

# Vishesha Naivedya Seva and Laghu Puja to THE SPH

## Context

Puja where we mirror our brains with the powerful neurological activity of the SPH Bhagavan Nithyananda Paramashiva who is the Ultimate Manifestation of Paramashiva. Here in this auspicious moment of space time, through this puja we will access the Higher Vertical Time Zones.

Puja is a time when one can manifest the most powerful sacred cognitions about life, the Universe, and God. By understanding the mantras, sacred sentiments, and meanings behind the rituals performed during Puja, one can experience Shaktipata with Paramashiva himself. This practice can lead to the manifestation of spiritual powers, states of consciousness, and profound experiences of oneness with the divine.

## Setup

### Items Checklist

The following is the items checklist required for the everyday Laghu Puja -

Items	Qty	Unit	Purpose
Flowers	1	kg	For Puja
Dhupa	11	nos	For Puja
Straight Wick	1	nos	For Deepa
Sesame Oil	10	ml	For Deepa
Camphor	20	gms	For Arati
Naivedyam Requirement	1	cup	For the Naivedyam Recipes please refer

(10 varieties of naivedyam)			to - -Recipes-from-...
Camera for Showing the deity	1	nos	
Laptop/Mobile	1	nos	For Joining into zoom room
Board			Have the name board of your KAILASA

## Vessels Checklist

Item	Qty
Plate for flowers	1
Plate for Puja Set	1
Dhupa Stand	1
Deepakal	1
Naivedyam Vessels	As per requirement
Bell	1
Panchapatram and Uddharini	1
Dhupakal (for karpura arati)	1

## To Do Checklist

Task	Sub-Task
Vision Setup	Join in zoom with your laptop/mobile and turn on your camera Set enough lighting for the deity to be seen

	clearly in the camera Place the board with the name of your KAILASA.
Ritual Setup	Fill your Panchapatram and Uddharini with water and keep it on the plate with the flowers. Put the wick and oil in the lamp and place it on the plate with the Dhupa and the bell Place the naivedyam in a <b>COVERED</b> plate. Place a camphor in the Dhupakal

## Procedure

### Dhyanam

Take a flower in your hand, keep your hands in the Atmanjali Mudra and meditate on the form of our guru, THE SUPREME PONTIFF OF HINDUISM BHAGAVAN SRI NITHYANANDA PARAMASHIVAM and offer the flowers at Swamiji's feet by the end of the mantra-

ॐ सहस्रदलपङ्कजे सकलशीत रश्मिप्रभम् ।  
वराभयकराम्भुजं विमलगन्धपुष्पाम्बरम् ।  
प्रसन्नवदनेक्षणं सकल देवता रूपिनम् ।  
स्मरेच्छिरसि हंसकं तथभिमअन पूर्व गुरुम् ॥

om sahasradalapaṅkaje sakalaśīta raśmiprabham ।  
varābhayakarāmbhujam vimalagandhapuṣpāmbaram ।  
prasannavadanekṣaṇam sakala devatā rūpinam ।  
smarecchirasi haṃsakam tathabhimaana pūrvaṃ gurum ॥

### Dhupa

Take the lit incense sticks in your right hand, take the bell in your left hand and slowly wave the dhupa in a circular motion in front of Swamiji along with the mantra and please ring the bell as you do so.

धूरसि धूर्व धूर्वन्तन्धूर्वतं योऽस्मान्धूर्वति तन्धूर्वयं वयं धूर्वाम्स्त्वं देवानामसि ससितमं पप्रितमञ्जुष्टमं वह्नितमं  
देवहूतममहुतमसि हविर्धानं दृहस्व मा ह्वामिन्नस्यं त्वा चक्षुषा प्रेक्षे मा भेर्मा संविक्था मा त्वाहिःसिषम् ॥  
dhūrasī dhūrvā dhūrvāntandhūrvataṃ yo'smāndhūrvāti tandhūrvayaṃ vayaṃ dhūrvāmastvaṃ  
devānāmasi sasnitamaṃ papritamañjuṣṭatamaṃ vahnitamam devahūtāmamahrutamasi  
havirdhānaṃ dṛḥśasva mā hvāmiṅtrasya tvā cakṣuṣā prekṣe mā bhermā saṃvikthā mā  
tvāhiḥsiṣam ॥

श्री सर्वदेवदेवी स्वरूपाय | भगवते श्री नित्यानन्द परमशिवाय नमः | धूपं आघ्रापयामि |  
śrī sarvadevadevī svarūpāya | bhagavate śrī nityānanda paramaśivāya namaḥ | dhūpaṃ  
āghrāpayāmi |

## Deepa

Take the lit lamp in your hand and slowly wave it towards Swamiji along with the mantra and please ring the bell as you do so -

उद्दीप्यस्व जातवेदोऽपन्नत्रिंशतिं मम ।

पशूश्च मह्यमावहृ जीवनं च दिशो दिश ॥ २० ॥

मा नो हिःसीज्जातवेदो गामश्च पुरुषं जगत् ।

अभिभ्रदग्र आगहि श्रिया मा परिपातय ॥ २१ ॥

uddīpyasva jātavedo'paghnannirṭiṃ mama .

paśūgścā mahyamāvaha jīvaṇaṃ ca diśo' diśa .. 20..9

mā no higsijjātavedo gāmaśvaṃ puruṣaṃ jagat .

abibhradagna āgahi śriyā mā paripātaya .. 21..

श्री सर्वदेवदेवी स्वरूपाय | भगवते श्री नित्यानन्द परमशिवाय नमः | दीपं सन्दर्शयामि |

śrī sarvadevadevī svarūpāya | bhagavate śrī nityānanda paramaśivāya namaḥ | dīpaṃ

sandarśayāmi |

## Naivedyam

Take an uddharini of water and hover it over the naivedyam and offer it to Swamiji along with the mantra and please ring the bell as you do so -

मधुवातां ऋतायते मधुक्षरन्ति सिन्धवः । माध्वीर्नः सन्त्वोषधीः ॥

मधु नक्तमुतोषसि मधुमुत्पार्थिवः रजः । मधुद्यौरस्तु नः पिता ॥

मधुमान्नो वनस्पतिर्मधुमाः अस्तु सूर्यः । माध्वीर्गावो भवन्तु नः ॥

madhuvātā ṛtāyate madhukṣaranti sindhavaḥ . mādhvīrṇaḥ santvoṣadhīḥ ..

madhu naktamūtoṣasi madhumatpārthivag<sup>ra</sup>rajaḥ . madhudyaaurastu naḥ pitā ..  
madhumānno vanaspatirmadhumāg<sup>ra</sup>astu sūryaḥ . mādhvīrgāvo' bhavantu naḥ ..

श्री सर्वदेवदेवी स्वरूपाय | भगवते श्री नित्यानन्द परमशिवाय नमः | नैवेद्यं निवेदयामि  
śrī sarvadevadevī svarūpāya | bhagavate śrī nityānanda paramaśivāya namaḥ | naivedyaṃ  
nivedayāmi

## Arati

Take the lit arati in your hands and slowly wave it towards Swamiji along with the mantra and please ring the bell as you do so -

सांग्रहण्येष्ट्या यजते । इमां जनतां संगृह्णानीति ।  
द्वादशारत्नी रशना भवति । द्वादश मासाः संवत्सरः ।  
संवत्सरमेवावरुन्धे । मौञ्जी भवति । ऊर्वे मुञ्जाः ।  
ऊर्जमेवावरुन्धे । चित्रा नक्षत्रं भवति । चित्रं वा एतत्कर्म ॥  
sāṃgrahanyēṣṭyā yajate . imāṃ janatāṃ saṃgr<sup>h</sup>ṇānīti'  
dvādaśāratnī rOaśanā bhavati . dvādaśā māsāḥ saṃvathsaraḥ  
saṃvathsaramevāvarundhe . mauñjī bhavati . ūrgvai muñjāḥ  
ūrjamevāvarundhe . cītrā nakṣatraṃ bhavati . cītraṃ vā etatkarma'

Turn around and offer the arati to the Nayanadeeksha -

कर्पूर गौरं करुणावतारं संसार सारं भुजगेन्द्र हारं । सदा वसन्तं हृदयार विन्दे भवं भवानि सहितं नमामि । भवं भवानि सहितं नमामि । भवं भवानि सहितं नमामि ॥

karpūra gauram karuṇāvatāram saṃsāra sāram bhujagendra hāram | sadā vasantaṃ hrdayāra  
vinde bhavam bhavāni sahitaṃ namāmi | bhavam bhavāni sahitaṃ namāmi | bhavam bhavāni  
sahitaṃ namāmi ॥

Take a few flowers in your hand, hover it over the flame of the arati and offer it at Swamiji's feet and the Nayanadeeksha along with the mantra -

श्री सर्वदेवदेवी स्वरूपाय | भगवते श्री नित्यानन्द परमशिवाय नमः | कर्पूर नीरजनं सन्दर्शयामि  
śrī sarvadevadevī svarūpāya | bhagavate śrī nityānanda paramaśivāya namaḥ | karpūra  
nīrajanam sandarśayāmi

## Mangalam

Offer flowers at Swamiji's feet along with the mantra -

शोणाद्रीशावताराय ज्योतिस्थम्भ स्वरूपिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ १ ॥  
 तत्त्वज्ञान प्रदाताय नित्यानन्देश्वर रूपिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ २ ॥  
 मूलप्रकृति रूपाय परमशिवशक्ती स्वरूपिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ ३ ॥  
 दण्ड त्रिशूल हस्ताय कालकाल स्वरूपिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ ४ ॥  
 आदिपूज्याय देवाय सकृत्पूर्णत्व रूपिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ ५ ॥  
 सर्वाभय विनाशकाय शत्रुसंहार रूपिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ ६ ॥  
 योगपट्टाभिश्चिताय राजसन्न्यास धारिणे ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ ७ ॥  
 सार्वभौमैकपत्याय राजराजार्चिताय च ।  
 श्रीकैलास प्रधानाय नित्यानन्दाय मङ्गलं ॥ ८ ॥  
 मङ्गलं कल्पवृक्षाय मङ्गलं ज्ञानदायिने ।  
 परमशिवाय श्री नित्यानन्देश्वराय मङ्गलं ॥  
 मङ्गलं श्री विद्याम्बायै मङ्गलं कामदायिन्यै ।  
 सर्वमङ्गलदात्री नित्यानन्देश्वर्यै मङ्गलं ॥  
 मङ्गलं गुरुदेवाय मोक्षमूलाय मङ्गलम् ।  
 परमावताराय नित्यानन्दाय गुरवे मङ्गलम् ॥  
 त्वं स्मृतमहं धन्य मम प्राण महेश्वर ।  
 गङ्गाधरनामेति स्तोत्र स्थानं ददाम्यहं ॥

śoṇādriśāvatārāya jyotisthambha svarūpiṇe |  
 śrikailāsa pradhānāya nityānandāya maṅgalaṃ || 1 ||  
 tattvajñāna pradātāya nityānandeśvara rūpine |  
 śrikailāsa pradhānāya nityānandāya maṅgalaṃ || 2 ||  
 mūlaprakṛti rūpāya paramaśivaśaktī svarūpiṇe |  
 śrikailāsa pradhānāya nityānandāya maṅgalaṃ || 3 ||  
 daṇḍa trīśūla hastāya kālakāla svarūpiṇe |  
 śrikailāsa pradhānāya nityānandāya maṅgalaṃ || 4 ||  
 ādipūjyāya devāya sakṛtpūrṇatva rūpiṇe |  
 śrikailāsa pradhānāya nityānandāya maṅgalaṃ || 5 ||  
 sarvābhaya vināśakāya śatrusamhāra rūpiṇe |  
 śrikailāsa pradhānāya nityānandāya maṅgalaṃ || 6 ||  
 yogapattābhiśiktāya rājasannyāsa dhāriṇe |

śrīkailāsa pradhānāya nityānandāya maṅgalaṃ ॥ 7 ॥

sārvabhaumaikapatyāya rājarājārcitāya ca ।

śrīkailāsa pradhānāya nityānandāya maṅgalaṃ ॥ 8 ॥

maṅgalaṃ kalpavṛkṣāya maṅgalaṃ jñānadāyine ।

paramaśivāya śrī nityānandeśvarāya maṅgalaṃ ॥

maṅgalaṃ śrī vidyāmbāyai maṅgalaṃ kāmādāyinyai ।

sarvamaṅgaladātrī nityānandeśvāyai maṅgalaṃ ॥

maṅgalaṃ gurudevāya mokṣamūlāya maṅgalaṃ ।

paramāvatārāya nityānandāya gurave maṅgalaṃ ॥