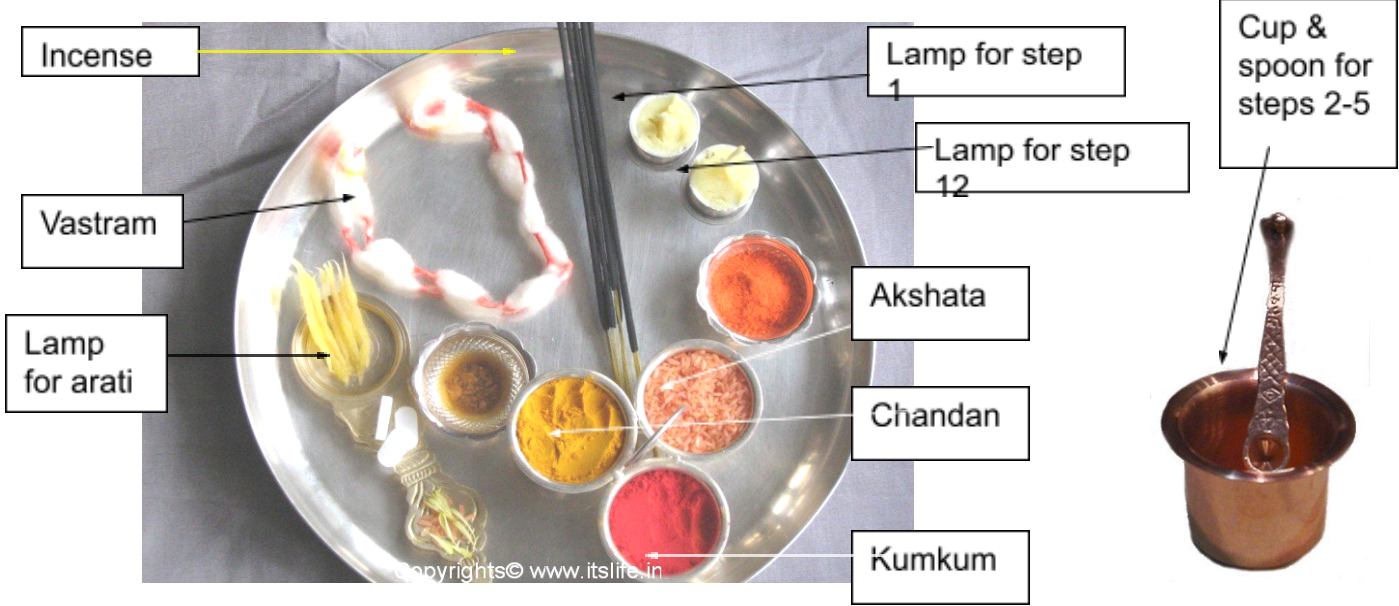


16 Step Guru Paduka Pooja



Introductory Procedure

1. Light Lamp
2. Vighneshwara Dyaanam (Prostrations to Lord Ganesh)
Vakra-tunda Mahaa-kaaya Surya-koti-Sama-prabhaa
Nirvighnam Kuru Me Deva Sarva Karyeshu Sarvdaa
3. Dhyaanam – Meditate
Samasta-jana-kalyaane Niratam Karunaamayam
Namaami Chinmayam Devam Sadgurum Brahmavidvaram
Om Sri Chinmaya Sad-gurave namaha Om Sri Sad-gurum Dhyayaami
4. Aavaahanam- Invite (place left hand on your chest and right hand on the Lord's feet.)
Om Sri Chinmaya Sad-gurave namaha Om Sri Sad-gurum Aavaaha-yaami

Main Puja

1. Aasanam- Seat (offer flower)
Om Sri Chinmaya Sad-gurave namaha Aasanam Samarpayaami
2. Paadyam- water for feet (offer one spoon of water into a small thali placed in front of murti or picture of Shri Gurudev)
Om Sri Chinmaya Sad-gurave namaha, Paadyam Samarpayaami
3. Arghyam- water for hands (as above)
Om Sri Chinmaya Sad-gurave namaha, Arghyam Samarpayaami
4. Aachmaniyam- water for mouth (as above)
Om Sri Chinmaya Sad-gurave namaha, Aachmaniyam Samarpayaami
5. Snaanam - Water for bath (as above OR full bathing of murti)



Om Sri Chinmaya Sad-gurave namaha, Snaanam Samarpayaami

6. Vastram- Clothes (offer cotton wool strip)

Om Sri Chinmaya Sad-gurave namaha, Vastram Samarpayaami

7. Bhasma/ Vibhooti - Holy Ash (using ring finger on right hand, place 3 lines of ash on Shri Gurudev's forehead)

Om Sri Chinmaya Sad-gurave namaha, Bhasma-rakshaam Samarpayaami

8. Gandham - Chandan, (using ring finger on right hand, place on Shri Gurudev's forehead)

Om Sri Chinmaya Sad-gurave namaha, Gandhan Samarpayaami

9. Kukumam & Akshataan- Rice (using ring finger on right hand, place on Shri Gurudev's forehead)

Om Sri Chinmaya Sad-gurave namaha, Kumkumam Akshataan Samarpayaami

10. Archana – 108 Names (with each name offer a flower)

11. Dhoopam- Incense (Light and wave incense 3 times clockwise + ring bell.)

Om Sri Chinmaya Sad-gurave namaha, Dhoopam Aghraapayaami

12. Deepam – Lamp - (Light lamp and hold in front of Shri Gurudev + ring bell)

Om Sri Chinmaya Sad-gurave namaha, Deepam Darsha-yaami

13. Naivedyam - Food (sprinkle water on food and offer half Tulsi leaf)

Om Sri Chinmaya Sad-gurave namaha, Naivedyam Niveda-yaami



14. Dakshina – Offering Donation/fruit (place on tray in front of Lord)

Om Sri Chinmaya Sad-gurave namaha, Dakshinaam Samarpayaami

15. Aarati- (Light lamp and wave clockwise 3 times while chanting below).

Om Na Tatra Sooryo Bhaati Na Candra Taarakam

Nemaa Vidyuto Bhaanti Kuto 'yam Agnih

Tameva Bhaatam Anubhaati Sarvam

Tasya Bhaasaa Sarvam Idam Vibhaati

Bholiye Sri Krishna kannaya laala ki - Jai!



16. Namaskaara – Prostrations (Stand and turn clockwise on the spot 3 times while chanting)

Yani Kaani cha Paapaani Janmaantara Kritaani Cha

Taani Taani Vinashyanti Pradakshina Pade Pade

Om Sri Chinmaya Sad-gurave namaha, Pradakshina-Namaskaaram Samarpayaami

Concluding Prayers

1. Prayer of Forgiveness – Hands in prayer position (chant)

Kaayena Vaacha Mana-sendriyaiva Budd-yaatmanaa vaa Prakrite Swa-bhaavaa

Karomi Yad-yat Sakalam Parasmai Naaraayanaa-yeti Samarpayaami

2. Conclusion

Om Poornam adah Poornam idam Poornaat Poornam udachyate

*Poornasya Poornam Aadaaya Poornam evaa-vashishyate.
Om Shanti Shanti Shanti*

- Although 23 steps are given, steps 1-5, 22 and 23 do not form part of the main pooja.
- The above is a pooja for Lord Krishna, if you have a different Ishta Devataa, then you will have to change the chanting
 - Lord Ganesh = Om Maha-ganapataye namah
 - Lord Shiva = Om Sadaa Shivaaya Namah
 - Lord Ram = Om Shri Ramachandraaya Namah
 - Guru = Om Shri Satgurava Namah
 - Hanuman = Om Hanumate Namah
 - Lakshmi = Om Lakshmyai Namah
 - Durga = Om Durgaayai Namah