

SKS SWAMINARAYAN TEMPLE, KENTON-HARROW

Bal-Yuvak Mandal

Pooja Vidhi

- Wake up in the morning & meditate upon Lord Swaminarayan
- Attend to call of nature, brush your teeth & take shower
- Put on Dhoti & Shaal and prepare Asan to sit on. Sit facing North or East
- Perform Achman (sipping of water-to purify inner body), reciting the following mantras:
 - Om Shri Narayanaay namah
 - Om Shri Vasudevaay namah
 - Om Shri Vishnave namah
- Apply Tilak/Chandlo, reciting the following mantras;
 - Forehead – Om Shri Vasudevaay Namah
 - Chest – Om Shri Shankarshnaay Namah
 - Right Hand – Om Shri Pradyumnaay Namah
 - Left Hand – Om Anniruddhaay Namah
 - Kumkum Tilak – Om Shri Maha-Laxmyei Namah
- Repeat Achman as above
- Prepare Lords Asan & Murtis
- Perform First Mansi Pooja. During Mansi pooja, wake Lord up with the following mantra:
 - || Utthishthotishth He Nath! Swaminarayan Prabho! ||
 - || Dharmasuno Dayasindho Svesham Shreyah Param Kuru ||
 - || Utthishthotishth Govind! Utthishth Garuddvaja ||
 - || Utthishth Kamlakant Traiylokyam Managalam Kuru ||
- Lay the Murtis on the Lords Asan
- Invite Lord into your Pooja, reciting the following mantra:
 - || Aagachh Bahgwan Dev, Swasthanaat Parameshcwar ||
 - || Aham Pujam Karishyaami, Sadaa Tvam Sanmukho Bhavah ||
- Do darshan of Lord (Murti)

- Feed Lord (Saakar, Peanuts, Kaju, Badam etc) while singing thaal or the following mantra;
 - || Dhрут pakvam havishya nam ||
 - || Paaya-sanch sasharkraam ||
 - || Nana-vidhancha Naivedhyam ||
 - || Shree hare prati grah-yatam ||
- Perform Lords Aarti
- Perform Tap Mala
- Perform Pradakshina of Lord
- Perform Sashtang Dandvat Pranam (male) / Panchang Pranam (female)
- Do Prarthna, eg. Vishvesh chho, Nijashritanam etc.
- Ask Lord for forgiveness for any mistakes during Pooja, reciting mantra below:
 - || Apraadh Sahasrani, Kriyante Harnisham Mayaa ||
 - || Daasoymiti Ma Matva, Kshamsva Parmeshwar ||
 - || Antytha Sharanam Nasti Tvamev Sharanam mama ||
 - || Tasmат Karunya Bhavena Raksh Tvam Purshottam ||
- Do Niyam Mala – atleast 5
- 1 Mala for Guru Mantra
- Read Shikshapatri & any other Scriptures of interest
- Say Visarjan Mantra – End of Pooja Mantra as follows;
 - || Svasthanam Gachh Devesh, Pujamaday Maamkim ||
 - || Ishatakaam Prashidhyartham, Punaraa Gamanaay Chha ||
- Finally fold Pooja
- Have darshan in your Temple at home & bow down to Parents/Elders.