

# With the blessings of Swamini Brahmaprajnananda Saraswati





Scan the QR code to watch how to perform the 5-step Pañcopacāra Pūjā.

Pg 3
Pg 6
Pg 11
Pg 13
Pg 15
Pg 16
Pg 17
Pg 18
Pg 19
Pg 20
Pg 21
Pg 22
Pg 23
Pg 24
Pg25
Pg 27
Pg 29
Pg 31
Pg 32
Pg 33
Pg 34
Pg35
Pg 36
Pg 37
Pg 38





Sanskrit is a highly phonetic language and therefore accuracy in the pronunciation of the letters is very important.

A change in the pronunciation could change the meaning of the word itself.

For those who are not familiar with the Dēvanāgarī script, the International Alphabet of Sanskrit Transliteration is a guide to the correct pronunciation of the Sanskrit letters.



अ a (but)	उ u (put)	ए e (play)
आ ā (far)	ऊ ū (pool)	ऐ ai (high)
इ i (it)	乘 ŗ(rhythm)	ओ o (toe)
ई ī (beet)	ਲ ∣(lr) *	औ au (loud)

क ka (skate) 1	ख kha (blockhead) *1	ग ga (gate) 1
घ gha (log hut) *1	ङ ṅa (sing)	
च ca (chunk) 2	छ cha (catch him) *2	ज ja (john) 2
झ jha (hedgehog) *2	স ña (bunch) 2	
ਟ ṭa (start) *3	ਰ ṭha (anthill) *3	ਭ ḍa (dart) *3
ढ ḍha (godhead) *3	ण ņ (under) *3	
त ta (path) *4	थ tha (thunder) *4	द da (that) *4



ਬ dha (breathe) *4	न na (numb) *4	
प pa (spin) 5	फ pha (loophole) *5	ब ba (bin) 5
ਮ bha (abhor) *5	म ma (much) 5	
य ya (young)	₹ ra (drama)	ल la (luck)
व va (between va and wa)	श ś (shove)	ष ş (bushel)
स s (so)	ह h (hum)	
क्ष ksh (kshatriya)	א tra (tra)	ज्ञ jna (jnanam)

अं m Anusvara (nasalization of preceding vowel) अ: h Visarga (aspiration of preceding vowel)

- Notes
  \* No exact English equivalents for these letters
  1. guttural 2. palatal 3. lingual 4. dental 5. labial

<sup>\*</sup> Some Sanskrit words have been spelt according to prounciation and some have diacritical marks.



## **WHYOFPŪJĀ.**

Pūjā is a sacred action towards **Bhagavān**.

Bhagavān is the one who has made all of us.

He has limitless bhaga-s, all knowledge, all power, all fame, all wealth, all overlordship and all objectivity.

One way of talking to **Bhagavān** is by doing a pūjā.

Pūjā is a beautiful way to call and connect with Bhagavān.

When we call Him, He comes and blesses us.





A pūjā is also performed in order to express one's gratitude to Bhagavān for all one has been given in one's life.

The very creation in which one is born is considered to be a gift of Bhagavān.

The practice of doing pūjā is a blessing passed down to us by our ancestors - a wonderful tradition/way to express our love and gratitude to Bhagavān.

Whether the pūjā is performed at home or in a temple, the essential steps are the same.



The basic pūjā is called the **Pañcopacāra Pūjā** in which one makes a fivefold offering.

This worship acknowledges the presence of Bhagavān and makes a simple, loving offering with the Pañcamahābhūta-s, the five elements.



What can we offer **Bhagavān**, the one who has everything?

Since the whole world including our body-mind-sense complex is made up of Pañcamahābhūta-s Space, Air, Fire, Water, Earth, we make an offering with the five elements.

Objects symbolising these Pañcamahābhūta-s are offered in a pūjā.





### OBJECTS SYMBOLISING THE PAÑCAMAHĀBHŪTA-S







PUȘPAM (Flowers) GHANȚA (Bell)



DHŪPAM (Incense)







DĪPAM (Small lamp) KARPŪRA (Camphor) ĀRTI







NAIVEDYAM (Food, milk, fresh fruits or home cooked food)



<mark>पृथिवी</mark> Pṛthvī Earth



GANDHAM (Sandalwood paste) HARIDRĀ KUNKUMAM (Haldi & Vermilion)



After taking a bath and preparing the altar, remove your footwear and sit in front of the altar in a comfortable posture.



## **FOR THE ALTAR YOU WILL NEED**







Śri Gaņeśa



Śri Kṛṣṇa

A murti/picture of the deity to be worshipped.



## 🗱 FOR THE ALTAR YOU WILL NEED 🌺



DĪPAM (Small lamp), OIL, WICK



DHŪPAM (Incense)



GHAŅŢA (Indian Bell)



GANDHAM (Sandalwood paste) HARIDRĀ KUNKUMAM (Haldi & Vermilion)



KARPŪRA (Camphor) ĀRTI



(A small vessel with water & spoon)



PUŞPAM (Flowers) AKŞATA (Whole rice grains)



NAIVEDYAM (Food offering)















# LIGHT THE DĪPAM/LAMP. JOIN HANDS IN PRAYER. CHANT

दीपज्योतिः परं ब्रह्म दीपज्योतिर्जनार्दनः | दीपो मे हरतु पापं दीपज्योतिर्नमोऽस्तुते | |

dīpajyotiḥ paraṃ brahma dīpajyotir janārdanaḥ dīpo me haratu pāpaṃ dīpajyotir namo'stute

My namaskāra to the light of the lamp, which stands for Brahman, unmanifest truth and for Bhagavān Viṣṇu, the manifest form. May the light of the lamp remove all my pāpa-s, the results of my wrong actions and bless me.















# TAKE A SIP OF WATER WITH YOUR RIGHT HAND AFTER EVERY CHANT. CHANT

ॐ अच्युताय नम:

Om acyutāya namaḥ Namaskāra to Bhagavān who is imperishable.

ॐ अनन्ताय नमः

Om anantāya namaḥ Namaskāra to Bhagavān who is limitless.

ॐ गोविन्दाय नमः

Om govindāya namaḥ Namaskāra to Bhagavān Govinda.

# **GURU DHYĀNAM**VISUALISATION OF ONE'S GURU



Jagadguru Bhagavatpāda Ādi Śankarācarya



JOIN HANDS CHANT

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः | गुरुस्साक्षात् परं ब्रह्म तस्मै श्रीगुरवे नमः ॥ gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ gurussākṣāt paraṃ brahma tasmai śrīgurave namaḥ

My namaskāra to the Guru who is Brahmā, Viṣṇu, Maheśvara and the ultimate truth.



# **W** VICHNEŚVARA DHYĀNAM **W** VISUALISATION OF BHAGAVĀN GAŅEŚA.





# LIGHTLY TAP THE TEMPLES WITH THE KNUCKLES. CHANT

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् । प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥ śuklāmbaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam prasannavadanaṃ dhyāyet sarvavighnopaśāntaye

May one meditate upon Bhagavān Vighneśvara, who wears the white garment, who is all pervasive, who has a bright complexion (like the full moon), who has four hands (representing all power), who has an ever-smiling face (or an elephant face), for the removal of all obstacles.



## **W** DEVI SARASWATI DHYĀNAM **W**





JOIN HANDS CHANT

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि । विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ।।

saraswati namastubhyam varade kāmarūpiņi vidyārambham kariṣyāmi siddhirbhavatu me sadā

My namaskāra to You, O Devi Saraswati, who is a giver of boons and who has a beautiful form. I begin my studies. Let there be success for me always.



### SANKALPAḤ W STATEMENT OF THE PURPOSE OF THE PŪJĀ.



# TAKE A FLOWER IN YOUR LEFT PALM. PLACE YOUR RIGHT PALM OVER IT. PLACE THEM ON YOUR RIGHT THIGH.

#### **CHANT**

ममोपात्त-समस्त दुरितक्षयद्वारा श्रीपरमेश्वर-प्रीत्यर्थं देवपूजां करिष्ये । mamopātta-samasta-duritakṣayadvārā śrīparameśvara-prītyarthaṃ devapūjāṃ kariṣye

I do the pūjā to Deva\* to obtain the grace of the Bhagavān through the removal of all afflictions resulting from my omissions and commissions.

\*Deva may be substituted by any other deity, such as Mahāgaṇapati, Mahāviṣṇu, Mahāsarasvati, Mahālakṣmi

(If you don't know Sanskrit and wish to ask for something else please do so sincerely in whichever language you prefer.)











#### OFFER SPOONFUL OF WATER IN THE PLATE.

#### **CHANT**

आचमनीयं समर्पयामि । ācamanīyam samarpayāmi

Bhagavān, I offer You water for inner purification.















### OFFER GANDHAM / HARIDRĀKUNKUMAM CHANT

गन्धान् धारयामि । gandhān dhārayāmi

Bhagavān, I offer You sandalpaste.

गन्धस्योपरि हरिद्रा कुङ्कुमं समर्पयामि । gandhasyopari haridrākuṅkumaṃsamarpayāmi

Bhagavān, I offer You turmeric and vermilion over the sandalpaste.













# OFFER FLOWERS CHANT

पुष्पाणि समर्पयामि । puşpāṇi samarpayāmi

Bhagavān, I offer You flowers.

(If you would like to chant or sing any stuti or stotram, you can do it now.)















SHOW THE INCENSE TO BHAGAVĀN IN CIRCULAR CLOCKWISE MOTION THREE TIMES; SIMULTANEOUSLY RING THE BELL WITH THE LEFT HAND.

**CHANT** 

धूपमाघ्रापयामि। dhūpamāghrāpayāmi

Bhagavān, I offer You incense.















SHOW THE LAMP HELD IN THE RIGHT HAND (CIRCULAR CLOCKWISE MOTION THREE TIMES) SIMULTANEOUSLY RING THE BELL WITH THE LEFT HAND.

**CHANT** 

दीपं संदर्शयामि । dīpaṃ sandarśayāmi

Bhagavān, I offer You this light.







#### OFFER SPOONFUL OF WATER IN THE PLATE.

#### **CHANT**

धूपदीपानन्तरम् आचमनीयं समर्पयामि । dhūpadīpānantaram ācamanīyam samarpayāmi

Bhagavān, after dhūpam and dīpam, I offer You water.













# OFFER FOOD AT THE FEET OF BHAGAVĀN CHANT

नैवेद्यं निवेदयामि । naivedyam nivedayāmi

Bhagavān, I offer You food.











#### OFFER SPOONFUL OF WATER IN THE PLATE.

#### **CHANT**

नैवेद्यानन्तरम् आचमनीयं समर्पयामि । naivedyānantaram ācamanīyam samarpayāmi

Bhagavān, I offer You water after the food.





LIGHT THE KARPŪRA (CAMPHOR) ĀRTI, STAND UP AND SHOW THE ĀRTI IN CIRCULAR CLOCKWISE MOTION 3 TIMES;
SIMULTANEOUSLY RING THE BELL WITH THE LEFT HAND.

#### **CHANT**

न तत्र सूर्यों भाति न चन्द्रतारकं नेमा विद्युतो भान्ति कुतो यमग्निः । तमेवभान्तमनुभाति सर्वं तस्य भासा सर्वमिदं विभाति॥

na tatra sūryo bhāti na candratārakam nemā vidyuto bhānti kuto'yamagniḥ tamevabhāntamanubhāti sarvam tasya bhāsā sarvamidam vibhāti

There the sun does not shine, nor do the moon or stars.

There this lightening does not shine; what to talk of this fire?

That shining awareness, everything shines after it; by the light of that awareness, all this shines in various forms.

29



STANDING, SHOW THE CAMPHOR WITH CIRCULAR CLOCKWISE MOTION THREE TIMES; SIMULTANEOUSLY RING THE BELL WITH THE LEFT HAND.

#### **CHANT**

कर्पूर गौरं करुणावतारं संसारसारं भुजगेन्द्रहारं । सदा वसंतं ह्रदयारविन्दे भवं भवानी सहितं नमामि ।।

karpūra gauram karunāvatāram samsārasāram bhujagendra hāram sadāvasantam hrdayāravinde bhavam bhavānī sahitam namāmi

Pure white like camphor, an incarnation of compassion, the essence of the world whose garland is the king of serpents, always dwelling inside the lotus of the heart. I bow to Śivā and Śakti together.















## OFFER LIGHTED CAMPHOR AND TAKE BLESSINGS FROM THE ĀRTI.

**CHANT** 

कर्पूरनीराजनं सन्दर्शयामि । karpūranīrājanaṃ sandarśayāmi

Bhagavān, I offer You Karpūra (Camphor) Ārti.













# OFFER SPOONFUL OF WATER IN THE PLATE. CHANT

आचमनीयं समर्पयामि । ācamanīyaṃ samarpayāmi

Bhagavān, I offer You water for inner purification.



# **WANDANAM-SALUTATION**









#### CONTINUE STANDING AND OFFER FLOWERS

**CHANT** 

मन्त्रपुष्पं समर्पयामि । mantrapuṣpaṃ samarpayāmi

Bhagavān, I offer You flowers.





# TURN AROUND YOURSELF IN A CLOCKWISE DIRECTION 3 TIMES. CHANT

यानि कानि च पापानि जन्मान्तरकृतानि च । तानि तानि विनश्यन्ति प्रदक्षिणपदे पदे ॥

yāni kāni ca pāpāni janmāntarakṛtāni ca tāni tāni vinaśyanti pradakṣiṇapade pade

May those omissions and commissions done in this life and also in the previous births and the resulting afflictions perish with every pradakṣiṇa (circumambulation).

## 🥨 AFTER THE PRADAKŞIŅA 👋









#### BOW DOWN AND DO NAMASKĀRA.

#### **CHANT**

प्रदक्षिण नमस्कारान् समर्पयामि । pradakṣiṇanamaskārān samarpayāmi

Bhagavān, I offer You circumambulation and prostration.















### OFFER FLOWERS / AKṢATA AT THE ALTAR.

#### **CHANT**

मन्त्रहीनं क्रियाहीनं भक्तिहीनं महेश्वर । यत्पूजितं मया देव परिपूर्णं तदस्तु ते ॥

mantrahīnam kriyāhīnam bhaktihīnam maheśvara yatpūjitam mayā deva paripūrņam tadastu te

Bhagavān, may the pūjā done by me, even though devoid of proper mantras, wanting in the steps and in devotion, be received by You as complete.





### SAMARPAŅAM-OFFER ALL YOUR ACTIONS UNTO BHAGAVĀN















# WITH YOUR RIGHT HAND OFFER SPOONFUL OF WATER IN THE PLATE. CHANT

कायेन वाचा मनसेन्द्रियैर्वा बुद्ध्यात्मना वा प्रकृतेस्स्वभावात् । करोमि यद्यत्सकलं परस्मै नारायणायेति समर्पयामि ॥

kāyena vācā manasendriyairvā buddhyātmanā vā prakṛtessvabhāvāt karomi yadyat sakalam parasmai nārāyaṇāyeti samarpayāmi

Unto Bhagavān Nārāyaṇa, I dedicate all the acts that I perform with my body, speech, mind, senses and intellect which are born of deliberation or natural tendencies.



### 🗱 WISHING WELL FOR EVERYONE 💥









**CHANT** 

सर्वे भवन्तु सुखिनः सर्वे संतु निरामयाः सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ।।

sarvebhavantu sukhinaḥ sarve santu nirāmayāḥ sarvebhadrāṇi paśyantu mā kaścid dukhabhāgbhavet

ओं शान्तिः शान्तिः शान्तिः।। Om śāntiḥ śāntiḥ śāntiḥ

May all be happy. May all be free from disease. May all enjoy prosperity. May none experience sorrow.









# COMPLETE THE PŪJĀ WITH A NAMASKĀRA. TAKE THE NAIVEDYAM AS PRASĀDA FROM BHAGAVĀN.



# THE SHINE PROGRAM (Spiritual Heritage of India for Next-Generation Empowerment)

All parents want their children to be happy, confident, successful and grateful. Parents also want their children to have good values so that they can handle any situation in life.

Children are full of questions and sometimes even grown-ups don't have the right answers. And these little, big questions need to be answered. If not answered, then self-doubt, inferiority and ignorance about one's own culture creeps in.

SHINE is a program specially curated for children (under 13 yrs) by Swamini Brahmaprajnananda Saraswati Ph.D, a Hindu monk who has dedicated her life to sharing the ancient teachings of oneness (Advaita Vedanta). A disciple of Pujya Sri Swami Dayananda Saraswati, she conducts courses of Vedanta across the world.

Along with, Sonali Ambasankar, a Vedanta student since 2014 with a Master's Degree in Business Administration and a mother to two teenagers.

This program helps children to establish their spiritual foundation and empower them with the wisdom of the glorious Indian heritage. It also helps them to be rooted in the spiritual heritage of India and at the same time empowers them to fly as Indians and as global citizens.



# To know more about SHINE visit www.arshavidyananda.in/shine-for-parents-and-children.

Like and subscribe to SHINE on Instagram, YouTube and Facebook.

To register your child in the SHINE program email shine@arshavidyananda.in



Scan the QR code to watch how to perform the 5-step Pañcopacāra Pūjā.

## Special Thanks Swamini Brahmaprajnananda Saraswati Sonali Ambasankar Rashmi Kaikini

Designed by Gauri Dalvi Pandya







areha vidya ananda You are the fullness you seek



### www.arshavidyananda.in







# A children's book to learn about the glorious spiritual heritage of India.

