

Daily Morning Puja

- 1. Preparation:** Shower before touching your puja. Wear clean clothes and keep your head covered. Sit on a clean aasan.
- 2. Achaman:** Sip water from your right palm with each mantra:
1st Sip: "Om Shri Narayanay Namah"
2nd Sip: "Om Shri Vasudevay Namah"
3rd Sip: "Om Shri Vishnave Namah"
Then, wash your right hand.
- 3. Chandlo:**
Boys: Tilak-Chandlo with Chandan & Kumkum
Forehead Tilak: "Om Shri Vasudev Namah"
Chest Tilak: Om Shri Shankarshanya Namah"
Right Arm Tilak: Om Shri Pradyumnya Namah"
Left Arm Tilak: "Om Shri Aniruddhaya Namah"
Forehead Chandlo: "Om Shri Laxminarayanay Namah"
Girls: Chandlo with Kumkum
Forehead Chandlo: "Om Shri Laxminarayanay Namah"
- 4. Mansi Puja:** Close your eyes, sit straight, and focus on Bhagwan. In your mind, wake Bhagwan, bathe Him, dress Him in nice clothes. Offer breakfast and do aarti. At the end, say: "Sahajanand Maharaj ni Jai."
- 5. Set Up Murtis:** Facing Up in Order: Nar Narayan Dev, Jamti Murti, Swaminarayan Bhagwan, Charnavind
- 6. Aavahan Mantras:** Invite Bhagwan into the murtis and into your puja:
Uttishtoh Uttishta Govind Uttishta Garudadhwa, Uttishta Kamalākānta Trilokyam Mangalam Kuru
Uttishtoh Uttishtah Hai Nāth Swaminarayan Prabhu, Dharmasuno Dayasindho Swesham Shreya Parama Kuru

Aagachha Bhagwan Deva Swasthānāt Parameshwara, Aham Pujām Karishyāmi Sadātvam Sanmukho Bhava
- 7. Malas:** Do at least 5 malas sitting (one for each of the 4 Murtis + 1 for Bhagwan), 1 tap mala (standing), and 3 pradakshina malas (walking around your entire puja).
**If you have your Guru Mantra → do at least 2 extra malas with that mantra.
- 8. Dandvats:** Boys: 6 Sashtang and Girls: 6 Panchang. Before sitting again, bow down respectfully.
- 9. Read Shikshapatri:** Read at least 5 Shikshapatri shlokas.
- 10. Forgiveness Mantra:** ask for forgiveness for any mistakes you may have made in your puja.
Apraada Sahasrāni Kriyante Harnisham Mayā, Dāssoyam Iti Mām Matvā Kshamasva Purushottama
- 11. Visarjan Mantra:** Thank Bhangwan for being in your puja, and ask Him to reside in your heart:
Swastānam Gacha Devesha Pujāmādāya Mamkrītām, Ishtakāma Prasiddhyartham Punarāgamanāya Cha
- 12. Close Puja:** Close everything respectfully. Pagelag Thakor-ji in your home. Then, pagelag & say "Jai Swaminarayan" to everyone at home.