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[00:00:15]

**Swamiji:** I don't know Sanskrit when I wrote this book. I just picked up some the 30 days to sanskrit book.

**Participant:** Have You written in Devanagari script?

**Swamiji:** No I haven written in Tamil script, actually I don't know the original mantras in sanskrit. I used to sit and read the script and then I will see that and transliterate it. I learnt this script just to translate this - transliterate this. Transliterate this. Of course later on I started writing devanagari, now I can write in devanagari; but I studied devanagari just to learn this puja. Because Ramakrishna did puja, I had a craze for the puja. Just to study, I learnt and transcribed the whole thing. And the mudras, all those mudras. I just cut from the books and pasted it. Actually you can - eh you can see cut and pasted all the mudras; just under the mudras separate that mantras, particular mantras. Those mudras.

[00:01:19]

When something has to be learnt means this is the way it should be learnt. From the first step you can just see and go on. This whatever is written in red is mantra, whatever is in the other color is procedure, which has to be done. If I just read out you will understand.

அரிசி கிண்ணத்தின் மேல் 'பட்' என்று 7 முறை ஜெபிக்கவும். மணி அடித்தவாறே நாரஷ முத்திரைனாலே அரிசியை எடுத்து,

"ஓம் சர்வ விக்னதவே ஓம் பட் ஸ்வாக..."

[00:02:01]

It is clear cut instruction. Anybody who reads this directly can do puja. Straight away you can do three hours puja. Any new person who is new for puja, can do the whole thing just by seeing this. In every mudra... every mudra is there. But I believed that puja will - can lead, I simply took the whole thing and started doing it.

**Participant Inaudible:**

**HDH:** No, no, no there is -there will be initial benefit. At Least all these guys can do. Surely yes, yes, it is a good start. You see, very good beginning. Otherwise people... you see in the west people can't sit like this, do you know? Sitting like this is a big work for them. They can't sit like this ma. That's a big thing. No,no, you can stretch your legs, nothing wrong. No, I am telling, they can't sit because they do not know how to sit on the ground.

**Participant:** .... Flexibility

[00:03:10]

Flexibility. Hmmm. So, these all are good things. It'll give you the physical, mental possibility and moreover these mudras, these mudras will give a, such a clear way of moving the hands. It's a ha ha! Actually, I, I, spoke about this once.

**Participant:** Inaudible:

**HDH:** Hmmm. I spoke about this anganyasa and karanyasa in a very elaborate way. We have a chakras ma.. All these places has got chakras. Aum.. see, major chakras are 7; minor chakras are 24 in the body. So through mantra all the 24 chakras are energised ma. That's what is done. That is what is done through mantras all the 24 chakras are energized.

अम् अङ्गुष्ठाभ्याम्

उम् तर्जनीभ्याम् स्वाहा

मध्यमाभ्याम् वषट्

उम् अनामिकाभ्याम्

उम् कनिष्ठिकाभ्याम् वौषट्

अम् करपृष्ठभ्याम् अस्त्राय फट्

am anguṣṭhābhyām  
um tarjanībhyām svāhā  
madhyamābhyām vaṣaṭ  
um anāmikābhyām  
um kaniṣṭhikābhyām vauṣaṭ  
am karapṛṣṭhābhyām astrāya phaṭ

I am like this only.

[00:04:28]

Participant: Inaudible

**HDH:** Means that it's a protection. Phat is the bija of protection.

अम् हृदयाय [...] शिरसे स्वाहा

शिखायै [...] कवचाय हुम्

सुम् नेत्रत्रयाय वौषट्

अम् रामकृष्ण पृष्ठभ्याम् अस्त्राय फट्  
am hṛdayāya [...] śirase svāhā  
śikhāyai [...] kavacāya hum  
sum netratrayāya vauṣaṭ  
am rāmakṛṣṇa pṛṣṭhābhyām astrāya phaṭ

[00:05:23]

Actually once you know the knack or procedure, any puja you can do. Tsk, that's not a big thing. Hmm. Knack is the big thing.

iha gaccha iha gaccha means welcome welcome.

इह तिस्त् इह तिस्त् इह सन्निदेहि इह सन्निदेहि

इह सन्निरुध्यस्व अ इह सन्निरुध्यस्व अ

इह सन्मुखि भव इह सन्मुखि भव

अत्रधिस्थम् कुरु मम पुजम् ग्रिहम् ॥

iha tishta iha tishta iha sannidehi iha sannidehi

iha sannirudhyaswa iha sannirudhyaswa

iha sanmukhi bhava iha sanmukhi bhava

atradhishtham kuru mama pujam grihana ||

Means come, come, please be seated, please be seated, let you be here in my puja room. That's the thing. The vedanta, all the upanishad slokas I have to chant. hmm. And I had no background in Sanskrit till I was living in Tiruvannamalai. I've only learnt the Tamil scriptures, never the sanskrit background; somehow it came.

[00:06:12]

**Sanskrit.**

In those days there must be some reason that nobody else should learn that; just to keep that pride. But nowadays anybody who is interested can do, what is wrong. Way of life.... That must be the reason.

**Participant:** Inaudible.

**HDH:** Ha, yes yes yes. That must be the reason. But later on it has been, become a - actually just to prove the ego, that is where the problem started. This book binding everything I did by myself by the hand. You can see it is hand stitched. I don't know which year. There's no date.

[00:07:01]

Surely, before long before enlightenment. Long before enlightenment I stopped puja. Long before enlightenment I stopped puja. I do not know the year.

**Sanskrit.**

I'll train few, few people who are interested to the complete puja. Hmm. Alright ma, you can have the complete xerox. So we'll train a group whomsoever is interested to do the complete puja. We will start doing the complete puja. It's time, we can have, we can afford; it's not a big deal. Hardly it takes two-three hours, per day 2-3 hours can't we spend in practice? It's a good thing. And I'll bring the whole thing to life. I'll give the new meaning to the whole thing. It's a meditation technique. Let's gather for next session, enough for now.

[00:08:13]