

## POORNIMA

**Purnima Vrat**, as the name suggests, is observed on a Full moon day. **Purnima** is one of the most significant days according to the Hindu calendar. Most of the major festivals are celebrated on Purnima of each month. Fasting on Purnima day is considered highly auspicious as it bestows incomparable benefits and blessings on the devotees. Purnima vrat is devoted to Lord Vishnu and his avatars, especially Lord Satyanarayan. Many Hindu devotees observe a full day fast on Purnima day and offer prayers to Lord Vishnu. The rituals that are linked with Purnima Puja, directly or indirectly, symbolize creation, manifestation, birth and rebirth as, on this day, the moon completes its one cycle around the earth.

In south India full moon day is known as **Pournami** and fasting on this day is known as Pournami Vratam.

Observing a **Satyanarayan Vrat** on Purnima day is considered highly auspicious. It is a popular and common vrat among the Hindus. Normally this vrat is done by most of the Hindus on their special occasions like marriage, housewarming, professional success and others. It is a way to pay their respect to Lord Vishnu (the defender of the universe) for all the blessings received.

## Rules of Purnima puja and vrats:

1. On the day of Purnima, fast begins at sunrise and ends during the full moon rise in the evening.
2. The condition of vrat includes abstaining from consuming rice, salt and cereal-based dishes.
3. Some people keep strict fast which is without food and water. If following strict fast is not possible then, devotees can do the vrat by having fruits and drinking milk.
4. As per one's interest, Lord Shiva or Vishnu can be worshipped. There is no exceptional puja procedure for Purnima. Anyone can do this Puja but make sure that you do it with utmost devotion. Purnima is the most appropriate day to do [Satyanarayan puja](#) at homes.
5. A strict fast, i.e., without eating anything at all, is the ideal way to observe **Purnima Vrat**. However, one meal is permitted, but, this meal should be free from salt, cereals or pulses.
6. In the night the devotees have to watch the full moon rising and offers their to the moon god and worship him. Following this, Prasad is distributed and consumed.

## Benefits of Purnima Fast:

Fasting is a logical methodology. Particularly fasting on Purnima can have a few beneficial effects on the body and mind. Some of the advantages of **Purnima Fast** are:

1. It helps in controlling the acid substance of your body.
2. It also helps in balancing our body's metabolism and absorption.
3. It certainly helps improve the endurance power.
4. It improves the digestive system.
5. Through fasting, the brain and body get a chance to relax.
6. Combined with the pujas and prayers done on the day, Purnima upavas not only revives and energizes the whole of the human system but also blesses the observers with prosperity and bliss.

## **AMAWASHYA**

**Amavasya fast** is a significant fast in Hindu religion. It is a powerful fast done on no moon day which can immensely benefit the devotees. Most of the devotees observe fast throughout the day and pray to almighty Lord Vishnu for his blessings. In Hindu religion according to vedic astrology, no important programs should be celebrated on the amavasya night.

Keeping Amavasya fast may resolve a lot of difficulties in life, and enhances and brings inspiration & positivity into your life. Observing this fast will please Lord Shankar and Lord Vishnu.

On Amavasya day, devotees observe fast and offer prayers to their ancestors. Food offerings to the ancestors are also done on this day.

**There are several benefits of observing Amavasya fast. Some of them are mentioned below:**

1. It is believed that an Amavasya fast enables one to stay away from all kinds of negative powers, dangerous powers and evil eyes. It is a way to reduce the effect of all evil powers.
2. On Amavasya, fasting is done to please the spirits of ancestors. On this day, try to offer some food and water to your ancestors. It is the perfect time to offer
3. prayers to the departed ancestors and ensure that they are in peace. On Amavasya, the ancestors come to earth and it becomes important to remember them on this night in the form of prayers and by offering them water and food.
4. It is believed that if a person practices fast on Amavasya then all their wants and wishes will be fulfilled.
5. Amavasya Vrat reduces the negative impact of [Kaal  
sarp Dosh](#), if this fast is observed with full devotion.
6. According to several scientific theories, on Amavasya, the gravitational forces of the earth are at their maximum. This, in turn, can give a lot of stability to one's metabolism.
7. It also improves the energy of a person.
8. It brings your physical health in tune with your mental health.
9. This fast reduces acidity and rejuvenates your body completely.
10. It decreases all sorts of health issues.

11. It helps to achieve a genuine feeling of peacefulness.
12. Decreases all mental and physical issues.
13. You will never experience the lack of wealth and wellbeing.

### **Fasting Procedure of Amavasya:**

- On this day devotees should wake up early in the morning and take a bath before sunrise.
- Lord Shiva or Lord Vishnu are worshiped on this day and devotees read Amavasya Vrat Katha.
- Many devotees keep fast on this day. The best way to do this fast is to keep it for the entire duration of the day without eating anything.

## **EKADASHI**

Ekadashi days are dedicated to Lord Vishnu and considered highly auspicious. Fasting on this day is also considered very auspicious for generalized Health, Wealth and Happiness as well as Peace and Prosperity in the family.

Ekadashi day is the 11th day of every lunar fortnight as per Hindu Calendar. Hence, this day occurs twice in a month, once during the Shukla Paksh (Sudi) and once during the Krishna Paksh (Badi). These days are dedicated to Lord Vishnu and considered highly auspicious. Fasting on this day is also considered very auspicious for generalized Health, Wealth and Happiness as well as Peace and

Prosperity in the family. It is said that a person who observes fast on this day and dedicates its punya-fal to his/her ancestors gets the blessings of Ancestors thereby attaining success in life.

Swasti Vachan, Shanti Path, Sankalp, Ganesh Sthapna, Kalash Sthapan, Lord Vishnu Sthapan, Navgrah Sthapan, Brahma Sthapan, Agni Sthapan, Invocation of all Gods and Goddesses, Navgrah Mantra Japa (1 mala for each planet), Recitation of Ekadashi Vrat Katha, Lord Vishnu Puja followed by Homam and Aarti

However, sometimes in spite of best of intentions, a person is himself unable to observe fast and other related rituals of Ekadashi due to various reasons. Under such circumstances, one of our brahmins can observe fast and perform all the other rituals of Ekadashi Vrat including the recitation of Ekadashi Vrat Katha after taking Sankalp in the client's name. In this way, a person can get the benefits (punya-fal) of Ekadashi Vrat even though he himself is not in a situation to observe it.

## **AKSHAY TRITIYA**

Also known as Akha Teej, Akshaya Tritoia is the annual spring festival of the Hindus and Jains. The auspicious day falls on the third day of Shukla Paksha of Vaisakh month. The day is believed to bring in eternal prosperity. For this prosperity, people perform the Akshaya Tritoia puja to honour Maa Lakshmi, Lord Ganesha, Lord Vishnu, and Lord Kuber. The puja includes different rituals. Performing this puja helps you get success, prosperity, and

happiness. Read on to know how should be doing puja on this day. Before starting the puja, make sure that you clean your house properly. The clean yourself by taking a bath.

### **You Will Require:**

1. Milk sweets
2. Idols of Gods
3. Sandalwood paste
4. Some Flowers
5. Tulsi leaves
6. Sesame seeds
7. Prasad made with rice
8. Chana dal

### **How To Perform The Puja?**

Make sure that the puja room is clean before you begin with the puja. Place the idols of the gods you are offering puja. Now offer sandalwood paste and flowers. You can start chanting any mantras that are dedicated to the god. If you are worshipping Lord Vishnu then offer sesame seeds, sweets, chana dal, and prasad. Both Lord Vishnu and Maa Lakshmi are said to the Gods of wealth and taking their blessings on this day is said to bring good wealth to your home. Buying gold is considered auspicious on this day. If you have purchased any gold coin or jewellery then don't forget to keep it in front of God during the puja. Pray for prosperity and then

distribute prasad to the family. You can also donate food outside to anyone who is needy.

## **SHANI POOJA**

Shani puja is done to appease the shani graha or the Saturn planet. Among all planets, Saturn is the most dreaded. This puja nullifies the malefic effects of Shani graha as far as possible, so that the person under its ill influence can pass off the phase with as little harm as possible. Shani is said to be both a giver as well as a destroyer. Shani is usually depicted as dark in color, clothed in black, holding a sword, arrows and two daggers and is mounted on a crow, which is Shani's vahana or carrier. Shani is also known as Sanaischarya, Shanishwara and Chaya Putra.

### **Emergence of Lord Shani**

Saturn is said to be the son of Surya Deva and his wife Chaya. Surya or Sun was married to Sandhya with whom he had three children. But Sandhya could not bear the glaring radiance of Sun for long and decided to go back to her parents house. Before she left, she told her shadow or Chaya to mother her children and to serve Surya. After some time Chaya gave birth to Shani. Lord Shani is said to be guided by Lord Shiva. Legend has it, when the infant Shani opened his eyes right after birth, the Sun went into an eclipse. He was born on Amavasya of Vaishakh month and hence this day is celebrated as Shani Jayanti. People worship Shani Dev on this day to minimize the malefic effects of Shani on them.



## **Auspicious time to offer Shani puja**

People perform Shani puja to the best of their abilities on specific days which are special to Shani Dev. These days are Shani Amavasya, Shani Jayanti, Shani trayodashi. Shani Jayanti is celebrated on vaishak vadya chaturdasi amavasya and it is believed that Lord Shani was born on this auspicious day. Given his furious nature, puja is offered in a very sombre manner and all related rituals are strictly followed. The new moon when falling on a Saturday, it is known as Shaneshchari Amavasya. In a year normally there will be two or three Shaneshchari Amavasya. Great care is taken to offer Shani dev puja on this day to attain maximum possible benefits.

Shani trayodashi falls on the shukla paksha of asadha month according to the Indian lunar calendar. It is considered as one of the most auspicious days for Shani puja as it is believed to be the favourite day of the deity. He is the lord of Saturdays and so trayodashi falls on a Saturday. It is a day when the otherwise difficult to please god gives happiness and peace to people and nullifies the negative effects of life.

## **CHANDRA GRAHAN**

The longest lunar eclipse of the 21st century is set to occur on Friday night as the moon moves into the shadow of the earth. The total phase of the "blood moon" eclipse of July 27 will last one hour and 43 minutes, during which Earth's natural satellite will turn a spectacular red or ruddy-brown colour. As per superstitions in India, here are things you should avoid

and rituals you should follow before and after the eclipse.

## **Things not to do on Lunar Eclipse**

The cycles of the moon have some powerful impacts on the human body and hence it is recommended to not eat food during eclipse. The gases released during that period of time turns the food inside your stomach into poison. Here poison does not refer to a fatal chemical but is symbolic. The food inside your stomach reacts negatively and results in unhealthy symptoms.

1. It is believed that one should not eat food cooked even nine hours before the eclipse.
2. If possible, one should avoid travelling during the eclipse.
3. Those who believe in astrology, they avoid going ahead with any important deals during the Grahana time.
4. No meals should be offered to God during this time.
5. Pregnant women are advised to stay inside the houses to avoid any ill-effects on the baby.
6. Avoid drinking water.
7. Do not involve in sexual activities.
8. Avoid giving oil massages.

## **Rituals to follow**

1. One should take a ritualistic bath in the beginning of the eclipse.
2. It is best advised to pray during the Grahana time or do Japa.

3. Take bath after the eclipse.
4. You can protect the food by putting Tulsi in it. The healing benefits of Tulsi makes the food consumable.
5. You must offer water to the souls of the deceased.
6. It is advisable to make some donations on this day.
7. Recital of mantras is an important activity you can do during the eclipse.
8. You must take a ritualistic bath in the morning.
9. The idols of Vishnu and Shiva should be bathed on this day.

## **SOURYA GRAHAN**

In Vedic Astrology Solar Eclipse is not just any celestial phenomenon. It holds a significant place in Hindu religion. However, Solar Eclipse is never considered an auspicious event in Hinduism. Any native with Solar Eclipse in his or her birth chart is deemed to suffer in life as per astrology. But just like every lock this too comes with keys. You must have the right knowledge and right direction to overcome the effects of Solar Eclipse.

During the time of Solar Eclipse we must indulge ourselves in worship of God. Special precaution must be taken by pregnant ladies during the event.

## **What is the solar eclipse?**

This is an Astronomical event when Moon comes between the Sun and Earth. Moon's shadow falls on the Earth during the trajectory causing the temporary darkness on affected area of Earth. In earlier times people were afraid of Solar Eclipse thinking it as a work of evil. But with development the concept was cleared but we still need to take care.

## **What are the effects of Solar Eclipse on Horoscope?**

Twelfth house is the last house in a horoscope. If we start studying from the first house, twelfth house could be considered as the end. In Vedic astrology when Sun is adjoined with Rahu or Ketu in 12 th house then the result is known as Surya Grahan Dosha or Solar Eclipse in horoscope. Apart from it if Sun's house is occupied by Rahu or Ketu then also it is considered as Surya Grahan Dosha in Janamkundali.

Natives with Solar Eclipse effect in Horoscope are suggested to perform Surya Grahan Dosh Niwaran Pooja. It is called Worship for Solar Eclipse in Horoscope. This sacred Vedic ritual brings harmony in the native's future life.

## **What are the benefits of Sun Eclipse worship?**

- This pooja brings prosperity and happiness in life.
- This is directly associated with life provider Sun. Performing this puja fills life with energizing

- powers and positivity.
- This is helpful in maintaining in harmony between couples suffering from difference of
- 
- It brings peace in family thus ensuring prosperity, harmony and happiness amongst family
- 
- Work or professional life prospers with the auspicious results of this ritual.
- Natives receive the vehicle, house or other assets with the blessings.

### **What Mantra should be chanted during Solar Eclipse?**

“ॐ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ अ॒दि॒त्य॒ाय॒ नमः॑ ॥  
ॐ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ अ॒दि॒त्य॒ाय॒ नमः॑ ॥ ”

“Aum Adityaye Videhmahe Divakaraya Dhimahi Tanno Suryah: Prachodayat”

### **Precautions to be taken at the time of eclipse**

- During Solar Eclipse eating or drinking anything is prohibited although children and sick people can eat cautiously
- You must put basil leaves or Bermuda grass (durva) in stored grains or food items to save
- them from ill effects of Solar Eclipse
- You must take a bath immediately after Solar Eclipse is over

- Donating food or money to poor Brahmins is also sacred way to overcome negative effects of Solar Eclipse
- Special Precautions for Pregnant Women during Sun Eclipse
- Pregnant ladies must not see the eclipse
- They must not go out during the time of surya grahan
- Pregnant ladies must refrain from using knives, needles, brooms etc during the surya grahan time.

### **What is the time of Worship for Surya Grahan?**

It is decided upon seeing the event time and date.

### **What is the significance of Surya Grahan Worship?**

Performing this puja can help in reducing the malefic effects in Horoscope because of Solar Eclipse. This paves path for important tasks in life. Also native is freed from any physical and mental tensions with the effect of the worship ceremony.

### **What information do we need from native to perform Solar Eclipse Worship?**

Name and Gotra of native, Father's Name, Date of Birth and place of birth are desired for performing

## **SHRADH**

### **Procedure for performing Shradh Puja**

Pitru Paksha is the time meant for performing the shradh rituals of the family members irrespective of the month

and paksha when they died. If an individual was not been able to perform annual shradh rituals regularly can perform during this is most favorable period. One can perform shradh ceremonies of those who left for their heavenly abode as bachelors, sanyasis, mothers, wives, maternal grandparents, and whose death dates are unknown or who died unnatural deaths are performed during the Pitru Paksha.

In the year 2019, the Pitru Paksha starts from Monday, 13th September and continues until 28th September . Pitru Paksha is a period of sixteen days between the Purnima and Amavasya tithis of Bhadrapada month. The shradh ceremonies of the ancestors who died on the respective tithis are performed during the Pitru Paksha. Pitru Paksha shradh is also called as Mahalaya Paksha shradh.

Shradh of all the ancestors and of those who died of unnatural deaths can be commonly performed on the Mahalaya Amavasya which is the last day of the Pitru Paksha. It is also called as Sarva Pitru Moksha Amavasya.

Rituals to be followed while performing Shradh puja at home

- One must not eat non-vegetarian food at least one day before the shradh ceremony and have the meal only once in a day.
- The backyard of the house is regarded as perfect for performing these rituals.

- Start the puja by chanting of Omkar, pray Guru, Ganesh, Ashwini Devtas and Maha Vishnu and seek their blessings for the successful completion of the ritual.
- Place the copper vessel with water on your left palm and close the top with your right palm chanting the following mantra.

“Gangecha Yamunaschaiva Godavari Saraswati

Narmade Sindhu Kaveri Jalesmin Sannidam Kuru”

- Chant the following mantra to remember the seven holy cities of India and say you are going to perform the Pitru Paksha Tarpan. “Ayodhya Madhura Maya Kashi Kanchi Avantika Puri Dwaraavati Chaiva Sapta Ethey Moksha Dayakaa”
- Shri Uma Maheshwara, Shri Lakshmi Narayana, Shri Vani Brahma Deva, Sakala Devata, Pitru Devata Preetyartham, Pitru Paksha Punaya Kaale \_\_\_\_\_ (include the name of the tithi when you perform the ceremony) Shrardham Thila Tarpanam Roopena Adhya Karishye.
- Pray for the ancestors of 40 generations in both the paternal and maternal sides and also all the souls in all the worlds. Meditate a few seconds saying, “May all the Pitrus accept my humble offering and bless me to continue this holy deed over the subsequent years also.”
- Take a spoonful of water from the copper vessel. Collect it in your right hand and sprinkle it on your body over the head as an act of self-purification (both body and mind).



- Invite the pitrus by wearing the ring made by darbha grass and by holding black sesame seeds in hand, chant the mantra. “Vasu Rudra Aadithya sorupaan asmath Pitur (father), Pithamaha (grand-father) prapithaa mahanaam (great-great grand) Maathur-(mother), maatha-maha-maathu-pithamaha–(grandfather), prapithaa mahanaam (great-great grand) maathur-pithamahi (maternal forefathers) Maathur-prapithaa maheenaam Dhyayaamee (meditate) Asmin koorcha Ubayam vamsa Pithurnaam Aavaahayaami (invite Ancestors) Sthaapayaami (provide them seat), poojayaami (offer worship).
- Touch the grass with the sesame seeds meditating on the fact that the ancestors are seated on the grass. Chant, “Mama vargadh- doya piturbyo namaha.
- By chanting the mantra “Om Namō Narayanaya” thrice, drain the sesame seeds through your index finger by pouring water on it.
- Take some cooked rice and mix it with sesame seeds. Make three rice balls of this mixture and keep ready on a plate. Chant the following mantra. “Maatur-vamsae Mritha-yaesnjae Pitur-vamsae thadaiva chaGuru syasura Bandoonaam ye cha anyae Baandava MrithaThilodakam cha pindam cha pithurnaam parithushtayaeSamarpayaami Bakthya Aham Prarthayaami Praseedhamae”
- Place the pinda (rice ball) in the middle of the Kusha grass. Touch the rice ball with your right hand and meditate on the ancestors. Take some sesame seeds with water, pour on the pinda and say ‘Tilodagam Samarpayami’.

- With folded hands chant this mantra “Devathaabya Piturbyasnja Maha-yogeebya-Eva chaNama Swadaayai Swaahaayai Nithya-meva Namoh NamahaAA Brahamanoye Pitur-vamsa-jaathaMaathu SthathaVamsa Bava MatheeyaMithraani Sakya Pasavanja VrikshaDrishtanja Adrishtanja Kritho-pagaa-raahaJanmantharae ye mamasangathanjaDebya swayam panda-balim dadhameeBoomou Dathethana balinaa Trhipaayaanthu paraan-gatheemAtheetha Kula-kodinaam saptha dweepa NivaaseenaamPraaneenaam Udhagam Dadhtham Akshayam-upathish-tathu”
- Collect all the contents of the puja in a vessel and carry it on the head to the nearest water body (lake, river or sea) and chant “Idam Pindam Gayaar-pitho Asthu. After this, remove the grass ring.
- Take bath and visit temples. Do puja at home in the regular altar. Give alms and food to the poor and needy. If possible avoid dinner on this day. In the south room of the home, light a lamp in the evening with the wicks facing north – south. Offer a cup of water and a cup of milk and pray facing the south direction. “Samasaana Anala Dagdosi Parithya-kethasi Baandha vaih Idam neeram Idam ksheeram Ahaaraya Pragalpathaam”.

## **ASHTAMI VRAT**

The auspicious Ahoi Ashtami is celebrated every year on the Ashtami of Kartik Krishna Paksha throughout India, four days after Karvachauth and 8 days before Diwali. This year, Ahoi is falling on the auspicious Punavasu Nakshatra

till 05:32 pm which is considered a very fortunate constellation.

According to mythological belief, worshipping Goddess Parvati on this day, every wish is fulfilled. This fast is kept for the longevity of the child.

### **Puja Vidhi:**

On this day women wake up early in the morning and have a bath. They resolve to fast for the long and happy life of their child. Goddess Parvati averts the mishaps in the life, thus she is worshipped in the Puja rituals. Before starting the Puja rituals, the picture of Goddess Ahoi is made on the wall using mud. Nowadays, readymade stick-on pictures are also available in the market. The seven kids of porcupine are also painted on the wall. A bowl full of rice, radish, water caltrop (Singhada) are kept before the Goddess. The lamp is lighted and Goddess Ahoi is remembered with reverence. The story behind Ahoi Ashtami is read aloud to all the members of the family. Few grains of rice are taken in hand and after completion of Puja rituals, they are tied in a cloth.

In the morning, water is kept in the vessel. Keep in mind, that the same Karva is used which was used in Karva Chauth. Using this Karva (Pot) water is sprinkled through entire house on Diwali. Offer 14 puri and 8 pudu to the Goddess. A separate food platter is kept for the Goddess which contains 14 puris or 'mathri'. You can also keep cashewnuts as well. The water in the vessel is offered to the moon god in the evening. In another set of rituals, silver statue of Ahoi is also used. Then it is worshipped with rice, milk, vermilion, etc. After completing the

## **Vrat Katha**

In ancient times there was a moneylender, who had seven sons and seven daughters-in-law. The moneylender also had a daughter who came to her maternal home from her in-laws in Deepawali. On Diwali, seven of the daughters-in-law went to the forest to bring mud to the house, and the sister also went with them. The moneylender's daughter lived in the place where the soil was cut by Syahu (Sahi) with her children. A child of Sihu died of accidental injury to the moneylender's daughter's hoof while cutting mud. For which reason Sahi became angry and cursed her to bind her womb.

The moneylender's daughter is horrified to hear this and begs her seven sister-in-laws one by one to get their womb tied instead. The youngest sister-in-law agrees to put her womb in lieu of sister-in-law. After this, whatever children the younger sister-in-law has, they die after seven days. After the death of seven sons in this way, he called the Pandit and asked the reason for this. Pandit advised serving surhi cow.

Surhi is pleased with the service and takes it to Sahi. Both stop to get rest on the way. Suddenly the moneylender's younger daughter-in-law goes to one side, she sees that a snake is going to sting Garuda Phanni's child and she kills the snake. At this point, Garuda Phanni comes there and seeing the blood-splattered, she feels that the younger daughter-in-law has killed her child, on which she starts bending the younger daughter-in-law.

The younger daughter-in-law says that she has saved the life of her child. Garuda Phanni is happy at this and brings them to Sahi, including Surhi. There, Sahi is pleased with

the service of the younger daughter-in-law and blesses her to have seven sons and seven daughters-in-law. With the blessings of Sahi, the younger daughter-in-law is blessed with sons and they live happily ever after.

## **SATYANARAYAN-POOJA**

Satyanarayan pooja is about showing gratitude to Lord Vishnu for blessing one with all good fortunes in life including an excellent career, well-settled family life, and other achievements. So at all occasions of success including those in business, at marriage functions, during the Namakaran ceremony, this puja is performed to glorify and dedicate the part played god in one's achievements.

Lord Satyanarayana is a form of Lord Vishnu, who is worshipped by his devotees during the full moon days. Satyanarayana Vrata is a famous vratham(fasting) that will be observed by the devotees during the performance of Satyanarayana pooja. Though it is not compulsory to observe fasting, but observing fasting and worshipping the Lord with sincere dedication in our mind with fetch us the glory of the god and can attain peacefulness and prosperity in our life.

Lord Satyanarayana temple at Annavaram is a very famous temple dedicated to [Lord Satyanarayana Swamy](#). A lot of devotees will visit this temple during Chitra Pournami, Karthika Pournami, and Vaishaka Pournami, and have the darshan of their favorite god Lord Satyanarayana. In this temple, free food is offered to hundreds of people on a

daily basis. The lodging facility is also available at the temple at a nominal charge. Apart from the service by the temple management, a lot of hotels and private lodges are available for the devotees at Annavaram for taking shelter and having food.

### Satyanarayan Puja Vidhi / Procedure

The **Satyanarayana Puja** is a kind of worship to Lord Satya Narayana. The importance of doing this [puja](#) is also mentioned in Skanda Purana and in several other sacred texts. Sri Satya Narayana puja is a famous ritual that is observed in most parts of India.

This puja is very simple and can be performed by anyone. We have to place a picture of Lord Satyanarayana and offer him with fruits and [flowers](#), and we can do it in the temples and well as in our homes. We can invite our friends, relatives, and neighbors to attend the puja. After performing the puja, we can distribute the cooked food and the fruits to the participants of the puja. The Satyanarayana puja can be performed on any day, but performing the puja during full moon days, will give better results in our life. Another requirement of the puja is that the story is heard among all those observing and participating in the puja. The main puja starts with the worship of Lord Satyanarayana. The puja concludes with an Aarti, which consists of lighting [camphor](#) to the god.

The unique part comes in the second part when offerings are made to Pancha Lokapalaka, Navagrahas along with their companion and co-companions, and the eight Dikpalakas. The reach of offerings to such a range of

deities is something only Sathyanarayan puja holds. This aspect makes it ideal for devotees as it is all-in-one-shot offerings to many important manifestations.

The final part or concluding part is enriched with invoking Sathyanarayan or Lord Vishnu and presenting him with offerings with utmost gratitude and devotion.

### The Puja Vidhi in Simple Terms

- Take a bath to clean and purify the body, mind, and soul
- Prepare a Mandala and keep the image of the deity/idol of [Lord Ganesha](#) and Lord Satyanarayan ready
- Perform the Ganesh Mantra Jaap and puja
- Perform the Satyanarayan Puja Vidhi along with aarti and mantra Jaap
- Recite all 271 verses of the famous Satyanarayan Katha
- Perform the Homam (fire ritual)

### Significance of Satyanarayan Puja

The act of giving and taking is humane by nature. At the occasion of Sathyanarayan puja, devotees offer their gratitude for their success in lives for acquiring better achievements in the future.

Not just Lord Vishnu is satisfied, in the process of puja, many other relevant manifestations are equally satisfied. This makes Sathyanarayan puja highly recommended among devotees.

It is a pleasant puja that is meant to perform at times of achievements including success in business, marriage, Namkaaran ceremony and so. This is an added advantage as the benefit of performance will be more if a group is around to take part and partake prasadam.

By performing Sri Satyanarayan puja, we can get the divine blessings and can relieve from sickness and obtain great strength in our mind and body. Good career prospects and wealth will accumulate in our life. It is also believed that those who perform Satyanarayana puja in their life continuously will never take rebirth and after their death, divine messengers from Vaikuntha will carry them to the abode of Lord Vishnu, the **Vaikunda**.

Hence let us worship the Lord Satyanarayana and perform the puja and be blessed.

### *The popularity of Satyanarayan Puja*

There are several reasons for the mass popularity of Satyanarayan puja. First of all, it is one of the simplest and easiest rituals performed by Hindus. Secondly, anyone can perform this puja regardless of age or sex. Even widows can perform the Satyanarayan Vrata. Therefore, it proves that when God is concerned, barriers no longer exist. Only faith, sincerity and devotion counts while performing this ritual. Once again, this puja can be performed any time and on any day, though some days are considered to be more auspicious, such as Purnima and Ekadashi.

### *Spiritual Significance of Satyanarayan Puja*

Satya means Truth. Narayan means the one that abides in everything and everybody. Therefore, this puja, or the



worship of Satyanarayan, a form of the Lord Vishnu, suggests that to overcome problems and difficulties in life caused either due to deeds of previous birth or similar factors can be overcome by worshipping the lord of Truth. Devoting time to the Truth and worshipping is a way of being truthful to oneself and being truthful to others. The more honest and truthful we come, the better we can worship Lord Narayan in ourselves as well as others.

The purpose of Satyanarayan Puja is also to bring friends and family together and encourage unity and harmony. It is a common belief amongst Hindus that we should focus on universal happiness and unity. Thus, a celebration like this can make the world one fine place to gather together and offer prayers and rituals.

### Occasions for performing the Satyanarayan Puja

Full moon days of every month known as Ekadashi, Karthika Purnima, Vaishaka Purnima, solar eclipse day or [Makara Sankranti](#) day except on the month of Asada Candra masa.

It can also be performed on occasions like marriage, graduation, the start of a new job, to name a few.

### Puja Samagri / Material required for Satyanarayan Puja

The following is a list of items needed for the puja. You can also buy these [puja items](#) online at our online store

- Haldi (Turmeric powder)
- Kumkum ( Red vermillion or Sindoor )
- Navadhanya ( a mixture of nine herbs offered to Navagraha ( nine planets ) )

- [Incense sticks](#)
- Camphor
- Sandal paste
- A photo framed picture of Lord Satyanarayana
- A small idol (or coin) of Lord Satyanarayana (optional)
- wheat or jowar (not rice)
- Betel leaves (100)
- Betel nuts (50)
- Coins (40)
- Dry Dates/ Almonds (50)
- Coconuts (8)
- Flowers and floral garlands
- Two jars (Silver, Copper, Brass, or even earthen) – one for Kalash and another for the ritual
- Two flat plates
- A bell
- A large pidha table (for use as Altar)
- A large yellow cloth (to cover the Altar) it is the favorite color or Satyanarayana wears pitambar or yellow clothes
- A piece of yellow or red cloth (for the Kalash)
- A ghee lamp (with at least three wicks)
- An oil lamp
- Cotton wicks
- Panchamrita (Uncooked mixture of milk, yogurt, honey, sugar, and ghee)

*Good to have*

- Conch shell

- One thousand Tulasi (Indian Basil) leaves, Tulasi Manjari (flower of Tulasi)
- Banana tree/leaves as a canopy. White Tila or white sesame seeds are favorite of Lord Satnarayan. Rose is his preferred flower.

What is the cost of Satyanarayan Puja?

When it comes to affordability, Satyanarayan puja is common man's favorite. The range differs as per customization, this enables customers to perform it in grand as well as in a medium manner.