

PERSONAL PUJA

Puja Tray: 4 flowers, ghee lamp, matches, prasad, achamani, incense

1. Step onto asana with right foot

2. Pranayama

3. Achamani

4. Puja to the seat of the gurus

Om sri guru charan padukabhyo namah (offer water)

Om sri param guru charan padukabhyo namah (offer water)

Om sri adi guru charan padukabhyo namah (offer water)

Om sri guru charan padukabhyo patram puspam samarpayami (offer flower)

Om sri param guru charan padukabhyo patram puspam samarpayami (offer flower)

Om sri adi guru charan padukabhyo patram puspam samarpayami (offer flower)

5. Puja to the seat of the devis (specific to personal guru mantra)

(a) Invocation (silently, in head)

(First seed syllable) rupay

(Second syllable) rupay

(Third syllable) rupay

(out loud): devyo namah

Example: if mantra is “Aing Hring Kring”:

Silently repeating in head: “Aing rupay, Hring rupay, Kring rupay”

(out loud): “devyo namah” (offer water)

(b) Offerings

Mateshwari charan padukabhyo patram puspam samarpayami (offer flower)

Dhupam samarpayami (offer incense)

(Circle incense with water before and after waving it)

Deepam samarpayami (offer lamp, circle with water after setting it on altar)

Naivedyam samarpayami (offer prasad, circle with water after setting it on altar)

Vadyam samarpayami (offer sound)

6. Pranava

7. Dhyan

8. Jap

9. Pranayama