

Devī Pūjā

What is a pūjā? Pūjā is a way of worshipping the Divine God or Goddess that resides within our hearts. Goddess doesn't actually need our praise or worship but we need to worship Her because when we think about Her, we become Divine. Pūjā involves the body, speech and mind so when we worship this way, our body, speech and mind become filled with Divinity and they all become integrated into one Divine Vision.

Materials Required:

Idol or picture of Goddess (Durgā (first 3 days) , Lakṣmī (next 3 days) Sarasvatī (last 4 days)
diyas placed around your altar
bell
One glass, spoon and small bowl for each person performing the puja
Akṣata or turmeric rice
Flowers
*Both akshata and flowers will be offered when chanting the name of Goddess so make sure you have enough
one small piece of cloth/dress to offer to Goddess or a piece of cotton ball
chandan / kumkum
naivedya (sweets/nuts/fruits or any offering to Goddess)
agarbati
ārti thālī with oil or ghee lamp (to be lit during ārti time)
plates for offerings
napkins for wiping hands

Pūrva Pūja (Preparation)

1. Atha Vighneśvara dhyānam

**śuklām-barādharam viṣṇuṃ śaśi-varṇaṃ caturbhujam |
prasanna vadaṇam dhyāyet sarva vighnopaśāntaye ||**

We meditate upon Lord Gaṇeśa, who wears white garments, who is all-pervading, whose color is that of the moon, who is four-armed, whose face is always peaceful and happy; Please remove all our obstacles.

2. Atha Ācāmanam

Make a hollow of the right palm by bending all fingers except the little finger and the thumb.

Take a little water in that hollow and chant:

Om Keśavāya Svāhā and sip the water

Again take a little water in that hollow and chant:

Om Nārāyaṇāya Svāhā and sip the water

Again take a little water in that hollow and chant

Om Mādhavāya Svāhā and sip the water

Now, take little water and wash your right palm. Then, touch your right ear with right palm and chant

Om Govindāya Namaḥ

We purify ourselves so that our words are clean and pure.

3. Atha Prāṇāyāma

Close the left nostril with the ring finger and small finger of the right hand. Take a deep breath through the right nostril, mentally chanting Om 33x or Gāyatrī mantra 3x, then breath out through the left nostril.

We practice prāṇāyāma to calm our minds so that we can be focused for the pūjā.

4. Atha Pūjā Saṅkalpaḥ

**Om mamopātta samasta duritakṣaya-dvāra śrī pārameśvarī prītyartham
asmin śubha dine śubha muhūrte jñāna-vairāgya-siddhyartham vidyā-vinaya praptyartham
śrī sadguru prāsāda siddhyartham ca dhyāna āvāhanādi ṣoḍa-śopacāraiḥ śrī bhagavatī devī
pūjām kariṣye**

We are performing this puja of 16 steps today on a good auspicious time for removal of all our sins, for the love of Bhagavatī Devī, to gain the blessings of our Guru, to gain knowledge of the Truth and having gained all, may we be always humble.

5. Gaṇesa Guru Smaranam

**vakratuṅḍa mahākāya sūryakoṭi samaprabha I
nirvighnaṃ kuru me deva sarva kāryeṣu sarvadā II**

Oh Lord with the curved trunk and a mighty body, who has the luster of a million suns, I pray unto you to remove the obstacles from all actions I intend to perform.

**gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ I
gurureva paraṃ brahma tasmai śrīgurave namaḥ II**

Salutations to that Guru who is the Creator, the Sustainer and the Lord of Dissolution. Guru alone is the Supreme Brahman.

Mukhya Pūja (Main Pūjā - sixteen steps)

**For Durgā, we will chant Om Śrī Durgāyai Namaḥ before each offering
For Lakṣmī - Om Śrī Maha Lakṣmyai Namaḥ
For Sarasvatī - Om Śrī Sarasvatyai Namaḥ*

1. Atha Devī Dhyānam - Contemplating on Her form

**sarvamaṅgala-māṅgalye śive sarvārtha-sādhike I
śaraṇye tryambake gauri nārāyaṇi namo'stu te II**

Salutations to You O Nārāyaṇi Who is Auspicious, and Who fulfills All the Objectives of the Devotees (Puruṣārthas - Dharma, Artha, Kāma and Mokṣa), Who is the Giver of Refuge, With Three Eyes and a Shining Face; Salutations to You O Nārāyaṇi.

2. Atha Āvāhanam - Inviting Goddess to our home

Touch your heart with the left palm and touch the picture or idol of Goddess with your right palm.

Devīm Āvāhayāmi

3. Atha Āsanam - Giving Her a comfortable seat

Offer akṣata (yellow rice) as a symbol of the seat for Goddess. Take a pinch of yellow rice (in the right hand) and offer at the feet of Goddess.

Āsanam samarpayāmi

4. Atha Pādyam Washing Her feet

Take a spoonful of water to wash the feet of Goddess.

Pādyam samarpayāmi

5. Atha Arghyam Washing Her hands

Take a spoonful of water to wash the hands of Goddess.

Arghyam samarpayāmi

6. Atha Ācamanam Giving Her water to drink

Take a spoonful of water to give Goddess to drink.

Ācamanam samarpayāmi

7. Atha Snānam Giving Her a bath

Sprinkle water on Goddess to give her a bath. Take a flower, dip it in water and then sprinkle.

Snānam samarpayāmi

8. Atha Vastram Giving Her clothes to wear

Offer a piece of cloth or akṣata to Goddess.

Vastram samarpayāmi

9. Atha gandhalepanam Giving Her candan

Take sandalwood paste with the right hand ring finger and offer it to Goddess.

Divya gandhān dhārayāmi

10. Atha akṣatāḥ Giving Her akṣata

Take rice grains and offer to Goddess.

Akṣatān samarpayāmi

11. Atha puṣpam Decorating Her with flowers

Take flowers and offer to Goddess.

Puṣpam samarpayāmi

12. Atha arcanā Prasing Her

Chant 27, 54 or 108 names of Goddess

*For this pūjā, we will chant 27 names. See below.

13. Atha dhūpam -Offering Her fragrance

Light the incense and offer to Goddess.

Dhūpam samarpayāmi

14. Atha dīpaḥ - Offering Her light

Light the lamp. Hold your lamp and show it to Goddess.

Dīpam sandarśayāmi

15. Atha Naivedyam -Offering Her sweets

Offer some sweets, nuts, fruits or whatever you have made with love to Goddess.

Naivedyam nivedayāmi

Let the thumb touch the fingers as indicated below:

Om Prāṇāya Svāhā - thumb touches the pinky finger

Om Apānāya Svāhā - thumb touches the ring finger

Om Vyānāya Svāhā - thumb touches the middle finger

Om Udānāya Svāhā - thumb touches the index finger

Om Samānāya Svāhā - thumb touches all fingers

Om Brahmaṇe Svāhā - thumb touches all fingers

16. Atha Maṅgala-nīrājanam - *Offering Her āraṭi*

Now, we are coming to a close with āraṭi. For āraṭi, stand up, with your āraṭi plate in hand with a lit lamp and chant āraṭi. Move the āraṭi plate around in front of the deity in a clockwise manner till the chanting is over.

**Na tatra sūryo bhāti na candra tārakam
nema vidyuto bhānti kuto'yam agniḥ
tameva bhāntam anubhāti sarvam
tasya bhāsa sarvam idam vibhāti**

maṅgala nīrājanam samarpayāmi

Offer the lamp to Goddess and then take āraṭi and touch your eyes and put it over your head. Ask Goddess to bless you with a divine vision and beautiful thoughts.

Conclusion

Atha Puṣpāñjaliḥ

Offer flowers to Goddess.

puṣpam samarpayāmi

Atha Pradakṣiṇa Namaskāraḥ

Then, we ask for forgiveness from Goddess. Turn clockwise, with folded hands over your head, three times where you are standing. Chant the following verse which is asking for forgiveness.

yāni kāni ca pāpāni janmāntare-kṛtāni ca I

tāni tāni vinaśyanti pradakṣiṇapade pade II

pradakṣiṇa namaskārān samarpayāmi

Atha Rājopacāra - Now is the time to entertain Goddess. Sing a few bhajans or stotrams to liven the mood.

Atha Prārthanā

We may not pūjā daily so we are telling the Goddess - whatever I do with my body, speech, mind, senses, intellect, or my nature, I offer all my actions to You.

kāyena vācā manasendriyairvā

buddhyātmanā vā prakṛteḥ svabhāvāt I

karomi yadyatsakalaṃ parasmai

nārāyaṇāyeti samarpayāmi

Om Tat Sat. Brahmārpaṇam astu.

Atha Udvāsanam

Now we ask Goddess to come back and reside in our heart - where She came from.

**Om tiṣṭha tiṣṭha parasthāne svasthāne srī paramēśvarī
Yatra brahmādayo devāḥ sarve tiṣṭhanti me hṛdi**

Atha Śāntimantraḥ

**om sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ ।
sarve bhadraṇi paśyantu
mā kaścid-duḥkha-bhāg-bhavet ।
om śāntiḥ śāntiḥ śāntiḥ**

hariḥ om । śrī gurubhyo namaḥ । hariḥ om ॥

May all be happy, may all be healthy, may all enjoy prosperity, may none suffer.

*Salutations unto all the Great Masters who have passed on this Knowledge to us! Hari
Om*

Arcanā for Durgā Devī

om śriyai namaḥ ।

om umāyai namaḥ ।

om bhāratyai namaḥ ।

om bhadrayai namaḥ ।

om śarvāṅgyai namaḥ ।

om vijayāyai namaḥ ।

om jayāyai namaḥ ।

om vāṅgyai namaḥ ।

om sarvagatāyai namaḥ ।

om gauryai namaḥ ।

om vārāhyai namaḥ ।

om kamalapriyāyai namaḥ ।

om sarasvatyai namaḥ ।

om kamalāyai namaḥ ।

om māyāyai namaḥ ।

om mātṅgyai namaḥ ।

om aparāyai namaḥ ।

om ajāyai namaḥ ।

om śāṅkabharyai namaḥ ।

om śivāyai namaḥ ।

oṃ caṇḍayai namaḥ ।
oṃ kuṇḍalyai namaḥ ।
oṃ vaiṣṇavyai namaḥ ।
oṃ kriyāyai namaḥ ।
oṃ śriyai namaḥ ।
oṃ aindrayai namaḥ ।
oṃ madhumatyai namaḥ ।

Arcanā for Lakṣmī Devī

oṃ prakṛtyai namaḥ
oṃ vikṛtyai namaḥ
oṃ vidyāyai namaḥ
oṃ sarvabhūtahitapradāyai namaḥ
oṃ śraddhāyai namaḥ
oṃ vibhūtyai namaḥ
oṃ surabhyai namaḥ
oṃ paramātmikāyai namaḥ
oṃ vāche namaḥ
oṃ padmālayāyai namaḥ (10)
oṃ padmāyai namaḥ
oṃ śuchyai namaḥ
oṃ svāhāyai namaḥ
oṃ svadhāyai namaḥ
oṃ sudhāyai namaḥ
oṃ dhanyāyai namaḥ
oṃ hiraṇmayyai namaḥ
oṃ lakśmyai namaḥ
oṃ nityapuśhṭāyai namaḥ
oṃ vibhāvaryai namaḥ (20)
oṃ adityai namaḥ
oṃ dityai namaḥ
oṃ dīptāyai namaḥ
oṃ vasudhāyai namaḥ

oṃ vasudhāriṇyai namaḥ

oṃ kamalāyai namaḥ

oṃ kāntāyai namaḥ

Arcanā for Sarasvatī Devī

oṃ śrī sarasvatyai namaḥ

oṃ mahābhadrāyai namaḥ

oṃ mahamāyāyai namaḥ

oṃ varapradāyai namaḥ

oṃ śrīpradāyai namaḥ

oṃ padmanilayāyai namaḥ

oṃ padmākśhyai namaḥ

oṃ padmavaktrāyai namaḥ

oṃ śivānujāyai namaḥ

oṃ pustakabhṛte namaḥ

oṃ jñānamudrāyai namaḥ ||10 ||

oṃ ramāyai namaḥ

oṃ parāyai namaḥ

oṃ kāmarūpiṇyai namaḥ

oṃ mahā vidyāyai namaḥ

oṃ mahāpātaka nāśinyai namaḥ

oṃ mahāśrayāyai namaḥ

oṃ mālinyai namaḥ

oṃ mahābhogāyai namaḥ

oṃ mahābhujāyai namaḥ

oṃ mahābhāgyāyai namaḥ || 20 ||

oṃ mahotsāhāyai namaḥ

oṃ divyāṅgāyai namaḥ

oṃ suravanditāyai namaḥ

oṃ mahākālyai namaḥ

oṃ mahākārāyai namaḥ

oṃ mahāpāsāyai namaḥ

oṃ mahāṅkuśāyai namaḥ