

## Devī Pūjā Vidhi

What is a pūjā? Pūjā is a way of worshipping the Divine God or Goddess that resides within our hearts. God or Goddess doesn't actually need our praise or worship but we need to worship Him/ Her because when we think about Him/Her, we become Divine. Pūjā also 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 Lakṣmī
diyas placed around your altar
bell
One glass, spoon and small bowl for each person performing the pūjā
Akṣata or turmeric rice (whole)
Flowers
*Both akṣata 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
candan / 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 I  
prasanna vadanaṃ dhyāyet sarva vighnopaśāntaye II**

*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 Ācamanam

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 Prāṇāyāmaḥ

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-dvārā 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, dispassion and devotion and having gained all, may we be always humble.*

*Now, ring the bell so that any inauspicious thoughts or vibrations leave the area and do not disturb us while doing the pūjā.*

### 5. Gaṇesa Guru Smaraṇam

**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 Lakṣmī - Om Śrī Maha Lakṣmyai Namaḥ before each offering*

### 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 cotton or akṣata to Goddess.

**Vastram samarpayāmi**

9. Atha gandhalepanam *Giving Her candan and/or kumkum*

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.

\*For names in Devanagari script or complete list, kindly see

**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 lakśhmyai 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

13. Atha dhūpah - *Offering Her fragrance*

Light the incense and offer to Goddess.

***Dhūpam āghrāpayāmi***

14. Atha dīpah - *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**

*The sun doesn't shine there, nor does the moon, nor do the stars, nor the lightning and much less this fire.*

*When That shines, everything shines after It. By That light, everything shines.*

***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.

Now, Goddess is getting ready to go back. Mentally think of the gift that we want to offer Her. Actually She has given us everything so what can we offer Her? Our ego and our emotions of anger, jealousy, negative thinking. Let us offer those at Her feet so she can take them away and make our minds fragrant like a flower.

***puṣpam samarpayāmi***

Atha Pradaṅga Namaskārah

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. After this, you can spend a few moments in silent prayer to Goddess.

Atha Prārthanā

We may not perform pūjā daily so we are requesting 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**

As a symbol of completion, take a spoonful of water and pour it down the plate as you say:

***Om Tat Sat. Brahmārpaṇam astu.***

Atha Udvāsanam

Now we ask Goddess to come back and reside in our hearts - where She came from. Touch your heart with the left palm and touch the picture or idol of Goddess with your right palm.

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

Atha Śāntimantraḥ

**om sarve bhavantu sukhinaḥ  
sarve santu nirāmayāḥ I  
sarve bhadraṇi paśyantū  
mā kaścid-duḥkha-bhāg-bhavet I  
om śāntiḥ śāntiḥ śāntiḥ**

**hariḥ om I śri gurubhyo namaḥ I hariḥ om I I**

May all be happy,  
May all be healthy,  
May all see auspiciousness,  
May none suffer.

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