

## Bhagavān Śiva 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 the Bhagavān/ Bhagavatī being worshipped
dīyās placed around your altar
bell
One glass, spoon, and small bowl for each person performing the pūjā
Akṣata or turmeric rice (whole)
Flowers
<i>*Both akṣata and flowers will be offered when chanting the name of God so make sure you have enough. Alternately, you can use almonds or other nuts as offerings.</i>
one small piece of cloth/dress to offer to God or a piece of cotton ball
candan / kumkum
naivedyam (sweets/nuts/fruits or any offering to God)
agarbatti
ārati thālī with oil or ghee lamp (to be lit during ārati time)
plates for offerings
napkins for wiping hands

### Pūrva Pūjā (Preparation)

#### 1. Atha Vighneśvara dhyānam

**śuklām-baradharam viṣṇuṃ śaśi-varṇaṃ caturbhujam |  
prasanna vadanaṃ 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 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 Digbandhaḥ

Move the right hand in the air above the head in a clockwise direction with the index finger pointing out and chant:

**Om bhūr bhuvaḥ suvaḥ**

*By chanting this mantra, we bind the surroundings so that no evil thoughts or forces can enter.*

### 5. Atha Pūjā Saṅkalpaḥ

**Om mamopātta samasta duritakṣaya-dvārā śrī pārameśvara prītyartham  
asmin śubha dine śubha muhūrte jñāna-vairāgya-siddhyartham vidyā-vinaya prāptyartham  
śrī sadguru prāsāda siddhyartham ca dhyāna āvāhanādi ṣoḍa-śopacāraiḥ śrī bhagavān  
śiva 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 Bhagavān, 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.*

### 6. Gaṇeśa 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 Pūjā (Main Pūjā - sixteen steps)

*\*For Bhagavān Śiva - Please chant Om Namaḥ Śivāya after every offering is made.*

### 1. Atha Dhyānam - *Contemplating on God's form*

**om namaste astu bhagavan-viśveśvarāya mahā-devāya tryambakāya  
tripurāntakāya trikālāgni-kālāya  
kālāgni-rudrāya nīla-kaṇṭhāya mṛtyuñjayāya sarveśvarāya  
sadā-śivāya śrīmanmahādevāya namaḥ**

*Oh Lord, may this salutation be unto you who is the Lord of the universe, limitless and effulgent, all-knowing, the one who projects, sustains and takes back this universe, the one who is timeless and also the destroyer of time, all-pervasive, the conqueror of death, the Lord of all, and the ever auspicious one who is always a blessing.*

***Om Namaḥ Śivāya Dhyāyāmi***

### 2. Atha Āvāhanam - *Inviting God to our home*

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

***Om Namaḥ Śivāya Āvāhayāmi***

### 3. Atha Āsanam - *Giving Him a comfortable seat*

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

***Om Namaḥ Śivāya Āsanam samarpayāmi***

### 4. Atha Pādyam *Washing His feet*

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

***Om Namaḥ Śivāya Pādyam samarpayāmi***

### 5. Atha Arghyam *Washing His hands*

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

***Om Namaḥ Śivāya Arghyam samarpayāmi***

### 6. Atha Ācamanam *Giving His water to drink*

Take a spoonful of water to give God to drink.

***Om Namaḥ Śivāya Ācamanam samarpayāmi***

### 7. Atha Snānīyam *Giving Him a bath*

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

***Om Namaḥ Śivāya Snānam samarpayāmi***

### 8. Atha Vastram *Giving Him clothes to wear*

Offer a piece of cloth or cotton or akṣata to God.

***Om Namaḥ Śivāya Vastram samarpayāmi***

### 9. Atha gandhalepanam *Giving Him candan and/or kumkum*

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

***Om Namaḥ Śivāya Divya gandhān dhārayāmi***

10. Atha akṣatāḥ *Giving Him akṣata*

Take rice grains and offer to God.

***Om Namaḥ Śivāya Akṣatān samarpayāmi***

11. Atha puṣpam *Decorating Him with flowers*

Take flowers and offer to God.

***Om Namaḥ Śivāya Puṣpam samarpayāmi***

12. Atha arcanā *Prasing Him*

Chant 27, 54 or 108 names of God

\*For this pūjā, we will chant 108 names. See below.

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

*<https://vignanam.org/devanagari/shiva-ashtottara-sata-namavali.html>*

*ōṃ śivāya namaḥ*

*ōṃ mahēśvarāya namaḥ*

*ōṃ śambhavē namaḥ*

*ōṃ pinākinē namaḥ*

*ōṃ śaśīśekharaḥ namaḥ*

*ōṃ vāmadēvāya namaḥ*

*ōṃ virūpākṣāya namaḥ*

*ōṃ kapardinē namaḥ*

*ōṃ nīlalōhitāya namaḥ*

*ōṃ śaṅkarāya namaḥ (10)*

*ōṃ śūlapāṇayē namaḥ*

*ōṃ khaṭvāṅginē namaḥ*

*ōṃ viṣṇuvallabhāya namaḥ*

*ōṃ śipiviṣṭāya namaḥ*

*ōṃ ambikānāthāya namaḥ*

*ōṃ śrīkaṅṭhāya namaḥ*

*ōṃ bhaktavatsalāya namaḥ*

*ōṃ bhavāya namaḥ*

*ōṃ śarvāya namaḥ*

*ōṃ trilōkēśāya namaḥ (20)*

*ōṃ śitikaṅṭhāya namaḥ*

*ōṃ śivāpriyāya namaḥ*

ōṃ ugrāya namaḥ  
ōṃ kapālinē namaḥ  
ōṃ kaumārayē namaḥ  
ōṃ andhakāsura sūdanāya namaḥ  
ōṃ gaṅgādharāya namaḥ  
ōṃ lalāṭākṣāya namaḥ  
ōṃ kālakālāya namaḥ  
ōṃ kṛpānidhayē namaḥ (30)  
ōṃ bhīmāya namaḥ  
ōṃ paraśuhastāya namaḥ  
ōṃ mṛgapāṇayē namaḥ  
ōṃ jaṭādharāya namaḥ  
ōṃ ktelāsavāsinē namaḥ  
ōṃ kavacinē namaḥ  
ōṃ kaṭhōrāya namaḥ  
ōṃ tripurāntakāya namaḥ  
ōṃ vṛṣāṅkāya namaḥ  
ōṃ vṛṣabhārūḍhāya namaḥ (40)  
ōṃ bhasmōddhūlita vighrahāya namaḥ  
ōṃ sāmapiyāya namaḥ  
ōṃ svaramayāya namaḥ  
ōṃ trayīmūrtayē namaḥ  
ōṃ anīśvarāya namaḥ  
ōṃ sarvajñāya namaḥ  
ōṃ paramātmanē namaḥ  
ōṃ sōmasūryāgni lōcanāya namaḥ  
ōṃ haviṣē namaḥ  
ōṃ yajñamayāya namaḥ (50)  
ōṃ sōmāya namaḥ  
ōṃ pañcavaktrāya namaḥ  
ōṃ sadāśivāya namaḥ  
ōṃ viśvēśvarāya namaḥ

ōṃ vīrabhadrāya namaḥ  
ōṃ gaṇanāthāya namaḥ  
ōṃ prajāpatayē namaḥ  
ōṃ hiraṇyārētasē namaḥ  
ōṃ durdharsāya namaḥ  
ōṃ girīśāya namaḥ (60)  
ōṃ giriśāya namaḥ  
ōṃ anaghāya namaḥ  
ōṃ bhujāṅga bhūṣaṇāya namaḥ  
ōṃ bhargāya namaḥ  
ōṃ giridhanvanē namaḥ  
ōṃ giripriyāya namaḥ  
ōṃ kṛttivāsasē namaḥ  
ōṃ purārātayē namaḥ  
ōṃ bhagavatē namaḥ  
ōṃ pramadhādhipāya namaḥ (70)  
ōṃ mṛtyuñjayāya namaḥ  
ōṃ sūkṣmatanavē namaḥ  
ōṃ jagadvyāpinē namaḥ  
ōṃ jagadguravē namaḥ  
ōṃ vyōmakēśāya namaḥ  
ōṃ mahāsēna janakāya namaḥ  
ōṃ cāruvikramāya namaḥ  
ōṃ rudrāya namaḥ  
ōṃ bhūtapatayē namaḥ  
ōṃ sthāṇavē namaḥ (80)  
ōṃ ahirbhuthnyāya namaḥ  
ōṃ digambarāya namaḥ  
ōṃ aṣṭamūrtayē namaḥ  
ōṃ anēkātmanē namaḥ  
ōṃ svāttvikāya namaḥ  
ōṃ śuddhavigrahāya namaḥ

ōṃ śāśvatāya namaḥ  
ōṃ khaṇḍaparaśavē namaḥ  
ōṃ ajāya namaḥ  
ōṃ pāśavimōcakāya namaḥ (90)  
ōṃ mṛḍāya namaḥ  
ōṃ paśupatayē namaḥ  
ōṃ dēvāya namaḥ  
ōṃ mahādēvāya namaḥ  
ōṃ avyayāya namaḥ  
ōṃ harayē namaḥ  
ōṃ pūṣadantabhidē namaḥ  
ōṃ avyagrāya namaḥ  
ōṃ dakṣādhvaraharāya namaḥ  
ōṃ harāya namaḥ (100)  
ōṃ bhaganētrabhidē namaḥ  
ōṃ avyaktāya namaḥ  
ōṃ sahasrākṣāya namaḥ  
ōṃ sahasrapādē namaḥ  
ōṃ apapargapradāya namaḥ  
ōṃ anantāya namaḥ  
ōṃ tārakāya namaḥ  
ōṃ paramēśvarāya namaḥ (108)

13. Atha dhūpaḥ - *Offering Him fragrance*

Light the incense and offer to God.

***Om Namaḥ Śivāya Dhūpam āghrāpayāmi***

14. Atha dīpaḥ - *Offering Him light*

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

***Om Namaḥ Śivāya Dīpam sandarśayāmi***

15. Atha Naivedyam - *Offering Him sweets*

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

***Om Namaḥ Śivāya 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 Him 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.*

***Om Namaḥ Śivāya maṅgala nīrājanam samarpayāmi***

Offer the lamp to God and then take āraṭi and touch your eyes and put it over your head. Ask God to bless you with a divine vision and beautiful thoughts. May that same image which was lit up by the diya always stay fresh in my mind.

Conclusion

Atha Puṣpāñjaliḥ

Offer flowers to God.

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

***Om Namaḥ Śivāya puṣpāñjalim samarpayāmi***

Atha Pradakṣiṇa Namaskāraḥ

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

**yāni kāni ca pāpāni janmāntara-kṛtāni ca,  
tāni tāni vinaśyanti pradakṣiṇapade pade.**

Oh Lord! Whichever sins have been committed in various births, may all those gets destroyed with every step of the pradakṣiṇa (circumambulation),

***Om Namaḥ Śivāya pradakṣiṇa namaskārān samarpayāmi***

Atha Rājopacāra - Now is the time to entertain God. Sing a few bhajans or stotrams to liven the mood. After this, you can spend a few moments in silent prayer to God.

### Atha Prārthanā

We may not perform pūjā daily so we are requesting the God - 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,  
karomi yadyatsakalaṁ 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 God to come back and reside in our hearts - where He came from. Touch your heart with the left palm and touch the picture or idol of God with your right palm.

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

**yathā-sthānaṁ pratiṣṭhāpayāmi**

### Atha Digvimokṣaḥ

Now, we release the force of the mantra.

Move the right hand in the air above the head in a counter-clockwise direction with the index finger pointing out and chant:

**oṃ bhūrbhuvāḥ suvarom**

### Atha Śāntimantraḥ

**oṃ sarve bhavantu sukhinaḥ  
sarve santu nirāmayāḥ,  
sarve bhadraṇi paśyantū  
mā kaścid-duḥkha-bhāg-bhavet.  
oṃ śāntiḥ śāntiḥ śāntiḥ.**

**hariḥ om | śrī gurubhyo namaḥ | hariḥ om ||**

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*