

1. *Asana sthapanā*

(Prayers to Mother Earth before sitting on Asana)

2. Arranging paraphernalia

3. Requesting guru's blessings

- *esa puspanjali aim gurave namah* [Flower petals]
- *sri guru paramananda...*
- *Jaya Sri Krsna Caitanya*
- *Hare Krsna Hare Krsna*

4. Purifying hands

- with *acamana* cup

5. Purifying flowers

- *om astraya phat*
- *om puspe puspe maha puspe...*
[touch with closed right hand]

6. Purifying paraphernalia

- *om astraya phat*
- *klim* 8 times

7. Purifying our body (*Bhuta suddhi*)

- "I am by nature an eternal servant of Krsna.."
- *naham vipro na ca narapati nahi vaisyo...*

8. Worship of the Lord's Bell

- Offer petals dipped in *candan* to the bell and ring it with your left hand

9. Worship of the Lord's bathing conch

- Offer petals dipped in *candan* to the conch

10. Worship of guru

- Dhama dhyana
 - At the Yoga-pitha in Sri Mayapur...
- Guru dhyana
 - Pratah sriman navadvipe dvi-netram...
- Jaya om visnupada Srila (guru's name) ki! Jay!
- Manasa Puja
 - asanam svagatam arghyam acamaniyam
madhuparka lunar acamaniyam
snanam vastram alankara
gandha puspa dhupa dhupa
naivedya Pranam
- Bahya Puja (external worship)
 - Wipe with cotton
 - Offer candan to head
 - Flower petals to feet
 - Tulasi leaf in right hand
 -
 -
- Guru mula mantra & Guru Gayatri

- Glorification of guru [Stuti]
 - saksad dharitvena samasta sastrair
 - yasya prasada bhagavad prasado
 - sri vigraharadananityanana

- Obeisances to guru [Pranama]
 - Om ajnana timirandhasya..
 - Nama om visnu papaya
 - Jaya sri krsna..
 - Hare Krsna Hare Krsna...

11. Worship of Srila Prabhupada

- Jaya visnupada parmahamsa
parivrajakacarya astottara AC
Bhaktivedanta Swami Srila Prabhupada
ki! Jay!

- Manasa Puja
 - asanam svagatam arghyam acamaniyam
madhuparka lunar acamaniyam
snanam vastram alankara
gandha puspa dhupa dhupa
naivedya pranam

- Bahya Puja (external worship)
 - Wipe with cotton
 - Offer candan to head
 - Flower petals to feet
 - Tulasi leaf in right hand

- Glorification of SP [Stuti]

- tvam gopika vrisavares tanayantike si

- Obeisances to SP [Pranama]

- nama om visnu padaya...
- namaste saraswate deve
- jaya sri krsna..
- Hare Krsna Hare Krsna...

12. Worship of Gaura Nitai

- Navadvipa dhyana

- “I praise the holy dharma of Navadvipa...”

- Gauranga dhyana

- *sriman mautika dama baddha cikuram...*

- Manasa Puja

- asanam svagatam arghyam acamaniyam
madhuparka lunar acamaniyam
snanam vastram alankara
gandha puspa dhupa dhupa
naivedya pranam

- Pitha puja

- Draw Goloka yantra
- *Klim* in the centre
- Flower petals
- Tulasi leaf in the centre



Bahya puja (external worship)



Reception

- i) Esa puspanjali... [Flower petals]
- ii) Ime paduke... [Offer Shoes]
- iii) Idam asanam... [Offer seat]
- iv) Svagatam su-svagatam... [Hands folded]
- v) Etat padyam... [wash feet]
- vi) Idam arghyam... [offer to hands]
- vii) Idam acamaniyam... [offer to mouth]
- viii) Esa madhuparka... [offer to mouth]
- ix) Idam punar-acamaniyam... [offer to mouth]

- Remove clothes

- Wipe the deity with cotton

Bathing & Dressing

- x) Ime paduke.... [Offer Shoes]
- xi) Idam sugandha-tailam.... [Offer fragrant oil]

- Polish Deity

- Remove polish

Bathing & Dressing

xii) Idam snaniyam [Offer water in conch - 3 times]

xiii) Idam anga vastram... [Offer towel for drying]

xiv) Idam vastram .. [Offer lower cloth]

- Idam upavitam... [Offer brahmin thread]

- Idam acamaniyam... [Offer to mouth]

- Idam tilakam... [Offer tilak]

- Put on Upper cloth

xiii) Imani abharanani... [Offer jewellery]

xiv) esa gandha... [Offer *candan* on forehead]

xv) etat tulsi patrani [Offer tulsi leaves to feet]

xvi) esa puspa... [Offer flowers to feet]

xvii) idam malyam.... [Offer garland]

xvii) esa dhupa... [Offer incense]

xviii) esa dhipa... [Offer ghee lamp]

Worship

- **Wipe table**
- **Place bhoga offering + water on table**
- *Om astraya phat*
- *klim gauraya namaha - 8 times*
- **Place tulasi leaf**

Offering

xix) Offering

- idam asanam. **[Offer seat]**
- Etat padyam **[wash feet]**
- Idam acamaniyam **[wash mouth]**
- Idam naivedyam **[offer bhoga]**
- Idam paniyam **[wash water]**

- **Chant mantras**

To remove offering:

- etat padyam **[wash feet]**
- Idam acamaniyam **[wash mouth]**
- Idam asanam **[Offer seat]**

- **Remove plate + cup**

- **Wipe table again**

xx) idam sarvam... **[Offer flower petals]**

- Glorifying Gaura Nitai [Stuti]

- Gaura Mula Mantra & Gaura Gayatri
- *anarpita carim cirat karunaya..*

- Obeisances to Gaura Nitai [Pranama]

- Jaya Sri Krsna Caitanya...
- Hare Krsna Hare Krsna...

13. Offer maha-prasadam to Guru & Vaisnavas (OPTIONAL)

- Idam mahaprasadam nirmalyadikam aim gurave namah
- Idam mahaprasadam nirmalyadikam om sarva vaisnavebhyo namah

14. Begging Forgiveness for offences

- Anga hinam kriya hinam vidhi hinam cayad bhaved
- Hare Krsna Hare Krsna Krsna Krsna...