वयि लयमेष्यति । सर्वं जगदिदं त्वयि
 प्रत्येति । त्वं भूमिरापोऽनलोऽनिलो नभः । त्वं चत्वारि
 वाक्पदानि ॥ ५ ॥

sarvaṃ jagadidaṃ tvatto jāyate | sarvaṃ jagadidaṃ
tvattastiṣṭhati | sarvaṃ jagadidaṃ tvayi layameṣyati | sarvaṃ
jagadidaṃ tvayi pratyeti | tvaṃ bhūmirāpo'nalo'nilo nabhaḥ |
tvaṃ catvāri vākpadāni || 5 ||

त्वं गुणत्रयातीतः । त्वं अवस्थात्रयातीतः । त्वं
देहत्रयातीतः । त्वं कालत्रयातीतः । त्वं मूलाधारस्थितोऽसि
नित्यम् । त्वं शक्तित्रयात्मकः । त्वां योगिनो ध्यायन्ति
नित्यम् । त्वं ब्रह्मा त्वं विष्णुस्त्वं रुद्रस्त्वमिन्द्रस्त्वमग्निस्त्वं
वायुस्त्वं सूर्यस्त्वं चन्द्रमास्त्वं ब्रह्म भूर्भुवः स्वरोम् ॥ ६ ॥

tvaṃ guṇatrayātītaḥ | tvaṃ avasthātrayātītaḥ | tvaṃ
dehatrayātītaḥ | tvaṃ kālatrayātītaḥ | tvaṃ mūlādhārasthito'si
nityam | tvaṃ śaktitrayātmakaḥ | tvāṃ yogino dhyāyanti
nityam | tvaṃ brahmā tvaṃ viṣṇustvaṃ
rudrastvamindrastvamagnistvaṃ vāyustvaṃ sūryastvaṃ
candramāstvaṃ brahma bhūrbhūvaḥ svarom || 6 ||

गणादिं॑ पूर्वमुच्चार्य॑ वणादिं॑स्तदनन्तरम् । अनुस्वारः
परतरः । अर्धेन्दुलसितम् । तारेण॑ ऋद्धम् । एतत्तव

म॒नु॒स्व॒रूप॑म् । ग॒का॒रः॑ पू॒र्व॒रूप॑म् । अ॒का॒रो म॒ध्य॒म॒रूप॑म् ।
 अ॒नु॒स्वा॒रश्चा॒न्त्य॒रूप॑म् । बि॒न्दु॒रु॒त्तर॑रूपम् । ना॒दः स॒न्धा॒नम् ।
 स॒ं॒हि॒ता स॒न्धिः॑ । सै॒षा ग॒णेश॑विद्या । ग॒ण॒क ऋ॒षिः॑ ।
 नि॒चृ॒द्गा॒य॒त्री छ॒न्दः॑ । श्री॒महा॑गण॒पति॑र्दे॒वता॑ । ॐ गं ग॒ण॒प॒तये॑
 नमः॑ ॥ ७ ॥

gaṇādiṁ pūrvamuccārya varṇādiṁstadanantaram |
 anusvāraḥ paratarah | ardhendulasitam | tāreṇa rddham |
 etattava manusvarūpam | gākāraḥ pūrvarūpam | akāro
 madhyamarūpam | anusvāraścāntyarūpam |
 binduruttārarūpam | nādaḥ sandhānam | saṁhitā sandhiḥ |
 saiṣa gaṇeśavidyā | gaṇaka ṛṣiḥ | nicṛdgāyatrī chandaḥ |
 śrīmahāgaṇapatirdevatā | om gaṁ gaṇapataye namaḥ || 7 ||

ए॒क॒द॒न्ता॒य वि॒द्महे॑ व॒क्रतु॑ण्डाय॒ धी॒महि॑ ।

तन्नो॑ द॒न्तिः॑ प्र॒चो॒दया॑त् ॥ ८ ॥

ekadantāya vidmahe vakratuṇḍāya dhīmahī |
 tanno dantiḥ pracodayāt || 8 ||

एकदन्तं चतुर्हस्तं पाशमङ्कुशधारिणम् । रदं च वरदं
 हस्तैर्बिभ्राणं मूषकध्वजम् । रक्तं लम्बोदरं शूर्पकर्णकं
 रक्तवाससम् । रक्तगन्धानुलिप्ताङ्गं रक्तपुष्पैः सुपूजितम् ।
 भक्तानुकम्पिनं देवं जगत्कारणमच्युतम् । आविर्भूतं च
 सृष्ट्यादौ प्रकृतेः पुरुषात्परम् । एवं ध्यायति यो नित्यं स
 योगी योगिनां वरः ॥ ९ ॥

ekadantaṃ caturhastam pāśamaṅkuśadhāriṇam । radaṃ ca
 varadaṃ hastairbibhraṇam mūṣakadhvajam । raktaṃ
 lambodaram śūrpakarnakam raktavāsasam ।
 raktagandhānuliptāṅgam raktapuṣpaiḥ supūjitam ।
 bhaktānukampinam devam jagatkāraṇamacyutam । āvirbhūtam
 ca sṛṣṭyādauprakṛteḥ puruṣātparam । evaṃ dhyāyati yo nityam
 sa yogī yoginām varaḥ ॥ 9 ॥

नमो व्रातपतये नमो गणपतये नमः प्रमथपतये
 नमस्तेऽस्तु लम्बोदराय एकदन्ताय विघ्नविनाशिने शिवसुताय
 श्रीवरदमूर्तये नमः ॥ १० ॥

namo vrātapataye namo gaṇapataye namaḥ pramathapataye
 namaste'stu lambodarāya ekadantāya vighnavināśine śivasutāya
 śrīvaradamūrtaye namaḥ ।। 10 ।।

एतदथर्वशीर्षं योऽधीते । स ब्रह्मभूयाय कल्पते । स
 सर्वविघ्नैर्न बाध्यते । स सर्वतः सुखमेधते । स पञ्चमहापापात्
 प्रमुच्यते । सायमधीयानो दिवसकृतं पापं नाशयति ।
 प्रातरधीयानो रात्रिकृतं पापं नाशयति । सायं प्रातः प्रयुञ्जानः
 पापोऽपापो भवति । धर्मार्थकाममोक्षं च विन्दति ।
 इदमथर्वशीर्षमशिष्याय न देयम् । यो यदि मोहाद् दास्यति ।
 स पापीयान् भवति । सहस्रावर्तनाद्यं यं काममधीते । तं
 तमनेन साधयेत् ॥ ११ ॥

etadatharvaśirṣam yo'dhīte । sa brahmabhūyāya kalpate । sa
 sarvavighnairna bādhyate । sa sarvataḥ sukhamedhate । sa
 pañcamahāpāpāt pramuçyate । sāyamadhīyāno divasakṛtam
 pāpam nāsayati । prātaradhīyāno rātrikṛtam pāpam nāsayati ।
 sāyam prātaḥ prayuñjanaḥ pāpo'pāpo bhavati ।
 dharmārthakāmamokṣam ca vindati ।

idamatharvaśirṣamaśiṣyāya na deyam | yo yadi mohād dāsyati |
sa pāpīyān bhavati | sahasrāvartanādyam yaṁ kāmamadhīte |
taṁ tamanena sādhayet || 11 ||

अनेन गणपतिमभिषिञ्चति । स वाग्मी भवति ।
चतुर्थ्यामनश्नन् जपति । स विद्यावान् भवति ।
इत्यथर्वणवाक्यम् । ब्रह्माद्याचरणं विद्यान्न बिभेति
कदाचनेति ॥ १२ ॥

anena gaṇapatimabhiṣiñcati | sa vāgmī bhavati |
caturthyāmanaśnan japati | sa vidyāvān bhavati |
ityatharvaṇavākyaṁ | brahmādyācaraṇaṁ vidyāna bibheti
kadācaneti || 12 ||

यो दूर्वाङ्कुरैर्यजति । स वैश्रवणोपमो भवति । यो
लाजैर्यजति । स यशोवान् भवति । स मेधावान् भवति । यो
मोदकसहस्रेण यजति । स वाञ्छितफलमवाप्नोति । यः साज्य
समिद्धिर्यजति । स सर्वं लभते स सर्वं लभते ॥ १३ ॥

yo dūrvāṅkurairyajati | sa vaiśravaṇopāmo bhavati | yo
lājairyajati | sa yaśovān bhavati | sa medhāvān bhavati | yo
modakasahasreṇa yajati | sa vāñchitaphalamavāpnoti | yaḥ sājya
samīdbhīryajati | sa sarvaṁ labhate sa sarvaṁ labhate || 13 ||

अष्टौ ब्राह्मणान् सम्यग् ग्राहयित्वा । सूर्यवर्चस्वी भवति ।
सूर्यग्रहे महानद्यां प्रतिमासन्निधौ वा जप्त्वा । सिद्धमन्त्रो
भवति । महाविघ्नात् प्रमुच्यते । महादोषात् प्रमुच्यते ।
महापापात् प्रमुच्यते । महाप्रत्यवायात् प्रमुच्यते । स
सर्वविद्भवति स सर्वविद्भवति । य एवं वेद ।
इत्युपनिषत् ॥ १४ ॥

aṣṭau brāhmaṇān samyag grāhayitvā | sūryavarcāsvī
bhavati | sūryagrahe mahānadyāṁ pratimāsannidhau vā japtvā |
siddhamantro bhavati | mahāvighnāt pramucyate | mahādoṣāt
pramucyate | mahāpāpāt pramucyate | mahāpratyavāyāt
pramucyate | sa sarvavidbhavati sa sarvavidbhavati | ya evaṁ
veda | ityupaniṣat || 14 ||



भ॒द्रं॑ क॒र्णो॑भिः शृ॒णु॒याम॑ दे॒वाः । भ॒द्रं॑ प॒श्ये॒मा॒क्षभि॑र्यजत्राः ।
 स्थि॒रैरङ्गै॑स्तुष्टुवाꣳ सस्त॒नूभिः॑ । व्य॒शेम॑ दे॒वहि॑तं यदायुः ।
 स्व॒स्ति न॒ इन्द्रो॑ वृ॒द्धश्र॑वाः । स्व॒स्ति नः॑ पू॒षा वि॒श्ववे॑दाः ।
 स्व॒स्ति न॒स्ता॒क्ष्यो॑ अ॒रि॒ष्टने॑मिः । स्व॒स्ति नो॒ बृ॒हस्प॑तिर्दधातु ॥

bhādrāṁ karṇebhiḥ śṛṇuyāma devāḥ | bhādrāṁ
 paśyemākṣabhiryajatrāḥ | sthirairāṅgaistustuvāṁ sāstanūbhiḥ |
 vyaśema devahitam yadāyuh | svasti na indro vṛddhaśravāḥ |
 svasti naḥ pūṣā viśvavedāḥ | svasti nastārksyo ariṣṭanemiḥ |
 svasti no bṛhaspatirdadhātu ||

ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥

om śāntiḥ śāntiḥ śāntiḥ ||

Mantras that can be chanted during Navaratri.

Day 1: Shailaputri - Aum Hrim Sri Shailaputri Durgaye Namaha

Day 2: Brahmacharini - Aum Hrim Sri Brahmacharini Durgaye Namaha

Day 3: Chandraghanta - Aum Hrim Sri Chandraghanta Durgaye Namaha

Day 4: Kushmanda - Aum Hrim Sri Kushmanda Durgaye Namaha

Day 5: Skandamata - Aum Hrim Sri Skandamata Durgaye Namaha

Day 6: Kātyāyanī - Aum Hrim Kātyāyinī Durgaye Namaha

Day 7: Kālarātri- Aum Hrim Sri Kālarātri Durgaye Namaha

Day 8: Mahagauri - Aum Hrim Mahagauri Durgaye Namaha

Day 9: Siddidhatri - Aum Hrim Siddidhatri Durgaye Namaha

YAA DEVI SARVA-BHUTESSU VISHNUMAAYETI SHABDITAA |

NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||

To that Devi Who in All Beings is Called Vishnumaya,

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

YAA DEVI SARVA-BHUTESSU CHETANETY-ABHIDHIYATE |

NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||

To that Devi Who in All Beings is Reflected as Consciousness,

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

YAA DEVI SARVA-BHUTESSU BUDDHI-RUUPENNA SAMSTHITAA |

NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||

To that Devi Who in All Beings is Abiding in the Form of Intelligence,

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

YAA DEVI SARVA-BHUTESSU NIDRA-RUUPENNA SAMSTHITAA |

NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||

To that Devi Who in All Beings is Abiding in the Form of Sleep,

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

YAA DEVI SARVA-BHUTESSU KSSUDHAA-RUUPENNA SAMSTHITAA |

NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||

To that Devi Who in All Beings is Abiding in the Form of Hunger,

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

YAA DEVI SARVA-BHUTESSU CHAAYAA-RUUPENNA SAMSTHITAA |

NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||

To that Devi Who in All Beings is Abiding in the Form of Shadow (of Higher Self),

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU SHAKTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Power,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU TRSHNNAA-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Thirst,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU KSHAANTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Forbearance,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU JAATI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Genus (Original Cause of Everything),
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU LAJJAA-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Modesty,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU SHAANTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Peace,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU SHRADDHAA-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Faith,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVII SARVA-BHUTESSU KAANTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Loveliness and Beauty,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU LAKSHMII-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Good Fortune,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU VRTTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Activity,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU SMRTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Memory,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU DAYAA-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Kindness,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU TUSHTTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Contentment,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU MAATR-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

To that Devi Who in All Beings is Abiding in the Form of Mother,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**YAA DEVI SARVA-BHUTESSU BHRAANTI-RUUPENNA SAMSTHITAA |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

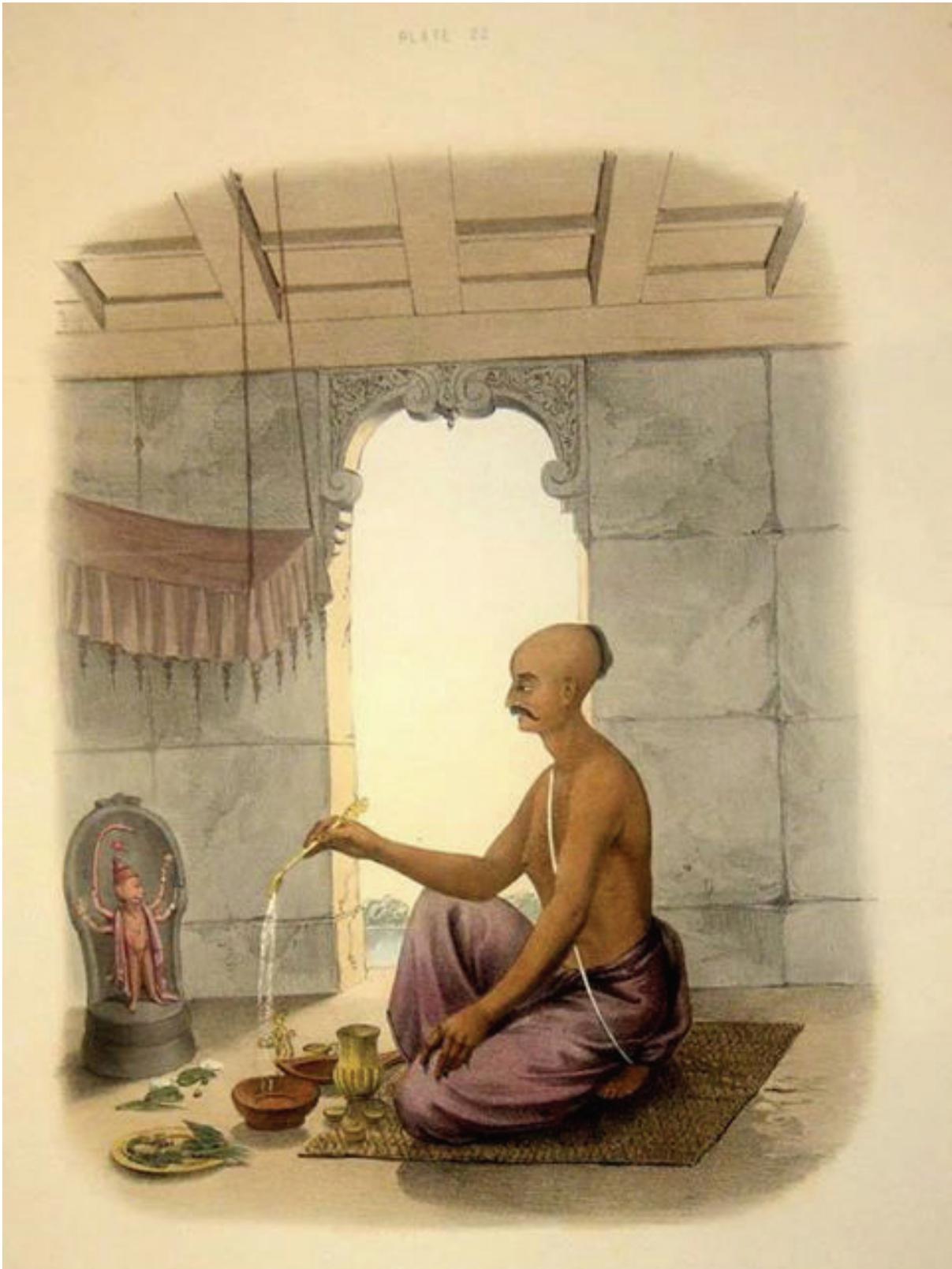
To that Devi Who in All Beings is Abiding in the Form of Delusion,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.

**INDRIYAANNAAM-ADHISSTHAATRII BHUTAANAAM CA-AKHILESSU |
YAA BHUUTESSU SATATAM TASYAI VYAAPTI-DEVYAI NAMO NAMAH ||**

(Salutations) To that Devi Who Governs the Faculty of Senses of Beings in All the Worlds,
Salutations to Her Who is the Devi Who Always Pervades all Beings.

**CITI-RUUPENNA YAA KRISNAM-ETAD-VYAAPYA STHITAA JAGAT |
NAMAS-TASYAI NAMAS-TASYAI NAMAS-TASYAI NAMO NAMAH ||**

(Salutations to Her) Who in the Form of Consciousness Pervades This Universe and Abides in It,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.



Pooja of Hunooman [Hanuman] from the book *The Sundhya or the Daily Prayers of the Brahmins, illustrated in a series of original drawings from nature, demonstrating their attitudes and different signs and figures performed by them during the ceremonies of their morning devotions, and likewise their poojas.* By Mrs. Sophia Charlotte Belnos (b.1795)
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