



Home Deity Worship Course

Acamana checklist



ISKCON Deity Worship Ministry

Ācamana checklist

Cleanliness

- ☐ Water in the cup is clean
- ☐ Ācamana cup and spoon are clean
- ☐ Sitting place is clean

Appropriate seating

- ☐ Sitting on āsana or kneeling or sitting on a chair as appropriate

Procedure

- ☐ Mantras are chanted in the right order
- ☐ The mantras are chanted while looking at the water
- ☐ The mantras are chanted with focus
- ☐ The water is sipped from the brahma tīrtha
- ☐ The water is sipped silently