

The Asanas

Mantrāsana: The Lord is received with *āsana*, *svāgata*, *padya*, *arghya*, *ācamana*, *madhuparka*, and *punar-ācamana*. The concluding elements of chanting *mūla-mantra-japa*, offering prayers to the Lord, asking forgiveness for offenses, circumambulation, and obeisances are also offered in this *āsana*. *Mantrāsana* is the basic *āsana*, to which the Deity returns several times within the course of elaborate worship.

Snānāsana: The Lord is offered shoes and led to the bathing area, where He is offered a toothbrush and tongue scraper (if they have not been offered when He was first awakened). At this time oil is rubbed on His body and He is bathed, dried, and offered a *gāṃchā* (a fine cotton towel) and *ācamana*.

Alaṅkāṛāsana: The Lord is again offered shoes and led to the *alaṅkāṛāsana*, where He is offered cloth, *upavīta*, ornaments, sandalwood paste, flower decorations and garlands, incense, and lamps. (The *pūjārī* may meditate that he is offering Kṛṣṇa many types of beautiful shoes befitting each occasion.)

Yātrāsana: After decoration the Lord may go out of the temple on procession in a palanquin. This is sometimes done by meditation.

Bhogāsana: The Lord is again offered shoes, and then He is led to the *bhogāsana*, where He is offered *āsana*, water for washing His hands and mouth, *padya*, *ācamana*, *arghya*, and water for His hands. Then He is offered a meal, drinking water, water for washing His hands, mouth, and feet, *ācamana*, and finally *tāmbūla*.

Paryāṅkāsana: The Lord gives darśana during the day in *paryāṅkāsana*. *Paryāṅka* means “couch.” Thus the Lord relaxes, receiving the various offerings of the visiting devotees.

Śayanāsana: Placing the Lord in a bed to take rest is called *śayanāsana*.

In elaborate worship, before offering the items particular to a given *āsana*, one generally offers the Lord the first five items of *ṣoḍaśopacāra*: *āsana*, *svāgata*, *padya*, *arghya*, and *ācamana*. This list maybe a little different depending on which list of 10 *upacāras* one is following