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# MY PRAYER BOOK



**NAME** -----

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## Preparatory three Steps to the Sixteen-step Pūjā

### 1. Light a lamp



### 2. Offer flowers chanting



दीपज्योतिः परं ब्रह्म दीपज्योतिर्जनार्दनः ।  
दीपो मे हरतु पापं दीपज्योतिर्नमोऽस्तु ते ॥

dīpajyotiḥ paraṁ brahma dīpajyotir janārdanaḥ  
dīpo me haratu pāmaṁ dīpajyotir namo'stu te

The light of the lamp stands for *Brahman*, the unmanifest truth as well as for Lord *Viṣṇu* (in his manifest form). Let the light of lamp remove my *pāpas*, results of omissions and commissions.

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### 3 .a. Ācamanam

Take a sip of water after chanting each of the following mantras:

ॐ अच्युताय नमः ।

om achutāya namaḥ

Salutations unto the Lord who is imperishable.

ॐ अनन्ताय नमः ।

om anantāya namaḥ

Salutations unto the Lord who is limitless.

ॐ गोविन्दाय नमः ।

om govindāya namaḥ

Salutations unto Lord Govinda.

### 3.b. Guru Dhyānam

गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परं ब्रह्म तस्मे श्रीगुरवे नमः ॥

gurubrahmā gururviṣṇuḥ gururdevo maheśvaraḥ  
gurussākṣāt paraṁ brahma tasmai śrīgurave namaḥ

The *guru* is *Brahmā*, the *guru* is *Viṣṇu*, the *guru* is *Maheśvara*. The *guru* is ultimate truth. Unto that *guru* my prostration.

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### 3.c. Lord Gaṇeśa Dhyānam



शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥ १ ॥

śuklāambaradharaṁ viṣṇuṁ śaśivarnaṁ caturbhujam  
prasannavadanaṁ dhyāyet sarvavighnopaśāntaye

May one meditate upon Lord Gaṇeśa, who wears the white garment, who is all pervasive, who has a bright complexion (like a full moon), who has four hands (representing all power), who has an ever smiling face (or an elephant face), for the removal of all obstacles.

वक्रतुण्ड महाकाय सूर्य कोटि समप्रभः ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥ २ ॥

Oh Lord Ganesha, One with a curved trunk, a large body,  
and a brilliance equal to a billion suns, may You always make  
all my undertakings free from obstacles.



सरस्वति नमस्तुभ्यं वरदे कामरूपिणी ।  
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

sarasvati namastubhyam varde kāmārūpiṇi  
vidyārambham kariṣyāmi siddhirbhavatu me sadā

Salutation to you O Goddess *Sarasvati*, who is giver of boons, and who has a beautiful form! I begin my studies. Let there be success for me always.

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Lord Kṛṣṇa कृष्णः



वसुदेवसुतं देवं कंसचाणूरमर्दनम् ।

देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥

vasudevasutum devaṁ kaṁsacāṇūramardanam  
devakīparamānandaṁ kṛṣṇaṁ vande jagadgurum

I salute Kṛṣṇa, the Lord, the teacher of the world. Son of *Vasudeva*, a destroyer of *Kaṁsa* and *Cāṇūra*, and the greatest joy of *Devakī*.

मूकं करोति वाचालं पङ्गुं लङ्गयते गिरिम् ।

यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥

Mūkaṁ karoti vācālaṁ paṅguṁ laṅgayate girim  
Yatkṛpa tamahaṁ vande paramānandamādhavam.

I salute Kṛṣṇa, the Lord Lakṣmī (wealth), whose nature is fullness, whose grace makes even the mute, eloquent and the lame to scale mountaintops.

श्री रामः



रामाय रामभद्राय रामचन्द्राय वेधसे ।

रघुनाथाय नाथाय सीतायाः पतये नमः ॥

rāmāya rāmabhadrāya rāmachadrāya vedhase  
raghunāthāya nāthāya sītāyāḥ pataye namaḥ

Salutations unto Lord *Rāmā*, who is auspiciousness, who is in the form of the shining light (consciousness present in all beings), who is the creator, who is the Lord of the *Raghu* clan, the Lord, of all beings and the husband of *Sītā*.

## श्री हनुमान



मनोजवं मारुततुल्यवेगं जितेन्द्रियं बुद्धिमतां वरिष्ठम् ।

वातात्मजं वानरयूथमुख्यं श्रीरामदूतं शिरसा नमामि ॥

manojavam mārutatulyavegam jitendriyam buddhimatām variṣṭham  
vātātmajam vānarayūthamukhyaṁ śrīrāmadūtaṁ śirasā namāmi

Bowing my head, I salute *Hanumān*, who travels as fast as the mind and the wind, who has mastered his sense organs, who is the best among the intelligent, who is the son of the deity of wind, who is the commander-in-chief of the army of the *vānara* tribe, and who is the envoy of *Śrī Rāma*.



## श्री विष्णुः



नमस्समस्तभूतानाम् आदिभूताय भूभृते ।

अनेकरूपरूपाय विष्णवे प्रभविष्णवे ॥

Namassamastabhūtānām ādibhūtāya bhūbhṛte  
anekarūparūpāya viṣṇave prabhaviṣṇave

Salutations to Lord *Viṣṇu*, who is the creator of all beings, the sustainer of the creation, whose form is all forms, who is all pervasive, and who is self-effulgent.

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श्री लक्ष्मीः



नमस्तेऽस्तु महामाये श्रीपीठे सुरपूजिते ।  
शङ्खशक्रगदाहस्ते महालक्ष्मि नमोऽस्तु ते ॥

namaste'stu mahāmāye śrīpīṭhe surapūjite  
śaṅkhacakraḡadāhaste mahālakṣmi namo'stu te

Salutation to you, O Mahālakṣmi, who is all power, who is the seat of wealth, who is worshipped by the gods and who has a shell, a disc and a mace in her hands.



नागेन्द्रहाराय त्रिलोचनाय भस्माङ्गरागाय महेश्वराय ।  
नित्याय शुद्धाय दिगम्बराय तस्मै नकाराय नमश्शिवाय ॥

nāgendrahārāya trilocanāya bhasmāṅgarāgāya maheśvarāya  
nityāya śuddhāya digambarāya tasmai nakārāya namaśśivāya

My salutations to Lord Shiva who is in the form of syllable “na”, who wears the serpent king as garland, who has three eyes , who has ashes smeared all over his body, who is the supreme Lord, who is eternal and pure and whose clothing is the sky.

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## शान्ति पाठः - १ (śāntiḥ pāṭaḥ - 1)



ॐ स ह नाववतु । स ह नौ भुनक्तु ।  
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु ।  
मा विद्विषावहै ॥ ॐ शान्तिः शान्तिः शान्तिः ॥

om sa ha nāvavatu / sa ha nau bhunaktu  
sa ha vīryam karavāvahai / tejasvināvadhītamastu  
mā vidviṣāvai / om śāntiḥ śāntiḥ śāntiḥ

May the Lord indeed, protect both of us. May he indeed, nourish both of us. May we together acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not disagree with each other. Om peace, peace, peace.

