

Sree Lalitha Parameswari devatha Nitya Pooja

1. Gurudhyanam

If you have Guru mantra deeksha, you can recite it twice, otherwise you can recite the sloka given below with Namaskara mudra or Guru mudra:

Guru Brahma Guru vishnuhu Gururdevo Maheswaraha

Guru Saakshaath Para Brahma Tasmai Sree Gurave Namaha

2. Ganapati Dhyanam

If you have Ganapati mantra deeksha, you can recite it for 4 times, or you can recite the sloka given below once with Namaskara mudra:

Suklaambaradharam vishNum SaSivarNam chaturbujam

prasanna vadanam dhyayeth sarva vighnopa Samtaye

3. Achamanam

Take a spoonful (do not use steel) of pure water in your right hand and drink without touching upper lip reciting:

Eim Aatma Tatvaaya Swaahaa

Kleem Vidya Tatvaaya Swaahaa

Souhu Siva Tatvaaya Swaahaa

Pour water into a plate in such a way that water flows between your middle and ring fingers into the plate and recite:

Eim Kleem Souh Sarva Tatvebhya Swaahaa

4. Pranayamam

Closing your left nostril with your right ring finger breathe into the right nostril reciting Gayatri Mantra mentally once. Now close the right nostril also with your right thumb and hold the breath inside reciting Gaayatri Mantra mentally twice.

Open the left nostril and breathe out slowly reciting Gaayatri Mantra mentally once.

Hold the breath outside without breathing in and recite Gaayatri Mantra mentally once.

Closing your Right nostril with your right thumb and breathe into the left nostril reciting Gaayatri Mantra mentally once.

Now close the left nostril also with your right ring finger and hold the breath inside reciting Gaayatri Mantra mentally twice.

Open the Right nostril and breathe out slowly reciting Gayatri Mantra mentally once.

Hold the breath outside without breathing in and recite Gayatri Mantra mentally once.

Om Bhoor Bhuvah Suvaha Tat Savitur Varenyam

Bhargo Devasya Dheemahi Dhiyo Yonah Prachodayaath

5. Sankalpam

Take Akshatas in your right fist and keep your right fist on your left palm and keep both on your right thigh and recite:

**mama upaatta samastha duritakshaya dwaaraa Sree Lalitha parameswaree devatha
muddisya Sree Lalitha parameswaree devatha anugraha siddhyartham yathasakti Sree
Lalitha parameswaree devatha nithy poojam karishye**

Put the akshatas along with some water in a plate.

Shodasopacharas

1. Dhyanam

Take some akshatas in hand, recite the following mantra:

**Aim hreem sreem ya devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai
namastasyai namo namaha Sree Lalitha parameswari devathayai namaha Dhyayami**

And leave the akshatas at Mother's icon/photo.

2. Avahanam

Take some akshatas in hand, recite the following mantra:

**Aim hreem sreem ya devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai
namastasyai namo namaha Sree Lalitha parameswari devathayai namaha Avaahayami**

And leave the akshatas at Mother's icon/photo.

3. Asanam

Take some akshatas in hand, recite the following mantra:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha navaratna khachita simhaasanam samarpayami

And leave the akshatas at Mother's icon/photo.

4. Paadyam

Recite the following mantra, while imagining that you are washing Mother's feet:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha paadyam samarpayami and sprinkle some water with a flower on Mother's photo.

5. Arghyam

Recite the following mantra, while imagining that you are washing Mother's hands:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha arghyam samarpayami and sprinkle some water with a flower on Mother's photo.

6. Achamanam

Recite the following mantra, while imagining that you are offering water to Mother:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha achamanam samarpayami and show some water to Mother and drink that.

7. Snanam

Recite the following mantra, while imagining that you are giving bath to Mother:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha snapayami and sprinkle some water or panchamrutham with a flower on Mother's photo and recite "aim kleem sahsauh kleem aim" for 15 times.

(Panchamrutham – a mix of cow milk, curd made of cow milk, cow ghee, honey and sugar)

8. Vastram

Hold a flower or some akshatas and recite the following mantra, while imagining that you are offering clothes to Mother:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha vastram samarpayami/vastraarthe pushpam/akshataan samarpayami, and keep the flower/akshatas on Mother's photo

9. Abharanam

Hold a flower or some akshatas and recite the following mantra, while imagining that you are offering jewelry to Mother:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha abharanarthe pushpam/akshataan samarpayami, and keep the flower/akshatas on Mother's photo.

10. Gandham

Take some gandham (sandalwood paste) on a flower and recite the following mantra, while imagining that you are applying gandham to Mother:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha gandham dharayami and offer that flower to Mother.

11. Kumkuma

Recite the following mantra, while imagining that you are offering kumkuma to Mother:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha kumkumam samarpayami and offer Kumkum to Mother.

Here you can offer flowers and akshatas to Mother and recite Lalitha Parameswari Ashtottaram.

12. Dhoopam

Light an agarbatti, put off the flame and recite the following mantra:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha dhoopam aghrapayami and offer dhoopam to Mother.

13. Deepam

Take a lamp, light and hold it above your heart level, and recite the following mantra:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha deepam darsayami and show the lamp to Mother.

14. Naivedyam

Keep some fruits/freshly cooked food in a plate and sprinkle water in clockwise direction and recite the following mantra:

Om Bhoor Bhuvah Suvaha Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yonah Prachodayaath Omaapojyoti rasomrutam brahma bhoorbhavasavarom

Put a drop of water on the naivedyam and say:

Amruthamastu Amruthopastaranamasi. Sprinkle water in clockwise direction around the offering and recite the following mantra:

satyamtvartena parishimchami - (if it is daytime)

Rutamva tvartena parishimchami - (if it is nighttime) and say:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha naivedyam samarpayami

Then offer naivedyam 6 times while reciting the following mantras:

Om Pranaaya Swaaha

Om Apaanaaya Swaaha

Om Vyaanaaya Swaaha

Om Udaanaaya Swaaha

Om Samaanaaya Swaaha

Om Brahmane swaha

After Naivedyam say **Madhye Madhye Paaneeyam Samrpayami** and show that water to Mother and then have that water.

Recite the following mantra by sprinkling water in anti-clockwise direction around the plate

Amruthamastu Amruthaapidhaanamasi Uttara ouposanam samarpayaami

Imagine washing Mother's hands and say **Hastau prakshalayami**, show some water with a spoon (Uddharini) to Mother and leave it in a plate.

Imagine washing Mother's feet and say **Padau prakshalayami**, show some water with a spoon (Uddharini) to Mother and leave it in the plate.

Imagine giving water to Mother to drink, say **Aachamaneeyam samarpayami**, show some water with a spoon (Uddharini) to Mother and leave it in the plate.

15. Mantrapushpam

Take some flowers in hand, recite the following mantra:

Om Katyayanaya vidmahe Kanyakumari dheemahi tanno durgi prachodayata

Om kulakumari vidmahe mantrakoti sudheemahi tannah kauli prachodayata

Om tripurasundari vidmahe, peetha kamini dheemai tannah klinne prachodayat

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha mantrapushpam samarpayami

Then offer the flowers to Mother.

16. Neerajanam

Light camphor, show it to Mother while reciting the following mantras:

Aim hreem sreem yaa devi sarvabhooteshu vritti roopena samstithaa namastasyai namastasyai namastasyai namo namaha Sree Lalitha parameswari devathayai namaha neerajanam samarpayami

- You can sing a harathi song.
- Leave one drop of water in the plate.
- Take the heat of the harathi with two hands, apply it to your eyes and say "rakshaam dharayami".

- Take akshataas in your right hand and pour water in a thin stream on the akshataas while reciting the following mantra, water and akshataas should flow through the way between middle and ring fingers into a plate:
- **Mantra heenam kriyaa heenam bhakti heenam sraddhaa heenam dravya heenam
Parameswaree yath poojitham mayaadevi paripoornam thadasthuthey**
**Mayaakruta etat poojaa sarvam Sri Lalitha Parameswari Devata nitya pooja phalam
sarvam Sri Lalitha Parameswari Devata arpaNamastu**
- Om Poornamadah Poornamidam poornata poornamudachyate poornasya poornamadaya
poornameva avasishyate

Om Santih Santih Santih