



Nithya Laghu Puja

Amman Puja @ Home

Nithya Laghu Puja- (Daily method of Worship)

Requirements:

Observe a vegetarian fast for the entire 10 Days

Teaspoon	1	Water Chimbu or Glass	1
Akshatas- Rice, Pinch of Tumeric and Drop of Ghee- All Mixed	¼ cup	Parsadham of any kind- Fruit, Nuts, Milk, Cooked food	1
Flower petals		Flowers	
Icon/ Yantra- Photo or Murti of Amma	1	Camphor	1 Block
Kalagam Chimbu or Jug	1	Plate / Brass Tray	1
Paanchaamrutam- Mixture of Cow milk, Yogurt, Ghee, Honey and sugar	OR	Theertam- Mixture of Rose water, Water, Elachi pwd, sandalwood pwd & Tumeric	

a. Guru Dhyaanam:

Recite Guru Mantra 2 Times- Thinking of your Guru
Gurur brahma gurur vishnuhu gurur devo maheswaraha
Guru saakshaath para brahma tasmai Sree gurave namaha
OR any Guru Mantra if you have.

b. GaNapathi Dhyaanam:

Recite Ganapati moola Mantra 4 times- Imagining the form Ganesha before you
Suklaambaradharam vishNum SaSivarNam chaturbujam
prasanna vadanam dhyayeth sarva vighnopa Shantaye

c. Aachamanam:

Take a spoonful of pure water in your right hand and drink 3 times reciting mantra below without touching upper lip reciting

Aum Achutha Yai Namaha- Sip

Aum Ananda Yai Namaha- Sip

Aum Govinda Yai Namaha- Sip

Take a spoonful of pure water in your right hand and sprinkle the water on your head and over your body

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d. ShodaSopachaaram: 16 Offerings to get closer to Amma

MANTRAM:

Aum Dum Durgayei Namaha

DEVI:

Sree Durga Parameshwari

Practice- Aum Dum Durgayei Namaha / Shree Durga Parameshwari

Start

1. Aum Dum Durgayei Namaha / Shree Durga Parameshwari dhyaayaami

Place akshatha on icon / Yantra- Inviting Amma to your home

2. Aum Dum Durgayei Namaha / Shree Durga Parameshwari aavaahayaami

Place akshatha/Flowers on icon / Yantra- Invite Amma into your Home

3. Aum Dum Durgayei Namaha / Shree Durga Parameshwari ratna simhaasanartham pushpam/akshtham samarpayaami- Offer Amma a place to sit (That is the Yantra/ Icon of your choice)

Place Pushpam/akshtha on icon / Yantra

4. Aum Dum Durgayei Namaha / Shree Durga Parameshwari paadyam samarpayaami

Sprinkle water on icon / Yantra with a Spoon/Flower imagining you are washing the feet of Amma

5. Aum Dum Durgayei Namaha / Shree Durga Parameshwari arghyam samarpayaami

Sprinkle water on icon / Yantra with a Spoon /Flower imagining you are washing the hands of Amma

6. Aum Dum Durgayei Namaha / Shree Durga Parameshwari aachamaneeyam Samarpayaami

Offer water with spoon to the icon / Yantra imagining you are offering water to the deity for drinking and take it to yourself, and drink

7. Aum Dum Durgayei Namaha / Shree Durga Parameshwari Snaanam Snapayaami

Sprinkle water on icon / Yantra with a flower. Panchaamrutam can be used instead of water Recite

“Aum Shakti, Aum Para Shakti, Aum Athi Para Shakti” 15 times while sprinkling the water or Panchaamrutham

Rinse your icon well, dry, dress (Optional) and place back onto the tray/ table

8. Aum Dum Durgayei Namaha / Shree Durga Parameshwari vastraarthe pushpam/akshathan samarpayaami

Offer two flowers or akshatha onto icon / Yantra imagining you are offering dress to wear

9. Aum Dum Durgayei Namaha / Shree Durga Parameshwari aabharanaarthe pushpam/akshathan samarpayaami

Offer Flowers or akshatha onto icon / Yantra imagining you are offering ornaments/Gift to wear (Necklace or Bangle)

10. Aum Dum Durgayei Namaha / Shree Durga Parameshwari gandham dhaarayaami

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Apply Sandalwood Powder at the neck region of icon / Yantra, then apply to your own neck- Taking a vow to only talk with Love – My Speech will always be sweet

11. Aum Dum Durgayei Namaha / Shree Durga Parameshwari pushpaih/ kumkumam poojayaami
Recite Aum Shakti Namaha 28 times **with a smile** and do Puja with Kumkum or flowers on icon / Yantra- Glorifying Amma
12. Aum Dum Durgayei Namaha / Shree Durga Parameshwari dhoopam aaghraapayaami
Light the Incense stick put out the fire and show to icon / Yantra taking a vow to reduce your anger- And only allow positive thoughts into your head
13. Aum Dum Durgayei Namaha / Shree Durga Parameshwari deepam darSayaami
Recite the mantra by showing the lamp to icon / Yantra- Seeing only the light/fire as Amma
14. Aum Dum Durgayei Namaha / Shree Durga Parameshwari naivedyam nivedayaami
place fruits or cooked food or freshly made sweets in a plate and sprinkle water in clockwise direction around the plate by reciting following mantra
Om bhoor bhuvah suvaha tat savitur varenyaM
bhargo devasya dheemahi dhiyo yonah prachodayaath
*Then offer a spoon full of water to Icon/Yantra for drinking, and drink it yourself
15. Aum Dum Durgayei Namaha / Shree Durga Parameshwari manthra pushpam samarpayaami
Place Akshata on icon / Yantra along with the following manthra x 3
Om kaatyaayanaaya vidmahe kanyakumaari dheemahi tanno durgih prachodayaath
16. Aum Dum Durgayei Namaha / Shree Durga Parameshwari aananda karpooora neeraajanam darSayaami
Light camphor and show it to icon / Yantra then put a drop of water on the plate/Tray and take the heat of the lighted camphor with both palms upside down and take it to your eyes. Recite Rakshaam dhaarayaami

Lastly recite the following Mantra

Om poorNamathaha poorNamidam poorNaath poorNamudachyate poorNasya
poorNamaadaaya poorNamevaa avasishyate

OM Shanti, Shanti, Shanti

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