

## Puja



### What is Puja?

**Puja** is one of the most beautiful ways to bring out the devotee within oneself and establish a relationship with **Ishvara**, the cause of the whole Universe. **Puja** is called **kayikam karma**, an action involving one's limbs. It also includes speech and mental action in the form of chanting and thinking of **Ishvara**.

In a physical form of worship, such as a **Puja**, there is a greater field of expression of one's devotion than is possible in purely oral or mental forms of worship. The body, mind and speech are all involved in a **Puja**. The forms, colours, fragrances and sounds of the various items of worship arrest one's mind and aid in evoking devotion in oneself.

A **Puja** is performed in order to express one's gratitude to **Ishvara** for all one has been given in one's life. The very creation in which one is born is considered to be a gift of the **Ishvara**. The body mind sense complex is made up of five basic elements: **Akasha**, space; **Vayu**, air; **Agni**, fire; **Apa**, water and **Prthvi**, earth, which also constitute the creation. Through the sense perceptions backed by the mind one perceives **Ishvaras** creation and appreciates his glories.

Traditionally, a form of worship known as **Pancopacara – Puja**, worship with fivefold offering, is performed. This worship acknowledges the presence of **Ishvara** and makes a simple offering of the five elements through a symbolic offering of **Pushpa**, flowers; **Dhupa**, incense; **Dipa**, light; **Naivedya**, food and **Gandha**, sandalwood paste. These objects represent the elements space, air, fire, water and earth, respectively.

## Preparation before the Puja

### Invocation of Ganesha – remover of all obstacles

Om shuklaambaradharam vishnum shashivarnam caturbhujam prasannavadanam  
dhyaayet sarvavighnopashaantaye

### Lightening of the lamp

Om deepajyotih (f) param brahma deepajyotir janaardana  
deepo me haratu paapaani deepajyotir namo'stu te

### Aacamanam – inner purification

Om acyutaaya namaha

Om anantaaya namaha

Om govindaaya namaha

### Invocation of the Guru – teacher - teaching

Gurur brahmaa gurur vishnuhu gurur devo maheshvaraha  
Gurussaaksat param brahma tasmai shree gurave namaha

### Sankalpa – setting the intention

Om mamopaatta samasta duritakshayadvaaraa shree parameshvara preetyartham  
jnaana vairaagya moksha siddhyartham

#### name the deity

*\*shree sarasvatee devi/shree shivaa/shree hanumaan/shree ganapati/shree  
daksinaamuurti/shree laksmi devi/shree durgaa devi/  
shree bhagavaan vasudeva/shree devi/shree deva\*  
puujaam karishye*

### Dhyaana Shloka – meditation upon the deity (optional)

#### Invocation of the deity

Asmin bimbe Shree \*... dhyaayaami  
(offer flower)

Asmin bimbe Shree \*... aavaahayaami  
(offer flower)

## Pancopacaara Puja

*Please note that depending on the gender of the deity  
The mantras have slight changes. You can choose accordingly*

### Female

- Om prthivyaatmikaayai *shree sarasvatyai\** gandhaam dhaarayaami  
*\*shree laksmiyai/shree durgaayai/shree devyai*
- Om aakaashaatmikaayai *shree sarasvatyai* pushpai (f) puujayaami
- Om vaayvaatmikaayai *shree sarasvatyai* dhuupamaaghraapayaami
- Om vahnyaatmikaayai *shree sarasvatyai* deepam darshayaami
- Om amrtaatmikaayai *shree sarasvatyai* amrtam mahaanaivedyam nivedayaami
- Sam sarvaatmikaayai *shree sarasvatyai* sarvopacaarapuujaam puujayaami

### For neuter it will be

- Om prthivyaatmane shree hanumate\* gandhaam dhaarayaami  
*\*shree ganapataye/shree daksinaamurtaye*

### For masculine it will be

- Om prthivyaatmikaaya *shree vaasudevaaya\** gandhaam dhaarayaami  
*\*shree shivaaya/shree devaaya*

### Mantras for the deities

- Aim hreem om sarasvatyai namaha
- Om shivaaya namaha / Om namah shivaaya
- Om neelakanthaaya namaha
- Om hanumate namaha
- Om gam ganapataye namaha
- Om shree medha daksinaamuurtisvaamine namaha
- Om hreem shreem paramalaksmiyai namaha
- Om dum durgaayai namaha
- Om namo bhagavate vaasudeevaaya
- Om devyai namaha
- Om devaaya namaha

Svasti Mantraaha  
Universal Peace Mantra

Om svasti prajābhyaḥ paripālayantām  
nyāyena mārgeṇa mahīm mahīśāḥ  
gobrāhmaṇebhyaśsubhamastu nityam  
lokāssamastāssukhino bhavantu ।

kāle varṣatu parjanyaḥ  
pṛthivī sasyāśālīnī ।  
deśo'yaṃ kṣobharahitaḥ  
brāhmaṇāssantu nirbhayāḥ ।

Om sarvesām svastir bhavatu ।  
sarvesām śāntir bhavatu ।  
sarvesām pūrṇam bhavatu ।  
sarvesām maṅgalam bhavatu ।

sarve bhavantu sukhinaḥ ।  
sarve santu nirāmayāḥ ।  
sarve bhadraṇi paśyantu ।  
mā kaścid duḥkhabhāg bhavet ।

asato mā sadgamaya ।  
tamaso mā jyotirgamaya ।  
mṛtyormā amṛtaṃ gamaya ।  
om pūrṇamadaḥ pūrṇamidam  
pūrṇāt pūrṇamudacyate  
pūrṇasya pūrṇamādāya  
pūrṇamevāvaśiṣyate ।

om śāntiḥ śāntiḥ śāntiḥ

om śrī gurubhyo namaḥ hariḥ om