

# **Sri Satya Narayana Vratam** ***(Ritual of Lord Satya Narayana)***

## **Regular Version**

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*Date of first version: 2013 February 20*

*Date of current version: 2013 February 20*

## **Introduction**

As per Skanda Purana, Lord Vishnu taught Satya Narayana vratam to Maharshi Narada when the latter asked Lord Vishnu how human beings can overcome their strife in the terrible age of Kali yuga. This ritual is supposed to be an easy solution to the problems of human beings in this age. It is appropriate for spiritual progress as well as material success. It gives results based on one's aptitude.

Satya means truth. Satya Narayana is the personification of Truth. At the highest level, the only Absolute Truth in the cosmos is the Supreme Cosmic Being. At a lower level, there are many many relative truths that arise in the pure consciousness of Supreme Cosmic Being. Like the dream objects that arise in our dreams, various beings such as the Creator (Brahma), Sustainer (Vishnu) and Destroyer (Shiva) arise in the pure consciousness of this Supreme Cosmic Being and the entire field of "duality" comes into play. There are many relative truths pertaining to and governing this field of duality. Lord Satya Narayana is the personification of all the Truths of this cosmos, starting from the Absolute Truth to the relative truths in the field of duality.

## **Note on The Manuals**

There are 3 versions of this manual at <http://www.VedicAstrologer.org>: (1) Regular, (2) Short, (3) Super-short. This is the **regular** version. This manual is appropriate for those who want a very elaborate external ritual replete with Veda mantras.

Those who are not comfortable with Sanskrit language, those who are short on time and those who are not attracted to external rituals and want to spend more time in internal meditation than in an external ritual, should refer to the *super-short* version. Those who are comfortable with the Sanskrit language and want to have a slightly elaborate ritual should refer to the *short* version.

## **Common Mis-conceptions**

(1) *Misconception*: Women cannot perform Satya Narayana vratam alone.

*Comment:* In the discussion between sages on Satya Narayana vratam in Skanda Purana, an example is given where women did the ritual when husbands were away. A woman can perform this ritual by herself if husband is away or not interested.

(2) *Misconception:* One must either do a “perfect” ritual or not do any ritual at all. A perfect ritual takes a very long time.

*Comment:* Though one may eat a sumptuous meal on an important festival day, one does not necessarily get a lot of energy from it. One gets most of one’s energy from the regular dal (lentils) and rice that one eats everyday.

Though there are complicated versions of vratam, it is better to do a simple vratam on a regular basis (*e.g.* monthly once) than to do a complicated version very rarely. In fact, this ritual can be performed daily in a highly simplified form.

(3) *Misconception:* If mistakes happen in a ritual, the consequences will be bad.

*Comment:* If a ritual is performed with a saattwik spirit for saattwik purposes, there are no risks.

If you act nice with someone because you want their money, you have to understand their thinking well, take the advice of people who know them well and act very carefully to get money from them. Mistakes can be costly and spoil your goal.

But, if you act nice with your parents simply because you love them and want to show your love, you do not need to be careful. You just show your love in whatever way you know. There is no need to follow anybody’s advice strictly and there are no risks. Even if you act overly smart, your parents love you and will not be irritated. They will do what is good for you, even if it may hurt you in the short term.

Worshipping Goddess Ramaa and Lord Satya Narayana are like spending time with parents.

(4) *Misconception:* One not initiated by a guru (master) cannot perform ritual or recite certain mantras.

*Comment:* If one receives a mantra or a procedure from the mouth of a master, it is analogous to a millionaire opening a bank account in his son’s name with a high starting balance. The son is lucky, as he is starting off with a big balance. Similarly, some of the siddhi (attainment) the master has in the mantra or procedure is transferred to the disciple even as (s)he starts out.

If one does *not* receive a mantra or a procedure from the mouth of a master, it is analogous to starting off with a zero bank balance. While it is useful to start off with a positive balance, it is neither necessary nor sufficient. There are sons of millionaires who used up the millions earned by parents and reduced them to zero, while there are some self-made men who made millions purely with self-effort. Similarly, one taught by the greatest guru can fall while one not taught by a guru can reach the ultimate. While it is desirable to have a guru, it is by no means compulsory.

(5) *Misconception*: Those who are not learned in Veda cannot recite Veda mantras and perform rituals based on Veda mantras.

*Comment*: Jnaneshwar was a 12<sup>th</sup> century master. He was a great Krishna devotee. When he was asked to not recite Veda by a council of erudite scholars, as he was not formally qualified, he replied that every being had a right to recite Veda. When he started reciting, they tried to shut his mouth. Then, a buffalo standing next to him recited Veda! The scholars begged his pardon and corrected their narrow-minded attitude.

Many great souls like him taught that Veda could be recited by anyone. One engaged in *tantric* practices that serve specific purposes and give specific *siddhis* (attainments) need to be afraid of side effects and punishments for mistakes, but mantras from Veda were taught by great rishis for the highest purpose of self-realization. One reciting them need not be afraid of any side effects. Veda mantras are saattwik, self-correcting and ultimately leading to self-realization.

Those who have an affinity to tantric practices should not be discouraged from learning and using them, but those who appreciate the teachings of rishis must be encouraged to recite Veda mantras and perform rituals based on Veda mantras. The key is to have an attitude of submission and a desire for nothing other than self-realization and to do ritual without any expectations whatsoever. Then there are no risks.

The procedure taught in this document may contain just a few Veda mantras, which are not very difficult to pronounce. There are different versions of this manual and some include fewer Veda mantras and some more.

(6) *Misconception*: Those who are not born in a brahmin family cannot perform ritual.

*Comment*: Satya Narayana vratam can be performed by one belonging to any varna (caste). In the stories given in Skanda purana, there are explicit examples.

Moreover, one's varna (caste) is not to be determined solely from the family one is born in. There are examples of men born to parents belonging to various castes performing *tapascharya* and becoming rishis. Maharshi Viswamitra, who taught the Savitru Gayatri mantra, was a kshatriya by birth. Maharshi Valmiki, who taught Brahma Jnana to Maharshi Bharadwaja, was a shoodra by birth.

One who has affinity to knowledge is a Brahmana (wise man). One who has affinity to power and authority is a kshatriya (warrior). One who has affinity to money is a vaisya (trader). One who has affinity to carnal pleasures is a shoodra (worker). If a person born in a Brahmin family is after money, he becomes a vaisya and not a Brahmin. On the other hand, if a person born in a vaisya family desires nothing but knowledge and self-realization, he automatically becomes a Brahmin and very fit to perform any rituals.

In any case, one who is interested in knowledge or power or money or pleasures can perform Satya Narayana vratam. Lord gives results befitting one's attitude.

(7) *Misconception*: One should get a priest to do rituals and not do them oneself.

*Comment:* A good shooter standing too far from a target may do worse than an average shooter standing right next to the target. Similarly, many priests of this age are limited in the ability to emotionally identify with the problems of others and direct spiritual energy at those problems. If the person does the ritual directly, it is akin to someone standing right next to the target shooting.

In Kali yuga, Parasara smriti is the authority for rituals and dharmik matters. As per a dharma shastra called “Parasara Madhaveeyam”, a ritual performed in one's name by one's own disciple is 100 times more powerful than a ritual performed in one's name by a priest; a ritual performed in one's name by one's own son is further 100 times more powerful; and, a ritual performed by oneself is further 100 times more powerful. Hence, a ritual performed by oneself is 1,000,000 times more powerful than a ritual performed in one's name by a priest. *If* one is capable of performing a ritual oneself, that is ideal in this decaying age of Kali.

(8) *Misconception:* The ritual should be done in the evening/night only.

*Comment:* Though that is the preferred time, this ritual can be performed at any time.

### **Correct Attitude**

While it is good to follow the procedure faithfully, it is even more important to surrender oneself to god, leave ego and identify with the deity when performing a ritual. One should believe *sincerely* that the Lord is *really* sitting in front of one in the idol or kalasham. When one offers various services, one should imagine that one is offering those services to Lord for real. The more sincere one is in this belief, the better the results will be. The external objects used in the ritual are a proxy or symbol for the *real* offering that occurs at the *mental* level.

If that sincerity is there, all other minor errors will have no negative effect and one will make progress. If that is not there, even an impeccably performed ritual will not have any tangible effect.

If one has an over-active mind, doing pranayama before ritual can be useful. Somehow or the other, one should calm the mind down to the best of one's ability before starting the ritual.

### **Materials Needed**

- An idol of goddess Rama and Lord Satya Narayana. Otherwise, an idol of Lakshmi & Narayana. Otherwise, any idol. In the absense of idols, any golden or silver or copper or bronze or panchaloha or clay object or a stone or a coin can be used to invoke god in it.
- Some akshatas. Those can be made by mixing raw (uncooked) white (or brown) rice grains with a drop of sesame oil (or some other oil) and a pinch of turmeric powder. Instead of turmeric powder, one can also use vermilion (kumkum) powder used for the dot on the forehead.
- A small lamp, consisting of a wick that can be lit in sesame oil/ghee. A candle can also be used as an alternative, though it is better to burn ghee or sesame oil than wax.
- A match box to light fire
- Sandalwood powder

- One tumbler or cup to store water. It should preferably be made of silver or copper or clay. If unavailable, you may use steel or glass.
- One spoon (preferably silver or copper)
- *Kalasha*: One golden/silver/copper/bronze/clay pot used as kalasham
- One coconut or any fruit (e.g. apple or orange) to put on top of kalasham as the head.
- *Sugandha Dravya*: Powder of cardamom, cinnamon, edible camphor and sandalwood to be mixed with the water in kalasham. If not available, just mix some sandalwood powder or turmeric powder.
- An incense stick
- Some flowers
- Some food that you can offer to god. Eggs, meat and seafood should not be used in that food. In fact, do not *eat* eggs, meat and seafood on the day of ritual. Onion, garlic, strong spices and too much of chillies should also be avoided in the food cooked for God. Fruits are also fine. Just sugar or brown sugar or rock candy sugar or jaggery can be offered to god too. When using sugar, please note that the normal white refined sugar used these days has bone ash in it. Brown sugar, vegetarian sugar or jaggery are to be preferred. [NOTE: The recommended prasadam for this ritual is made by cooking cream of wheat in milk, ghee and sugar. If possible, one can make that.]
- A full fruit (e.g. banana, orange, apple, date, raisin)
- For making *panchamrita*: Milk, yogurt (curds), honey, ghee (*i.e.* clarified butter) and canesugar juice (or vegan/vegetarian sugar).
- Some water
- 43 dry dates,
- 43 pieces of betel nut
- 43 coins
- A wooden plank or a table (*optional*)
- A piece of cloth, approximately 2 ft x 2 ft. It should basically be able to cover the wooden plank/table above. Any color except black is fine.
- Navadhanyas (nine grains used for nine planets) – rice, wheat, whole toor dal, whole green moong dal, whole chick peas, val dal, black sesame seeds, black gram (urad) dal and masoor dal. All these are available in Indian stores. If not available, use just rice or any local grain.

### **Preparation Before Ritual**

- (1) Make some food items to offer to god. You can just use rock sugar candy or raisins or dates or fruits or jaggery also. Please see the notes in the previous section on the recommended prasadam.
- (2) Fill water in the tumbler/cup and place the spoon in it.
- (3) Fill the pot (kalasha) with water. Mix the powder (see “*Sugandha Dravya*”) in the section above in the water. Pour a few akshatas in the water.
- (4) Place the coconut or other fruit (apple/orange) on top of the kalasha. Place this kalasha and idol in the pooja area.
- (5) Take the wooden plank or table. Cover it with a piece of cloth. Arrange the nine grains in different geometrical shapes as shown in the picture in Appendix I. The grain to be used is identified next to each shape in that picture. Go through the picture carefully.

- (6) Make a seat for yourself in front of the idol and kalasha. Ideally you should be facing east. You can decorate the idol and kalasham based on your ability and taste.
- (7) Prepare panchamrita by mixing milk, yogurt (curds), honey, ghee (*i.e.* clarified butter) and canesugar juice (or vegan/vegetarian sugar). For a smooth mixture, follow this procedure: (i) melt ghee, (ii) mix it smoothly with honey, (iii) mix vegetarian sugar in it, (iv) mix yogurt/curds at room temperature (*i.e.* not cold from fridge) with this mixture, (v) make sure the mixture is homogeneous and add milk at room temperature, (vi) make sure the resulting liquid is homogeneous. This is called *panchamrita* (5 ingredient ambrosia).
- (8) *Important:* Do not consume any food within 1-2 hours before the ritual (atleast one hour). Evacuate the bowels before ritual and take bath. Stomach should be empty during a ritual for the best experience.
- (9) Ideally, one should fast the whole day and do this ritual in the evening after sunset. But, one may not fast if fasting is not possible for one. Also, it is ok to do this ritual at any time.

### **Ritual Procedure**

Before starting the ritual, think in your mind of Mother Earth who is bearing you, Lord Ganesha who removes obstacles, your ishta devata (favorite deity), your parents, the rishis of your gothra (if you know them), the seven rishis, all the rishis and all your gurus.

#### **Aachamanam (sipping water to purify)**

Take a little water from the tumbler into your right hand with a spoon. Drink the water after saying the first item below. Take more water with the spoon into your hand, say the second item below and drink it. Take more water, say the third item below and drink it. Imagine that Vishnu who is within you is getting that water.

om keśavāya svāhā	om nārāyaṇāya svāhā	om mādhavāya svāhā
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#### **Vighneswara Smarana (Remembering the remover of obstacles)**

In order to not have any obstacles in the pooja, we pray to Ganesha in the beginning. Ganesha is a personification of the aspect of our consciousness that makes us avoid and overcome obstacles. Read the following verses and pray within your mind to Ganesha to remove obstacles from your ritual.

śuklāambaradharaṁ viṣṇuṁ śaśivaraṇaṁ caturbhujam   prasannavadanaṁ dhyāyet sarva vighnopasāntaye    agajānana padmārkaṁ gajānanamaharṇiṣaṁ   anekadaṁ taṁ bhaktānāṁ ekadantaṁ upāsmāhe    vakratuṇḍa mahākāya koṭisūryasamaprabha   nirvighnaṁ kuru me deva sarvakāryeṣu sarvadā
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#### **Praanaayaamam (restraining the life force)**

A calm and relaxed mind can concentrate and focus better, compared to an agitated or tense mind. Breathing and mental state have a correlation. When mind is agitated, breathing is

irregular and labored. When mind is calm, breathing is regular and smooth. Pranaayaama is a method of controlling the breathing and hence regularizing the life force that fuels mental activity. One should calm down mind before any important activity such as praying, eating food, learning, reading, writing etc, for a higher efficiency. That is why praanaayaama is done before any ritual. Though most priests breeze through this step, this is an important step. One should take time to do this step for as long as it takes and ensure that one is in a calm state of mind before going ahead with the rest of the ritual.

Take some akshatas (see “Materials Needed” for a description of how to make them) in the left palm, place the left palm on the left lap, hold the nostrils with the right hand and do praanaayaama. Place the little finger and ring finger on the left nostril and thumb on the right nostril. Close the left nostril, open the right nostril by releasing the thumb and say the Gayatri mantra mentally while gently breathing in through the right nostril (without making any breathing sound). If you don't know the Gayatri mantra, use one of the following mantras:

om namo bhagavate vāsudevāya | om namaśśivāya | om gaṁ gaṇapataye namaḥ |

After saying the mantra once, close the right nostril with the thumb and say the mantra once more while retaining the air previously breathed in. Then open the left nostril by relaxing the little and ring fingers and say the mantra for the third time while breathing out through the left nostril. When done, say the mantra once more, while breathing in through the left nostril. Then close the left nostril with little and ring fingers and say the mantra for the fifth time while retaining the air previously breathed in. Then release the thumb and say the mantra for the sixth time while breathing out through the right nostril. While reading the mantra all the six times, contemplate the formless supreme Brahman (supreme soul of the entire universe) that fills each being of this universe and also the air being breathed in and out. If you want, you can imagine a specific form (such as your ishta devata) also and imagine that your ishta devata fills the entire universe. If you want, you can repeat the above sequence as many times as you comfortably can.

### **Sankalpam (taking the vow)**

Now, declare your intention of doing a vratam to please Lord Satya Narayana. Transfer the akshatas to the right hand, place the open left palm (empty) on right lap, place the closed right palm containing akshatas on the left palm. Then say the following, while mentally thinking that you are going to do a ritual to the best of your ability, to please Lord Satya Narayana.

om mamopātta samasta duritakṣayadvārā śrī paramēśvara prītyartham śrī satya nārāyaṇa prasāda siddhyartham adya śubhadine śubhamuhūrte śrī satyanārāyaṇa vratakarma yathāśakti kariṣye |

Then leave the akshatas from your hand in front of the idol and sprinkle a little bit of water on the palms. Now light the ghee/oil lamp.

### **Kalasa Suddhi (water purification)**

Place a few akshatas and a flower (if available) in the tumbler containing water. If you can, put dhenu mudra. Else, cover the tumbler with your right hand palm. Say the following syllable 11 times to purify the water.

vaṁ

Now read the following and think that auspicious essence of various rivers of the world is entering the water in the tumbler.

kalaśasya mukhe viṣṇuḥ kaṇṭhe rudraḥ samāśritaḥ |  
kukṣau tu sāgarāḥ sarve saptadvīpā vasundharā | |  
ṛgvedo'tha yajurvedaḥ sāmavedo hyatharvaṇaḥ |  
aṅgaiśca sahitāḥ sarve kalaśāmbu samāśritāḥ | |

āpo vā idaṁ sarvaṁ viśvā bhūtānyāpaḥ prāṇā vā āpaḥ paśava  
āpo'nnamāpo'mṛtamāpassamrāḍāpo virāḍāpassvarāḍāpaśchandāṁśyāpo jyotīṁśyāpo  
yajūṁśyāpassatyamāpassarvā devatā āpo bhūrbhuvassuvarāpa om |

gaṅge ca yamune caiva godāvari sarasvati |  
narmade sindhu kāveri jale'smin sannidhiṁ kuru | |  
amṛtaṁ bhavatu

Then take a little water from the tumbler with a flower or flower petal or spoon and sprinkle it on yourself, the idol you are going to use and other materials to be used in the ritual (like fruits, flowers, idols and food).

### Ganapathi Pooja (worship of Ganapathi)

Before calling the main deity of the ritual (Lord Satya Narayana), a quick worship of Lord Ganapathi can be performed for the removal of obstacles. Lord Ganapathi is the personification of an aspect of our consciousness that makes us avoid and overcome obstacles.

Lord Ganapathi can be invoked in an idol or a coin or a wet turmeric mound. Place the idol on a plate or on some grains of rice in the position marked in peetha as LG1 or LG2 (see the picture of peetha in Appendix I). Invoke Lord Ganapathi while chanting the following.

om gaṁ gaṇapataye namaḥ | asunī te punarasmāsu cakṣuḥ punaḥ prāṇamiha nō dehi  
bhogaṁ | jyokpaśyema sūryamuccarantamanumate mṛḷayā naḥ svasti | hrām hrīm krom |  
krom hrīm hrām | om śrī gaṇapati prāṇaśaktyai namaḥ | atra āgaccha | āvāhito bhava |  
sthāpito bhava | sannihito bhava | sanniruddho bhava | avakuṅṭhito bhava | deva prasīda  
prasīda |



Now, we have to offer worship with several services to Lord Ganapathi. A shodasopachara pooja (16 service worship) is included in this regular version. If one wants to perform a shorter panchopachara pooja (5 service worship), one can use the generic procedure in Appendix B1 by using the following mantra as the prefix before all services.

om gaṃ gaṇapataye namaḥ |

Say the line below and think in the mind that you are offering a nice seat to Lord Ganapathi to sit on. While imagining that, just offer a few akshatas to the idol and the kalasha.

om gaṃ gaṇapataye namaḥ | āsanam samarpayāmi |

Now, say the line below imagine that you are washing Lord Ganapathi's feet. While imagining that, show a little water with the spoon to Lord Ganapathi and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

om gaṃ gaṇapataye namaḥ | pādayoḥ pādyam samarpayāmi |

Say the line below, imagine that you are washing the hands of Lord Ganapathi, show a little water in the spoon to Lord Ganapathi and leave it in the deposit bowl.

om gaṃ gaṇapataye namaḥ | hastayoḥ arghyam samarpayāmi |

Say the line below, imagine that you are offering drinking water to Lord Ganapathi's mouth, show a little water in the spoon to Lord Ganapathi and leave it in the deposit bowl.

om gaṃ gaṇapataye namaḥ | mukhe śuddhācāmanīyam samarpayāmi |

Say the first sentence below, imagine that you are giving a bath to Lord Ganapathi, show a little water in the spoon to Lord Ganapathi and leave it in the deposit bowl. Say the second sentence below, imagine that you are giving drinking water to Lord Ganapathi's mouth after bath, show a little water in the spoon to Lord Ganapathi and leave it in the deposit bowl.

om gaṃ gaṇapataye namaḥ | snānānantaram ācāmanīyam samarpayāmi |

Say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant) and offer a few akshatas to Lord Ganapathi and the kalasha.

om gaṃ gaṇapataye namaḥ | vastrāṇi dhārayāmi |

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to Lord Ganapathi.

om gaṃ gaṇapataye namaḥ | yajñopavitāṃ samarpayāmi |

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to Lord Ganapathi. If you don't have all these, just sprinkle a few akshatas on Lord Ganapathi.

om gaṃ gaṇapataye namaḥ | gandhān dhārayāmi | haridrā kuṅkumaṃ samarpayāmi |  
akṣatān samarpayāmi |

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to Lord Ganapathi.

om gaṃ gaṇapataye namaḥ | ābharaṇāni samarpayāmi |

Sprinkle a few flowers or flower petals or akshatas on Lord Ganapathi.

om sumukhāya namaḥ | om ekadantāya namaḥ | om kapilāya namaḥ | om gajakarṇakāya  
namaḥ | om lambodarāya namaḥ | om vikaṭāya namaḥ | om vighnarājāya namaḥ | om  
gaṇādhipāya namaḥ | om dhūmaketave namaḥ | om gaṇādhyakṣāya namaḥ | om  
phālacandrāya namaḥ | om gajānanāya namaḥ | om vakratuṇḍāya namaḥ | om herambāya  
namaḥ | om skanda pūrvajāya namaḥ | om sarvasiddhipradāyakāya namaḥ |  
om gaṃ gaṇapataye namaḥ | puṣpaiḥ pūjayāmi |

Say the following line and show the incense stick lighted before to Lord Ganapathi.

om gaṃ gaṇapataye namaḥ | dhūpam āghrāpayāmi |

Say the following line and show the lamp lighted before to Lord Ganapathi. Then show a little water in the spoon to Lord Ganapathi and leave it in the deposit bowl.

om gaṃ gaṇapataye namaḥ | dīpaṃ darśayāmi | ācamanīyaṃ samarpayāmi |

Say the first sentence below, show food items you prepared (or fruits) to Lord Ganapathi and imagine that Lord Ganapathi tasted it. You can use cooked food or a fruit or jaggery or sugar. If you cooked only one item, keep it for Lord Satya Narayana and use something else for Lord Ganapathi. You can offer just a raisin or a little sugar also. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below. When saying the second sentence, imagine that you are offering a nice *taamboolam* (*paan*) to Lord Ganapathi and offer some akshatas in their place to the idol and the kalasha.

om gaṃ gaṇapataye namaḥ | naivedyaṃ samarpayāmi | tāmbūlaṃ samarpayāmi |

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of Lord Ganapathi. Say the line below while you do it.

om gaṃ gaṇapataye namaḥ | karpūranīrājanaṃ samarpayāmi |

Take a small flower (or flower petals or some akshatas) in your right hand, say the following and offer it to the Lord Ganapathi. Imagine that you are offering a flower that captures the essence of all mantras.

om gaṃ gaṇapataye namaḥ | mantrapuṣpaṃ samarpayāmi |

Say the following and bow before Lord Ganapathi mentally. Of course, you can also get up, go around Lord Ganapathi once or thrice and bow down (or kneel down or lie down) in front of the kalasha, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the kalasha in clockwise directions.

om gaṃ gaṇapataye namaḥ | pradakṣiṇa namaskārān samarpayāmi |

Some people do udvasana (calling back Lord Ganapathi from the idol) now. But, it is better to keep Lord Ganapathi in the idol till the end of the pooja, so that He too can enjoy watching the pooja. Imagine that Lord Ganapathi is pleased with the ritual and move on to the next step.

### **Varuna Pooja (worship of Varuna)**

Now, a quick pooja of Lord Varuna can be done for increasing perseverance and purity in the rest of the ritual. Lord Varuna is the personification of an aspect of our consciousness that makes us persist and persevere in our work. Lord Varuna can be invoked in the kalasha filled with water and covered with a fruit (coconut or apple or orange). Place the kalasha on some grains of rice in the position marked in the middle of the peetha as K (see the picture of peetha in Appendix I). Invoke Lord Varuna while chanting the following.

om vaṃ varuṇāya namaḥ | aṣuṇī te punārasmāsu cakṣuḥ punaḥ prāṇamiha no dehi  
bhogaṃ | jyokpaśyema sūryamuccarantamanumate mṛḷayā naḥ svasti | om śrī varuṇa  
prāṇaśaktyai namaḥ | atra āgaccha | āvāhito bhava | sthāpito bhava | sannihito bhava |  
sanniruddho bhava | avakuṅṭhito bhava | deva prasīda prasīda |

Now, we have to offer worship with several services to Lord Varuna. A shodasopachara pooja (16 service worship) is included in this regular version. If one wants to perform a shorter panchopachara pooja (5 service worship), one can use the generic procedure in Appendix B1 by using the following mantra as the prefix before all services.

om vaṁ varuṇāya namaḥ |

Say the line below and think in the mind that you are offering a nice seat to Lord Varuna to sit on. While imagining that, just offer a few akshatas to the idol and the kalasha.

om vaṁ varuṇāya namaḥ | āsanam samarpayāmi |

Now, say the line below imagine that you are washing Lord Varuna's feet. While imagining that, show a little water with the spoon to Lord Varuna and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

om vaṁ varuṇāya namaḥ | pādayoḥ pādyam samarpayāmi |

Say the line below, imagine that you are washing the hands of Lord Varuna, show a little water in the spoon to Lord Varuna and leave it in the deposit bowl.

om gaṁ gaṇapataye namaḥ | hastayoḥ arghyam samarpayāmi |

Say the line below, imagine that you are offering drinking water to Lord Varuna's mouth, show a little water in the spoon to Lord Varuna and leave it in the deposit bowl.

om vaṁ varuṇāya namaḥ | mukhe śuddhācamanīyam samarpayāmi |

Say the first sentence below, imagine that you are giving a bath to Lord Varuna, show a little water in the spoon to Lord Varuna and leave it in the deposit bowl. Say the second sentence below, imagine that you are giving drinking water to Lord Varuna's mouth after bath, show a little water in the spoon to Lord Varuna and leave it in the deposit bowl.

om vaṁ varuṇāya namaḥ | snānānantaram ācamanīyam samarpayāmi |

Say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant) and offer a few akshatas to Lord Varuna and the kalasha.

om vaṁ varuṇāya namaḥ | vastrāṇi dhārayāmi |

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to Lord Varuna.

om vaṁ varuṇāya namaḥ | yajñopavitam samarpayāmi |

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to Lord Varuna. If you don't have all these, just sprinkle a few akshatas on Lord Varuna.

om vaṁ varuṇāya namaḥ | gandhān dhārayāmi | haridrā kuṅkumaṁ samarpayāmi | akṣatān samarpayāmi |

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to Lord Varuna.

om vaṁ varuṇāya namaḥ | ābharaṇāni samarpayāmi |

Sprinkle a few flowers or flower petals or akshatas on Lord Varuna.

om vaṁ varuṇāya namaḥ | puṣpaiḥ pūjayāmi |

Say the following line and show the incense stick lighted before to Lord Varuna.

om vaṁ varuṇāya namaḥ | dhūpam āghrāpayāmi |

Say the following line and show the lamp lighted before to Lord Varuna. Then show a little water in the spoon to Lord Varuna and leave it in the deposit bowl.

om vaṁ varuṇāya namaḥ | dīpam darśayāmi | ācamanīyaṁ samarpayāmi |

Say the first sentence below, show food items you prepared (or fruits) to Lord Varuna and imagine that Lord Varuna tasted it. You can use cooked food or a fruit or jaggery or sugar. If you cooked only one item, keep it for Lord Satya Narayana and use something else for Lord Varuna. You can offer just a raisin or a little sugar also. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below. When saying the second sentence, imagine that you are offering a nice *taamboolam* (*paan*) to Lord Varuna and offer some akshatas in their place to the idol and the kalasha.

om vaṁ varuṇāya namaḥ | naivedyaṁ samarpayāmi | tāmbūlaṁ samarpayāmi |

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of Lord Varuna. Say the line below while you do it.

om vaṁ varuṇāya namaḥ | karpūranirājanaṁ samarpayāmi |

Take a small flower (or flower petals or some akshatas) in your right hand, say the following and offer it to the Lord Varuna. Imagine that you are offering a flower that captures the essence of all mantras.

om vaṁ varuṇāya namaḥ | mantrapuṣpaṁ samarpayāmi |

Say the following and bow before Lord Varuna mentally. Of course, you can also get up, go around the peetha once or thrice and bow down (or kneel down or lie down) in front of the kalasha, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the kalasha in clockwise directions.

om vaṁ varuṇāya namaḥ | pradakṣiṇa namaskārān samarpayāmi |

Now chant “Pavamana sooktam” from Yajurveda, also known as “Punyaha Vachanam” (given in Appendix G). It requests various deities and rishis to send their subtle essence into the kalasha to make it worthy of invoking Lord Satya Narayana.

Now call back Varuna from the kalasha so that Lord Satya Narayana can be invoked in it. It is possible to keep two separate kalashas, one for Lord Varuna and one for Lord Satya Narayana. But that is not necessary.

Say the following and show your heart with your hands. Imagine that Lord Varuna has exited the the kalasha and came back into your heart. Imagine that he is pleased with the ritual.

asmāt kalaśāt śrī varuṇaṁ yathāsthānaṁ pratiṣṭhāpayāmi |

### **Parivaara Devataa Poojaa (praying to associate deities)**

Now we worship the associate deities of Lord Satya Narayana.

In the field of duality, our consciousness operates due to three aspects: (1) Astitva or identity – sense of “I exist”, (2) Bhoktritva or experiencership – sense of “I experience”, (3) Katritva or doership – sense of “I do”.

We exist due to the five elements – earth (solid state of existence), water (flexible state of existence), fire (transformatory state of existence), air (expansive state of existence) and ether (existential space behind all existence). These five elements are ruled by Ganapathi, Brahma, Lakshmi & Vishnu, Rudra and Gouri. We pray to them as they control our astitva or identity.

Literal meaning of “graha” is one that grabs. We experience things as grahas or planets grab our consciousness and make it experience the results (reactions) of various actions performed by us in the past. Grahas are the agents of karma phala (fruits of previous actions). Thus, grahas control our bhoktritva or experiencership. We pray to them with ruling and co-ruling deities.

Ten dikpalakas rule the ten directions (eight 2-dimensional directions, up and down). They not only rule the physical directions, but the direction one takes in life with one's work. For example, in Vedic astrology, a chart called dasamsa shows one's work in society and the ten parts of that chart are ruled by dikpalakas showing different kinds of work. Indra, for example, shows work that asserts authority and control over others (e.g. political leaders, managers). Agni, for example, shows work that transforms things (e.g. engineers, designers). Yama shows work related to enforcing rules (e.g. quality assurance, police). Nirriti shows work that breaks barriers (e.g. mafia, cutting edge innovations). And so on. It is dikpalakas who control our kartritva or doership and make us perform different types of actions. We pray to them.

Contemplate each deity in the above 3 groups using a simple naama mantra as given below and place a coin, a dry date, a piece of betel nut and a few akshatas in the corresponding place in the peetha mentioned below (refer to the picture in Appendix I).

Lokapalakas are marked as L1, L2 etc. Grahas are marked as G1, G2 etc. Adhidevata (ruling deity) and pratyadhidevata (co-ruling deity) of each graha are marked as G1A, G1P, G2A, G2P etc. Dikpalakas are marked as D1, D2 etc.

## Lokapalakas:

### Ganapathi (earth element) in L1:

om gaṇānām tvā gaṇapatiṁ havāmahe kavim kavīnāmupamaśravastamam | jyēṣṭharājam  
brahmaṇām brahmaṇaspata ā naḥ śṛṇvannūtibhissīda sādānam | | om gaṇapataye namaḥ |

### Brahma (air element) in L2:

om brahmā devānām padaviḥ kavīnamṛṣirviprāṇām mahiṣo mṛgānām śyeno ḡḍhrāṇām  
svaditirvanānām somah pavitra matyeti rebhan | | om brahmaṇe namaḥ |

### Mahalakshmi (ether/space element) in L3:

om hiraṇyavarṇām hariṇīm suvarṇarajatasrajām | candrām hiraṇmyayīm lakṣmīm jātavedo  
ma āvaha | | om mahālakṣmyai namaḥ |

### Mahavishnu (ether/space element) in L4:

om idaṁ viṣṇurvicakrame tredhā nidādhe padaṁ | samūḍhamasya pām sure | | om  
mahāviṣṇave namaḥ |

### Rudra (fire element) in L5:

om kadruḍrāya pracetase mīḍhuṣṭamāya tavyase | vocema śantamaṁ hrde | | om rudrāya  
namaḥ |

### Gouri (water element) in L6:

om gaurīmimāya salilāni takṣatyekapadī dvīpadī sā catuṣpadī | aṣṭāpadī navāpadī  
babhūvuṣī sahasrākṣarā parame vyoman | | om gauryai namaḥ |

## Grahas:

**Sun (soul – sense of will power) in G1:**

om ākr̥ṣṇena rajasā vartamāno niveśayannamṛtaṃ martyaṃ ca | hiranyayena savitā  
rathenā"devo yāti bhuvanā vipaśyan | om sūryāya namaḥ |

**Agni (co-ruling deity) in G1A:**

om agniṃ dūtāṃ vṛṇīmahe hotāraṃ viśvavedasaṃ | asya yajñasya sukratuṃ | | om agnaye  
namaḥ |

**Rudra (ruling deity) in G1P:**

om kadrudrāya pracetase mīdhuṣṭamāya tavyase | vocema śantāmaṃ hṛde | | om rudrāya  
namaḥ |

**Moon (mind – sense of experiencing the world) in G2:**

om āpyāyasva sametu te viśvatassoma vṛṣṇīyaṃ | bhavā vājasya saṅgathe | | om candrāya  
namaḥ |

**Apas (ruling deity) in G2A:**

om apsu me somo abravīdamtarviśvāni bheṣajā | agniṃ ca viśvaśambhuvamāpaśca  
viśvabheṣajīḥ | | om apbhyo namaḥ |

**Gouri (co-ruling deity) in G2P:**

om gaurīmimāya salilāni takṣatyekapadī dvīpadī sā catuṣpadī | aṣṭāpadī navāpadī  
babhūvuṣi sahasrākṣarā paramē vyoman | | om gauryai namaḥ |

**Mars (sense of initiative & energy) in G3:**

om agnirmūrdhā divaḥ kakutpatiḥ pṛthivyā ayam | apāṃ retāṃsi jinvati | | om maṅgaḷāya  
namaḥ |

**Mother Earth (ruling deity) in G3A:**

om syonā pṛthivi bhavānṛkṣarā niveśanī | yaccānaśśarma saprathāḥ | | om pṛthivyai namaḥ |

**Ruler of lands (co-ruling deity) in G3P:**

om kṣetrāsyā patinā vyaṃ hite neva jayāmasi | gāmaśvaṃ poṣayitvā sa nō mṛḍātīdrśe | |  
om kṣetrapālākāya namaḥ |

**Mercury (sense of learning & adapting) in G4:**

om udbudhyasvāgne pratijāgrhyenamīṣṭāpūrte saṃsṛjethāmayam ca | punaḥ  
kṛṇvaṃstvāpītarāṃ yuvānamanvātāṃsī tvayi tantūmetam | | om budhāya namaḥ |

**Vishnu (ruling deity) in G4A:**

om idaṃ viṣṇurvicakrame tredhā nidādhe paḍam | samūḍhamasya pāṃ sure | | om viṣṇave  
namaḥ |

**Narayana (co-ruling deity) in G4P:**



om sahasraśiṛṣaṁ devaṁ viśvākṣaṁ viśvaśambhuvaṁ | viśvaṁ nārāyaṇaṁ devamaḥṣaraṁ  
paramaṁ padaṁ | | om nārāyaṇāya namaḥ |

**Jupiter (sense of judgment & discretion) in G5:**

om bṛhaspate atiyadyo arhāddyumadvibhāti kratumajjaneṣu | yaddīdayaccavasartaprajāta  
tadasmāsu draṇaṁ dehi citraṁ | | om vṛṣabhaṁ carṣaṇīnāṁ viśvarūpamaḍābhyāṁ |  
bṛhaspatiṁ vareṇyāṁ | om bṛhaspataye namaḥ |

**Brahma (ruling deity) in G5A:**

om brahmajajñānaṁ prathamāṁ purastādvīṣimataṣsuruco vena āvaḥ | sabudhniyā upamā  
āsyā viṣṭhāssataśca yonimasataśca vīvaḥ | | om brahmaṇe namaḥ |

**Indra (co-ruling deity) in G5P:**

om indraṁ vo viśvatasparihavāmahe janēbhyāḥ | asmākamastu kevalaḥ | | om indrāya  
namaḥ |

**Venus (sense of enjoyment) in G6:**

om śukraṁ te anyadyajataṁ te anyadvīṣurūpe ahanī dyaurivāsi | viśvā hi māyā avasi svadhā  
vo bhadrā te pūṣanniha rātirastu | | om pravaśśukrāya bhānave bharadhvaṁ | havyāṁ  
matīṁ cāgnaye supūtaṁ | yo daivyāni mānuṣā janūṁṣi | amtarviśvāni vidmanā jigāti | | om  
śukrāya namaḥ |

**Indrani (ruling deity) in G6A:**

om imdrānīmāsu nāriṣu supatnīmahaśravāṁ | na hyasyā aparāṁ ca na jarasā marate  
patiḥ | | om indrānyai namaḥ |

**IndraMarutvan (co-ruling deity) in G6P:**

om indra marutva iha pāhi somaṁ yathā śāryāte apibassutasyā | tava praṇīti tava  
śūraśarmannāvīvasanti kavayassuyajñāḥ | | om indramarutvantāya namaḥ |

**Saturn (sense of hard work & discipline) in G7:**

om śamagniragnibhiḥ karacchaṁ nastapatu sūryāḥ | śaṁ vāto vā tvarapā apasridhaḥ | | om  
śanno devīrabhiṣṭaya āpo bhavantu pītaye | śamyorabhisravantu naḥ | | om śanaīscarāya  
namaḥ |

**Yama (ruling deity) in G7A:**

om yamāya somaṁ sunuta yamāya juhutā haviḥ | yamaṁ hayajño gacchatyagnidūto  
aramkrtaḥ | | om yamāya namaḥ |

**Prajapati (co-ruling deity) in G7P:**

om prajāpate na tvadetānyanyo viśvā jātāni paritā bābhūva | yatkāmāste juhūmastanno astu  
vayāṁ syāma patayo rayīnām | | om prajāpataye namaḥ |

**Bahu (sense of being outcaste) in G8:**

om kayānaścitra ābhuvadūti sadāvṛdhassakhā | kayā śaciṣṭhayā vṛtā | | om rāhave namaḥ |

**Cow (ruling deity) in G8A:**

om āyaṃ gauḥ pṛśnirakramīdāsanmātaram punaḥ | pitarāṃ ca prayantsuvaḥ | | om gomātre namaḥ |

**Serpent (co-ruling deity) in G8P:**

om namo astu sarpebhyo ye keca pṛthivī manu ye | antarikṣe ye divi tebhyassarpebhyo namaḥ | | om sarpebhyo namaḥ |

**Ketu (sense of detachment & liberation) in G9:**

om ketuṃ kṛṇvannaketave peśo maryā apeśase | samuṣadbhirajāyathāḥ | | om ketuganebhyo namaḥ |

**Chitragupta (ruling deity) in G9A:**

om sacitracitraṃ citayan tasmā citrakṣatra citratamaṃ vayodhām | caṃdram rayim puruvīram bhāntam candracāndrābhīrgrāte yuvasva | | om citraguptāya namaḥ |

**Brahma (co-ruling deity) in G9P:**

om brahmā devānāṃ padaviḥ kavīnamṛṣirviprāṇāṃ mahiṣo mṛgāṇāṃ śyeno gṛdhrāṇāṃ svadīrvanāṃ somā pavitra matyeti rebhan | | om brahmaṇe namaḥ |

**Dikpalakas:**

**Indra (influence/authority) in D1:**

om indram vo viśvatasparihavāmahe jānebhyaḥ | asmākamastu kevalaḥ | | om lam indrāya namaḥ |

**Agni (engineering/transformation) in D2:**

om agniṃ dūtāṃ vṛṇīmahe hotāraṃ viśvavedasaṃ | asya yajñasya sukratuṃ | | om ram agnaye namaḥ |

**Yama (rule enforcement) in D3:**

om yamāya somāṃ sunuta yamāya juhutā haviḥ | yamaṃ hayajño gacchatyagnidūto aramkṛtaḥ | | om maṃ yamāya namaḥ |

**Nirriti (breaking barriers) in D4:**

om moṣuṇaḥ parāparā nirṛtirdurhaṇāvadhī | padīṣṭa tṛṣṇayā saha | | om kṣam nirṛtaye namaḥ |

**Varuna (perseverent effort) in D5:**

om imaṃ me varuṇa śrudhī havaḥ madyā ca mṛḷaya | tvāmavasyurācake | | om vaṃ varuṇāya namaḥ |

**Vayu (expansion) in D6:**

om tavāvāya vṛtaspatē tvaṣṭurjāmātaradbhuta | āvām syā vṛṇīmahe | | om yaṁ vāyave  
namaḥ |

**Soma Kubera (enrichment) in D7:**

om somo dhenum somo arvantamāsum somo vīraṁ karmaṇyaṁ dadāti | sādanyaṁ  
vidathyaṁ sabheyaṁ pitṛśravaṇaṁ yo dadāśadasmai | | om saṁ somāya namaḥ |

**Eeshana (wisdom) in D8:**

om tamīśānaṁ jagatastasthuṣaspatim dhiyaṁ jinvaṁanase hūmahe | vayaṁ pūṣāno yathā  
vedasāmasadvṛdhe rakṣitā pāyuradabdhasvastaye | | om ham īśānāya namaḥ |

**Brahma (higher research) in D9:**

om brahmā devānām padaviḥ kavīnamṛṣirviprāṇām mahiṣo mṛgāṇām śyeno grdhrāṇām  
svaditirvanānām somaḥ pavitra matyeti rebhan | | om āṁ brahmaṇe namaḥ |

**Ananta Sesha (platform/support) in D10:**

om tadviṣṇoḥ paramaṁ padaṁ sadā paśyanti sūrayaḥ | divīva cakṣurātātam | | om hrīm  
anantaśeṣāya namaḥ |

Invoke life force in all the deities together:

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha  
devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | asunī te punārasmāsu cakṣuḥ  
punaḥ prāṇamiha nō dehi bhogaṁ | jyokpaśyema sūryamuccarantamanumate mṛḷayā naḥ  
svasti | atra āgacchatha | āvāhitāḥ bhavatha | sthāpitāḥ bhavatha | sannihitāḥ bhavatha |  
sanniruddhāḥ bhavatha | avakuṅṭhitāḥ bhavatha | devāḥ prasīdatha prasīdatha |

Now, we have to offer worship with several services to associate deities. A shodasopachara pooja (16 service worship) is included in this regular version. If one wants to perform a shorter panchopachara pooja (5 service worship), one can use the generic procedure in Appendix B1 by using the following mantra as the prefix before all services.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha  
devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ |

Say the line below and think in the mind that you are offering a nice seat to associate deities to sit on. While imagining that, just offer a few akshatas to the peetha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha  
devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | āsanaṁ samarpayāmi |

Now, say the line below imagine that you are washing associate deities' feet. While imagining that, show a little water with the spoon to associate deities on peetha and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | pādayoḥ pādyam samarpayāmi |

Say the line below, imagine that you are washing the hands of associate deities, show a little water in the spoon to associate deities and leave it in the deposit bowl.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | hastayoḥ arghyam samarpayāmi |

Say the line below, imagine that you are offering drinking water to associate deities' mouth, show a little water in the spoon to associate deities and leave it in the deposit bowl.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | mukhe śuddhācamaniyam samarpayāmi |

Say the first sentence below, imagine that you are giving a bath to associate deities, show a little water in the spoon to associate deities and leave it in the deposit bowl. Say the second sentence below, imagine that you are giving drinking water to associate deities after bath, show a little water in the spoon to associate deities and leave it in the deposit bowl.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | snānānantaram ācamaniyam samarpayāmi |

Say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant, to each deity) and offer a few akshatas to the peetha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | vastrāṇi dhārayāmi |

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to the peetha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | yajñopavitam samarpayāmi |

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to associate deities on the peetha. If you don't have all these, just sprinkle a few akshatas on the peetha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | gandhān dhārayāmi | haridrā kuṅkumaṁ samarpayāmi | akṣatān samarpayāmi |

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to the peetha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | ābharaṇāni samarpayāmi |

Sprinkle a few flowers or flower petals or akshatas on associate deities on the peetha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | puṣpaiḥ pūjayāmi |

Say the following line and show the incense stick lighted before to associate deities.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | dhūpam āghrāpayāmi |

Say the following line and show the lamp lighted before to associate deities. Then show a little water in the spoon to associate deities and leave it in the deposit bowl.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | dīpaṁ darśayāmi | ācamanīyaṁ samarpayāmi |

Say the first sentence below, show food items you prepared (or fruits) to associate deities and imagine that associate deities tasted it. You can use cooked food or a fruit or jaggery or sugar. If you cooked only one item, keep it for Lord Satya Narayana and use something else for associate deities. You can offer just a raisin or a little sugar also. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below. When saying the second sentence, imagine that you are offering a nice *taamboolam* (*paan*) to associate deities and offer some akshatas in their place to the idol and the kalasha.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | naivedyaṁ samarpayāmi | tāmbūlaṁ samarpayāmi |

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of associate deities. Say the line below while you do it.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | karpūranīrājanam samarpayāmi |

Take a small flower (or flower petals or some akshatas) in your right hand, say the following and offer it to associate deities. Imagine that you are offering a flower that captures the essence of all mantras.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | mantrapuṣpaṁ samarpayāmi |

Say the following and bow before associate deities mentally. Of course, you can also get up, go around associate deities once or thrice and bow down (or kneel down or lie down) in front of the kalasha, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the kalasha in clockwise directions.

om gaṇeśādi lokapālaka devatābhyo adhidevatā pratyadhidevatā sahita sūryādi navagraha devatābhyo indrādi daśa dikpālaka devatābhyo namaḥ | pradakṣiṇa namaskārān samarpayāmi |

Imagine that these associate deities are pleased with the ritual and proceed to invoke the Lord.

### **Praana Pratishthaapanaa (invocation of Lord Satya Narayana)**

Now we have to invoke Lord Satya Narayana in the idol and the kalasham. Place the idol on a plate or on some grains of rice, in the area marked as LSN in the picture in Appendix I. If you know how to do anganyaasam and karanyaasam, do it while saying the following. Otherwise, just read the following.

asya śrī prāṇapratīṣṭhāpana mantrasya brahma viṣṇu maheśvarā ṛṣayaḥ  
ṛgyajussāmātharvāṇi chandāṁsi śrīsatyanārāyaṇo devatā | hrām bijaṁ | hrīm śaktiḥ | krom  
kilakaṁ | hrām aṅguṣṭhābhyāṁ namaḥ | hrīm tarjanībhyāṁ namaḥ | hrūṁ  
madhyamābhyāṁ namaḥ | hraum anāmikābhyāṁ namaḥ | hraum kaniṣṭhikābhyāṁ namaḥ |  
hraḥ karatala karapṛṣṭhābhyāṁ namaḥ | hrām hrdayāya namaḥ | hrīm śīrase svāhā | hrūṁ  
śikhāyai vaṣaṭ | hraum kavacāya hum | hraum netratrayāya vausaṭ | hraḥ astrāya phaṭ |  
bhūrbhuvassuvaromiti digbandhaḥ |  
dhyānam -

dhyāyet satyaṁ guṇātitaṁ guṇatraya samanvitaṁ | lokanāthaṁ trilokeśaṁ  
kaustubhābharaṇaṁ hariṁ | | pītāmbaraṁ nīlavarṇaṁ śrīvatsa pada bhūṣitaṁ | govindaṁ  
gokulānandaṁ brahmādyairabhipūjitaṁ | |

śāntākāraṁ bhujagaśayanaṁ padmanābhaṁ sureśaṁ | viśvākāraṁ gagana sadṛśaṁ  
meghavarṇaṁ śubhāṅgaṁ | lakṣmīkāntaṁ kamalanayanaṁ yogihṛddhyānagamyāṁ | vande  
viṣṇuṁ bhava bhaya haraṁ sarva lokaika nāthaṁ | |

satyanārāyaṇaṁ devaṁ vande'haṁ kāmadaṁ prabhuṁ | līlayā vitataṁ viśvaṁ yena tasyai  
namonamaḥ | |

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāminaṁ dhyāyāmi |

Now invoke Lord Satya Narayana in the kalasham and the idol with the following mantra. While saying it, imagine that Mahaganapathi who is in your own heart is entering the kalasham and the idol.

om hrām hrīm krom yaṁ raṁ laṁ vaṁ śaṁ ṣaṁ saṁ haṁ ḷaṁ kṣaṁ | om haṁsaḥ so'haṁ  
so'haṁ haṁsaḥ | śrī ramā sahita satyanārāyaṇasya prāṇa iha prāṇaḥ | jīva iha sthitaḥ |  
sarvendriyāṇi vānmanastvak cakṣuḥ śrotra jihvāghrāṇa prāṇāpānavyānodānasamānāḥ  
ihaiṅgatya sukhaṁ ciraṁ tiṣṭhantu svāhā | sānnidhyaṁ kurvantu svāhā | asunī te  
punarasmāsu cakṣuḥ punaḥ prāṇamiha nō dehi bhogaṁ | jyokpāsyema  
sūryamuccarantamanumate mṛḷayā naḥ svasti | hrām hrīm krom | krom hrīm hrām | om śrī  
ramā sahita satyanārāyaṇa prāṇaśaktyai namaḥ | atra āgaccha |

Now read the following and make the aavaahani, samsthaapani, sannidhaapani, sannirodhini and avakunthana *mudras* with your hands if you know them. If not, don't worry and just read.

om sahasrāśirṣā puruṣaḥ | sahasrākṣassahasrapāt |  
sa bhūmiṁ viśvato vṛtvā | atyatiṣṭhaddaśāṅgulam | |  
jyotiśśāntaṁ sarva lokāntarasthaṁ | omkārākhyāṁ yogihṛddhyānagamyāṁ |  
sāṅgaṁ śaktiṁ sāyudhaṁ bhaktasevyaṁ | sarvākāraṁ viṣṇumāvāhayāmi | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāminam āvāhayāmi |  
āvāhito bhava | sthāpito bhava | sannihito bhava | sanniruddho bhava | avakunṭhito bhava |  
deva prasīda prasīda | deva sarva jagannātha yāvaddhomāvasānakam | tāvattvaṁ  
pṛitibhāvena mūrtau agnau ca sannidhiṁ kuru |

While saying this, pray to Lord Satya Narayana in your mind and ask him to *stay* in the idol and kalasham (pot) till the end of the pooja, along with his consort Ramaa (Lakshmi).

## Shodasopachara Pooja - Part 1

Now, we have to offer worship with several services to Lord Satya Narayana in the kalasha and idol. There are several options. One can do a panchopachara pooja with 5 services or a shodasopachara pooja with 16 services or a chatusshashtyupachara pooja with 64 services. A shodasopachara pooja is performed in a typical Satya Narayana vratam. That is what is recommended in this short procedure. Those who have less time and want to perform a panchopachara pooja may refer to Appendix B1 and use that procedure instead of this.

Say the line below and think in the mind that you are offering a nice seat to Lord Satya Narayana to sit on. While imagining that, just offer a few akshatas to the idol and the kalasha.

puruṣa evedaṁ sarvaṁ | yadbhūtaṁ yacca bhavyaṁ | utāmr̥tatvasyeśānaḥ |  
 yadannenātirohati | |  
 kalpadrumūle maṇivedimadhye | siṁhāsanaṁ svarṇamayāṁ vicitraṁ |  
 vicitra vastrāvṛtamacyuta prabho | gṛhāṇa lakṣmī dharaṇī samanvita | |  
 om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine āsanaṁ  
 samarpayāmi |

Now, say the line below imagine that you are washing Lord Satya Narayana's feet. While imagining that, show a little water with the spoon to Lord Satya Narayana and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

etāvānasya mahimā | ato jyāyāṁśca pūruṣaḥ |  
 pādo'sya viśvā bhūtāni | tripādasyāmr̥taṁ divi |  
 nārāyaṇa namaste'stu | narakārṇava tāraka |  
 pādyāṁ gṛhāṇa devaśa | mama saukhyaṁ vivardhaya | |  
 om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāminaḥ pādayoḥ  
 pādyāṁ samarpayāmi |

Say the line below, imagine that you are washing the hands of Lord Satya Narayana, show a little water in the spoon to Lord Satya Narayana and leave it in the deposit bowl.

tripādūrdhva udaitpuruṣaḥ | pādo'syehā'bhavātpunaḥ |  
 tato viṣvaṅvyakrāmat | sāśanānaśane abhi | |  
 vyaktāvyakta svarūpāya | hṛṣīkapatate namaḥ |  
 mayā nivedito bhaktyā | hyarghyo'yaṁ pratigr̥hyatām | |  
 om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāminaḥ hastayoḥ  
 arghyaṁ samarpayāmi |



Say the line below, imagine that you are offering drinking water to Lord Satya Narayana's mouth, show a little water in the spoon to Lord Satya Narayana and leave it in the deposit bowl.

tasmādvirāḍajāyata | virājo adhi pūruṣaḥ |  
sa jāto atyaricyata | paścādbhūmimatho puraḥ |  
mandākinyāstu yadvāri | sarvapāpaharam śubham |  
tadidaṁ kalpitaṁ deva | samyagācamyatām vibho | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāminaḥ mukhe  
śuddhācamanīyaṁ samarpayāmi |

Say the lines below and bathe the idol(s) or coin(s) used to invoke Lord Satya Narayana in *panchamrita*. You can remove the idol(s)/coin(s) from peetham and place them in a bowl or plate while you do this. See “preparations before ritual” at the beginning for detailed instructions on how to make it. If you are proficient in Veda mantras, you can incorporate some sooktas. After saying the lines below, chant a few sooktas and keep bathing the idols. You can, for example, chant Purusha sooktam, Narayana sooktam, Vishnu sooktam, Sree sooktam, Bhoo sooktam, Neela sooktam, Durga sooktam, Devi sooktam, Medha sooktam *etc.* Pick whichever sooktas you like and chant them with intonation while bathing the idols with *panchamrita*.

yatpuruṣeṇa haṁviṣā | devā yajñamatanvata | vasanto asyāsīdājyaṁ | grīṣma idhma  
śaraddhaviḥ |  
tīrthodakaiḥ kāñcana kumbha saṁsthaiḥ | suvāsitairdeva kṛpā rasārdraiḥ | mayārpitaṁ  
snānavidhiṁ gr̥hāṇa | pādābja niṣṭhyūta nadī pravāha | |  
snānaṁ pañcāmṛtairdeva | gr̥hāṇa puruṣottama | anāthanātha sarvajña | gīrvāṇa praṇati  
priya | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmināṁ pañcāmṛtaiḥ  
snapayāmi |

Now bathe the idol(s)/coin(s) in which Lord Satya Narayana was invoked with pure water while saying the following. You can leave them in the same bowl or plate in which you bathed them in panchamritas and pour water on them.

om āpohiṣṭhā mayobhuvastānā ūrje dadhātana | maheraṇāya cakṣase | | yovaśśivatamo  
rasastasya bhājayateha naḥ | uśatīriva mātaraḥ | | tasmā aramga mānavo yasya kṣayāya  
jinvatha | āpo janayathā ca naḥ | |  
nadīnāṁ caiva sarvānām | ānītaṁ nirmalodakaṁ | snānaṁ svīkuru deveśa | mayā dattaṁ  
rameśvara | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmināṁ śuddhodakena  
snapayāmi | snānānantaram ācamanīyaṁ samarpayāmi |

Now take out the idol(s)/coin(s) that were bathed in panchamrita and pure water, wash them thoroughly, wipe them and place them back on peetham. The mixture of panchamrita and water in the bowl/plate in which they were bathed, can be used as teertham (sacred and blessed drink) at the end of the ritual.

Now, say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant) and offer a few akshatas to Lord Satya Narayana and the kalasha.

saptāsyāsanparidhayaḥ | trissapta samidhaḥ kṛtāḥ |  
devā yadyajñam tanvānāḥ | abadhnanpuruṣam paśum |  
veda sūkta samāyukte | yajña sāma samanvite |  
sarva varṇa prade deva | vāsasī pratigṛhyatām | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine vastrāṇi  
samarpayāmi |

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to Lord Satya Narayana.

taṁ yajñam barhiṣi praukṣan | puruṣam jātamaḡrataḥ |  
tena devā ayajanta | sādhyā ṛṣayaśca ye |  
brahma viṣṇu maheśaiśca | nirmitam brahma sūtrakam |  
gṛhāṇa bhagavan viṣṇo | sarveṣṭa phalado bhava | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine yajñopavitam  
samarpayāmi |

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to Lord Satya Narayana. If you don't have all these, just sprinkle a few akshatas on Lord Satya Narayana.

tasmādyajñātsarvahutaḥ | sambhṛtam pṛṣadājyam |  
paśūṁstāmścakre vāyavyān | āraṇyāngrāmāśca ye |  
śrīkhaṇḍam candanam divyam | gandhāḍhyam sumanoharam |  
vilepanam suraśreṣṭha | prītyartham pratigṛhyatām | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine gandhān  
dhārayāmi | haridrā kuṅkumam samarpayāmi | akṣatān samarpayāmi |

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to Lord Satya Narayana.

tasmādyajñātsarvahutaḥ | ṛcaḥ sāmāni jajñire |  
chandāmsi jajñire tasmāt | yajustasmādajāyata |  
hiraṇya hāra keyūra | graiveya maṇi kaṅkaṇaiḥ |  
suhāraṁ bhūṣaṇairyuktaṁ | grhāṇa puruṣottama | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine ābharaṇāni  
samarpayāmi |

Sprinkle a few flowers or flower petals or akshatas on Lord Satya Narayana.

tasmādaśvā ajāyanta | ye ke cobhayādataḥ | gāvō ha jajñire tasmāt | tasmājjātā ajāvayaḥ |  
mallikādi sugandhīni | mālatyādīni vai prabho |  
mayā"hr̥tāni pūjārthaṁ | puṣpāni pratigr̥hyatām | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmināṁ puṣpaiḥ  
pūjayāmi |

### Anga Pooja (worship of limbs)

While offering flowers, flower petals and akshatas, pray to various limbs of Lord Satya Narayana. Imagine that you are worshipping the limbs of Supreme Cosmic Being.

Feet: om keśavāya namaḥ | pādau pūjayāmi |  
Ankles: om govindāya namaḥ | gulphau pūjayāmi |  
Shank: om indirāpataye namaḥ | jaṅghe pūjayāmi |  
Knee: om anaghāya namaḥ | jānunī pūjayāmi |  
Thighs: om janārdanāya namaḥ | ūrū pūjayāmi |  
Hips: om viṣṭaraśravase namaḥ | kaṭim pūjayāmi |  
Stomach: om kuṣīsthākhilabhuvanāya namaḥ | udaraṁ pūjayāmi |  
Heart: om lakṣmīvaṣṭhalālayāya namaḥ | hṛdayaṁ pūjayāmi |  
Hands: om śaṅkhacakraḡadāśārṅgapāṇaye namaḥ | bāhūn pūjayāmi |  
Neck: om kambukaṅṭhāya namaḥ | kaṅṭhaṁ pūjayāmi |  
Teeth: om kundakuṭmaladantāya namaḥ | dantān pūjayāmi |

Face: om pūrṇendunibhavaktrāya namaḥ | vaktraṁ pūjayāmi |

Nose: om nāsāgramauktikāya namaḥ | nāsikāṁ pūjayāmi |

Eyes: om sūryacandrāgnidhāriṇe namaḥ | netrāṇi pūjayāmi |

Crown of head: om sahasraśirase namaḥ | śiraḥ pūjayāmi |

All limbs: om śrīsatyanārāyaṇasvāmine namaḥ | sarvāṅgaṅgāni pūjayāmi |

## Main Mantra

Chant goddess Lakshmi's 108 name prayer (Appendix C), Lord Vishnu's 1000 name prayer (Appendix D) and Lord Satya Narayana's 108 name prayer (Appendix E gives two versions used in different traditions – pick one) while offering flowers or flower petals or akshatas to Lord Satya Narayana in the idol and kalasha.

Optionally, you can also include Lord Satya Narayana's 8-verse prayer (Appendix F).

Then meditate with the following 12-lettered mantra as many times as you can.

om namo bhagavate satyadevāya |

One can close eyes, keep the back straight, not move and meditate with the mantra. Alternately, one can chant mantra and offer flowers or flower petals or akshatas on the idol and kalasham.

## Katha (story)

Read the story in Appendix A. If you know the story well and do this ritual regularly, it is fine to just recollect the story in the mind quickly and not explicitly read it. The key is to get the message in the story and *follow* it in one's actions and thoughts!

## Shodasopachara Pooja - Part 2

Say the following line and show the incense stick lighted before to Lord Satya Narayana.

yatpuruṣaṁ vyadadhuḥ | katidhā vyakalpayan |

mukhaṁ kimasya kau bāhū | kāvūrū pādāvucyete |

daśāṅgaṁ guggulūpetam | sugandhaṁ sumanoharam |

dhūpaṁ grhāṇa deveśa | sarva deva namaskṛta | |

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine dhūpam  
āghrāpayāmi |

Say the following line and show the lamp lighted before to Lord Satya Narayana. Then show a little water in the spoon to Lord Satya Narayana and leave it in the deposit bowl.

brāhmaṇo'sya mukhamāsīt | bāhū rājanyaḥ kṛtaḥ |  
ūrū tadasya yadvaiśyaḥ | padbhyāṃ śūdro ajāyata |  
ghṛta trivarti samyuktaṃ | vahninā yojitaṃ priyaṃ |  
dīpaṃ grhāṇa deveśa | trailokya timirāpahaṃ | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine dīpaṃ  
darśayāmi | ācamaṇīyaṃ samarpayāmi |

While saying the following, show food items you prepared (or fruits) to Lord Satya Narayana and imagine that Lord Satya Narayana tasted it. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below.

candramā manaso jātaḥ | cakṣossūryō ajāyata |  
mukhādindraścāgniśca | prāṇadvāyurajāyata |  
rājannaṃ sūpa samyuktaṃ | śāka cośya samanvitaṃ |  
ghṛta bhakṣya samāyuktaṃ | naivedyaṃ pratigrhyatām |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine naivedyaṃ  
samarpayāmi |

While saying the following, imagine that you are offering a nice *taamboolam* (*paan*) to Lord Satya Narayana and offer some akshatas in their place to the idol and the kalasha.

nābhyā āsīdantarikṣaṃ | śīrṣṇo dyauḥ samāvartata |  
padbhyāṃ bhūmirdiśaḥ śrotrāt | tathā lokāṃ ākalpayan |  
pūgīphalaiḥ sakarpūraiḥ | nāgavalli dalairyutaṃ |  
muktā cūrṇa samāyuktaṃ | tāmbūlaṃ pratigrhyatām | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine tāmbūlaṃ  
samarpayāmi |

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of Lord Satya Narayana. Say the line below while you do it.

vedāhametaṃ puruṣaṃ mahāntaṃ | ādityavarṇaṃ tamasaṣṭupāre |

sarvāṇi rūpāṇi vicitya dhīraḥ | nāmāni kṛtvā bhivadan yadāste |  
nīrājanam gr̥hāṇedaṁ | pañcavarti samanvitam | tejorāśi mayam dattam | gr̥hāṇa tvam  
sureśvara | |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine karpūranīrājanam  
samarpayāmi |

Take a small flower (or some akshatas) in your right hand, say the following and offer the flower to the idol (and perhaps a couple of petals to the kalasha). If you want, Narayana sooktam (optional) and mantra pushpam can be chanted before the following. They are given in Appendix H.

dhātā purastādyamudājahāra | śakraḥ pravidvānpradiśaścatasraḥ |  
tamevaṁ vidvānamṛta iha bhavati | nānyaḥ panthā ayanāya vidyate |  
om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine mantrapuṣpam  
samarpayāmi |

Say the following and bow before Lord Satya Narayana mentally. Of course, you can also get up, go around Lord Satya Narayana once or thrice and bow down (or kneel down or lie down) in front of the kalasha, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the kalasha in clockwise directions.

om yāni kāni ca pāpāni janmāntara kṛtāni ca | tāni tāni praṇaśyanti pradakṣiṇam pade  
pade | | pāpo'ham pāpakarmāham pāpātmā pāpasambhavaḥ | trāhi mām kṛpayā deva  
śaraṇāgata vatsala | | anyathā śaraṇam nāsti tvameva śaraṇam mama | tasmāt kāruṇya  
bhāvena rakṣa rakṣa rameśvara | | pradakṣiṇam kariṣyāmi sarva bhrama nivāraṇam |  
saṁsāra sāgarānmām tvamuddharasva mahāprabho | | om namo bhagavate satyadevāya |  
śrī ramā sahita satya nārāyaṇa svāmine pradakṣiṇa namaskārān samarpayāmi |

### Extra Upacharas

If you have a royal parasol/umbrella, hold it over the idol while saying the following. If you do not have it, you can hold use your right palm.

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine chattraṁ  
samarpayāmi |

If you have a royal chowrie, wave it gently in front of the idol while saying the following. If you do not use it, you can use your right palm.

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine cāmaram  
vijayāmi |

Say the following and then have someone sing in front of the idol. If no good singer is present, don't worry and sing just a line or 2-3 words. Usually, people sing prayers of god, but one can sing whatever one enjoys singing.

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine gītam śrāvayāmi |

Say the following and then have someone dance with both rhythm and some facial expressions, in front of the idol. If no dancer/actor is present, don't worry and do whatever you can. Or offer akshatas and imagine that you did a nice dance.

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine nṛtyam nāṭyam  
darśayāmi |

Say the following and offer some akshatas to the idol. Imagine that you have offered all royal services to the Lord.

om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine samasta  
rājopacārān samarpayāmi |

### **Prarthana (prayer)**

Now, pray to Lord Satya Narayana.

om amogham puṇḍarikākṣam nṛsimham daityasūdanam | hṛṣīkeśam jagannātham vāgīśam  
varadāyakam | | saguṇam ca guṇātītam govindam garuḍadhvajam | janārdanam  
janānandam jānakīvallabham hariṁ | | praṇamāmi sadā bhaktyā nārāyaṇamajam param |  
durgame viṣame ghore śaturnā paripīḍite | | nistārayatu sarveṣu tathā"niṣṭabhayeṣu ca |  
nāmānyetāni saṅkīrtya phalamīpsitamāpnuyāt | | satya nārāyaṇam devam vande'ham  
kāmadam prabhum | līlayā vitatam viśvam yena tasmai namo namaḥ | | om namo bhagavate  
satyadevāya | śrī ramā sahita satya nārāyaṇa svāmine prārthanā namaskārān samarpayāmi |

### **Poorna Phala (full fruit)**

Now, offer a full fruit (*e.g.* banana, apple, orange *etc.*), as a symbol of your head or ego. This is akin to a “Poornaahuti” done at the end of fire rituals (homam/havan/yajna).

om idam phalam mayā deva sthāpitam puratastava |  
tena me saphalāvāptirbhavejjanmani janmani | |

om pūrṇamadaḥ pūrṇamidam pūrṇātpūrṇamudacyate | pūrṇasya pūrṇamādāya  
pūrṇamevāvaśiṣyate | | om namo bhagavate satyadevāya | śrī ramā sahita satya nārāyaṇa  
svāmine pūrṇaphalam samarpayāmi |

Imagine that you are completely surrendering yourself to Lord Satya Narayana. The fruit used here is a symbol of one's head, *i.e.* ego ("I-ness"), which is to be sacrificed (surrendered) to Lord Satya Narayana. Without that inner sense of surrender, an elaborate ritual has little meaning. Most Vedic rituals are symbolic of certain inner changes that you bring about within yourself, to remove obstacles within your sookshma sareera that are blocking self-knowledge. The purpose of Veda is the knowledge of self (Aatman) and all rituals are ultimately for that purpose. Doing rituals blindly is a good starting point, but at some stage, one has to wonder about the inner meaning.

### **Winding Up and Meditation**

Sit still in front of the idol and meditate. Make sure that the back is erect and yet not too tight. Make sure that the neck and head are also erect. Close the eyes, imagine your favorite deity in a form you like and meditate on that form with your favorite mantra. It does not have to be a mantra of Lord Satya Narayana. You may, for example, meditate with the Gayatri mantra. Try to forget about the your body and what you are doing and get into the mantra fully. Think that the deity of the mantra is the only one that exists. Think that all beings and all objects of this world are expressions of the same deity. Think that that deity is the true Doer of all actions by all beings of this world. Meditate for as long as you can.

### **Udvaasana (good bye)**

Say the following and show your heart with your hands. Imagine that Lord Satya Narayana has exited the the idol and the kalasham and came back into your heart.

yajñena yajñamayajanta devāḥ | tāni dharmāni prathamānyāsan |  
te ha nākaṁ mahimānassacante | yatra pūrve sādhyāssanti devāḥ |  
asmānmūrteśca kalaśacca śrī ramāsahita satyanārāyaṇam yathāsthānam pratiṣṭhāpayāmi |

If you want, you can keep Lord in idol/kalasha for a few days. If so, do this step on the last day. In that case, do the panchopachara pooja atleast once everyday.

### **Conclusion**

Say the following three verses. Think of Krishna and imagine that you are not the doer and Krishna is the doer who is acting through you. While you do it, place a few akshatas on the tips of the ring and middle fingers of the right hand, place the palm on the small deposit bowl and wash it such that the water and akshatas are deposited in the deposit bowl.



yasya smr̥tyā ca nāmoktyā tapaḥ pūjā kriyādiṣu | nyūnaṁ sampūrṇatām yāti sadyo vande  
tamacyutaṁ | |  
mantrahīnaṁ kriyāhīnaṁ bhaktihīnaṁ ramādhipa | yatpūjitaṁ mayā deva paripūrṇaṁ  
tadastu te | |  
prāyaścittānyaśeṣāṇi tapaḥ karmātmakāni vai | yāni teṣāmaśeṣāṇām śrī kṛṣṇasmaraṇaṁ  
paraṁ | | śrī kṛṣṇa kṛṣṇa kṛṣṇa |  
kāyena vācā manasendriyairvā buddhyātmanā vā prakṛteḥ svabhāvāt | karomi yadyat  
sakalaṁ parasmai nārāyaṇāyeti samarpayāmi | |

Say the following finally. Imagine that Lord Satya Narayana became pleased with your ritual. Surrender the doership of the ritual to Krishna and pray for peace.

anayā divya maṅgaḷa pūjayā bhagavān sarvātmakaḥ śrī ramāsaḥita satyanārāyaṇaḥ  
prīyatām | om tatsat | sarvam śrī kṛṣṇārpaṇamastu | lokāḥ samastāḥ sukhino bhavantu |  
sarve janāḥ sukhino bhavantu | yāvadbhūmaṅḍale sanātana dharmo vardhatu | om śāntiḥ  
śāntiḥ śāntiḥ |

After this, you should not think of yourself as the doer of the ritual just finished, for you have surrendered the doership to Krishna!

The naivedyam (food) you offered to Lord can be eaten now and served to others.

You can take a bath with the water in the kalasam. Pour the water on yourself after you finish your bath, while saying any mantra. After pouring that water on yourself, don't pour any more regular water. The water from kalasam should be the last water you pour on yourself in the bath. You can also drink a spoon or two of it. Water from the deposit bowl can be mixed with panchamrita and water with which lord was bathed and can be given to people as teertham (sacred and blessed drink).

The coins, dates and grains used in the pooja can be donated to a learned person. You can cook the grains and feed people (and yourself). You can bury the grains around your house in the eight corners. You can reuse the coins in another pooja or donate them to someone (a priest or a poor person). Any paan given to Lord as taamboolum can be given to one of the guests for eating at the end.

:: Sarvam Sri Krishnarapanamastu :: :: Om Shaantih Shaantih Shaantih ::

## Appendix A: Katha (Story)

### Chapter 1

In the forest of Naimisha, Sages Shounaka etc assembled around Sage Soota, disciple of Sage Vyasa, and asked him, "in the age of Kali, is there a solution to the strife faced by human beings on earth?" Sage Soota told them, "O great sages, you have asked a very good question for the

benefit of the world. The same question was posed by Sage Narada to Lord Vishnu himself long back and I will repeat to you what Lord Vishnu told Sage Narada."

Then Sage Soota proceeded to recount to them the ritual of Lord Satya Narayana, as taught by Lord Vishnu to Sage Narada.

This ritual can be performed on any Ekadashi day or Full Moon day or a Sankranthi (monthly solar ingress) day or just any auspicious day. One should get up in the morning and take vow in the mind to do the ritual that evening. In the evening, one should take bath and do the ritual.

First one should pray to Lord Ganesha (personification of an aspect of consciousness that makes us avoid and overcome obstacles). Then one should pray to Lord Varuna (personification of an aspect of consciousness that makes us persist and persevere in our work) in a kalasha (pot). Then one should pray to Loka palakas (rulers of the elements composing this world), nine planets along with ruling and co-ruling deities and the rulers of ten directions. Then one should invite Lord Satya Narayana, along with his consort Ramaa (Lakshmi), and pray to him. This ritual can be performed by people of any varna.

## **Chapter 2**

Then the sages asked Sage Soota to tell the stories of some people who performed this ritual in the past and benefited. Sage Soota told them this story.

An old brahmana in the city of Kashi was suffering from poverty despite being very wise and learned. Oneday, Lord appeared in front of in the disguise of another brahmana and taught him how to perform the ritual of Lord Satya Narayana and left. The old brahmana decided to do the ritual on the next day. He fasted that day and used the money he got by begging that day to buy materials for the pooja instead of his food. He performed the ritual within his means and the Lord was pleased. He lived happily ever after and reached Satya Loka (the realm of Truth, which is the abode of Lord Satya Narayana) at the end of his life.

Then the sages asked Sage Soota for some more stories. The sage told another story.

A peasant who lived by cutting wood and selling it saw this brahmana doing the ritual. He found out the details from the brahmana and decided to do the ritual on the next day. He went to a street having many rich people next day and got double the money he would've got for that wood on other days. He bought materials with the profits and did the ritual to the best of his ability. The Lord was pleased. He lived happily ever after and reached Satya Loka at the end of his life.

## **Chapter 3**

When the sages asked for more stories, Sage Soota narrated the story of a businessman called Sadhu. He once saw a king called Ulkamukha performing the ritual of Lord Satya Narayana on the banks of river Bhadrashila. He asked the king what he was doing. King told him that he had everything but no children and was doing the ritual to beget a child. The businessman also was childless. He learnt the ritual from the king and vowed that he would do it if he got a child. His wife Lilavati gave birth to a beautiful young girl named Kalavati after one year. When wife

reminded him of the vow, he said, "we will do the ritual of Lord Satya Narayana at her wedding". When the girl grew up, he got her married and yet did not perform the ritual. Lord wanted to teach him a lesson.

That businessman went to the far away city of Ratnasanu for business in a ship with his son-in-law. When got off the ship and entered the city, some thieves who robbed the king's palace came running. They left some bags of money there and ran away. The palace guards running after them saw the bags next to them, assumed them to be thieves and took them to king Chandraketu. The king did not ask any questions and imprisoned them.

Back home, there were thieves even in the house of that businessman and they stole all the money. Lilavati and Kalavati started living by begging. Oneday, Kalavati came home late in the night. When her mother asked her the reason for delay, she said that a brahmana was performing the ritual of Lord Satya Narayana and she stayed till the end. She gave some prasadam to her mother. Then Lilavati remembered her husband's unfulfilled vow. She decided to do the ritual herself on a good day coming in a few days, on the ocean beach.

Lord was pleased, came in the dream of king Chandraketu and told him what happened. King narrated his dream to everyone. He gave a lot of money to Sadhu and his son-in-law and freed them.

#### **Chapter 4**

When their ship reached their town, Lilavati and Kalavati had just finished their ritual of Lord Satya Narayana on the beach. Kalavati got up without eating prasadam and ran towards the ocean in excitement. Then it appeared like the ship and her husband sank in the ocean. When she was very sad, a voice told her it was because she did not eat prasadam. When she went back and took prasadam, she saw that the ship and her husband were fine.

When Sadhu found out all this, he was awestruck. He performed the ritual twice every month - on the Full Moon night and solar ingress day. He lived happily ever after and reached Satya Loka at the end of his life.

#### **Chapter 5**

A king called Tungadhwaaja went to a forest for hunting and saw some forest dwellers performing the ritual of Lord Satya Narayana under a banyan tree. He was not impressed by their idols and vessels made of clay. When they respectfully gave him prasadam, he threw it away and left. Lord wanted to teach him a lesson.

His enemies surprised him by getting together and attacking him. He lost his kingdom, wealth and children. He regretted that he had insulted Lord Satya Narayana because of his lowly impression of those forest dwellers. He went back to the forest, found them, sat along with them and performed a ritual of Lord Satya Narayana with the same clay idols and vessels used by them and ate the prasadam made by them. He went back to his city, collected some loyal soldiers and attacked his enemies. They were not ready and lost the battle. He got back his kingdom,

wealth and many children were born again. He lived happily ever after and reached Satya Loka at the end of his life.

Sage Soota said, "O great sages, this ritual of Lord Satya Narayana gives direct results in Kali yuga. By performing it or watching it, human beings can overcome their problems."

...Thus ends the story of the ritual of Lord Satya Narayana from Reva khanda of Skanda Purana...

[*Some quick commentary:* The four stories cover people of four varnas (castes). The lesson is that people of all varnas can perform this ritual. The wood cutter learnt the ritual from brahmana and did it himself. Even a shudra can perform this ritual by oneself.

One word of caution on varnas/castes is needed here. One who has affinity to knowledge is a brahmana (learned man). One who has affinity to power and authority is a kshatriya (warrior). One who has affinity to money is a vaisya (trader). One who has affinity to carnal pleasures is a shoodra (worker). One gets varna from father's varna by default, but one's own varna comes out as one's personality develops. If a person born in a brahmana family is after money, he becomes a vaisya and not a brahmana. On the other hand, if a person born in a shudra family desires nothing but knowledge and self-realization, he automatically becomes a brahmana.

When we say that people of all varnas can do this ritual, what we really mean is that people seeking knowledge or power or money or pleasures can do this ritual and get what they want.

If one looks carefully, there are lessons on things to watch out. For example, businessman tried to do business with god and asked for a child to be given first. Even after getting it, he did not do the ritual and postponed. If one has the attitude of a vaisya, one should suppress the urge to *negotiate* when dealing with god. Similarly, king was egoistic on account of his power. If one has the attitude of a kshatriya, one should suppress the urge to be *proud* when dealing with god.]

## **Appendix B1: Generic Panchopachara Pooja**

[*If you want to perform a panchopachara pooja (a worship consisting of 5 services) to any deity who may have been invoked in a kalasha or an idol, please use the procedure in this appendix. This will take less time than shodasopachara pooja (a worship consisting of 16 services). Replace “<A mantra of deity>” below with a mantra of the deity.*]

### **Part 1**

Say the following and offer sandalwood powder/paste to the deity. You can also offer turmeric powder and kumkum.

*<A mantra of deity> lam pṛthivyātmane namaḥ | gandham samarpayāmi |*

Say the following and offer a flower (or a flower petal) to the deity.

<A mantra of deity> ham ākāśātmane namaḥ | puṣpaṁ samarpayāmi |

### Main Mantra

One can meditate with the main mantra or the main prayer of the deity for a while here.

### Part 2

Say the following and offer dhoopam (incense) to the deity. Light the tip of the incense stick, let the fire burn brightly and then extinguish the fire. There should be no fire on the stick but smoke coming from the burning tip. Show the smoke to the deity.

<A mantra of deity> yaṁ vāyvātmane namaḥ | dhūpaṁ āghrāpayāmi |

Say the following and show the deepam (light/lamp) to the deity.

<A mantra of deity> ram agnyātmane namaḥ | dīpaṁ darśayāmi |

Say the following and offer some food to Lord Satya Narayana in the idol. You can use cooked food or a fruit or jaggery or sugar. Show it to the idol and kalasham.

<A mantra of deity> vaṁ amṛtātmane namaḥ | naivedyaṁ samarpayāmi |

Say the following and offer some akshatas to the deity. This mantra means that we are offering “all services” to the deity.

<A mantra of deity> saṁ sarvātmane namaḥ | sarvopacārān samarpayāmi |

Now get up and do *pradakshinas* to the deity. If someone stands on the roof (or in the sky) and looks down at you, it should look like you are going around the deity (idol or kalasha) in the clockwise direction. Do one or three rounds and then sit down again in front of deity.

## Appendix B2: Generic Shodasopachara Pooja

*[If you want to perform a shodasopachara pooja (a worship consisting of 16 services) to any deity who may have been invoked in a kalasha or an idol, please use the procedure in this appendix. This will take less time than panchopachara pooja (a worship consisting of 5 services). Replace “<A mantra of deity>” below with a mantra of the deity.]*

### Part 1

Say the line below and think in the mind that you are offering a nice seat to the deity to sit on. While imagining that, just offer a few akshatas to the idol and the kalasha.

<A mantra of deity> āsanam samarpayāmi |

Now, say the line below imagine that you are washing the deity's feet. While imagining that, show a little water with the spoon to the deity and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

<A mantra of deity> pādayoḥ pādyam samarpayāmi |

Say the line below, imagine that you are washing the hands of the deity, show a little water in the spoon to the deity and leave it in the deposit bowl.

<A mantra of deity> hastayoḥ arghyam samarpayāmi |

Say the line below, imagine that you are offering drinking water to the deity's mouth, show a little water in the spoon to the deity and leave it in the deposit bowl.

<A mantra of deity> mukhe śuddhācamaṇīyam samarpayāmi |

Say the first sentence below, imagine that you are giving a bath to the deity, show a little water in the spoon to the deity and leave it in the deposit bowl. Say the second sentence below, imagine that you are giving drinking water to the deity's mouth after bath, show a little water in the spoon to the deity and leave it in the deposit bowl.

<A mantra of deity> snapayāmi | snānānantaram ācamaṇīyam samarpayāmi |

Say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant) and offer a few akshatas to the deity and the kalasha.

<A mantra of deity> vastrāṇi dhārayāmi |

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to the deity.

<A mantra of deity> yajñopavitam samarpayāmi |

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to the deity. If you don't have all these, just sprinkle a few akshatas on the deity.

<A mantra of deity> gandhān dhārayāmi | haridrā kuṅkumam samarpayāmi | akṣatān samarpayāmi |

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to the deity.

<A mantra of deity> ābharaṇāni samarpayāmi |

Sprinkle a few flowers or flower petals or akshatas on the deity.

<A mantra of deity> puṣpaiḥ pūjayāmi |

### Main Mantra

One can meditate with the main mantra or prayer of the deity for a while here.

### Part 2

Say the following line and show the incense stick lighted before to the deity.

<A mantra of deity> dhūpam āghrāpayāmi |

Say the following line and show the lamp lighted before to the deity. Then show a little water in the spoon to the deity and leave it in the deposit bowl.

<A mantra of deity> dīpaṁ darśayāmi | ācamanīyaṁ samarpayāmi |

Say the first sentence below, show food items you prepared (or fruits) to the deity and imagine that the deity tasted it. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below. When saying the second sentence, imagine that you are offering a nice *taamboolam* (*paan*) to the deity and offer some akshatas in their place to the idol and the kalasha.

<A mantra of deity> naivedyaṁ samarpayāmi | tāmbūlaṁ samarpayāmi |

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of the deity. Say the line below while you do it.

<A mantra of deity> karpūranīrājanaṁ samarpayāmi |

Take a small flower (or some akshatas) in your right hand, say the following and offer the flower to the idol (and perhaps a couple of petals into the kalasha). If you know “Narayana Sooktam” and/or Mantrapushpam (and if you have time), read them first and then say the line below. Otherwise, just this line will do. Imagine that you are offering a flower that captures the essence of all mantras.

<A mantra of deity> mantrapuṣpaṁ samarpayāmi |

Say the following and bow before the deity mentally. Of course, you can also get up, go around the deity once or thrice and bow down (or kneel down or lie down) in front of the kalasha, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the kalasha in clockwise directions.

<A mantra of deity> pradakṣiṇa namaskārān samarpayāmi |

## Appendix C: Sri Mahalakshmi Ashtottara Sata Naama Stotram

This can be included in the “Main Mantra” section optionally. This prayer contains 108 names of goddess Mahalakshmi.

prakṛtiṁ vikṛtiṁ vidyāṁ sarvabhūtahitapradāṁ |  
śraddhāṁ vibhūtiṁ surabhiṁ namāmi paramātmikāṁ | |  
vācaṁ padmālayāṁ padmāṁ śuciṁ svāhāṁ svadhāṁ sudhāṁ |  
dhanyāṁ hiraṇmayiṁ lakṣmīṁ nityapuṣṭāṁ vibhāvarīṁ | |  
aditiṁ ca ditiṁ dīptāṁ vasudhāṁ vasudhāriṇīṁ |  
namāmi kamalāṁ kāntāṁ kāmāṁ kṣīrodasambhavāṁ | |  
anugrahaparāṁ buddhiṁ anaghāṁ harivallabhāṁ |  
aśokāṁ amṛtāṁ dīptāṁ lokaśokavināśinīṁ | |  
namāmi dharmanilayāṁ karuṇāṁ lokamātaram |  
padmapriyāṁ padmahastāṁ padmākṣīṁ padmasundarīṁ | |  
padmodbhavāṁ padmamukhīṁ padmanābhapriyāṁ ramāṁ |  
padmamālādhariṁ devīṁ padminīṁ padmagandhinīṁ | |  
puṇyagandhāṁ suprasannāṁ prasādābhimukhīṁ prabhāṁ |  
namāmi candravadanāṁ candrāṁ candrasahodarīṁ | |  
caturbhujāṁ candrarūpāṁ indirāṁ induśītalāṁ |  
āhlādajananīṁ puṣṭiṁ śivāṁ śivakarīṁ satīṁ | |  
vimalāṁ viśvajananīṁ puṣṭiṁ dāridryanāśinīṁ |  
pṛitipuṣkariṇīṁ śāntāṁ śuklamālyāmbarāṁ śriyāṁ | |  
bhāskarīṁ bilvanilayāṁ varārohāṁ yaśasvinīṁ |  
vasundharāṁ udārāṅgāṁ hariṇīṁ hemamālinīṁ | |  
dhanadhānyakarīṁ siddhiṁ straiṇasaumyāṁ śubhapradāṁ |  
nṛpaveśmagatānandāṁ varalakṣmīṁ vasupradāṁ | |  
śubhāṁ hiraṇyaprākārāṁ samudratānāyāṁ jayāṁ |  
namāmi maṅgaḷāṁ devīṁ viṣṇuvakṣaḥsthalasthitāṁ | |  
viṣṇupatnīṁ prasannākṣīṁ nārāyaṇa samāśritāṁ |



dāridryadhvaṁsinīm devīm sarvopadravavāriṇīm | |  
navadurgām mahākālīm brahmaviṣṇuśivātmikām |  
trikālajñānasampannām namāmi bhuvaneśvarīm | |

## Appendix D: Vishnu Sahasra Nama Stotram

This can be included in the “Main Mantra” section optionally. This prayer contains 1000 names of Lord Vishnu.

viśvaṁ viṣṇur vaṣaṭkāro bhūtabhavyabhavat prabhuḥ |  
bhūtakṛd bhūtabhṛd bhāvo bhūtātmā bhūtabhāvanaḥ | |  
pūtātmā paramātmā ca muktānām paramā gatiḥ |  
avyayaḥ puruṣaḥ sāksī kṣetrajño'kṣara eva ca | |  
yogo yogavidām netā pradhānapuruṣeśvaraḥ |  
nārasimhavaḥ śrīmān keśavaḥ puruṣottamaḥ | |  
sarvaḥ śarvaḥ śivaḥ sthāṇur bhūtādirnidhi ravyayaḥ |  
sambhavo bhāvano bhartā prabhavaḥ prabhuriśvaraḥ | |  
svayambhūḥ śambhurādityaḥ puṣkarākṣo mahāsvanaḥ |  
anādinidhano dhātā vidhātā dhāturuttamaḥ | |  
aprameyo hr̥ṣikeśaḥ padmanābho'maraprabhuḥ |  
viśvakarmā manustvaṣṭā sthaviṣṭhaḥ sthaviro dhruvaḥ | |  
agrāhyaḥ śāśvataḥ kṛṣṇo lohitākṣaḥ pratardanaḥ  
prabhūta strikakubdhāma pavitraṁ maṅgalaṁ param | |  
īśānaḥ prānadaḥ prāṇo jyeṣṭhaḥ śreṣṭhaḥ prajāpatiḥ |  
hiraṇyagarbho bhūgarbho mādhave madhusūdanaḥ | |  
īśvaro vikramī dhanvī medhāvī vikramaḥ kramaḥ |  
anuttamo durādarṣaḥ kṛtajñāḥ kṛtirātmavān | |  
sureśaḥ śaraṇam śarma viśvaretāḥ prajābhavaḥ |  
ahassaṁvatsaro vyāḷaḥ pratyayaḥ sarvadarśanaḥ | |  
ajaḥ sarveśvaraḥ siddhaḥ siddhiḥ sarvādi racyutaḥ |  
vṛṣākapi rameyātmā sarvayogavinissṛtaḥ | |  
vasurvasumanāssatyāḥ samātmā sammitaḥ samaḥ |  
amoghaḥ puṇḍarikākṣo vṛṣakarmā vṛṣākṛtiḥ | |  
rudro bahuśirā babhrur viśvayoniḥ śuciśravāḥ |  
amṛtaḥ śāśvataḥ sthāṇur varāroho mahātapāḥ | |  
sarvagaḥ sarvavidbhānur viśvakseno janārdanaḥ |  
vedo vedavidavyaṅgo vedāṅgo vedavitkaviḥ | |  
lokādhyakṣaḥ surādhyakṣo dharmādhyakṣaḥ kṛtākṛtaḥ |  
caturātmā caturvyūhaḥ caturdamṣṭraścaturbhujāḥ | |  
bhrājīṣṇurbhojanaṁ bhoktā sahiṣṇurjagadādijaḥ |

anagho vijayo jetā viśvayoniḥ punarvasuḥ | |  
 upendro vāmanaḥ prāṁśuramoghaḥ śucirurjitaḥ |  
 atīndraḥ saṅgrahassargo dhṛtātmā niyamo yamaḥ | |  
 vedyo vaidyaḥ sadāyogī vīrahā mādhave madhuḥ |  
 atīndriyo mahāmāyo mahotsāho mahābalaḥ | |  
 mahābuddhirmahāvīryo mahāśakti rmahādyutiḥ |  
 anirdeśyavapuḥ śrīmān ameyātmā mahādridhṛk | |  
 maheśvāso mahībharta śrīnivāsaḥ satām gatiḥ |  
 aniruddhaḥ surānando govindo govidām patiḥ | |  
 marīcirdamano haṁsaḥ suparṇo bhujagottamaḥ |  
 hiraṇyanābhaḥ sutapāḥ padmanābhaḥ prajāpatiḥ | |  
 amṛtyuḥ sarvadṛkṣimhaḥ sandhātā sandhimān sthiraḥ |  
 ajo durmarṣaṇaḥ śāstā viśrutātmā surārihā | |  
 gurugurutamo dhāma satya ssatyaparākramaḥ |  
 niṁṣo'niṁṣaḥ sragvī vācaspati rudāradhīḥ | |  
 agrāṇīr grāmaṇīḥ śrīmān nyāyo netā samīraṇaḥ |  
 sahasramūrdhā viśvātmā sahasrākṣaḥ sahasrapāt | |  
 āvartano nivṛttātmā saṁvṛtaḥ sampramardanaḥ |  
 ahassaṁvartako vahni ranilo dharaṇīdharaḥ | |  
 suprasādaḥ prasannātmā viśvasṛḍviśvabhugvibhuḥ |  
 satkartā satkṛtassādhuḥ jahnu nārāyaṇo naraḥ | |  
 asaṅkhyeyo'prameyātmā viśiṣṭaḥ śiṣṭakṛcchuciḥ |  
 siddhārthaḥ siddhasaṅkalpaḥ siddhidassiddhisādhanāḥ | |  
 vṛṣāhī vṛṣabho viṣṇuḥ vṛṣaparvā vṛṣodaraḥ |  
 vardhano vardhamānaśca viviktaḥ śrutisāgaraḥ | |  
 subhujo durdharo vāgmī mahendhro vasudo vasuḥ |  
 naikarupo bṛhadrupaḥ śīpiviṣṭaḥ prakāśanaḥ | |  
 ojastejodyutidharaḥ prakāśātmā pratāpanaḥ |  
 ṛddhaḥ spaṣṭākṣaro mantraścandrāmśurbhāskaradyutiḥ | |  
 amṛtāmśūdbhavo bhānuḥ śaśabindu ssureśvaraḥ |  
 auśadham jagataḥ setuḥ satyadharmaparākramaḥ | |  
 bhūtabhavyabhavannāthaḥ pavanaḥ pāvano'nalaḥ |  
 kāmāhā kāmākṛtkāntaḥ kāmāḥ kāmapradaḥ prabhuḥ | |  
 yugādikṛdyugāvarto naikamāyo mahāśanaḥ |  
 adṛśyo vyaktarūpaśca sahasrajidanantajit | |  
 iṣṭo'viśiṣṭaḥ śiṣṭeṣṭaḥ śikhaṇḍī nahuṣo vṛśaḥ |  
 krodhahā krodhakṛtkartā viśvabāhu rmahīdharaḥ | |  
 acyutaḥ prathitaḥ prāṇaḥ prāṇado vāsavānujaḥ |  
 apām nidhi radhiṣṭhāna mapramattaḥ pratiṣṭhitaḥ | |  
 skandaḥ skandadharo dhuryo varado vāyuvāhanaḥ |

vāsudevo bṛhadbhānurādidevaḥ purandaraḥ | |  
aśokastāraṇastāraḥ sūraḥ śaurirjaneśvaraḥ |  
anukūlaḥ śatāvartaḥ padmī padmanibhekṣaṇaḥ | |  
padmanābho'ravindākṣaḥ padmagarbhaḥ śarīrabhṛt |  
maharddhirṛddho vṛddhātmā mahākṣo garuḍadhvajah | |  
atulaḥ śarabho bhīmaḥ samayajño havirhariḥ |  
sarvalakṣaṇalakṣaṇyo lakṣmīvān samitiñjayaḥ | |  
vikṣaro rohito mārgo hetu rdāmodara ssaḥaḥ |  
mahīdharo mahābhāgo vegavānamitāśanaḥ | |  
udbhavaḥ kṣobhaṇo devaḥ śrīgarbhaḥ parameśvaraḥ |  
karaṇam kāraṇam kartā vikartā gahano guhaḥ | |  
vyavasāyo vyavasthānaḥ samsthānaḥ sthānado dhruvaḥ |  
pararddhiḥ paramaspaṣṭaḥ tuṣṭaḥ puṣṭaḥ śubhekṣaṇaḥ | |  
rāmo virāmo virajomārgo neyo nayo'nayaḥ |  
vīraḥ śaktimatām śreṣṭho dharmo dharmaviduttamaḥ | |  
vaikuṅṭhaḥ puruṣaḥ prāṇaḥ prāṇadaḥ praṇavaḥ pṛthuh |  
hiraṇyagarbhaśśatrughno vyāpto vāyuradhokṣajaḥ | |  
ṛtuḥ sudarśanaḥ kālaḥ parameṣṭhī parigrahaḥ |  
ugraḥ samvatsaro dakṣo viśrāmo viśvadakṣiṇaḥ | |  
vistāraḥ sthāvaraḥ sthāṇuḥ pramāṇam bijamavyayam |  
artho'nartho mahākośo mahābhogo mahādhanah | |  
anirviṇṇaḥ sthaviṣṭho bhūrdharmayūpo mahāmakhaḥ |  
nakṣatranemi rnakṣatrī kṣamaḥ kṣāma ssamīhanaḥ | |  
yajña ijyo mahejyaśca kratussatram satām gatiḥ |  
sarvadarśī nivṛttātmā sarvajño jñānamuttamam | |  
suvrataḥ sumukhaḥ sūkṣmaḥ sughoṣaḥ sukhadaḥ suhṛt |  
manoharo jitakrodho vīrabāhurvidāraṇaḥ | |  
svāpanaḥ svavaśo vyāpī naikātmā naikakarmakṛt |  
vatsaro vatsalo vatsī ratnagarbho dhaneśvaraḥ | |  
dharmagubdharmakṛddharmī sadasatkṣaramakṣaram |  
avijñātā sahasrāmśuḥ vidhātā kṛtalakṣaṇaḥ | |  
gabhastinemiḥ sattvasthaḥ simho bhūtamaheśvaraḥ |  
ādidevo mahādevo deveśo devabhṛdguruḥ | |  
uttaro gopatirgoptā jñānagamyah purātanaḥ |  
śarīrabhūtabhṛt bhoktā kapīndro bhūridakṣiṇaḥ | |  
somapo'mṛtapaḥ somaḥ purujit purusattamaḥ |  
vinayo jayaḥ satyasandho dāśārhaḥ sātvatām patiḥ | |  
jīvo vinayitā sākṣī mukundo'mitavikramaḥ |  
ambhonidhi ranantātmā mahodadhiśayo'ntakaḥ | |  
ajo mahārhaḥ svābhāvyo jitāmitraḥ pramodanaḥ |

ānando nandano nandaḥ satyadharmā trivikramaḥ | |  
 maharṣiḥ kapilācāryaḥ kṛtajño medinīpatiḥ |  
 tripadastridaśādhyakṣo mahāśṛṅgaḥ kṛtāntakṛt | |  
 mahāvarāho govindaḥ suṣeṇaḥ kanakāṅgadī |  
 guhyo gabhīro gahano guptaścakragadādharah | |  
 vedhāḥ svāṅgo'jitaḥ kṛṣṇo dṛḍhaḥ saṅkarṣaṇo'cyutaḥ |  
 varuṇo vāruṇo vṛkṣaḥ puṣkarākṣo mahāmanāḥ | |  
 bhagavān bhagahā'nandī vanamālī halāyudhaḥ |  
 ādityo jyotirādityaḥ sahiṣṇu rgatisattamaḥ | |  
 sudhanvā khaṇḍaparaśuḥ dāruṇo draviṇapradaḥ |  
 divisṛk sarvadṛg vyāso vācaspati rayonijaḥ | |  
 trisāmā sāmagaḥ sāma nirvāṇam bheṣajam bhiṣak |  
 sannyāsakṛcchamaḥ śānto niṣṭhā śāntiḥ parāyaṇam | |  
 śubhāṅgaḥ śāntidaḥ sraṣṭā kumudaḥ kuvaleśayaḥ |  
 gohito gopatirgoptā vṛṣabhākṣo vṛṣapriyaḥ | |  
 anivartī nivṛttātmā saṅkṣeptā kṣemakṛcchivaḥ |  
 śrīvatsavakṣāḥ śrīvāsaḥ śrīpatiḥ śrīmatām varaḥ | |  
 śrīdaḥ śrīśaḥ śrīnivāsaḥ śrīnidhiḥ śrīvibhāvanaḥ |  
 śrīdharah śrīkaraḥ śreyah śrīmān lokatrayāśrayaḥ | |  
 svakṣaḥ svaṅgaḥ śātānando nandi rjyotirgaṇeśvaraḥ |  
 vijitātmā vidheyātmā satkīrti śchinnaśāyāḥ | |  
 udīrṇaḥ sarvataścakṣu ranīśaḥ śāsvatasthiraḥ |  
 bhūśayo bhūṣaṇo bhūtiraśokaḥ śokanāśanaḥ | |  
 arcīsmānarcitaḥ kumbho viśuddhātmā viśodhanaḥ |  
 aniruddho'pratirathaḥ pradyumno'mitavikramaḥ | |  
 kālaneminihā vīraḥ sūraḥ sūrajaneśvaraḥ |  
 trilokātmā trilokeśaḥ keśavaḥ keśihā hariḥ | |  
 kāmadevaḥ kāmapālaḥ kāmī kāntaḥ kṛtāgamaḥ |  
 anirdeśyavapu rviṣṇuḥ vīro'nanto dhanañjayaḥ | |  
 brahmaṇyo brahmakṛt brahmā brahma brahmavivardhanaḥ |  
 brahmavit brāhmaṇo brahmī brahmagjo brāhmaṇapriyaḥ | |  
 mahākramo mahākarmā mahātejā mahoragaḥ |  
 mahākṛatu rmahāyavā mahāyajñō mahāhaviḥ | |  
 stavyaḥ stavapriyaḥ stotraṁ stutiḥ stotrā raṇapriyaḥ |  
 pūrṇaḥ pūrayitā puṇyaḥ puṇyakīrti ranāmayāḥ | |  
 manojavastīrthakaro vasuretā vasupradaḥ |  
 vasuprado vāsudevo vasurvasumanā haviḥ | |  
 sadgatiḥ satkṛtiḥ sattā sadbhūtiḥ satparāyaṇaḥ |  
 sūraseno yaduśreṣṭhaḥ sannivāsaḥ suyāmunaḥ | |  
 bhūtāvāso vāsudevaḥ sarvāsunilayo'nalaḥ |

darpahā darpado' drpto durdharo'thāparājitaḥ | |  
 viśvamūrtirmahāmūrtirdīptamūrtiramūrtimān |  
 anekamūrtiravyaktaḥ śatamūrtiśśatānanaḥ | |  
 eko naikaḥ sa vaḥ kaḥ kiṃ yattatpada manuttamam |  
 lokabandhu rlokanātho mādhave bhaktavatsalaḥ | |  
 suvarṇavarṇo hemāṅgo varāṅga ścandanāṅgadī |  
 vīrahā viśamaḥ śūnyo ghr̥tāśī racalaścalaḥ | |  
 amānī mānado mānyo lokasvāmī trilokadhṛt |  
 sumedhā medhajo dhanyaḥ satyamedhā dharādharah | |  
 tejoṽṛṣo dyutidharah sarvaśastrabhṛtām varah |  
 pragraho nigraho vyagro naikaśṛṅgo gadāgrajah | |  
 caturmūrtiścaturbāhuḥ caturvyūhaścaturgatiḥ |  
 caturātmā caturbhāvaḥ caturvedavidekapāt | |  
 samāvarto'nivṛttātmā durjayo duratikramaḥ |  
 durlabho durgamo durgo durāvāso durārihā | |  
 śubhāṅgo lokasāraṅgaḥ sutantustantuvardhanaḥ |  
 indrakarmā mahākarmā kṛtākarmā kṛtāgamaḥ | |  
 udbhavaḥ sundarah sundo ratnanābhaḥ sulocanaḥ |  
 arko vājanaḥ śṛṅgī jayantaḥ sarvavijjayī | |  
 suvarṇabindu rakṣobhyaḥ sarvavāgīśvareśvaraḥ |  
 mahāhrado mahāgarto mahābhūto mahānidhiḥ | |  
 kumudaḥ kundarah kundaḥ parjanyaḥ pāvano'nilaḥ |  
 amṛtāśo'mṛtavapuḥ sarvajñaḥ sarvatomukhaḥ | |  
 sulabhaḥ suvrataḥ siddhaḥ śatrujit śatrutāpanaḥ |  
 nyagrodhodumbaro'svatthaḥ cāṅūrāndhraniśūdanaḥ | |  
 sahasrārciḥ saptajihvaḥ saptaidhāḥ saptavāhanaḥ |  
 amūrti ranagho'cintyo bhayaḥkṛdbhayanāśanaḥ | |  
 aṅurbhṛhat kṛṣaḥ sthūlo guṇabhṛnnirguṇo mahān |  
 adhr̥taḥ svadhṛtaḥ svāsthyaḥ prāgvamśo vamśavardhanaḥ | |  
 bhārabhṛtkathito yogī yogīśaḥ sarvakāmadaḥ |  
 āśramaḥ śramaṇaḥ kṣāmaḥ suparṇo vāyuvāhanaḥ | |  
 dhanurdharo dhanurvedo daṅḍo damayutā damaḥ |  
 aparājitaḥ sarvasaho niyantā niyamo yamaḥ | |  
 sattvavān sāttvikaḥ satyaḥ satyadharmaparāyaṇaḥ |  
 abhiprāyaḥ priyārho'rhaḥ priyakṛt prītivardhanaḥ | |  
 vihāyasagatirjyotiḥ surucir hutabhugvibhuḥ |  
 ravirvirocanaḥ sūryaḥ savitā ravilocanaḥ | |  
 ananto hutabhuk bhoktā sukhado naikado'grajah |  
 anirviṅṇaḥ sadāmarṣī lokādhiṣṭhānamadbhutaḥ | |  
 sanāt sanātanatamaḥ kapilaḥ kapiravyayaḥ |

svastidaḥ svastikṛt svasti svastibhuk svastidakṣiṇaḥ | |  
 araudraḥ kuṇḍalī cakrī vikramyūrjitaśāśanaḥ |  
 śabdātigaḥ śabdasaḥaḥ śiśiraḥ śarvarīkaraḥ | |  
 akrūraḥ peśalo dakṣo dakṣiṇaḥ kṣamiṇām varaḥ |  
 vidvattamo vītabhayaḥ puṇyaśravaṇakīrtanaḥ | |  
 uttāraṇo duṣkṛtīhā puṇyo dussvapnanāśanaḥ |  
 vīraḥ rakṣaṇaḥ santo jīvanaḥ paryavasthitaḥ | |  
 anantarupo'nantaśrīḥ jītamanyurbhayaḥpahaḥ |  
 caturaśro gabhīrātmā vidiśo vyādiśo diśaḥ | |  
 anādir bhūrbhuvo lakṣmīḥ suvīro rucirāmgadaḥ |  
 janano janajanmādir bhīmo bhīmaparākramaḥ | |  
 ādhāranilayo'dhātā puṣpaḥāsaḥ prajāgaraḥ |  
 ūrdhvagaḥ satpathācāraḥ prāṇadaḥ praṇavaḥ paṇaḥ | |  
 pramāṇam prāṇanilayaḥ prāṇadhṛt prāṇajīvanaḥ |  
 tattvaṁ tattvavidekātmā janmamṛtyujarātigaḥ | |  
 bhūrbhuvāḥsvastarustāraḥ savitā prapitāmahaḥ |  
 yajño yajñapatiryajvā yajñāṅgo yajñavāhanaḥ | |  
 yajñabhṛt yajñakṛt yajñī yajñabhuk yajñasādhanāḥ |  
 yajñāntakṛt yajñaguhyamannamannāda eva ca | |  
 ātmanyoniḥ svayañjāto vaikhānassāmagāyanaḥ |  
 devakīnandanāḥ sraṣṭā kṣitīśaḥ pāpanāśanaḥ | |  
 śaṅkhabhṛnnandakī cakrī śārngadhanvā gadādharāḥ |  
 rathāṅgapāṇirakṣobhyaḥ sarvapraharaṇāyudhaḥ | |  
 vanamālī gadī śārngī śaṅkhī cakrī ca nandakī |  
 śrīmānnārāyaṇo viṣṇur vāsudevo'bhirakṣatu | |

## Appendix E: Satya Narayana Ashtottara Shata Nama Stotram

This can be included in the “Main Mantra” section optionally. This prayer contains 108 names of Lord Satya Narayana. There are two versions that are used in different traditions.

### Version 1:

om nārāyaṇāya namaḥ | om narāya namaḥ | om śauraye namaḥ | om cakrapāṇaye namaḥ |  
 om janārdanāya namaḥ | om vāsudevāya namaḥ | om jagadyonaye namaḥ | om vāmanāya  
 namaḥ | om jñānapañjarāya namaḥ | om śrīvāllabhāya namaḥ | om jagannāthāya namaḥ |  
 om caturmūrtaye namaḥ | om vyomakeśāya namaḥ | om hṛṣīkeśāya namaḥ | om śaṅkarāya  
 namaḥ | om garuḍadhvajāya namaḥ | om nārasimhāya namaḥ | om mahādevāya namaḥ |  
 (18) om svayambhuve namaḥ | om bhuvaneśvarāya namaḥ | om śrīdharāya namaḥ | om  
 devakīputrāya namaḥ | om halāyudhāya namaḥ | om sahasrabāhave namaḥ | om avyaktāya

namaḥ | om sahasrākṣāya namaḥ | om akṣarāya namaḥ | om pārthasārathaye namaḥ | om  
 acyutāya namaḥ | om śaṅkhapāṇaye namaḥ | om parañjyotiṣe namaḥ | om ātmajyotiṣe  
 namaḥ | om acañcalāya namaḥ | om śrīvatsāṅkāya namaḥ | om akhilādhārāya namaḥ | om  
 sarvalokapataye namaḥ | (36) om prabhave namaḥ | om trivikramāya namaḥ | om  
 trikālajñānāya namaḥ | om tridhāmne namaḥ | om karuṇākarāya namaḥ | om sarvajñāya  
 namaḥ | om sarvagāya namaḥ | om sarvasmai namaḥ | om sarveśāya namaḥ | om  
 sarvasākṣikāya namaḥ | om haraye namaḥ | om śārngiṇe namaḥ | om haraye namaḥ | om  
 śeṣāya namaḥ | om pītavāsase namaḥ | om guhāśrayāya namaḥ | om vedagarbhāya namaḥ |  
 om vibhave namaḥ | (54) om viṣṇave namaḥ | om kṣarāya namaḥ | om gajārighnāya namaḥ |  
 om keśavāya namaḥ | om keśimardanāya namaḥ | om kaiṭabhārāye namaḥ | om avidyārāye  
 namaḥ | om kāmādāya namaḥ | om kamalekṣaṇāya namaḥ | om haṁsaśatrave namaḥ | om  
 adharmāśatrave namaḥ | om kākutsthāya namaḥ | om khagavāhanāya namaḥ | om  
 nīlāmbudadyutaye namaḥ | om nityāya namaḥ | om nityatṛptāya namaḥ | om  
 nityānandadāya namaḥ | om surādhyakṣāya namaḥ | (72) om nirvikalpāya namaḥ | om  
 nirañjanāya namaḥ | om brahmaṇyāya namaḥ | om pṛthivīnāthāya namaḥ | om niṣkalaṅkāya  
 namaḥ | om nirābhāsāya namaḥ | om niṣprapañcāya namaḥ | om nirāmayāya namaḥ | om  
 bhaktavaśyāya namaḥ | om mahodārāya namaḥ | om śrīmate namaḥ | om  
 trailokyabhūṣaṇāya namaḥ | om yajñamūrtaye namaḥ | om ameyātmāne namaḥ | om  
 varadāya namaḥ | om vāsavānujāya namaḥ | om jitendriyāya namaḥ | om jītakrodhāya  
 namaḥ | (90) om samadrṣṭaye namaḥ | om sanātanāya namaḥ | om bhaktapriyāya namaḥ |  
 om jagatpūjyāya namaḥ | om paramātmāne namaḥ | om asurāntakāya namaḥ | om  
 sarvalokānāmāntakāya namaḥ | om anantāya namaḥ | om anantavikramāya namaḥ | om  
 māyādhārāya namaḥ | om nirādhārāya namaḥ | om sarvādhārāya namaḥ | om dharādhārāya  
 namaḥ | om puṇyakīrtaye namaḥ | om purātanāya namaḥ | om trikālajñāya namaḥ | om  
 viṣṭaraśravase namaḥ | om caturbhujāya namaḥ | (108)

## Version 2:

om satyadevāya namaḥ | om satyātmāne namaḥ | om satyabhūtāya namaḥ | om  
 satyapuruṣāya namaḥ | om satyanāthāya namaḥ | om satyasākṣiṇe namaḥ | om  
 satyayogāya namaḥ | om satyajñānāya namaḥ | om satyajñānapriyāya namaḥ | om  
 satyanidhaye namaḥ | om satyasambhavāya namaḥ | om satyaprabhūve namaḥ | om  
 satyeśvarāya namaḥ | om satyakarmaṇe namaḥ | om satyapavitrāya namaḥ | om  
 satyamaṅgalāya namaḥ | om satyagarbhāya namaḥ | om satyaprajāpataye namaḥ | (18) om  
 satyavikramāya namaḥ | om satyasiddhāya namaḥ | om satyācyutāya namaḥ | om  
 satyavīrāya namaḥ | om satyabodhāya namaḥ | om satyadharmāya namaḥ | om  
 satyāgrajāya namaḥ | om satyasantuṣṭāya namaḥ | om satyavarāhāya namaḥ | om  
 satyapārāyaṇāya namaḥ | om satyapūrṇāya namaḥ | om satyauśadhāya namaḥ | om  
 satyaśāśvatāya namaḥ | om satyapravardhanāya namaḥ | om satyavibhave namaḥ | om  
 satyajyeṣṭhāya namaḥ | om satyaśreṣṭhāya namaḥ | om satyavikramiṇe namaḥ | (36) om  
 satyadhanvine namaḥ | om satyamedhāya namaḥ | om satyādhīśāya namaḥ | om

satyakratave namaḥ | om satyakālāya namaḥ | om satyavatsalāya namaḥ | om satyavasave  
 namaḥ | om satyameghāya namaḥ | om satyarudrāya namaḥ | om satyabrahmaṇe namaḥ |  
 om satyāmṛtāya namaḥ | om satyavedāṅgāya namaḥ | om satyacaturātmane namaḥ | om  
 satyabhoktre namaḥ | om satyaśucaye namaḥ | om satyārjitāya namaḥ | om satyendrāya  
 namaḥ | om satyasaṅgarāya namaḥ | (54) om satyasvargāya namaḥ | om satyaniyamāya  
 namaḥ | om satyamedhāya namaḥ | om satyavedyāya namaḥ | om satyapīyūṣāya namaḥ |  
 om satyamāyāya namaḥ | om satyamohāya namaḥ | om satyasurānandāya namaḥ | om  
 satyasāgarāya namaḥ | om satyatapase namaḥ | om satyasimhāya namaḥ | om  
 satyamṛgāya namaḥ | om satyalokapālākāya namaḥ | om satyasthitāya namaḥ | om  
 satyadikpālākāya namaḥ | om satyadhanurdharāya namaḥ | om satyāmbujāya namaḥ | om  
 satyavākyāya namaḥ | (72) om satyagurave namaḥ | om satyanyāyāya namaḥ | om  
 satyasākṣiṇe namaḥ | om satyasaṁvṛtāya namaḥ | om satyasampradāya namaḥ | om  
 satyavahnaye namaḥ | om satyavāyuve namaḥ | om satyaśikharāya namaḥ | om  
 satyānandāya namaḥ | om satyādhirājāya namaḥ | om satyaśrīpādāya namaḥ | om  
 satyaguhyāya namaḥ | om satyodarāya namaḥ | om satyahṛdayāya namaḥ | om  
 satyakamalāya namaḥ | om satyanālāya namaḥ | om satyahastāya namaḥ | om satyābāhave  
 namaḥ | (90) om satyamukhāya namaḥ | om satyajihvāya namaḥ | om satyadaumṣṭrāya  
 namaḥ | om satyanāśikāya namaḥ | om satyaśrotrāya namaḥ | om satyacakṣase namaḥ |  
 om satyaśirase namaḥ | om satyamukutāya namaḥ | om satyāambarāya namaḥ | om  
 satyābharaṇāya namaḥ | om satyāyudhāya namaḥ | om satyaśrīvallabhāya namaḥ | om  
 satyaguptāya namaḥ | om satyapuṣkarāya namaḥ | om satyādhridāya namaḥ | om  
 satyabhāmāvatārakāya namaḥ | om satyagr̥harūpiṇe namaḥ | om satyapraharaṇāyudhāya  
 namaḥ | (108)

## Appendix F: Satyadevashtakam

This prayer can be included in the “Main Mantra” section optionally. This prayer contains 8 verses in prayer of Lord Satya Narayana. Please note that this prayer is not from any scripture or composed by any saint, but composed by the author of these manuals. So it may not have any special power. But you can include it if you like it.

śrīsatyadevāṣṭakam

śrīsatyalokapāripālaka he kṛpālo | devarṣimaunigaṇabhāvita sattvamūrte |  
 śvetāambarāvṛta rameśa ramāvilola | śrīsatyadeva mama dehi karāvalambam | |  
 omkārarūpa guṇavarjita viśvayone | he pañcabhūtapāripālaka lokarakṣa |  
 sampūrṇacandrasamaye samupāsitavya | śrīsatyadeva mama dehi karāvalambam | |  
 gaurīśivācyutagaṇeśapitāmahaīśca | kṛtairnavaiḥ kratuśatādidigīśvaraiśca |  
 devaiśsadā sahita śāśvata lokapūjya | śrīsatyadeva mama dehi karāvalambam | |  
 ādyantavarjita surārcitapādapadma | śrīkhaṇḍacarcita suvarcita śobhanāṅga |



śrīpuṇḍramaṇḍitalalāṭa virāṭṣvarūpa | śrīsatyadeva mama dehi karāvalambam | |  
 śrīmatsyakūrmadharaṇīdharanārasīmha | śrīvāmanēśajamadagnijarāmacandra |  
 śrīkr̥ṣṇarūpadhara acyuta viṣṇumūrte | śrīsatyadeva mama dehi karāvalambam | |  
 kṣīrābdhijāpriya manoharaveśadhārin | dīnārtichedakara modasubhāgyadāyin |  
 bhaktāghanāśa kalipāśavimocakārin | śrīsatyadeva mama dehi karāvalambam | |  
 kāmaṁ ca krodhamadamātsaralobhamohān | ghorāriṣaṭkavitatiṁ parimardaya tvaṁ |  
 sattvaṁ ca śāntimatulaṁ vinayaṁ ca dehi | śrīsatyadeva mama dehi karāvalambam | |  
 madvāci mūrdhni ṛḥdi vāsaya satyarūpa | lakṣmyā ca devatatibhissaha traiguṇātman |  
 satyena divyasudhayā bharitottamāṅga | śrīsatyadeva mama dehi karāvalambam | |  
 satyadevāṣṭakam stotram bhaktyā paṭhati yo naraḥ | tasya pāpāni naśyantu satyadeva  
 prasādataḥ | |

## Appendix G: Punyaha Vachanam (Pavamana Sooktam)

This prayer requests various deities and rishis to send their subtle essence into the water in kalasha (pot) to make it worthy of invoking the main deity of a pooja (Lord Satya Narayana here). This YajurVedic prayer is used at the end of Varuna pooja done at the beginning of a lot of traditional rituals.

hirāṇyavarṇāḥ śucayaḥ pāvaka yāsu jātaḥ kaśyapo yāsvindraḥ | agniṁ yā garbhaṁ dadhire  
 virūpāstā na āpaśāṁ syonā bhavantu | | yāsāṁ rājā varuṇo yāti madhye satyānte  
 avapaśyam janānām | madhuścutaśśucayo yāḥ pāvakāstā na āpaśāṁ syonā bhavantu | |  
 yāsāṁ devā divi kṛṇvanti bhakṣam yā antarikṣe bahudhā bhavanti | yāḥ pṛthivīm  
 payasondanti śukrāstā na āpaśāṁ syonā bhavantu | | śivena mā cakṣuṣā paśyatāpaśśivayā  
 tanuvopā spr̥ṣata tvacaṁ me | sarvāṁ agniṁ rapsuṣado huve vo mayi varco balamojo  
 nidhatta | |  
 pavamānassuvarjanaḥ | pavitreṇa vicarṣaṇiḥ | yaḥ potā sa punātu mā | punantu mā  
 devajanāḥ | punantu manavo dhiyā | punantu viśva āyavaḥ | jātavedaḥ pavitravat |  
 pavitreṇa punāhi mā | śukreṇa devadīdyat | agne kratvā kratūṁ ranu | yatte pavitramar̥ciṣi |  
 agne vitatamantarā | brahma tena punīmahe | ubhābhyāṁ devasavitaḥ | pavitreṇa savena  
 ca | idaṁ brahma punīmahe | vaiśvadevī punāti devyāgāt | yasyai bahvīstanuvo  
 vītapr̥sthāḥ | tayā madantaḥ sadhamādyeṣu | vayam syāma patayo rayiṇām | vaiśvānaro  
 raśmibhirmā punātu | vātaḥ prāneṇeṣiro mayo bhūḥ | dyāvāpṛthivī payasā payobhiḥ |  
 ṛtāvarī yajñīye mā punītām | |  
 bṛhadbhiḥ savitastṛbhiḥ | varṣiṣṭhairdevamanmabhiḥ | agne dakṣaiḥ punāhi mā | yena devā  
 apunata | yenāpo divyāṅkaśaḥ | tena divyena brahmaṇā | idaṁ brahma punīmahe | yaḥ  
 pavamānīraddhyeti | ṛṣibhissambhṛtaṁ rasam | sarvaṁ sa pūtamaśnāti | svaditam  
 mātariśvanā | pavamānīryo adhyeti | ṛṣibhissambhṛtaṁ rasam | tasmai sarasvatī duhe |  
 kṣīram sarpirmadhūdakam | |

pāvamānīssvastyayaniḥ | sudughāhi payasvatīḥ | ṛṣibhissambhṛto rasah |  
brāhmaṇeṣvamṛtaṁ hitam | pāvamānīrdīśantu naḥ | imam lokamatho amum | kāmān  
samardhayantu naḥ | devīrdevaiḥ samābhṛtāḥ | pāvamānīssvastyayaniḥ | sudughāhi  
ghṛtaścutaḥ | ṛṣibhissambhṛto rasah | brāhmaṇeṣvamṛtaṁ hitam | yena devāḥ pavitreṇa |  
ātmānaṁ punate sadā | tena sahasradhāreṇa | pāvamānyaḥ punantu mā | prajāpatyaṁ  
pavitraṁ | śatodyāmaṁ hiraṇmayam | tena brahma vido vyaṁ | pūtam brahma punīmahe |  
indrassunītī sahamā punātu | somassvastyā varuṇassamīcyā | yamo rājā pramṛṇābhiḥ  
punātu mā | jātavedā morjayantya punātu | om bhūrbhuvassuvaḥ |  
om tacchaṁ yorāvṛṇīmahe | gātuṁ yajñāya | gātuṁ yajñāpataye | daivīssvastīrastu naḥ |  
svastīrmānūṣebhyaḥ | ūrdhvaṁ jigātu bheṣajam | śanno astu dvīpade | śam catuṣpade |  
om namo brahmaṇe namo astvagnaye namaḥ pṛthivyai nama ośadhībhyaḥ | namo vāce  
namo vācaspataye namo viṣṇave bhṛhate karomi |  
om śāntiśśāntiśśāntiḥ |

## Appendix H: Narayana Sooktam & Mantra Pushpam

Narayana Sooktam given below can optionally be chanted before chanting mantra pushpam given after it (see below).

om sahasraśīrṣam devam viśvākṣam viśvaśambhuvam | viśvam nārāyaṇam devamakṣaram  
paramam padam | viśvataḥ paramānityam viśvam nārāyaṇam harim | viśvamevedam  
puruṣastadvīśvamupajīvati | patiṁ viśvasyātmeśvaram śāśvataṁ śivamacyutam |  
nārāyaṇam mahājñeyam viśvātmānam parāyaṇam | nārāyaṇaparo jyotīrātmā nārāyaṇaḥ  
paraḥ | nārāyaṇaparam brahma tattvam nārāyaṇaḥ paraḥ | nārāyaṇaparo dhyātā dhyānam  
nārāyaṇaḥ paraḥ | yacca kimcijjagatsarvam drīsyate śrūyate'pi vā | | antarbhāśca tatsarvam  
vyāpya nārāyaṇaḥ sthitaḥ | anantamavyayam kavim samudre'ntam viśvaśambhuvam |  
padmakōśapratikāśam hṛdayam cāpyadhōmukham | adho niṣṭyā vitastyānte  
nābhyāmuparītiṣṭhati | jvālamālākulam bhātī viśvasyāyatanam mahat | santatam śilābhistu  
lambatyākośasannibham | tasyānte suśiram sūkṣmam tasmin sarvam pratiṣṭhitam | tasya  
madhye mahānagnirviśvārcirviśvatōmukhaḥ | so'grabhugvibhajantiṣṭhannāhāramajaraḥ  
kaviḥ | tiryagūrdhvamadhaśśāyī rāsmayastasya santatā | saṁtāpayati svam  
dehamāpādatalamastakaḥ | tasya madhye vahniśikhā aṇīyordhvā vyavasthitaḥ |  
nīlatoyadamadhyasthādvidyullekheva bhāsvarā | nīvāraśūkavattanvī pītā  
bhāsvatyaṇūpamā | tasyaḥ śikhāyā madhye paramātmā vyavasthitaḥ | sa brahma sa śivaḥ sa  
hariḥ sendraḥ so'kṣaraḥ paramaḥ svarāt | |

Main text of mantra pushpam is given below.

om yopām puṣpam̐ veda| puṣpavān prajāvān paśumān bhavati| caṁdramā vā apām  
 puṣpam̐ puṣpavān prajāvān paśumān bhavati| ya evam̐ veda| yo'pāmāyatanaṁ veda|  
 āyatanavān bhavati| agnirvā apāmāyatanaṁ| āyatanavān bhavati| yo'gnerāyatanaṁ veda|  
 āyatanavān bhavati| āpo vā agnerāyatanaṁ| āyatanavān bhavati| ya evam̐ veda|  
 yo'pāmāyatanaṁ veda| āyatanavān bhavati| vāyurvā apāmāyatanaṁ| āyatanavān  
 bhavati| yo vāyorāyatanaṁ veda| āyatanavān bhavati| āpo vai vāyorāyatanaṁ|  
 āyatanavān bhavati| ya evam̐ veda| yo'pāmāyatanaṁ veda| āyatanavān bhavati| asau vai  
 tapannapāmāyatanaṁ| āyatanavān bhavati| yo'muṣya tapata āyatanaṁ veda| āyatanavān  
 bhavati| āpo vā amuṣya tapata āyatanaṁ| āyatanavān bhavati| ya evam̐ veda|  
 yo'pāmāyatanaṁ veda| āyatanavān bhavati| caṁdramā vā apāmāyatanaṁ| āyatanavān  
 bhavati| yaścaṁdramāsa āyatanaṁ veda| āyatanavān bhavati| āpo vai caṁdramāsa  
 āyatanaṁ| āyatanavān bhavati| ya evam̐ veda| yo'pāmāyatanaṁ veda| āyatanavān  
 bhavati| nakṣatrāṇi vā apāmāyatanaṁ| āyatanavān bhavati| yo nakṣatrāṇāmāyatanaṁ  
 veda| āyatanavān bhavati| āpo vai nakṣatrāṇāmāyatanaṁ| āyatanavān bhavati| ya evam̐  
 veda| yo'pāmāyatanaṁ veda| āyatanavān bhavati| parjanyo vā apāmāyatanaṁ|  
 āyatanavān bhavati| yaḥ parjanyaśyāyatanaṁ veda| āyatanavān bhavati| āpo vai  
 parjanyaśyāyatanaṁ| āyatanavān bhavati| ya evam̐ veda| yo'pāmāyatanaṁ veda|  
 āyatanavān bhavati| saṁvatsaro vā apāmāyatanaṁ| āyatanavān bhavati|  
 yassaṁvatsarasyāyatanaṁ veda| āyatanavān bhavati| āpo vai saṁvatsarasyāyatanaṁ|  
 āyatanavān bhavati| ya evam̐ veda| yo'psu nāvaṁ pratiṣṭhitam̐ veda| pratyeva tiṣṭhati| |  
 om rājādhirājāya prasahyaśahine| namo vayan̐ vaiśravaṇāya kurmahe| sa me  
 kāmānkāmākāmāya mahyam̐| kāmeśvaro vaiśravaṇo dadātu| kuberāya vaiśravaṇāya|  
 mahārājāya namaḥ| |  
 om tadviṣṇoḥ paramam̐ padam̐ sadā paśyanti sūrayaḥ| divīva cakṣurātataṁ| | tadviprāso  
 vipanyavo jāgṛvān̐ sassamim̐dhate| viṣṇoryatparamam̐ padam̐ | om ṛtaṁ satyam̐ param̐  
 brahma puruṣam̐ kṛṣṇapiṅgaḥ| ūrdhvaretam̐ virūpākṣam̐ viśvarūpāya vai namaḥ| om  
 nārāyaṇāya vidmahe vāsudevāya dhīmahi| tanno viṣṇuḥ pracodayāt| | om mahādevyai ca  
 vidmahe viṣṇupatnyai ca dhīmahi| tanno lakṣmīḥ pracodayāt| | ākāśāt patitam̐ toyam̐ yadā  
 gacchati sāgaram̐| sarva deva namaskāraḥ mādharmaṁ prati gacchati| |

## Appendix I: Arrangement of Peetha

When various deities are invoked in the pooja, their position will be marked as a code (e.g. L1, G4, G3A, D6, LG1, LSN *etc*) in the manual. Please refer to the picture below to identify.

Lokapalakas are marked as L1, L2 *etc*.

Grahas are marked as G1, G2 *etc*.

Adhidevatas (ruling deities) of grahas are marked as G1A, G2A *etc*.

Pratyadhidevatas (co-ruling deities) of grahas are marked as G1P, G2P *etc*.

Dikpalakas are marked as D1, D2 *etc*.

To understand the above groups of deities better, refer to the “Parivaara Devataa Poojaa” section in the manual.

