Check List

1. Altar, Deity (statue/photo),
2. Two big brass lamps (with wicks, oil/ghee)
3. Matchbox, Agarbatti
4. Karpoo, 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.
1 At the regular altar

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.

(Now we chant the 21 names of the Lord, in order to concentrate on the Lord)

(Repeat Achamana 2 - given above)

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

Prostrations to our parents

Prostrations to the Indra and shachii

Prostrations to Shiva and pArvati

Prostrations to the Lords who protect us - LakShmi and NArAyaNa

Prostrations to the deity of all the materials we use

Stand and hold a fruit in hand during sankalpa

Prostrations to Goddess devi, the main deity if this puja

We completely surrender ourselves to that Goddess who embodies auspiciousness, who is full of auspicious-ness and who brings auspiciousness to us

Whoever chants or hears these 12 names of Lord Ganesha will not have any obstacles in any of their endeavours

Prostrations to all the Gods

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

Prostrations to the deity of all the materials we use

Metal dish (tamhan). Offering the water into the circular, shelving dish signifies the completion of an act.

Prostrations to the Lords who protect us - LakShmi and NArAyaNa

We offer an offering spoon (pali) with water in the cup of the religious path

We offer (Whosoever chants or hears these 12 names of Lord Ganesha will not have any obstacles in any of their endeavours)

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

When Lord Narayana is with us, then our hearts are at the feet of Lord Narayana, then the most auspicious time and day to worship the Lord.

(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)

(keep fruits in front of the Goddess)

5. अपवादं पुजन (Purifying the body)
5.(1) कल्याणं पुजन

http://www.mantraonline.com/
(Purifying the hands)

(1) (6) (4)  | ചെയ്യുന്നപ്പോഴത്തെ ചെറു ഹാം |
(2) ചെരുത്താ   |   ഗിരിക്കിൽ ചെറു ഹാം |
(3) ഹാം | വർദ്ധനവും ഹാം |

(touch both fore fingers)

(4) ഹാം | അണ്ഡം ചെറു ഹാം |
(5) വീൽപ്പെടുത്തുന്ന   |   വെട്ടിക്കിൽ ഹാം |
(6) ഹാം |

(touch middle fingers)

(7) നാഞ്ചു | അമ്മ്കിളിപ്പെടുത്തുന്ന   |   വിശാർഗ് ഹാം |
(8) ഹാം |

(touch ring fingers)

(9) നാഞ്ചു | കാണൽ കിളിപ്പെടുത്തുന്ന   |   ഗാമാടിപ്പെടുത്തുന്ന ഹാം |
(10) ഹാം |

(touch palms and over sleeve of hands)

(11) സ്വരം പാലുകളിലേന്തി   |   സീമിതമായി ഹാം |

(show mudras)

(12) അളിയുകളായും ചെയ്യുന്ന   |   പോൾ ഹാം |
(13) ക്ലാപ്പ് ഹാം |
(14) ഹാം |

(shut off all directions i.e. distractions so that we can concentrate on the Goddess)

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

(15) ക്ഷേത്രാണി പുതുക്കൽ   |   ഗുണത്തേടി ശാസ്ത്രം കൊണ്ടു പൂജ നടത്തി വേണം .

(16) ക്ഷേത്രാണി പുതുക്കൽ   |   ഗുണത്തേടി ശാസ്ത്രം കൊണ്ടു പൂജ നടത്തി വേണം .

(pour water)

(17) ക്ഷേത്രാണി പുതുക്കൽ   |   ഗുണത്തേടി ശാസ്ത്രം കൊണ്ടു പൂജ നടത്തി വേണം .

(O great Ganapati come along with Riddhi, Buddhi, and Kali. You are the Goddess of auspicious occasions. Let us chant the Mantra on you.)

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7. Open palms and touch the ground.

8. Offerings 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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(Touch the grains/rice/wheat)

10 മലയാളം
(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.)

(put betel nut in kalasha)
(put gold / daxina in kalasha)
(put jewels / washed coin in kalasha)
(put duurva / karika )
(tie cloth for kalasha)
(copper plate and ashhTadala with kuMkuM)

11 മലയാളം
(On the second kalasha)
12. കോലേ നുണാത
(continue with second kalasha)

Those who want to attain immortality take a dip in the confluence of the Ganges, Yamuna and Sarasvati rivers at the prayag. Let the water in this kalasha become like the water from the holy rivers)

॥ കവാടം മൂന്നാം ||

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(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) (to remove poison) (to provide nectar - amrit) (to make auspicious) (to protect)

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

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

15 (Sprinkle water from shaNkha on puja items and devotees)

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16. (put tulasi leaves or axatAs in empty vessels)

17. (put tulasi leaves or axataas in vessels. Panchamrit is nectar of five ingredients - a mixture of milk, curds, clarified butter (ghee), honey and sugar.)

18. (keep milk in the centre)

19. (curd facing east )

20. (Ghee to the south)

21. (Honey to west )

22. (Sugar to north)
ശ്രവണ മണ്ഡല ഗോവി പുജ —

(ലോഹത്തെ കെട്ടുക ഉടമത്തല പുഷ്പത്തെ
നായിക്കുന്ന)

ശ്രവണ മണ്ഡല കെട്ടുക
കെട്ടുക പോകാൻ കെട്ടുക
കെട്ടുക പോകാൻ കെട്ടുക
കെട്ടുക പോകാൻ കെട്ടുക

(ലോഹത്തെ കെട്ടുക)

23 മാസം
(hold flowers in hand)

(offer flowers to Goddess)

(show mudras to Goddess)

(show flowers/axathaas)

(show water)

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27 കൊട്ടാരം
(offer water)

28 ദുബായിപ്പ്
(offer water or axathaa/ leave/flower)

29 ഗാനം

(offer water around throw one tulsi leaf to the north)

30 പാട്ടാർ

31 തുംബുക്ക്
(Pure water bath)
(Sound the bell pour water from kalasha)
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ശ്രാവനം ഗോവി പുജ‌

43 അംഗാഗോദത്തഗ്ര

44 അംഗാഗോദത്തഗ്ര
One of the ways in which the Pandavas spent their time during Vanavasa was listening to Lord Krishna’s narration of various Poojas and Vrathas 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 "Aayuu"—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 Vaidavyya - 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

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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 16, 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 8 and when he is 10 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 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, 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 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 a while. Meanwhile Shiva and his Uncle went to City of Kashi, did a lot of Dhana and Dharma. Shiva completes 16 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 Shiva 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 Gowryam Namaha.

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

( Touch naivedya and chant 9 times)
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(put tulsi / axathaa on a big fruit)
(cover face with cloth and chant gayatri mantra five times or repeat 12 times)

(put flow water from shankha)

(leave the fruits)

(cover face with cloth and chant gayatri mantra five times or repeat 12 times)

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54 സഞ്ജീവൻ
അവിഷേഷം നിൽക്കുന്ന തന്നെ സാമൂഹിക പ്രബലമായിരിക്കുന്നു.
അതുപോലെ പൊതുക്കെ നമുക്കെ മുക്തി നൽകുക
ഓ ഇന്ന് എന്തായാലും നാട്ടിന്റെ സാമൂഹ്യാവശ്യം
അതിന്റെ എണ്ണം നമുക്കെ മുക്തി
" ഓ ഇന്ന് എന്തായാലും നാട്ടിന്റെ സാമൂഹ്യാവശ്യം
അതിന്റെ എണ്ണം നമുക്കെ മുക്തി

55 കു nf നിവശം

56 കാൽപൂർണ്ണ നിവശം

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