



## Manjal Neerathu Vizha/ Sarangai (Young Girl Prayer)

*Sri gurubhyo namaha*  
*Aum gan ganapataye namaha*  
*Sri matre namaha*

Manjal Neerathu Vizha is “in simple terms” a cleansing prayer to remove any Negative energy from the “young girl”. This change of life for a young girl is a transition from a little girl into a fertile Woman, which in essence is a blessing as this ensures the continuity of Human life on Earth. This prayer is conducted, along with other prayers, as prescribed by Guru, to ensure that the young girl has a prosperous future when it comes to Health, marriage and children.

\*Please consult with Guru on auspicious days, times, Colours and any additional prayer requirements.  
 \*Essentially it is important to open book first

### Requirements:

Aval Kadle (Small)	1	Few Flower Petals		Kuthuvillukkus	2
Beetle Leave (Washed) - 1 for each lady doing Nallungu	5	Turmeric Powder 250g	1	Oil for Lamp	1
Beetle Nut (Washed) - 1 for each lady doing Nallungu	5	Kumkum 50g	1	Cotton Wool	1
Loose Flowers for each Beetle Leaf	5	Sandalwood Powder 250g	1	Few Trays	6
Tumeric Stick for each Beetle leaf	5	Pachapaayiru 50g	1	Tray for Turning Camphor	1
Banana (Washed) - 1 for each lady doing Nallungu		Seeka 50g	1	God Lamp and Chimbu (Cleaned and Dotted)	1
Mixed Fruit/ 3 Kinds (Washed)	6	Oils (3 Kinds) (Small)		Matches	1
Mixed Coins (Handfull) Washed		3 Kinds of Veg Curries and Cooked rice		Ganesha Murti (Washed and Dotted)	1
Milk (Small)	1	Loose Running Grass (Durva)		Soft Dough made from Rice Floor-Tied into a white Material	1
Camphor	3	Rose Water (Big)	1	Grinding Stone with Stamper, Washed and Rubbed with Turmeric and Kumkum dots	1
Agarbathi	1	Dosa	5	Bowl for Aalo Water	1
Sweet Parsadham	1	Mieliemeal 250g	1		
Coconut (Cleaned and Washed) rub with Turmeric and put Kumkum dots	1	Running Grass (Durva) (Washed ) and made into a small bundle		Black Powder Green Powder Dark Blue Powder Light Blue Powder	1



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\*On the 7<sup>th</sup> Day, the girl should have a Turmeric bath and offer prayer and water to Suryan (The Sun God)

- Facing the Sun in the yard (Outside)
- Burn 1 camphor on the floor and burn 1 Agarbathi and turn for the sun
- Now hold the Chimbu/ Glass of Water and pray to the sun god asking him for protection and Good Health.
- Pour the water into the ground
- Pray and then bow down and go inside and pray by your prayer/ lamp Place

*\*This should be done even if this prayer was not yet done*

Preparations for the Prayer;

1. (Optional) It is a practice to make a Pandal like setup/ decorated as desired



2. In a bucket mix some Turmeric powder, water and rose water. Sprinkle water outside in chosen prayer area.
3. make a kollam with mealie meal or rice flour (colourful if desired)
4. place a bench or two chairs towards back end of kollam facing the east direction.
5. in front of bench or chairs on both sides place 2 x Kutavilkas with 1 cottonwool each and oil
6. in front left corner of kollam place a small bench or platform
7. On that platform place a tray with a small ganesha murthi next to ganesha place your god lamp with choombu.
8. On same tray place
  - a. Fruit
  - b. Milk
  - c. Beatle leave
  - d. Beatle nut
  - e. Flower
  - f. Coin
  - g. Aval kadle
  - h. Tumeric stick
  - i. Sweet prasad
  - j. Coconut



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9. Outside of tray, on a platform have ready camphor, petals, agarbathi, tray to turn camphor with.  
Image illustration of basic setup;



Performing the Prayer;

1. Young lady to have had Turmeric bath and dressed in white and gold/silver sari.
2. Younger girl/ Sister (younger sister/cousin or family friend) to hold young girls hand and lead her outside to Pandal or prayer setup- Starting in front of Ganesha
3. Sister to light lamp and agrabathi
4. Hold few petals in hand and offer one at a time to lord Ganesha when saying namaha
  - a. AUM gan ganapathiyeh namaha
    - i. can be chanted x 7 times and all petals to be offered at 7th time.
5. Turn agarbathi for Ganesha
6. Light a piece of camphor on coconut and turn coconut
7. Sprinkle water on coconut
8. Give dad to break coconut
9. Place coconut on two sides of Ganesha tray and place a fruit in one half
10. Young girl to sprinkle water around fruits 3 times
11. Turn camphor
12. Hold few more petals and pray to lord Ganesha to remove any obstacles from prayer and her life ahead  
\*Offer petals and kneel down and pray.



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13. Sister to hold hand and lead young Girl in a clockwise direction to light Kuttuvillaku's thereafter walk around entire prayer area 3 times
14. Stop behind bench at 3rd time and both to step over from the back of bench with their right leg and sit (young lady to be on left of young girl)

#### Nallungu Set up;

\*on one tray in front of bench have ready

- a) Turmeric paste in keenam or bowl
- b) Sandalwood paste (Sandalwood powder Mixed with water)
- c) Pachapaayiru (crushed green Mug dhal mixed with water)
- d) Seeka
- e) Raw white rice mixed with durva (running grass)
- f) Kumkum
- g) Rose water in rose water sprinkler or in a glass with Flower
- h) Dosas placed on a chimbu filled with raw white rice
- i) Coins
- j) Gadampudi (dry)
- k) place aloo water next to tray (Red water mixed with turmeric and lime/ Tunaam or Kumkum)
- l) place Stamper from grinding stone near prayer items
- m) on another tray have 9 kind white rice balls (boiled plain)
  - a. Leave 2 white
  - b. Roll 2 in kumkum
  - c. Roll 1 in Turmeric
  - d. Roll 1 in green powder
  - e. Roll 1 in black powder
  - f. Roll 2 in two different blues
- n. on a 3rd tray have rice with cooked food

#### Nallungu Procedure;

1. Married ladies to take Turmeric paste and rub face, arms, legs and feet of young lady and to only touch face with mixture of the girl next to her
2. Repeat same process with sandalwood paste
3. Dot both girls with Kumkum
4. Sprinkle rose water on both girls
5. Sprinkle gadampudi on young girls shoulders
6. Take durva grass dipped in oil and dip into pachapaayiru and seeka paste and run from top of forehead in a upwards direction 3 times (Centre pathway of hair from front towards crown)
7. Touch, arms, hands, legs and feet with grass dipped into mixture (only for young girl)

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8. Take rice and durva grass mixture with both hands, start from head and crisscross hands each time at each joint
9. Once done place in a tray under seat under bench of young girl
10. Turn stamper from Amikal – 3 times in clockwise direction for young girl
11. Turn dosa chimbu 3 times touching joints clockwise
12. Turn tray with color rice balls clockwise
13. Turn food clockwise
14. Turn 1 coin anti-clockwise for both girls and put into aloo water bowl
15. Young Girl to gift every lady with a set of the below or an optional gift
  - 1 beetle
  - Beetle nut
  - Flower
  - Coin
  - Tumeric stick
  - Banana
  - Gift(optional)

\*Small girl to pass the Gift to the young lady to pass to the married lady as a thank you gesture. Pictures can be taken at this point-Optional)

16. Repeat until last married lady left

**\*Last married lady**

17. Repeat all steps but to light 1/4 piece camphor on each rice ball and turn each one individually and place back on tray
18. To hit rice flour dough bag on young lady's lower back (must be experienced/ Not to hurt her). Rice flour dough must be banged in the lumbar region of the young lady
19. light camphor in aloo water bowl and turn for both girls, then put a dot for them
20. Young girl must be taken inside after aloo water to be bathed by her Athe (fathers sister) and dressed in colour given by guru.
21. aloo water to be taken outside and turned upside down by gate
22. Food tray, rice balls tray, dosa, rice and durva mixture to be taken and dropped in a veld

\*Prayer area to be cleaned.

Second part of prayer;

1. Young girl to be escorted outside by mama (mothers brother)
2. Repeat Ganesha prayer without breaking coconut(fresh fruit and prasadam can be put)
3. Hold few petals in hand and offer one at a time to lord Ganesha when saying namaha
  - a. AUM gan ganapathiyeh namaha
    - i. can be chanted x 7 times and all petals to be offered at 7th time.



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4. Turn agarbathi for Ganesha
5. Light a piece of camphor on coconut and turn coconut
6. Sprinkle water on coconut
7. Give dad to break coconut
8. Place coconut on two sides of Ganesha tray and place a fruit in one half
9. Young girl to sprinkle water around fruits 3 times
10. Turn camphor
11. Hold few more petals and pray to lord Ganesha to remove any obstacles from prayer and her life ahead  
\*Offer petals and kneel down and pray
12. Mama to hold hand and lead young Girl in a clockwise direction to light Kuttuvillaku's thereafter walk around entire prayer area 3 times
13. Stop behind bench at 3rd time and young girl to step over from the back of bench with her right leg and sit (young lady to be on left of young girl)

#### Nallungu Setup;

\*on a tray in front of bench have ready

1. Turmeric paste
2. Sandalwood paste
3. Kumkum
4. Rose water Sprinkler
5. Coins

#### Nallungu Procedure (Non-Messy);

\*married ladies to do following

1. Touch with 2 hands Turmeric paste on young ladies;
  - a. Face
  - b. Arms
  - c. Hands
  - d. Legs
  - e. Feet
2. Repeat with sandalwood paste
3. Dot both girls with Kumkum
4. Sprinkle rose water
5. Turn coin and place into new aloo water mixture
6. Young Girl to gift every lady with a set of the below or an optional gift
  - 1 beetle
  - Beetle nut
  - Flower
  - Coin



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- Tumeric stick
- Banana
- Gift(optional)

\*Small girl to pass the Gift to the young lady to pass to the married lady as a thank you gesture. Pictures can be taken at this point-Optional)

7. Last lady to light camphor in aloo water bowl, turn and dot both girls and empty outside gate
8. Mama or any uncles to gift young girl with gold
9. Girl to face lord Ganesha with immediate family turn camphor and do closing prayer thanking the almighty for his/her grace



Please note that this is just a documented guideline. Some families may have additional traditions that we may have missed, which can be added to this guideline, to ensure maximum blessings for the young lady.

For the next few days or for however long you wish, It will be beneficial for the young girl to listen to music/chants that is of a pleasant/ calm nature. This helps in making the environment more subtle. Bhajans, Prayer chants, instrumental music can be played to energize the young lady.

*Kali Ambika's choicest blessings to you and your family*



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