



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: 020 8909 9899 Fax: 020 8909 9897 Email: balmandal@sksst.org

DAILY POOJA

Lord Swaminarayan has explained in the Shikshapatri a daily routine for all his followers. Devotees are commanded to perform Daily Pooja immediately after taking their morning bath, if it is impossible to live without breathing; it is impossible to live without doing Daily Pooja!!! Pooja is for one's Atma (soul), by not doing our Pooja we are harming ourselves. Never miss Daily Pooja, and always do the Tilak and Chandlo attractively.

A person should have his own Pooja set. Worship before a small household temple or another image of the Lord is not considered as Daily Pooja.

One should not have breakfast or even water before the Daily Pooja is completed and always concentrate whilst performing the Daily Pooja and do not talk with others.

PREPARATION

- Wake up in the morning before 6 a.m. every morning & meditate upon Lord Swaminarayan.
- Before you attend the call of nature, (bath room) left hand wash 10 times and both hands 7 times, and then brush your teeth & take shower. Chanting the following mantra or 'Swaminarayan Swaminarayan'.
 - ***Gange cha yamune chaiva, Godaavaree saraswatee |***
 - ***Narmade sindhu kaaveree, Jalesmin sannidhim kuru.||***
- Put on Dhoti & Shaal and prepare Asan to sit on. **For female**They should wear clean clothes. (Sit in a clean and holy place facing North or East)

ACHMAN

Perform Achman to purify inner body, reciting the following mantras:



Note: Your Right hand palm should be in the shape of Gokarna (Cows ear) and the left hand should be touching right hand.

- **Om Shree Narayanaay namah**

- **Om Shree Vaasudevaay namah**

- **Om Shree Vishnave namah**



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TILAK & CHANDLO



- Apply Tilak/Chandlo, reciting the following mantras;
- Place the 'U' of the Tilkayu between the bridge of your nose and carefully slide it up to the top of the forehead. With mantra:
- **Om Shree Vaasudevaay Namah** U
- Repeat the above on the:

1. Chest – **Om Shree Shankarshanaay Namah** U
2. Right Hand (upper forearms) **Om Shree Pradyumnaay Namah** U
3. Left Hand (upper forearms) – **Om Shree Aniruddhaay Namah** U

- In the middle of the Tilak (forehead) imprint a red chandlo of kumkum or chandan. With Mantra **Om Shree Mahaa-Lakshmyai Namah** ●

For females: They **only** should do chandlo in the centre their forehead with the mantra **Om Shree Mahaa-Lakshmyai Namah** ●

- Repeat Achman as above
- Note: Ensure that your head is covered with the shaal.
- Lay the Murtis on the Lords Asan, reciting the following:-

▪ **Utthaapan Mantras:**

**Utthishthottishth Govind! Utthishth Garudadvaja |
Utthishth Kamlaakaant Trailokyam Managalam Kuru ||
Utthishthottishtha He Naath! Swaminarayan Prabho! |
Dharmasuno Dayaasindho Sveshaam Shreyah Param Kuru ||**

MEDITATION



- Then Perform Mansi Pooja
- Then move a piece of cloth on the murti and invite Lord into your Pooja, reciting the following

Aavaahan mantra:

Aagachha Bhagavan Dev, Swasthaanaat Parameshwara |

Aham Poojaam Karishyaami, Sadaa Tvam Sanmukho Bhava ||



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- Do darshan of Lord (Murti)
- Then offer food to the Lord (Saakar, Peanuts, Kaju, Badam etc)
- Then Perform Lords Aarti

MANTRA JAAP



- Then do 3 malas sitting down (Mala should always be done in a gaumukhi).
- Then Perform 1 Tap Mala. (Stand on the left leg with the right leg crossed over the left the knee. Hold up both hands.)



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- Perform of 3 malas to the Lord whilst doing Pradakshina



- Perform (5) Sashtang Dandvat Pranam from the right of god (male) / Panchang Pranam (**female**)
- Perform a 6th dandavat, asking for forgiveness for any mistakes you may have made yesterday such as hurting another's feeling or taking part in back biting.



- Do Prarthna, eg. Vishvesh chho, Nijashritanam etc. (while doing danvat)
- 1 Mala for Guru Mantra.



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KSHAMAAPAN



- Ask Lord for forgiveness for any mistakes during Pooja, reciting mantra below:
***Apraadha Sahasraani, Kriyante Harnisham Mayaa |
Daasoymiti Mam Matvaa, Kshamsva Parmeshwara ||***
- Read 5 shloka of Shikshapatri & any other Scriptures of interest Janamangal and Vachnamrut etc
- Say **Visarjan Mantra** – End of Pooja Mantra as follows;

***Svasthanam Gachchha Devesha, Poojaamaadaay Maamkim |
Ishatakaam Prashidhyartham Punaraa Gamanaay Cha ||***

- Finally fold Pooja
- Do danvat pranam (Male) Panchang Pranam (**female**) to murtis in your Temple at home.
- Bow down to your parents and say 'Jay Shree Swaminarayan', and to all others present with both hands together 🙏 say "Jay Shree Swaminarayan".

Command of lord Swaminarayan

All my followers shall wake up before sunrise and pray (do Pooja) to God then do worldly affairs. Until you follow five major duties, (pancha vartamaan) the lord Nar Nararayan will stay in these Pooja murtis. This is my command you have to follow it. All the followers were pleased and obey hearing the command of lord Swaminarayan. (Vachnamrut G.P 48)