Check List

1. Altar, Deity (statue/photo),
2. Two big brass lamps (with wicks, oil/ghee)
3. Matchbox, Agarbatti
4. Karpoor, Gandha Powder, Kumkum, gopichandan, haldi
5. Sri Mudra (for Sandhyaavandan), Vessel for Tirtha, Yajnopaviita
6. Puujaa Conch, Bell, One aarati (for Karpoor), Two Aaratiis with wicks
7. Flowers, Akshata (in a container), tulsi leaves
8. Decorated Copper or Silver Kalasha, Two pieces of cloth (new),
9. Coconut, 1/2 kg. Rice, Bananas 6, gold coin, gold chain
10. Extra Kalasha, 3 trays, 3 vessels for Abhisheka
11. Betel nuts 6, Betel nut Leaves 12, Banana Leaves 2, Mango Leaves 5-25
12. Dry Fruits, 5 bananas, 1 coconut - all for naivedya
13. Panchaamrita - Milk, Curd, Honey, Ghee, Sugar, Tender Coconut Water
14. Puja Book
15. Red flowers and red flower malas.
At the regular altar

At the regular altar

(Sip one spoon of water after each mantra.
Take a little water from the vessel for worship with an offering spoon onto the palm and sip it. This is called achaman. Just as bathing causes external purification, partaking water in this way is responsible for internal purification. This act is repeated thrice. Thus physical, psychological and spiritual, internal purification is brought about.)

Due to pranayam, the rajas component decreases and the sattva component increases.

At the altar

At the regular altar

Now we chant the thirty names of the Lord, in order to concentrate on the Lord)

Due to pranayam, the rajas component decreases and the sattva component increases.

At the regular altar
(Holding unbroken consecrated rice (akshata) and an offering spoon (pali) with water in the cup of one’s hand one should chant the mantra with the resolve, ‘I of the ..... lineage (gotra), ..... am performing the ..... ritual to obtain the benefit according to the Shrutis, Smrutis and Purans in order to acquire ..... result and then should offer the water from the hand into the circular, shelving metal dish (tamhan). Offering the water into the circular, shelving dish signifies the completion of an act.)

(Stand and hold a fruit in hand during sankalpa)

(Repeat Achamana 9 - given above)

(Apply water to eyes and understand that you are of the nature of Brahman)

(Prostrations to your favorite deity)

(Prostrations to your family deity)

(Prostrations to the deity of this house)

(Prostrations to the deity of this place)

(Prostrations to the deity of all the materials we have collected)

(Prostrations to the Indra and shachii)

(Prostrations to Shiva and pArvati)

(Prostrations to the Lords who protect us - LakShmi and NArAyaNa)

(Prostrations to our parents)
(Prostrations to all the Gods)

Whoever chants or hears these names of Lord Ganesha will not have any obstacles in any of their endeavours.

(Prostrations to all Brahmansas - those who are in the religious path)

Whoever chants or hears these names of Lord Ganesha will not have any obstacles in any of their endeavours.

(Prostrations to Goddess devi, the main deity if this puja)

Prostrations to all the Gods

Prostrations to all Brahamanas - those who are in the religious path

(We completely surrender ourselves to that Goddess who embodies auspiciousness, who is full of auspiciousness and who brings auspiciousness to us)

When Lord Hari, who brings auspiciousness is situated in our hearts, then there will be no more inauspiciousness in any of our undertakings

What is the best time to worship the Lord? When our hearts are at the feet of Lord Narayana, then the strength of the stars, the moon, the strength of knowledge and all the Gods will combine and make it the most auspicious time and day to worship the Lord)
(When the Lord is situated in a person's heart, he will always have profit in his work and victory in all that he takes up and there is no question of defeat for such a person)

(To achieve success in our work and to find fulfillment we should first offer our prayers to Lord Vinayaka and then to our teacher, then to the Sun God and to the holy trinity of Brahma, ViShNu and Shiva)

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http://www.mantraonline.com/
(touch ring fingers)

(touch little fingers)

(touch palms and over sleeve of hands)

(To prevent any obstacle from disrupting an auspicious occasion, it is begun with the worship of Lord Ganapati.)

(O great Ganapati come along with Riddhi, Buddhi, your entire family, all your weapons and might')

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chanting thus water should be released.

(Offering of flowers - May Shri Mahaganapati, the vanquisher of all obstacles be appeased with this worship of mine', chanting thus water should be released.)

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(Two small heaps of rice should be made on the ground amidst chanting mantras. Later, chanting the mantra two pots of either gold, silver, copper or unbroken earthen pots should be placed on these two heaps.)

(Touch the grains/rice/wheat)

(keep kalasha on top of rice pile)

(fill kalasha with water)

(sprinkle in/apply ga.ndha to kalasha)

(put betel nut in kalasha)
(put five leaves in kalasha)

(put gold / daxina in kalasha)

(tie cloth for kalasha)

(copper plate and ashTadala with kuMkuM)

On the second kalasha

(On the second kalasha)
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(continue with second kalasha)

Let the water in this kalasha become like yamuna and sarasvati rivers at the prayag.

(Let this kalasha increase our life span, presence of mind, intellect, wealth, strength and status, destroy our sins and increase our merits or puNya)

(All the holy waters, and all the Gods are now present in this kalasha. Our prostrations to this puurNakumbha which is hence dear to Lord Hari)

(Those who want to attain immortality take a dip in the confluence of the Ganges,
ಪಂಚಾಂಜಳಿ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಮೃದ್ಯು. (to remove poison)
ಯತ್ನದರೂ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ತಿಂಡಿ ಮೃದ್ಯು. (to provide nectar - amrit)
ಪಂಚಾಂಜಳಿ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಚೋಳ ಮೃದ್ಯು. (to make auspicious)
ಭಾನುಪ್ರಭೀಷದ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಮೃದ್ಯು. (to protect)
ಹಾಲಿಪ್ರಯೋಗ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಮೃದ್ಯು. (to remove mAyA)

(When the bell is rung, knowingly or unknowingly, all the good spirits are summoned and all the evil spirits are driven away)

ಪಂಚಾಂಜಳಿ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಮೃದ್ಯು. | 
ಪಂಚಾಂಜಳಿ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಹುಚ್ಚು ಮೃದ್ಯು. | 
ಪಂಚಾಂಜಳಿ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಭರ್ದ್ರಾ ಮೃದ್ಯು. | 
ಪಂಚಾಂಜಳಿ ಶಂಕುವ್ಯಾಧಿಯಾಗಿ ಭರ್ದ್ರಾ ಮೃದ್ಯು. | 
(When the bell is rung, knowingly or unknowingly, all the good spirits are summoned and all the evil spirits are driven away)

(To make auspicious)

(To protect)

(To remove mAyA)

(To remove MahaviShNu. Our prostrations to the pAnchajanya)

(To remove poison)

(To provide nectar - amrit)

(To remove mAyA)

(Pour drops of water from shaNkha on top of the bell apply ga.ndha flower)

(To remove mAyA)

(Pour water from kalasha to shaNkha add ga.ndha flower)

(This shaNkha has now become like the pAnchajanya, which has come out of the ocean and which is the hands of Lord MahaviShNu. Our prostrations to the pAnchajanya)


(put tulasi leaves or axatAs in empty vessels)

(keep milk in the centre)

curd facing east)

Ghee to the south)

Honey to west)

Sugar to north)

Panchamrit is nectar of five ingredients - a mixture of milk, curds, clarified butter (ghee), honey and sugar.)

Milk to east)

Curds facing east)

Clarified butter to south)

Honey to west)

Sugar to north)

(start from east of kalasha or deity)

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10 Nave Megha Nuwan (one new red thread with 09 knots to be placed on the altar and puja to be done for the same)

11 Aata Jukka

(hold flowers/axata in hand)

30 Nene Su Gopi Gopi Shaddhi Aayu

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http://www.mantraaonline.com/
(offer water)

(offer flowers/axathaas)

(offer water or axathaa/ leave/flower)
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श्रणानां वांगमी वा १८ ४ २ ६ ७ १४ २ १ १ ३ ४ ६ १ ४ २ ६ १ ६
|| २२ ||

श्रणानां वांगमी वा १८ ४ २ ६ ७ १४ २ १ १ ३ ४ ६ १ ४ २ ६ १ ६
|| २२ ||

श्रणानां वांगमी वा १८ ४ २ ६ ७ १४ २ १ १ ३ ४ ६ १ ४ २ ६ १ ६
|| २२ ||

offer two pieces of cloth for the Goddess

(offer two pieces of cloth for the Goddess)

|| २२ ||

|| २२ ||

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|| २२ ||
20. ಚಂದನ ಮಾಂಗಳ ಗೌರಿ ಪುಜ | ಸಾಧನಪ್ರತಿ ಸಂಪೂರ್ಣಮಾಡಿ |

2.2. ನಾರಾಯಣ |

ನಾರಾಯಣ ಸಂಗ್ರಹಣ ಚಿಕ್ಕ ಪ್ರತಿಮೆ | ನಾರಾಯಣ ಆವರಣದ ಪ್ರತಿಮೆ |

2.2. ನಾರಾಯಣ |

ನಾರಾಯಣ ಸಂಗ್ರಹಣ ಚಿಕ್ಕ ಪ್ರತಿಮೆ | ನಾರಾಯಣ ಆವರಣದ ಪ್ರತಿಮೆ |

2.4. ನಾರಾಯಣ |

ನಾರಾಯಣ ಸಂಗ್ರಹಣ ಚಿಕ್ಕ ಪ್ರತಿಮೆ | ನಾರಾಯಣ ಆವರಣದ ಪ್ರತಿಮೆ |

2.4. ನಾರಾಯಣ |

ನಾರಾಯಣ ಸಂಗ್ರಹಣ ಚಿಕ್ಕ ಪ್ರತಿಮೆ | ನಾರಾಯಣ ಆವರಣದ ಪ್ರತಿಮೆ |

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One of the ways in which the Pandavas spent their time during Vanavasa was listening to Lord Krishna’s narration of various Poojas and Vratas to be performed by mankind for the fulfillment of desires. On one such occasion Dharma Raja asks Lord Krishna to narrate a Vratha that will increase the "Aayu"—the life Span. Lord Krishna replies ‘Listen to me Yamanandana I will narrate a Unique Vratha, which not only increases the life span of Sons, but also removes the Vaidavya—Widowhood of a daughter. Listen to me with single minded devotion. In the olden times there was a city named Kundanipura, there lived a very good and famous merchant called Dharmapala. He was very rich. However his only problem was he had no children. A Sadhu used to come to their house for Bikhsha, and he would go back without taking anything from them. This was a daily routine. The merchant’s wife was very sad about this attitude of the Sadhu and seeks a solution from her husband. The merchant tells his wife not to worry, and instructs her to keep gold coins ready the next day and put it into the Sadhu’s hand before he left. The wife does the same the next day. The Sadhu becomes very angry; he tells her that he was not receiving anything from their house as they had no children and today by putting the Bhiksha...
forcibly, she had cheated him. So he curses her by saying "let you not have children". The merchant’s wife says that she did it because of her Aviveka and begs him to give her relief from the curse. The Sadhu takes pity on her and tells her to ask her husband to wear black clothes, and go to the forest on a black horse until the horse slips, the place where the horse slips needs to be dug until he finds the temple of Devi, perform pooja to the Devi and she will solve their problem. As per the instructions of the Sadhu the merchant goes to the forest wearing black clothes riding a black horse. The forest was very thick and fearful and full of wild animals. He goes on until he finds a lovely pond full of lotus flowers. He refreshes himself and his horse and goes on, until the horse slips. The merchant starts digging the place until he finds the temple of a Devi. The temple was surrounded with lovely flowering and fruit bearing trees. The walls of the temple were of Gold and precious gems. He enters the temple with devotion and performs Pooja to the Goddess. The Devi is pleased for having received such a wonderful Pooja in the forest, appears before him and tells him to ask for a boon. He tells the Devi that he is very sad as he had no children.

The Devi tells him that he is destined not to have children, hence she asks him to choose between a daughter who becomes a widow soon, a wonderful son with a short life or a blind son with a long life. The merchant chooses a wonderful son with a short life. The Devi Instructs him to pick a mango fruit by climbing on the Ganapathy in front of the temple and give it to his wife, and their desires will be fulfilled. The merchant becomes very happy and goes to the tree and plucks one fruit, he sees a lot of fruits on the tree and plucks more, when he comes down he has only one fruit, not satisfied he climbs again and plucks more fruits and the result is the same everytime. During all his attempts he was climbing on the Lord Ganeshas Idol to pluck the fruits. Lord Ganesha becomes angry at the greed of the merchant and curses him that his son will die at the age of 8, by snake bite. The sad merchant
returns home and gives the fruit to his wife. They get a beautiful son. They name him “Shiva,” perform his upanayana at the age of 6 and when he is 11 years old the wife asks the merchant to get his son married. The merchant tells her that he has decided to send his son on Kashi Yatra and after he returns they can arrange for his marriage. They send their son along with his uncle for the Yatra. Both the boy and his uncle on their way to Kashi reach a city called Pratishtanagara. In a garden they see a few young ladies fighting, a girl curses another young girl called Susheela as being unfortunate and to become a widow soon. Susheela who is very pretty and shining like gold, is unperturbed she replies "Your curse will have no effect on me, as my mother performs a Pooja called "Sri Mangala Gowri Vratha", The Pooja is so powerful that even in the surroundings where the Pooja is performed , no ladies will be widowed. The Uncle of the boy Shiva who was watching this feels that, if the mother of Susheela blesses Shiva, possibly he may not die young. So they follow the girl and start living in the temple near the girl's house. Susheela's father by name Hari was very devoted to the Deity of the temple and he never used to take any step in his life without the permission of the God. He decides to get his daughter married, so he goes with his wife to the temple to ask permission from the Deity. They request Lord Shiva of the temple not getting any answer, they approach the Goddess of the temple. The uncle of Shiva who was very clever, makes use of the opportunity, hides behind the idol of the Devi and tells Susheela's parents to get their daughter married to a man called Shiva who is a stranger to the city. Next day the uncle of Shiva approaches Susheela's parents and tells them that he has come with a boy called Shiva and is looking out for a suitable bride, and asks them for the hand of Susheela for Shiva. The parents of Susheela readily agree. On the night of their marriage, when they were asleep Sree Mangala Gowri appears in Susheela’s dream as her mother and tells her that a big snake is coming to bite her husband and asks her to wake up give the snake milk, keep a pot so that the snake enters into the pot
and close the pot with a cloth. Susheela wakes up and sees a very big snake approaching her husband fast, she gives milk to the Snake and keeps a pot. The snake gets into the pot and she ties it with a doth. After that Shiva wakes up and tells her that he is hungry. She gets sweets for him to eat. He eats the sweets, washes his hands and keeps his ring in the vessel and goes to sleep. Next day morning he leaves the house. In the morning Susheela wakes up and takes the blessings of her mother. Now as the bridegroom had gone Lord Shiva himself appears in the guise of Susheela’s husband. Susheela tells her mother that this is not her husband, listening to which the Lord Shiva in the guise of groom disappears. Everyone was worried and start looking out for Shiva. They do Annadhana to get back the groom. They set up an Annachatra, Susheela used to wash the feet of people keeping her husband’s ring and her mother used to pour water. Hari her father and brothers used to serve them with food and look after their comforts, this went on for some time. Meanwhile Shiva and his Uncle went to City of Kashi, did a lot of Dhana and Dharma. Shiva completes $\infty$ years and dreams that he is being taken away by Yamadhutas, and Lord Shiva came and saved him. The Uncle of Shiva becomes very happy that they got rid of a big problem. They hear from people the fame of the Annadhana being performed by Susheela’s parents and the praise of the qualities of Susheela. When they go there, Susheela washes the feet of her husband and recognizes him. The parents of Susheela were very happy and give the son-in-law all respect and a lot of wealth. Meanwhile the parents of Shiva were very worried about the whereabouts of their Son who would die soon due to the short life span. Some messengers tell them all the news about Shiva, his marriage with Susheela and their well being. They were very happy and receive Shiva and Susheela with all pomp. They hear from their daughter-in-law the way to perform the “Sri Mangala Gowri Vratha” and get her to perform the Vratha. This Vratha needs to be performed on Tuesdays, during Sravana Masa. The people performing the vratha need to fast.
The Pooja of the Devi needs to be performed with Sraddha and Bhakti.
Om Sri Mangala Gowryay Namaha.

76 तांत्रिकांना तपस्वी (chant dhyAna shloka )

श्रवणमाग्नि मातार्यकृत्य देववान्य समाधिः |
चन्द्रिका तन्त्राणु होनी ततात्माकान्त समाधिशुमारः ||

80 तुष्य गुप्तमानं नमः
80 गरीरेण यंस्तो नमः
80 गोदर्शनमेव नमः
80 गर्दुर्कुस्मिनेन नमः
80 गौरीयार्यसद्वेदेन नमः
80 विद्याप्रभुरुपं नमः
80 धनं चुरुण चुरुणेन नमः
80 श्री विनाशिन्येन नमः
80 श्री स्वर्णास्मिनेन नमः
80 श्री स्वर्णामोहिज्जनेन नमः
80 श्री विश्वामित्यज्जनेन नमः
80 श्री दधिचिज्जनेन नमः
80 श्रीतुश्री क्षणेन नमः
80 मान्यं मुनिज्जनेन नमः
80 प्राणसुमातार्येन नमः
80 चंद्रकांश्यज्जनेन नमः
80 चंद्रसुमातार्येन नमः
80 चंद्रसुमातार्येन नमः
80 चंद्रसुमातार्येन नमः
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80 चंद्रसुमातार्येन नमः
80 चंद्रसुमातार्येन नमः

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( dip finger in water and write a square
and ssriis mark inside the square. Place
naivedya on ssriis. remove lid and
sprinkle water around the vessel; place in
each food item one washed leaf or flower
or akshata )

( Touch naivedya and chant Ṛ times)

(request Goddess to come for dinner)
श्रवण मंगल गोवृष पूजा

(cover face with cloth and chant gayatri mantra five times or repeat 09 times चुंक चुंक मंगल पूजास्मिन सधार मंगलपुजास्मिन सधार ||)

(let flow water from shankha)

(put tulsi / axathaa on a big fruit)

(put tulsi/akshata on fruits)
 Shravana Mangala Gowri Puja

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हस्तान्तरण नमस्ते सती गोविंद

श्रवणं चारुम नामः गोविंदायुगी नमः ||
समाजानार्त्यम भुजामयी युज्यस्तुम सती \\

तृतीयम चारुम नामः गोविंदायुगी नमः ||
ब्रतमात्रमात्रभुजामयी युज्यस्तुम सती \\

चतुर्थिम चारुम नामः गोविंदायुगी नमः ||
स्वाहायं सतीमयी स्वाहायं सती \\

पावनम चारुम नामः गोविंदायुगी नमः ||
सैन्यं सतीमयी सैन्यं सती \\

चतुर्थिम चारुम नामः गोविंदायुगी नमः ||
पावनम सतीमयी पावनम सती \\

थथाम चारुम नामः गोविंदायुगी नमः ||
सैन्यं सतीमयी सैन्यं सती \\

हस्तान्तरण नमस्ते सती गोविंदायुगी नमः ||
समाजानार्त्यम भुजामयी युज्यस्तुम सती \\

भवति चैव उपाख्याति नामः गोविंदायुगी नमः ||
संसारमय्यं सतीमयी संसारमय्यं सती \\

सावित्री चारुम नामः गोविंदायुगी नमः ||
संसारमय्यं सतीमयी संसारमय्यं सती \\


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