

Home Puja

A Simple, Traditional Worship Ceremony to Lord Ganesha that Anyone Can Perform—with English Translation, Illustrations And Internet Resources to Facilitate Learning the Chants

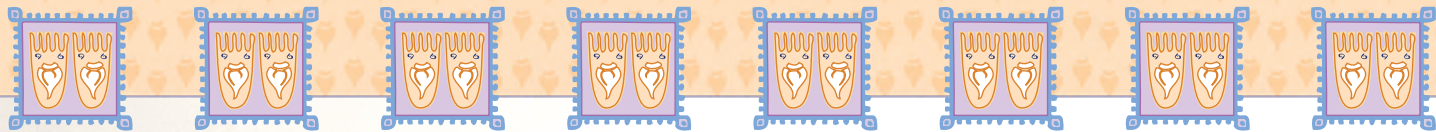
THE HINDU FORM OF HOME WORSHIP, KNOWN AS puja, is unique in all the world. Quite fittingly, it arises from the magnanimous spirit of hospitality that Hindu people are famous for. All guests are received and treated as God in the Hindu home, and God is no exception. During this daily morning rite, family members gather in their well-appointed shrine room to honor God as their royal guest. They receive Him warmly, offer a seat, serve water to quench His thirst, bathe and dress Him in beautiful clothes, burn the finest incense for His enjoyment, honor Him with light and flowers and feed Him a sumptuous meal. It is an intimate, personal interaction with God. Throughout the puja, the officiant chants sweetly to the Deity in Sanskrit, describing these kindly acts and beseeching His blessings. Finally, he thanks the Deity for His presence, bids Him farewell and humbly apologizes for any errors he may have committed. It is a ritual performed daily in millions of homes. In a sense, each Hindu has a private temple right in the home, and invites God to abide there, close to the family. Mystically, it keeps open the channels to the superconscious, divine areas of the inner worlds, bringing peace, health, prosperity and happiness to family members. Intellectually, it keeps religious beliefs strong. Emotionally, it cultivates a burgeoning love of God, known as bhakti. ♪Puja literally

means “worship, adoration.” Home puja is a personal version of the public puja performed in temples by priests. The forms of puja vary widely between Hinduism’s four main denominations and its hundreds of lineages, but all puja finds its basis in sixteen offerings, *shodasha upachara*.



These also vary somewhat, depending on the scriptural source that is followed, but one popular list is the following: 1) *Āvāhanam*, invoking; 2) *Āsanam*, offering a seat; 3) *Pādyam*, offering water for cleansing feet; 4) *Arghyam*, offering water for cleansing the palms; 5) *Āchamanīyam*, sipping water; 6) *Snānam*, ceremonial bath; 7) *Vastram*, offering vestments; 8) *Yajñopavitam*, offering sacred thread; 9) *Chandanam*, offering sandalwood paste; 10) *Pushpam*, offering flowers; 11) *Dhūpam*, burning incense; 12) *Dīpam*, waving lighted camphor; 13) *Naivedyam*, offering food; 14) *Añjali*, praying with folded hands; 15) *Pradakshinā*, circumambulation; 16) *Udvasanam*, farewell. Lord Ganesha is the God honored and worshiped by all Hindus, so here we present a puja for this universally beloved, boon-giving Lord of Beginnings and Ruler

of Obstacles, which can be performed by anyone, young and old, Hindu or non-Hindu, Vaishnava or Shakta, Saiva or Smarta. It is Lord Ganesha who bridges all distinctions and unifies all peoples, and it is through His worship that we ultimately come to know all the other Gods.

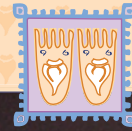
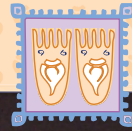


A young Hindu family share in morning worship, as father performs the traditional rite of worship called puja, honoring and invoking the blessings of the Elephant-Headed Lord of Dharma, the Deity worshiped by Hindus of all lineages.



PHOTOS BY DINODIA





DINODIA

Family members have donned traditional clothing and gathered in their shrine room for morning worship. They are just completing their preparations and are about to begin the daily ritual that keeps their home safe, harmonious and spiritually vibrant.

Instructions for Establishing a Home Shrine And Performing Puja to Lord Ganesha

In performing the puja, preparation is of utmost importance—gathering flowers, cleaning the altar and puja tray, making ready the oil lamps and preparing the fruit and/or cooked food offering. It is common to chant a Ganesha mantra or softly sing devotional songs while performing these tasks. This quiets the mind and brings one's awareness close to Him. Indeed, all this preparation is an integral part of worship.

As you see in the photos, there are a number of traditional implements needed for the puja, such as a metal tray, holy water cups and spoons, ghee lamp, camphor lamp, as well as puja supplies, like holy ash and sandalwood paste. These are now available at Indian grocery stores, and online at www.minimela.com. For more information on setting up an altar, see Chapter 22, "Hindu Home Sanctuary"

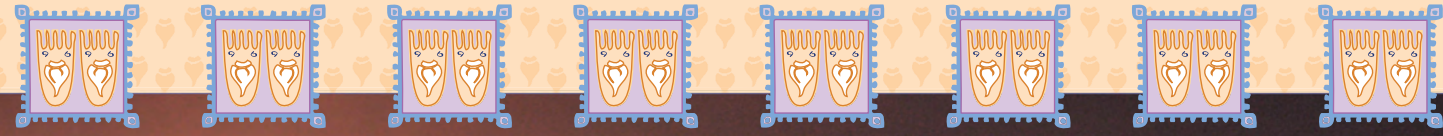
Before beginning the puja, check the altar to make sure all necessary articles are there, so that you don't have to interrupt the flow of puja to get a missing item. Arrange all the items the same way for each puja so you can reach automatically when needed, with those most frequently used closest at hand.

Hold the attitude that, as *pujari*, you are a servant of the Gods, a channel for the spiritual energies. Only thoughts of God are on your mind as you perform puja, thus enhancing the outpouring of divine blessings. Tradition provides a caution: you should never perform puja during or within 31 days of experiencing severe anger or other deep emotional upset, but it is all right to attend.

Also, puja is not performed or attended by women during their menses, or by anyone who has a wound that is bleeding. Puja is a yoga, or link, between this and inner worlds. Therefore, you must be at your best in mood and emotion to assist in making this connection. Before performing puja, you should be freshly dressed, clean and undistracted by daily concerns. Having bathed beforehand, enter the shrine room and prostrate.

The form of prostration differs for men and women. Men perform "eight-limbed obeisance," *ashtanga pranama*, a fully prone pose in which hands, chest, forehead, knees and feet touch the ground. Women perform "five-limbed obeisance," *panchanga pranama*, a kneeling pose in which hands, head and knees touch the ground (with ankles crossed, right over the left).

When everything is ready, take your seat in a cross-legged posture in front of and to the left of the altar, facing the Deity but turned slightly to the right. Close your eyes, sit quietly for a moment and tune your nerve system to God Ganesha and the sacred puja you are about to perform. If others are attending, be careful not to sit directly in front of the Deity, thereby blocking their view of the altar. Generally one remains seated throughout the ritual, though in some shrines it may be more comfortable to stand during the *arati* or throughout the puja. When small children are in the home, the shrine room is locked so they do not disturb the contents. If a lockable room is not available, the altar is raised so as to be out of reach, and the puja is performed



PHOTOS COURTESY YALE UNIVERSITY PRESS/STEPHEN P. HUYLER

Unlike the puja we are presenting in this chapter, some home pujas are long and elaborate. Here a priest performs a long Siva puja in an Indian home shrine during Mahasivaratri.

Puja, the worship of a murti through water, lights and flowers in temples and shrines, is the Agamic counterpart of the Vedic yajna rite, in which offerings are conveyed through the sacred homa fire. These are the two great streams of adoration and communion in Hinduism, drawn from Hinduism's two massive compendiums of revealed scripture—the Vedas and the Agamas.

standing up. Those attending will usually sit during most of the ceremony, then stand during the final arati. However, this again may be left to individual discretion in consideration of the height of the shrine.

During the ritual, you will be making many offerings. Most offerings are made with the right hand, never just the left, though there are occasions when both hands are used.

The offering of food is an important part of puja. Traditionally a simple dish of cooked rice is prepared especially for the Deity, with cooking utensils reserved for this purpose alone. If cooked food is not offered, then freshly cut fruit may be substituted. Keep the offering covered until the point in the puja when the pranas (life energies) of the food are offered to the Deity. Keeping the food covered helps to preserve purity and contain the pranas, which the Gods and devas can see, absorb, enjoy and reflect back to cleanse the auras of devotees. After the puja, the food offerings—along with holy ash (vibhuti), sacred water (tirtha), sandalwood paste (chandana), red powder (kumkuma) and flowers (pushpa)—are passed out and enjoyed as prasada.

A recording of sacred chanting from the Vedas may be played softly before the puja begins. At the high point, as the arati is presented, loud drums and nagasvaras resound. As the sacraments are passed out by the pujari, the divine musical ragas are heard softly played on the vina, or Vedic chanting or devotional songs may be played.

After the sacraments are passed out, encourage everyone to sit quietly for a while to enjoy the sannidhya, the ever-present feeling of the Divine, that the God, Gods, inner-plane gurus and devas suffuse in the shrine room. Such internalized worship naturally follows a puja. Those who perform daily japa will find this an ideal time for that sadhana.

Internalizing worship in this way gives you and all members of the family strength to face the outside world, its daily challenges and, yes, school tests. Internalizing worship is the core of the Sanatana Dharma. It is the root, stem and blossom of the highest chakra, the 1,000-petalled lotus. It is the force that gives the strength to resist temptation, to turn others from their bad ways and to face up to and live through birth karmas, prarabdha karmas, that are brought with you in this life. It gives the courage to resist making new, especially unwanted, karmas to be faced at a later date. It gives the willpower needed in this Kali Yuga to survive. It gives the love which provokes the understanding to overlook and forgive, then forget. Finally, internalized worship gives the peace of mind, the shanti, in which all saints, sages, mahatmas and great seers dwell, in their jnana, their wisdom, of how things work in their universe of which we are a vital part.

Many people are hesitant to do puja, specific, traditional rites of worship, because they feel they don't have enough training or don't understand the mystical principles behind it well enough. Most Hindus depend on the priests to perform the pujas and sacraments for them, or to train them to perform home puja and give them permission to do so through initiation, called diksha. However, simple pujas, such as this one, may be performed by anyone wishing to invoke grace from God, Mahadevas and devas. Mothers, daughters, aunts, fathers, sons, uncles, all may perform puja within their own home, and do, as the Hindu home is considered to be nothing less than an extension of the nearby temple.

The Ganesha puja presented on the following pages consists of a series of Sanskrit chants to be intoned while performing the indicated actions and visualizations. Each chant is given in three forms, first in Sanskrit's traditional Devanagari script, second in transliterated for those who speak English, and third in a



Te presents a ghee lamp to Siva, Shakti and Ganesha during a long ritual in which he bathes the Deities with water, hooney and other precious substances.

freely-rendered English translation. Each translation is followed by detailed instructions to guide the *pujari's* actions.

The chants of the simple Ganesha puja given here are in Sanskrit, Hinduism's ancient scriptural language. Time spent mastering the pronunciation is time well spent. Ideally, training is received personally from a priest, pundit or other person proficient in Sanskrit, so that you can chant the verses properly. Such a teacher will generally begin by teaching the alphabet and will offer training in reading in the Devanagari script, as well as the transliteration to help English-speaking students. Learning Sanskrit is not mandatory, and for those who do not have a teacher, we have a voice recording of this entire puja for learning the mantras properly. It is available at www.himalayanacademy.com/looklisten/chanting-songs/ganesha-puja. A key to Sanskrit transliteration system used in this puja is found in any of the Master Course trilogy books.

Devotion During Sacred Rituals

While correct chanting is important, the essential part of any puja is devotion. Without love of God and the Gods, outer performance is of little value. But with true devotion, even the simplest puja can be a profoundly sacred experience. Devotion is facilitated by the belief that you really are communing with the Divine through puja, that the Gods and *devas* do actually hear your prayers, enjoy your intonations and respond by sending blessings that purify your aura and protect your home. Though you can't see them with your physical eyes, they are there nonetheless. As you perform or attend puja, visualize the Deity sitting before you, accepting your offerings, pleased to be in your company, delighted with your love and hospitality. Think of the God as a part of your fam-

ily, a grand being who is concerned with your welfare. Through strong visualization and sincere devotion, your sensitivity to the darshan will grow and your relationship with the Deity will become strong and close.

Cultivating devotion is called bhakti yoga. Satguru Sivaya Subramuniyaswami stressed its importance in this way, "Bhakti yoga is love on all levels of consciousness—physical, mental, emotional and spiritual. The greatest inhibiting factor in practicing bhakti yoga is the doubting, cynical, intellectual mind. Doubt and skepticism harden the heart and narrow the mind. The bloom of bhakti softens the heart and relaxes the intellect. Through bhakti yoga, the yoga of devotion, the combative mind becomes erased, absorbed into the consciousness of the One Self, the Being permeating all beings. With the help of devotion, you can soar within. You can not only pull away detachedly from unwholesome areas of the mind, but it is possible to keep yourself in an inward state of expanded consciousness."

Use and Care of the Shrine Room

Keep the shrine spotlessly clean, and decorate it for festivals and special holy days. Visit your shrine before you leave the home, seeking blessings and protection as you leave its shelter, and go there again for purification upon returning. Worship in heartfelt devotion, so the Gods' grace flows freely toward you and loved ones. Make the shrine a refuge for all family members, a haven where they can find peace and solace, where they can connect with the Gods, offer their praise and pray for practical needs. Train your children to worship in the shrine before each important event in life, such as a major exam at school or when faced with a personal challenge or problem.

आचमनम्
Āchamanam

Water Sipping
By the Pūjāri



ॐ सुमुखाय स्वाहा
ॐ एकदन्ताय स्वाहा
ॐ गजकर्णकाय स्वाहा

Aum sumukhāya svāhā
Aum ekadantāya svāhā
Aum gajakarṇakāya svāhā

Aum! Hail to the God whose face is always shining!
Aum! Hail to the God who has only one tusk!
Aum! Hail to the God with huge elephant ears!

Holding the spoon with your left hand, take a spoonful of water from the cup and place it in the right palm to rinse the hand, letting the excess fall onto the floor or a tray. Put another spoonful of water into the right hand, intone “Aum sumukhāya svāhā” and sip the water. Repeat for the second and third lines, then rinse the right hand again.

विघ्नेश्वर प्रार्थना
Vighneśvara Prārthanā

Ganeśa
Invocation

ॐ शुक्लांबरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्न मत्तवारणः ध्यायेत् सर्वविघ्नो पशान्तये ॥

Aum śuklāambaradharam viṣṇuṃ
śaśivarṇaṃ chaturbhujam
prasanna mattavāraṇaḥ dhyāyet
sarvaviḡhno paśāntaye

Aum. O Lord dressed in splendid white, pervading the universe, shining radiantly like rays of the full moon, having four mighty arms and a charming, happy face, we meditate on you that all obstacles may be quelled.



Salute Lord Gaṇeśa by holding hands in añjali mudrā, the prayerful pose. Then, while reciting the verse, tap your temples lightly with your knuckles three times, as in the photo. Alternatively, you may cross your arms before your face, the left hand tapping the right temple and vice versa. Return your hands to añjali mudrā while reciting the last words of the chant.

संकल्पम्
Sankalpam

Dedication of Pūjā,
Statement of Purpose

ॐ अद्य पूर्वोक्त एवांगुणसकल
विशेषेण विशिष्टायां अस्यां शुभतिथौ
ॐ महागणेश्वर उद्दिश्यमहागणेश्वरप्रीत्यर्थ
महागणेश्वरप्रसादसिद्धार्थ
यथा शक्ति (name of city) देशे (period of day)
ध्यानावाहनादि गणेशपूजां करिष्ये ।
ॐ अप उपस्पृश्य

Five periods of the day (insert one in chant).

उषः काल	ushaḥ kāla, dawn
प्रातः काल	prātaḥ kāla, morning
मध्याह्नकाल	madhyāhñakāla, noon
सायंकाल	sāyankāla, evening
ऊर्ध्वयामकाल	ūrdhvyāmakāla, night

Aum adya pūrvokta evaṅguṇasakala
viśeṣeṇa viśiṣṭāyām asyām śubhatithau
Aum Mahāgaṇeśvara uddiśya
Mahāgaṇeśvara prītyartham
Mahāgaṇeśvara prasāda siddhyartham
yathā śakti (chant city) deśe (insert the time of day)
dhyānāvāhanādi Gaṇeśa pūjām karishye
Aum apa upasprīśya

At this particularly auspicious moment, time and place, on this auspicious day, so that we may realize the fullness of your grace, to the best of our ability this (insert time of day) Gaṇeśa pūjā we shall now perform. Aum. By touching pure water we become pure.

While reciting this statement of purpose, take a pinch of rice and hold it at chest height in your closed right palm, with open left hand underneath. Insert the time of day and the place where indicated. As you chant the last word, karishye, gently toss the rice toward the base of the image. Then, with



the left hand, place a spoonful of water into your right palm and ritually wash both hands with the water by wiping the palms together a few times as you recite “Aum apa upa spriśya.” Once the saṅkalpam has been chanted, the pūjā must not be interrupted or abandoned until the concluding mantras are recited.

WORSHIP AND OFFERINGS BEGIN

आवाहनम् आसनम्
Āvāhanam, Āsanam

Welcoming and
Offering a Seat

ध्यायामि । आवाहयामि ।
रत्नसिंहासनं समर्पयामि ।

dhyāyāmi, āvāhayāmi, ratnasiṅhāsanam samarpayāmi

We now meditate on you, O Lord, and invite you to sit upon the jewel-studded, lion throne we have prepared for you.



Offer a pinch of rice to the Deity as you chant each of the three words before “samarpayāmi.” Visualize Gaṇeśa seated on a gem-studded throne before you, smiling, full of blessings, waiting to be honored as a guest in your home.

अर्घ्यम्
Arghyam

Washing the Lord's
Feet and Hands

पादयोः पादं पादं समर्पयामि ।
हस्तयोः अर्घ्यं अर्घ्यं समर्पयामि ।

pādayoḥ pādyam pādyam samarpayāmi
hastayoḥ arghyam arghyam samarpayāmi

We now humbly bathe each of your white lotus feet and gently wash each of your precious hands, Lord Gaṇeśa.

With your right hand offer a spoonful of pure water by holding it up before the Deity momentarily and then placing it in the tīrtha cup. This is how all water offering is done throughout the pūjā. As you chant the first line, visualize yourself bathing the feet of Gaṇeśa. Offer a second spoonful of pure water as you intone the next line and visualize yourself washing His hands.

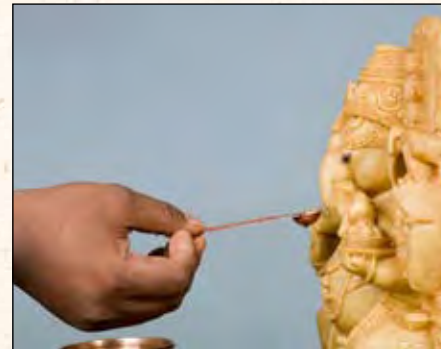
आचमनम्
Āchamanam

Offering Water to
Quench His Thirst

ॐ भूर्भुवः सुवः आचमनीयं समर्पयामि ।

Aum bhūr-bhuvah suvaḥ āchamanīyam samarpayāmi

Aum! In the presence of all three worlds, we humbly offer you fresh, pure water for sipping.



Offer a spoonful of pure water to Gaṇeśa. Visualize His accepting it in His Hand and sipping it.

स्नानम्
Snānam

Ritual
Bathing

ॐ सुरसिन्धुसमानीतं सुवर्णकलशस्थितम् ।
स्नानार्थं गृह्यतां शम्भो सलिलं विमलं गणेश ॥
गङ्गास्नानं समर्पयामि

Aum surasindhu samānītam suvarṇakalaśāsthitam ।
snānārthaṁ grīhyatām śambho salilam vimalam gaṇeśa ॥
gaṅgāsnānam samarpayāmi

We now bathe you, beloved Lord Gaṇeśa, the pure one,
with the water that was brought from the Ganges in the
golden pot. We have bathed you in sacred Gaṅgā water.

While ringing the bell
and reciting this verse,
dip a flower into the
tīrtha water and gently
sprinkle the Deity. Do
this three times or more.
Hold the flower in your
right hand in the mṛigī
mudrā, the stem between
your third and fourth
fingers. If the altar design
allows, you may pour
water over the mūrti,
rather than sprinkling it
during this chant.



ALL PHOTOS BY DINODIA

अलङ्कारम्
Alaṅkāram

Adornment and
Offerings

वस्त्रार्थं मङ्गलाक्षतान् समर्पयामि
उपवीतार्थं मङ्गलाक्षतान् समर्पयामि
ॐ गन्धं गृहाण सुरभिमन्धकासुरसूदन ।
कुङ्कुमदिसमायुक्तं कुलाचलनिकेतन ॥
दिव्य परिमल विभूति चन्दन कुंकुमम् समर्पयामि

vastrārtham maṅgalākshatān samarpayāmi
upavitārtham maṅgalākshatān samarpayāmi
Aum gandhaṁ grīhāṇa surabhi mandhakā surasūdana,
kuṅkumadi samāyuktaṁ kulāchalaniketana
divya parimala vibhūti chandana
kuṅkumam samarpayāmi

We give you this auspicious unbroken rice, our magnificent
Lord, that you may enjoy resplendent clothing. We give
you auspicious unbroken rice, Lord Śiva, that you may be
handsomely adorned with a white, cotton sacred thread.
Aum. O Lord, the destroyer of the demon Andhakāsura,
you who resides in the Himālayas, please accept the good
smelling chandana with kuṅkuma and choice offerings.

*Dress the Deity. Offer a pinch of unbroken rice while chant-
ing each of the first two lines. Repeat the third and fourth
lines over and over as you decorate the Deity with flowers.
The last line is recited once while applying vibhūti (holy
ash), chandana (sandalpaste) and kuṅkuma. (red powder).*



पुष्पम्
Pushpam

Offering
Flowers

तदुपरि मङ्गलाक्षतान् समर्पयामि ।
पूजार्थे नानाविधपत्र पुष्पाणि समर्पयामि ।

tadupari maṅgalākshatān samarpayāmi
pūjārthe nānāvīdhapatra pushpāṇi samarpayāmi

We now offer this auspicious unbroken rice. And for the fulfillment of our devotion, we offer fresh, blooming flowers for your enjoyment, our peerless Lord.

A pinch of rice is offered with the first line. A handful of flowers is offered with the second.



धूपम्
Dhūpam

Offering
Incense

ॐ वनस्पत्युद्भवैः दिव्यैः नानागन्धसमन्वितैः ।
आघ्रेयधूपदीपानां धूपोऽयं प्रतिगृह्यताम् ॥
दशाङ्गं गुग्गुलोपेतं सुगन्धं सुमनोहरम् ।
आघ्रेयःसर्वदेवानां धूपोऽयं प्रतिगृह्यताम् ॥
धूपमाघ्रापयामि धूपानन्तरमाचमनीयं समर्पयामि
मङ्गलाक्षतान् समर्पयामि

Aum vanaspatyudbhavaiḥ divyaiḥ
nānāgandhasamanvitaiḥ,
āghreyadhūpadīpānāṃ dhūpo-yam pratigrihyatām.
daśāṅgam guggulopetam sugandhan sumanoharam,
āghreyaḥ sarvadevānāṃ dhūpo-yam pratigrihyatām.
dhūpamāghrāpayāmi
dhūpānantaramāchamanīyam samarpayāmi
maṅgalākshatān samarpayāmi

The finest incense, of magical qualities, of full and varied fragrances, Lord Gaṇeśa, we set aflame and offer to you in this, our home. Incense of the finest resins and perfumes, incomparable in sweetness and aroma, to be inhaled and enjoyed by you and all the Gods and devas, we offer to you in this, our home. Eagerly we offer to you, our resplendent Lord, fine resin incense, of heavenly odor, bewitching to the mind, rising out of a ghee-fed flame. We offer it to you in this, our home. This fine incense we have duly offered



for your pleasure. And we again offer you cool, sweet water for sipping and auspicious unbroken rice.

During this chant, make three circles before the Deity with lighted incense held in your right hand while ringing the bell with your left hand. Complete the third circle and trace an Aum as you chant the fifth line, dhūpamāghrāpayāmi. At that point raise the incense higher and ring the bell louder. Put the incense down, and recite the next two lines. With the first, water is offered, with the second, a pinch of rice.

दीपम्
Dipam

Offering
The Light

ॐ साज्यं त्रिवर्तिसंयुक्तं वह्निना योजितं मया ।
गृहाण मङ्गलं दीपमं ईशपुत्र गणाधिपं ॥
ॐ आवाहिताभ्यः सर्वाभ्यो देवताभ्यो नमः ।
दिव्य मङ्गलदीपं सन्दर्शयामि ।
दीपानन्तरमाचमनीयं समर्पयामि ।
मङ्गलाक्षतान् समर्पयामि ।

aum sājyaṁ trivartisaṁyuktam vahninā yojitaṁ mayā,
grihāṇa maṅgalaṁ dipam īśaputra gaṇādhipam.
aum āvāhitabhyaḥ sarvabhyo devatabhyo namaḥ,
divya maṅgala dīpaṁ sandarśayāmi,
dīpānantaramāchamaniyaṁ samarpayāmi,
maṅgalākshatān samarpayāmi

Within fire is spiritual knowledge, our refuge. Because of it, no harm can befall us. In our home, cows are honored and respected, which enlivens nations in all directions. Let us not forget right knowledge, culture and religious

rites, O matchless Lord! Nor may any soul in this world so forget! Spreading before and around us, purity and peace abound, as this holy flame illumines all with clarity. This divine flame we have shown you, Lord Gaṇeśa, and dutifully, in proper order. That all may receive your grace, we again offer you cool, sweet water for sipping and auspicious unbroken rice.

Offer the oil light to Lord Gaṇeśa and ring the bell as you chant this hymn. As with the incense, circle three times then draw the Aum with the flame. Then raise the flame and ring the bell louder, then stop ringing. Offer water, then a flower or a pinch of rice.



ALL PHOTOS BY DINODIA

नैवेद्यम्
Naivedyam

Offering
Food

सत्यं त्वर्तेन (chant in morning)
ऋतं त्वा सत्येन (chant if evening) परिषिञ्चामि ।
ॐ अमृतमस्तु अमृतोपस्तरणमसि स्वाहा ।
ॐ गणेशाय स्वाहा ॥ ॐ गणेशाय स्वाहा ॥
ॐ गणेशाय स्वाहा ॥

satyaṁ tvartena (chant if in morning)
ṛitaṁ tvā satyena (if evening) parishiñchāmi
Aum amṛitamastu amṛitopastaraṇamasī svāhā
Aum gaṇeśāya svāhā, Aum gaṇeśāya svāhā,
Aum gaṇeśāya svāhā

We add Truth to Truth. Aum. May this sweet and pungent food be transformed into nectar. We humbly offer to you the prāṇa in this food.

While reciting the first part of the mantra, uncover the food offering. Then, while chanting the last line and ringing the

bell, circle a spoonful of water over the food and offer it to the Deity. While ringing the bell softly, gently waft the aroma and vital essences of the food or fruit toward the Deity. Do this by sweeping the right hand over the food with a flower held between your fingers, stem upward. The palm is facing downward as it moves over the food, then rotates upward as the sweep approaches the Deity, bringing the aroma and prāṇa toward His nose and mouth. As you complete the third line, gently toss the flower toward the feet of the Deity at the end of the sweep with all the love in your heart.



ॐ आवाहिताभ्यः सर्वाभ्यो देवताभ्यो नमः ।
नानाविधमहानैवेद्यं निवेदयामि ।
यथाशक्त्यासमर्पितमहानैवेद्यम् कृपया स्वीकुरु ।

Aum āvahitābhyah sarvābhyo devatābhyo namaḥ,
nānā vidha mahānaivedyam nivedayāmi,
yathāśaktyā samarpita mahānaivedyam kṛipayā svīkuru

Aum! Salutations to all the Gods and *devas* present! Because we are offering you our very best, Lord Gaṇeśa, in all sincerity and love, please consider the essence of this food as among the finest meals you have ever received. To the best of our ability in the worship of you, we offer this food and humbly beg that you will receive it.

Ringing the bell loudly as you recite the above chant, pick up a flower or a pinch of rice and hold it at chest height in the fingertips of the right hand. As the last word is spoken, gently release the rice or flower at the feet of the Deity. Then put down the bell and raise your hands above your head in devout prayer that Gaṇeśa will accept the meal. While your hands are raised, close your eyes and visualize Gaṇeśa accepting and partaking of the meal. After a moment, lower your hands and intone Aum quietly.



विघ्नेश्वराष्टोत्तर शतनामावलिः

Vighneśvarāṣṭottara

Śatanāmāvaliḥ

Chanting Gaṇeśa's

108 Names

In this section of the pūjā, chant the “garland of Gaṇeśa’s 108 names.” As you intone each name, offer with your right hand a flower, some flower petals or a pinch of rice. The names are attributes of the Deity, each delineating an aspect of His wondrous nature. Each name is preceded by the mantra Aum and followed by namaḥ, meaning “obeisance, adoration or homage to.” Thus the first line is chanted Aum Vināyakāya Namaḥ (pronounced, “na-ma-ha”).

विनायकाय
विघ्नराजाय
गौरीपुत्राय
गणेश्वराय
स्कन्दाग्रजाय
अव्ययाय
पूताय नमः
दक्षाय
अध्यक्षाय
द्विजप्रियाय
अग्निगर्वच्छिदे
इन्द्रश्रीप्रदाय
वाणीप्रदाय
अव्ययाय
सर्वसिद्धिप्रदाय
सर्वतनयाय
शर्वरीप्रियाय

Vināyakāya the remover (of obstacles)
Vighnarājāya the ruler of obstacles
Gaurīputrāya the son of Gaurī
Gaṇeśvarāya the lord of categories
Skandāgrajāya Skanda's elder brother
Avyayāya the inexhaustible one
Pūtāya the pure one
Dakshāya the dexterous one
Adhyakshāya the great presider
Dvijapriyāya who loves the twice-born
Agnigarvacchide .. who destroyed fire's ego
Indraśripradāya who restored Indra's wealth
Vāṇīpradāya who gives eloquence
Avyayāya the inexhaustible one
Sarvasiddhipradāya... giver of fulfillment
Sarvatanayāya the son of Śiva
Śarvarīpriyāya loved by Pārvatī

सर्वात्मकाय
सृष्टिकर्त्रे
देवाय
अनेकार्चिताय
शिवाय
शुद्धाय
बुद्धिप्रियाय
शान्ताय
ब्रह्मचारिणे
गजाननाय
द्वैमातुराय
मुनिस्तुताय
भक्तविघ्नवि
नाशनाय
एकदन्ताय
चतुर्बाहवे
चतुराय

Sarvātmakāya the soul of all
Sṛṣṭīkartre the creator
Devāya the resplendent one
Anekārchitāya ... worshiped by multitudes
Śivāya the auspicious one
Śuddhāya the pure one
Buddhipriyāya who loves intelligence
Śāntāya the peaceful one
Brahmachāriṇe the celibate one
Gajānanāya the elephant's faced
Dvaimāturāya who has two mothers
Munistutāya who is praised by sages
Bhaktavighna vināśanāya
..... who destroys devotees' obstacles
Ekadantāya who has one tusk
Chaturbāhave who has four arms
Chaturāya the ingenious one

शक्तिसंयुताय
लंबोदराय
शूर्पकर्णाय
हरये
ब्रह्मविदुत्तमाय
कालाय
ग्रहपतये
कामिने
सोमसूर्याग्नि
लोचनाय
पाशाङ्कुश
धराय
चण्डाय नमः
गुणातीताय
निरञ्जनाय
अकल्मषाय
स्वयंसिद्धाय
सिद्धार्चित
पदाम्बुजाय
बीजपूर
फलासक्ताय
वरदाय
शाश्वताय
कृतिने
द्विजप्रियाय
वीतभयाय
गदिने
चक्रिणे
इक्षुचापधृते
श्रीदाय
अजाय
उत्पलकराय
श्रीपतये
स्तुतिर्हर्षिताय

Śaktisaṁyutāya united with power
Lambodarāya who has a large belly
Śūrpakarṇāya with fan-like ears
Haraye ... destroys evil with lion-like courage
Brahmaviduttamāya foremost knower of God
Kālaya the master of destiny
Grahapataye lord of planets
Kāmine who is love
Somasūryāgni lochanāya
..... whose eyes are the moon, sun and fire
Pāśaṅkuśa dharāya
..... who holds a noose and a goad
Chaṇḍāya who is fierce-looking
Guṇātītāya who transcends qualities
Nirañjanāya who is without blemish
Akalmashāya ... who is without impurity
Svayāmsiddhāyaself-fulfilled, perfect
Siddhārchita padāmbujāya
..... whose lotus feet sages worship
Bijapūraphalāsaktāya
..... who is fond of pomegranates
Varadāya the boon giver
Śāśvatāya the eternal, unchanging one
Kṛitine the skillful one
Dvijapriyāya fond of the twice-born
Vītabhayāya who is fearless
Gadine who weilds the mace
Chakriṇe who weilds a discus
Ikshuchāpadhṛite
..... who holds a sugarcane bow
Śrīdāya the bestower of wealth
Ajāya the unborn one
Utpalakarāya
..... who hold a proud blue lotus flower
Śrīpataye the Lord of wealth
Stutiharshitāya who delights in praise

कुलाद्रिभृते

जटिलाय
कलिकल्मष
नाशनाय
चन्द्रचूडामणये

कान्ताय
पापहारिणे
समाहिताय
आश्रिताय
श्रीकराय
सौम्याय
भक्तवाञ्छित
दायकाय

शान्ताय
कैवल्य
सुखदाय

सच्चिदानन्द
विग्रहाय
ज्ञानिने नमः
दयायुताय
दान्ताय
ब्रह्मद्वेष
विवर्जिताय

प्रमत्तदैत्य
भयदाय

श्रीकण्ठाय
विबुधेश्वराय
रामार्चिताय
विधये
नागराज
यज्ञोपवीतवत

स्थूलकण्ठाय
स्वयं कर्त्रे
सामघोषप्रियाय

Kulādrībṛite

who supports Himālaya, His family's mountain

Jaṭilāya who has matted hair

Kalikalmaṣa nāśanāya

..... the destroyer of sins in the Kaliyuga

Chandrachūdāmaṇaye

..... who wears a moon upon his head

Kāntāya the beloved, loving one

Pāpahāriṇe the consumer of sins

Samāhitāya absorbed in meditation

Āśritāya who is our refuge

Śrīkarāya who manifests prosperity

Saumyāya the amiable one

Bhaktavañchita dāyakāya

..... the grantor of devotees' desires

Śāntāya the peaceful one

Kaivalya sukhadāya

..... bestower of unsullied liberation

Sacchidānanda vigrahāya

..... embodiment of existence-knowledge-bliss

Jñānine the great wisdom

Dayāyutāya full of compassion

Dāntāya who has self-control

Brahmadvesha vivarjitāya

..... who is free from aversion to knowledge

Pramattadaitya bhayadāya

..... who brings terror to demons

Śrīkaṇṭhāya with beautiful throat

Vibudheśvarāya Lord of the Wise

Rāmārchitāya worshiped by Rāma

Vidhaye who is the destiny of all

Nāgarāja yajñopavitavate

..... whose sacred thread is a king cobra

Sthūlakaṇṭhāya of stout neck

Svayāmkartre who is self-created

Sāmaghoshapriyāya

..... who loves the sound of Sāma Veda

परस्मै
स्थूलतुण्डाय
अग्रण्याय
धीराय
वागीशाय
सिद्धिदायकाय
दूर्वाबिल्व
प्रियाय
अव्यक्तमूर्तय

Parasmai who is supreme
Sthūlatuṇḍāya. who has a stout trunk
Agraṇye the first-born of Śiva
Dhirāya the courageous one
Vāgīśāya the Lord of speech
Siddhidāyakāya ... bestower of fulfillment
Dūrvābilva priyāya
..... who loves dūrvā grass and bilva leaves
Avyaktamūrtaye
.....the manifestation of the Unmanifest
Adbhutamūrtimate ... of wondrous form

अद्भुतमूर्तिमते
शैलेन्द्रतनुजोत्सङ्ग
खेलनोत्सुकमानसाय

Sailendratanutotsaṅga khelanotsukamānasāya

who is happy in the lap of His mother, Pārvatī,
daughter of the mountain Lord

स्वलावण्यसुधासारजित मन्मथविग्रहाय

Svalāvanyasudhāsārajita manmathavigrahāya
... who defeated Manmatha, the God of love, by His sweet beauty

समस्त
जगदाधाराय
मायिने
मूषिकवाहनाय
हृष्टाय
तुष्टाय
प्रसन्नात्मने
सर्वसिद्धि
प्रदायकाय

Samasta jagadādhārāya
.....the supporter of all the worlds
Māyinethe source of illusory power
Mūshikavāhanāya .. who rides the mouse
Hṛiṣṭāyathe joyful one
Tusṭāya the contented one
Prasannātmane the bright kindly-souled one
Sarvasiddhi pradāyakāya
..... the grantor of all fulfillment

मन्त्र पुष्पम्
Mantra Pushpam

Worship
With Flowers

ॐ योऽपां पुष्पं वेदं ।
पुष्पवान् प्रजावान् पशुमान् भवति ।
चन्द्रमावा अपां पुष्पम् ।
पुष्पवान् प्रजावान् पशुमान् भवति ।
य एव वेदं । योऽपामायतनं वेदं ।
आयतनवान् भवति ॥
ॐ श्री महागणेश्वराय नमः
मन्त्रपुष्पाञ्जलिं समर्पयामि ।

Aum yō-pām pushpam veda,
pushpāvaṅ prajāvaṅ paśumān bhāvati,
chāndramāvā apām pushpam,
pushpāvaṅ prajāvaṅ paśumān bhāvati,
ya evaṅ veda, yō-pāmāyatanaṅ veda,
āyatānavān bhavati.

Aum Śrī Mahāgaṇeśvarāya namaḥ
mantra pushpāñjalim samarpayāmi

The one who understands the beauty of the blooming powers of the Supreme Being is blessed with beautiful, blooming life, progeny and cattle. The moon is certainly the bloom of those powers. One who realizes the qualities of the moon, which are nothing but the blooming divine powers, is blessed with a blooming, beautiful life of perfection, progeny and cattle. One who realizes this principle and realizes the source from whom all these powers have come himself becomes the abode of those divine powers. Aum, salutations, Lord Mahāgaṇeśa, we respectfully offer you this flower mantra.

While chanting this mantra, hold a handful of flowers before you in añjali mudrā, hands cupped loosely around the flowers at chest height. Recite the verses with adoration. As you intone the last word, samarpayāmi, lower your hands (as shown in the photo) and toss the flowers into the air above the murti, sending a shower of blossoms upon the God with feelings of gratitude and loving devotion.



आरती
Āratī

Worship
With Flame

ॐ साज्यं त्रिवर्त्तिसंयुक्तं वह्निना योजितं मया ।
गृहाण मङ्गलारतिं ईशपुत्र नमोऽस्तु ते ॥
ॐ आवाहिताभ्यः सर्वाभ्यो देवताभ्यो नमः ।
दिव्यमङ्गलदीपं सन्दर्शयामि ।
आचमनीयं समर्पयामि ।
मङ्गलाक्षतान् समर्पयामि ।

Aum sājyaṁ trivartisaṁyuktam vahninā yojitaṁ mayā,
grihāṇa maṅgalāratim īśa putra namo-stu te.
Aum āvāhitābhyaḥ sarvābhyo devatābhyo namaḥ
divya maṅgaladīpaṁ sandarśayāmi
āchamanīyaṁ samarpayāmi
maṅgalākshatān samarpayāmi

To the son of Śiva, the master and protector of noble, righteous people, the wisest among the wise, preeminent among the renowned, the greatest ruler, protector of the knowledge of all knowledgeable people, we offer this light. To all Gods and *devas* present, we offer this auspicious flame. We offer holy water for sipping and auspicious unbroken rice grains to grant us blessings.

During this chant, hold the lit oil lamp or camphor burner in your right hand and the bell in your left. While ringing the bell and slowly reciting the *āratī* mantra, make three circles clockwise before Gaṇeśa with the flame. Stop at the top of the third circle, lower the lamp slightly and trace the



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symbol of Aum in Sanskrit or in your native language. Then lift the flame slightly above the Aum that you placed in the *ākāśic* ether and ring the bell louder for all three worlds to hear. Keep ringing loudly while chanting the above two-line salutation to the *devas* (“*āvāhitābhyaḥ ... sandarśayāmi*”). Put down the bell and the lamp and then, with the flame still burning, offer a spoonful of water with “*āchamanīyaṁ samarpayāmi*,” then a pinch of rice with “*maṅgalākshatān samarpayāmi*.”

रक्षधारणम्
Rakshadhāraṇam

Prayer for
Protection

इन्द्र स्तोमै॑नपञ्चदु॒शेन॑
मध्यमि॑दं वाते॒न॒ सगरै॑ण
रक्ष रक्षां धार॑यामि ।

indra-stomēna pañchadaśeṇa
madhyamidaṁ vāteṇa sagareṇa
raksha rakshāṁ dhārayāmi

O Indra, Lord of material and spiritual prosperity, please protect the space between the heavens and earth as well as the mind between the body and the soul with the help of fifteen noble powers and virtues (five *prāṇas*, five *jñānendriyas* and five *karmendriyas*). Your protection and blessings sustain me.

As you recite this mantra, make three circles above the burning flame with a flower held in the right hand, stem upward (photo next page). With the last words, toss the flower gently toward the Deity and place your hands in *anjali mudrā* while facing the altar. Now offer the flame at chest level to all present, allowing each to draw both hands through it and lightly touch the eyes three times (photo next page, upper right). The Gods and *devas* can see us through the flame and



send blessings. If especially honored persons are present, such as one's guru, parents or teacher, take the flame first to them. Then proceed clockwise to the others. In some cases, the pujāri may stand near the altar while devotees come forward to receive the flame. If no one is attending the pūjā, you may personally draw blessings from the flame, but not otherwise. Finally, present the flame once more to the Deity, then extinguish it with a wave of the right hand or by snuffing it out with a flower.



अर्पणम्
Arpanam

Final
Consecration

अनया यथा शक्त्या कृत

(state period of day)

पूजया भगवान् सर्व देवात्मकः

श्री महागणेश्वराः सुप्रीतः

सुप्रसन्नो वरदो भवतु

anayā yathā śaktyā kṛita

(state period of day from list on page I-4)

pūjayā bhagavān sarva devātmakaḥ

śrī mahā gaṇeśvaraḥ supṛitaḥ

suprasanno varado bhavatu

To the best of our ability we have performed this (state time of day) pūjā and worshiped you, dear Lord, the brightest of all the Gods. May it please you. May it be enjoyed by you. Surrounded by your presence, we place ourselves in your care, loving Gaṇeśa.

Before reciting the above verse, place a pinch of rice in your left palm, then transfer it to the right palm. Add to the rice three spoonfuls of water and close the hand (left photo). Hold the rice before you as you face the Deity, the left hand under the right hand, and recite the mantra. As you intone the last words, let the rice and water fall into the tirtha cup (right photo). The sacraments may then be given out in the following order: holy ash, blessed water, sandalpaste, red powder, food and flowers. If no one is attending the pūjā, you may partake of the sacraments yourself, but not otherwise. If many devotees are attending, a second person may help pass out the sacraments, except for the holy ash, which is always given by the person who performed the pūjā.





THOMAS KELLEY

Sharing the blessed offerings: at left holy ash is distributed, a small pinch into the right hand of each devotee; at right, the father of this household applies the sacred dot on his daughter's forehead.

Below, the family offers final prayers at the conclusion of their morning puja.



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विसार्जनम् Visarjanam

Farewell and Apologies

ॐ आवाहनं न जानामि न जानामि विसर्जनम् ।
पूजाञ्चैव न जानामि क्षम्यतां परमेश्वर ॥
मन्त्रहीनं क्रियाहीम् भक्तिहीनं सुरेश्वर ।
यत् पूजितं मया देव परिपूर्णं तदस्तु ते ।
अन्यथा शरणम् नास्ति त्वमेव शरणम् मम ।
तस्मात् कारुण्यभावेन रक्ष रक्ष गणेश्वर ॥
ॐ तत् सत् ॐ

Aum āvāhanam na jānāmi na jānāmi visarjanam,
pūjāñchaiva na jānāmi kshamyatām parameśvara.
mantrahīnam kriyāhīnam bhaktihīnam sureśvara,
yat pūjitam mayādeva paripūrṇam tadastute,
anyathā śaraṇam nāsti tvameva śaraṇam mama,
tasmāt kāruṇyabhāvena raksha raksha gaṇeśvara.
Aum tat sat Aum.

O Lord, we do not know the proper means of inviting you or, when taking our leave, how to wish you farewell. A full knowledge of priestly rites has not been imparted to us, so you must overlook and forgive any mistakes or omissions. We know little of mantras or pious conduct, and we are strangers to true bhakti. Nonetheless, please forgive us and regard our attempts as exact and complete—because you are our only refuge. With your compassionate nature, Lord Gaṇeśa, we beseech you, please protect those who pray. That which is Truth is Aum.



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This concluding apology is recited with hands in añjali mudrā. It is a formal and devout end to the worship service. As the final words, “Aum tat sat Aum,” are spoken, it is customary to clap your hands together three times. All may now prostrate.

It is traditional and most uplifting to meditate for a few minutes after the pūjā, rather than rushing off to daily duties. There is great personal benefit in such internalized worship, eyes closed, mind still, following, deep within yourself, the prāṇas that the pūjā has created. Externalized worship is the bhakti path; internalized worship is the yoga path. Both together make the complete circle that sustains devotees in their spiritual life, making them strong and kindly in moving the forces of the world in their daily life. This dual-pronged effort towards self-transformation and right living is the very foundation for the final goal of all seekers: moksha, freedom from rebirth.