

# How to do Achman

**\*\*Always do achman before serving Tulasi Devi\*\***

Achman is a means of purifying the subtle and gross bodies by sipping water infused with mantras/names of Krsna. When doing achman sip the water from the base of your **right** palm/thumb and always hold the achman spoon in your **left** hand. Here are the steps to perform achman:

- 1) Empty the achman cup of old water.
- 2) Rinse out the achman cup and fill it with new water.

Ideally sit to do the achman otherwise standing or kneeling is okay.

- 3) Before each mantra, purify your hand by putting a few drops of water in your right palm and dropping it on the floor to the side. Then take a few more drops of water in your right hand and chant the mantras:
  - a) Chant **om kesavaya namah** and sip water from your right hand.
  - b) Chant **om narayanaya namah** and sip water from your right hand.
  - c) Chant **om madhavaya namah** and sip water from your right hand.
- 4) End by once again purifying your hand with a few drops of water dropped to the side.