

## **Sri Maaheswari Goddess Nitya Pooja**

### **1. Guru Dhyanam**

In case of Guru Mantra Deeksha the Guru Mantra should be recited twice or the following Shloka twice, either with Guru Mudra or Namaskara Mudra.

**Gurubrahma, Guruvishnuh, Gurudevo Maheshwarah,  
Gurussakshat Parabrahma, Tasmai Sri Gurave Namah.**

### **2. Ganapati Dhyanam**

In case of Ganapati Mantra Deeksha with Namaskara Mudra, Ganapati Mantra should be recited four times, or the following sloka once.

**“Shuklambaradharam Vishnum, Sashivarnam Chaturbhujam,  
Prasanna vadanam dhyayet, Sarva Vighnopasantye.””**

### **3. Achamana**

Water should be poured into the right hand with a Uddharina (not steel) and the following mantras should be recited one at a time, each time taking it in without touching the upper lip.

“Aim Atma Tatvaya Swaha

Kleem Vidya Tatvaya Swaha

Sauh Shiva Tatvaya Swaha”

**Aim kleem sauh sarva tatvebhyah svaha**

**Now while reciting this mantra, pour water in the right hand so that water falls into the plate between the middle finger and ring finger. (do not shake off hands while doing this)**

#### 4. Pranayama

Closing the left nostril with the ring finger of the right hand, inhale through the right nostril and chant the Gayatri Mantra once (Om bhurbhuvasvah tatsa vithurvarenyam, bhargo devasya dhimahi, dhiyoyonah prachodayat).

Close the right nostril with the right thumb, hold the breath and chant the Gayatri mantra twice.

Open the left nostril and exhale through it, chant the Gayatri Mantra once.

Finally, after exhaling the air completely, chant the Gayatri Mantra once, holding the breath (inhaling and exhaling).

Repeat the above process by inhaling again through the left nostril. It is a pranayama. According to the Shastras, if you do this three times, you will get a divinely energized body in few years.

#### 5. Sankalpam

Take Akshatas made with Turmeric in the right hand, close the fist and place on the left palm, keep both together on the right thigh and say the following sankalpa.

“Mama Upatta Samastha Duritakshaya Dvara, Sri Maaheswari  
Devataamuddishya, Sri Maaheswari Devata Anugraha Siddhyrthyam,  
Yatha Shakti, Sri Maaheswari Nitya Pujam Karishye.”

Thereafter, Akshatas should be left in a plate along with water.

**Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha**

Shodasa upacharas

1. Dhyanam

Taking Akshatas in right hand, saying the mantra,

“ Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Dhyayami”

Akshatas should be placed at the picture/idol of Amma.

2. Avahanam

Take akshatas in right hand, reciting the mantra

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Avahayami”

Place akshatas at the picture/idol of the Goddess.

3. Asanam

Take akshatas in right hand, reciting the mantra

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha Navaratna Khachita Simhasanam Samarpayami”

Place akshatas at the picture/idol of the Goddess.

### **1. Paadyam**

Visualise you are washing the feet of the Goddess, reciting the mantra,

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha paadyam Samarpayami”

Sprinkle water with a flower on the picture/idol of Goddess.

### **2. Arghyam**

Visualise you are washing the hands of the Goddess, reciting the mantra,

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha Arghyam Samarpayami”

Sprinkle water with flower on the picture/idol of the Goddess.

### **3. Snanam (bath)**

“ Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha snaanam samarpayaami ”

**After telling this, Imagining that Goddess is being bathed, reciting the mantra, Sprinkle water or panchamrita with flower on the picture/idol of the Goddess,**

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha”

The mantra should be chanted 15 times.

(Panchamrita – a mixture of cow's milk, cow's curd, cow's ghee, honey, and sugar)

#### 4. Achamanam

Imagining that Goddess is drinking water, reciting the mantra

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Achamanam Samarpayami”

show the water with Uddharin to the picture/idol of Goddess and accept that water.

#### 5. Vastram

Take a flower or akshata in the right hand, assuming that you are offering the clothes to the Goddess, reciting the mantra

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Vastrardhe pushpaan /akshataan Samarpayami.”

Place the flower or akshatas at the picture/idol of the Goddess.

#### 6. Abharanam

Taking a flower or akshata in the right hand, imagining yourself offering ornaments to the goddess, reciting the mantra

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Abharanarthe Pushpam/Akshatan Samarpayami”

Place flower or Akshatas at the picture/idol of the Goddess.

#### 7. Gandham

Take the sandalwood paste with the flower, imagining that you are applying  
sandalwood at neck part of the Goddess, reciting the mantra

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Gandham Samarpayami”

Apply sandalwood paste on the picture/idol of Goddess.

#### 8. Kumkum

Imagining offering kumkum to Goddess, reciting the mantra,

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Kumkuman Samarpayami”

Saying that, Kumkum should be offered on the image/idol of the Goddess.

Here you can offer flowers or Akshatas to the Goddess chanting the mantra,

**‘Aim Hreem Sreem Maheswari Mahadevi MahalakshminruDHa priyayai  
Namaha’ 108 times.**

#### 9. Dhoopam

Light the incense, extinguish the flame, reciting the mantra,

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Dhoopamaghrapayami”

Show incense to the picture/idol of the Goddess.

#### 10. Deepam

Taking the lamp in the hand and holding it above the heart, reciting the mantra,

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
Deepam Samarpayami”

Saying that, we should show the Deepam to the picture/idol of the Goddess.

#### 11. Naivedyam (Prasadam)

“Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha  
naivedyam samarpayami”

In a plate put honey soaked vada or sweet gourd curry or chakra Pongali or red colored apples as an offering and sprinkle water around the plate (from left to right) and recite the mantra given below

“Om bhurbhuvassuvah tatsaviturvarenyam bhargodevasya dheemahi dhiyoanah  
prachodayat

Om Apojyoti Rasomrita Brahma Bhurbhuvassuvarom”

Then, saying amritamastu, a drop of water should be sprinkled on the offering.

Then the following mantra should be chanted while sprinkling water around the offering

Amrutopastaranmasi, satyantavarthena parishinchayami (while making offerings during the day)

**Amruto pastaranmasi, ritantatvartena parishinchami (when making offering at night)**

**After saying that, after reciting the following mantras, one should offer offerings to the goddess six times.**

**Om Praanaya Swaha**

**Om Apaanaya Swaha**

**Om Vyaanaya Swaha**

**Om Udaanaya Swaha**

**Om Samaanaya Swaha**

**Om Brahmane Swaha**

After making this offering, taking the water with Uddharina, give water to the Goddess to drink,

Showing the water from the Uddharina to the Goddess, saying, 'Madhye Madhye Paneeyam Samarpayami' you should take the water.



- Then, sprinkling water around the plate in an apradakshina (anti clockwise) manner, one should say ‘Amritapidhanamasi Uttaravaposanam Samarpayami’.
- Imagining that you are washing the hands of the Goddess saying Hastau Prakshalayami, show the water to the Goddess with Uddharina and leave the water in the plate.
- Imagining that you are washing the feet of the Goddess saying Paadau Prakshalayami, show the water to the Goddess with Uddharina and leave the water in the plate.
- Imagine giving water to the Goddess to drink, saying Achamaniyam Samarpayami, one should show the water to the Goddess with Uddharina and release it in the plate.

## 12. Mantra Pushpam

Taking flowers or Akshatas in hand,

“ Om swetha varnaaya vidmahe sula hastaaya dheemahi, tanno Maaheswari prachodayat “

“ Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha namah mantrapushpam samarpayami”

After saying that, place flowers or Akshatas at the picture / idol of the Goddess.

## 13. Harati (Neerajanam)

- Light up camphor and show it to the goddess and chant the following mantras  
“
- Aim hreem sreem Am Aam sowh Sree Maaheswari Devataayai namaha om Neerajanam Samarpayami”

Here you can sing the Harati song. Then release a drop of water in the plate. Applying the heat of the harati to the eyes with both hands, say “Raksham Dharayami”.

Finally, take the Akshatas in the right hand and pour water as a thin stream from the top of the Akshatas. Water and Akshatas – should flow into a plate through the passage between the middle and ring fingers. While doing this the following mantra should be recited.

“Mantra heenam, Kriya heenam, Bhakti heenam, Shraddha heenam, Dravya heenam Paramesvaraa,

Yat Pujitam Maya Deva paripoornam tadasthute. Maya Krita Sri Vanadurga Devata Nitya Pooja Phalam Sarvam Sri Vanadurga Devata Arpanamastu.”

Om Puurnnam-Adah Puurnnam-Idam Puurnnaat-Puurnnam-Udacyate |

Puurnnasya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate ||

Om Shaantih Shaantih Shaantih “