

A person is performing a puja ritual on a floor. They are surrounded by various items including a large white bowl, a small blue bowl, a white cloth, and a small white pot. The person is wearing a white shirt and a white dhoti. The background is a plain wall with a red and white striped pattern.

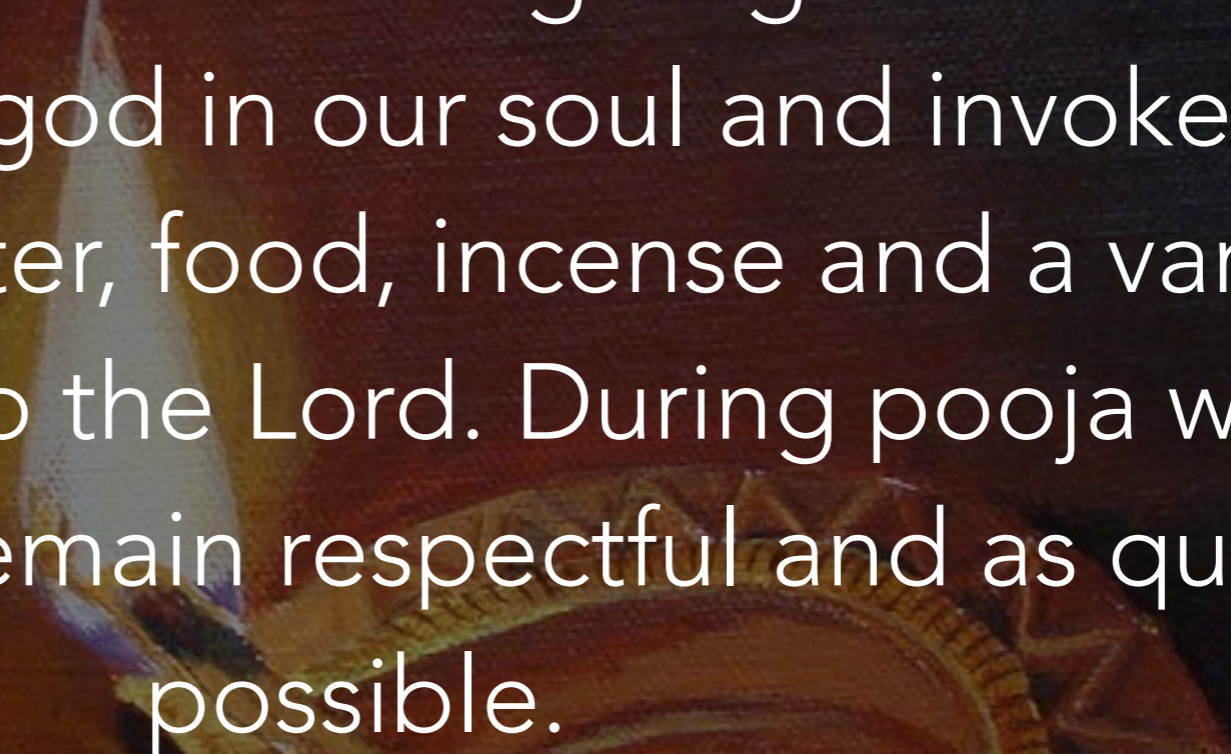
THE FIVE STEP POOJA

PANCHA UPASAARA PUJA

REASONING

WHY WE DO POOJA?

Pooja is one way of connecting to god. When we do pooja, we invite the god in our soul and invoke him in an idol. We offer water, food, incense and a variety of different offerings to the Lord. During pooja we should try out best to remain respectful and as quiet as possible.



PREPARATION

MATERIALS NEEDED

Tray

Small Plates (2-3)

Flowers

Bell

Water Vessel and Spoon

Lamp-Thread-Oil

Catpuraam(Camphor)

Naivedyam(Food)

Dhupam

Sandanam

Shiva Lingam



PREPARATION

FIRE SAFETY

ROLL UP YOUR SLEEVES

TIE HAIR/PUT HAIR BACK

EXTINGUISH FIRE WITH FLOWER/LAMP ONLY

DO NOT PUT HAND OVER FIRE

**ASK IF YOU NEED TO RELIGHT/NEW THREAD/
MORE OIL**



STEPS FOR POOJAI

PRE-POOSAI

- WASHING
HANDS
- SIPPING WATER
- INVITING THE
LORD

STEPS FOR THE

PANCHA UPASAARA POOSAI

1) DHOOPAM

INCENSE

2) DHEEPAM

OIL LAMP

3) SANDANAM

SANDALWOOD

4) NAIVEDYAM

FOOD

5) CATPURA NIRANJANAM

FLAME AND FLOWERS

STEPS FOR THE

PANCHA UPASAARA POOSAI

1) DHOOPAM
INCENSE STICK

STEPS FOR THE

PANCHA UPASAARA POOSAI

2) DHEEPAM OIL LAMP



STEPS FOR THE

PANCHA UPASAARA POOSAI

3) SANDANAM

SANDAL WOOD PASTE

STEPS FOR THE

PANCHA UPASAARA POOSAI

4) NAIVEDYAM FOOD



STEPS FOR THE

PANCHA UPASAARA POOSAI

5)CATPURA NIRANJANAM
CAMPHOR WITH FLOWERS



STEPS FOR THE

POST POOJAI

-CANDESWARAR

POOSAI

- SENDING THE

LORD OFF

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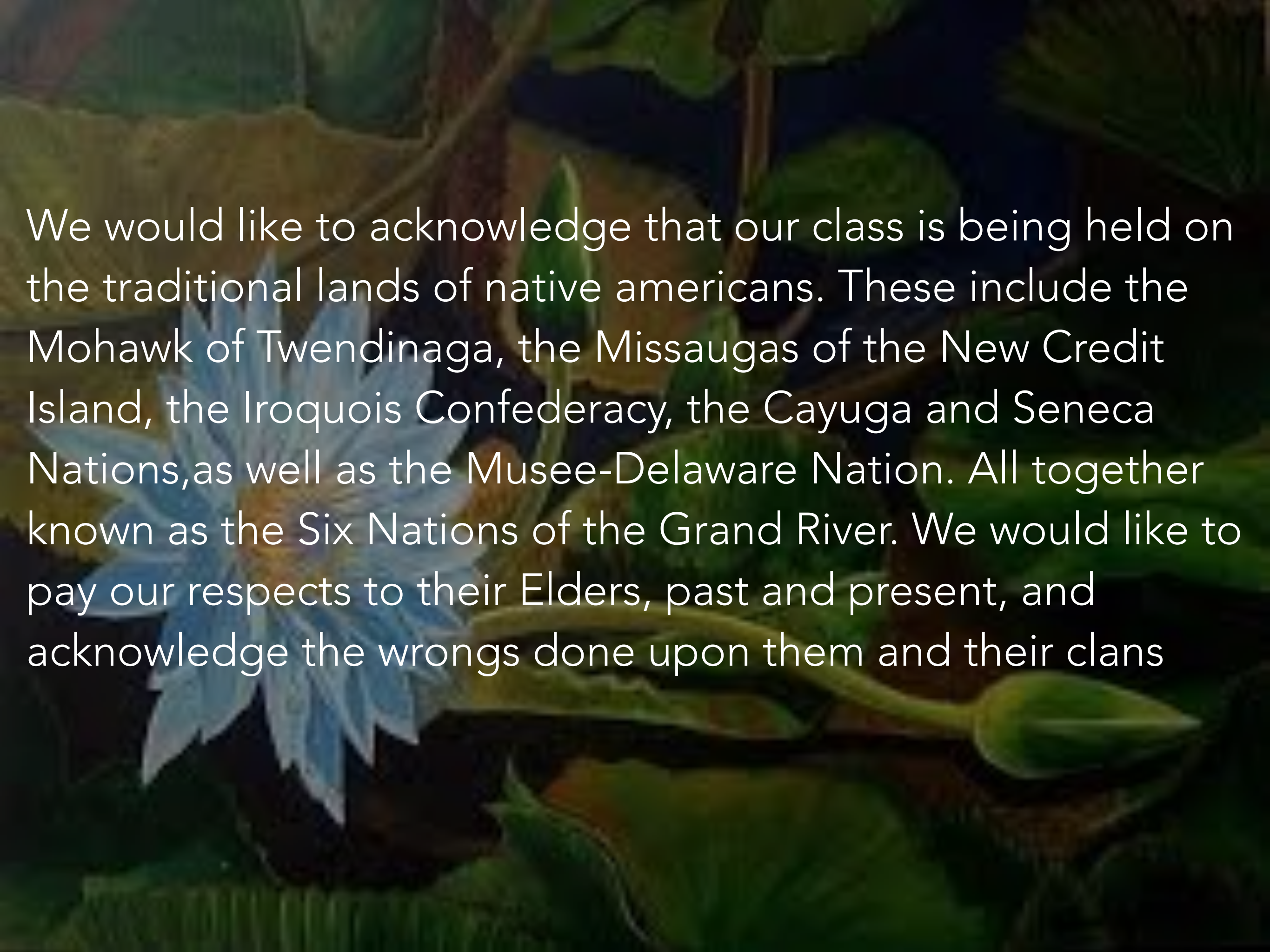
DHARMA

is that which is

WELL-JUDGED

&

REASONED



We would like to acknowledge that our class is being held on the traditional lands of native americans. These include the Mohawk of Twendinaga, the Missaugas of the New Credit Island, the Iroquois Confederacy, the Cayuga and Seneca Nations, as well as the Musee-Delaware Nation. All together known as the Six Nations of the Grand River. We would like to pay our respects to their Elders, past and present, and acknowledge the wrongs done upon them and their clans

DAILY PRAYERS

ON REMOVING OUR
OBSTACLES

Vakra Thunda Mahaa – Kaaya

Soorya Koti Sama Prabha |

Nirvignam Kuru Meh Deva

Sarva – Kaaryeshu Sarvadaa ||

DAILY PRAYERS

ON REMOVING OUR OBSTACLES

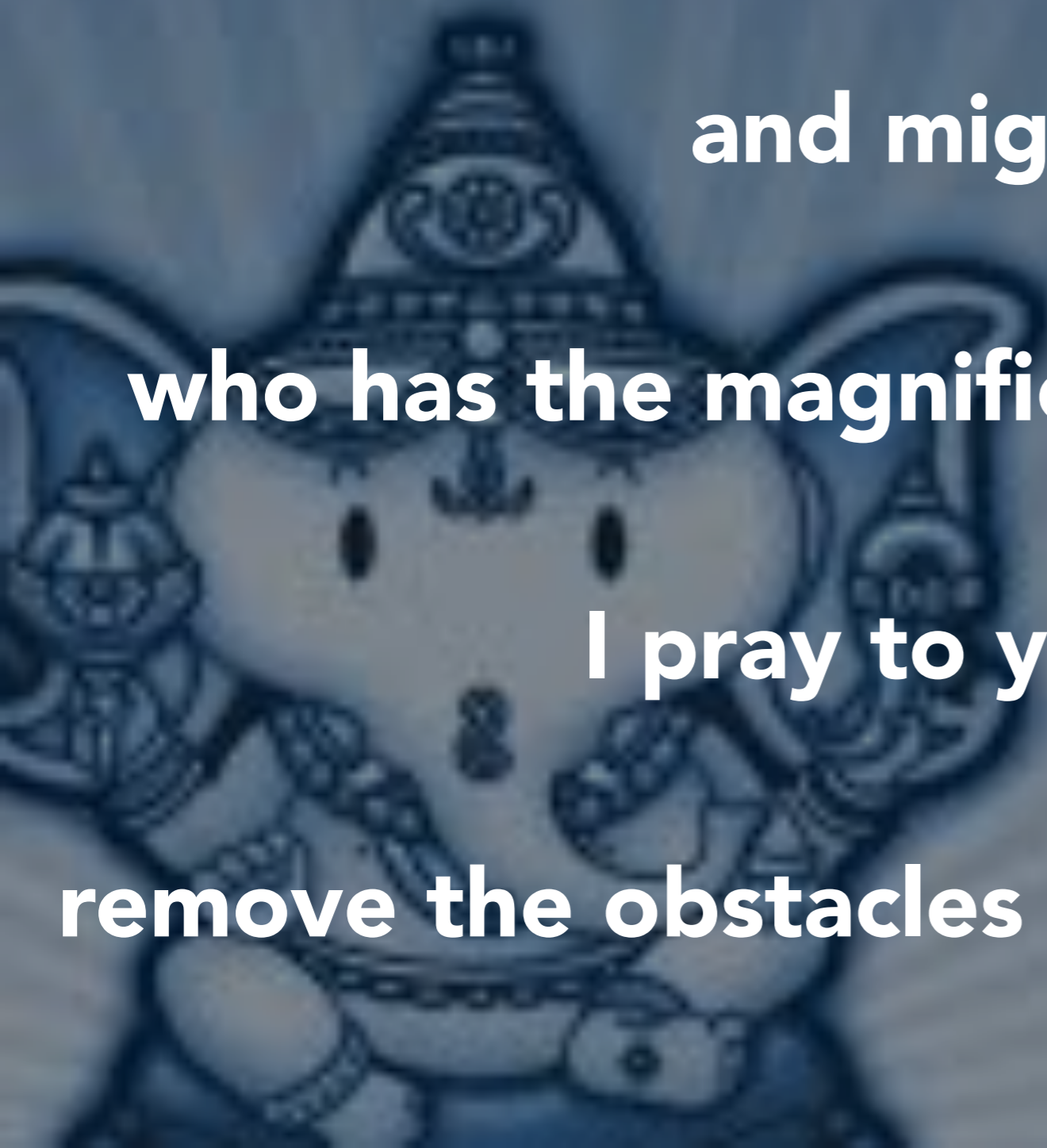
The Lord with the curved trunk

and mighty body,

who has the magnificence of a million suns.

I pray to you, Oh Lord,

remove the obstacles from all my endeavours.



DAILY PRAYERS

FOR SUCCESS IN STUDIES

Saraswathi Namas Thubhyam

Varade Kaama roopini |

Vidyaarambham Karishyaami

Siddhir Bhavathu Meh Sadaa ||

DAILY PRAYERS

FOR SUCCESS IN STUDIES

**I worship Saraswati, who is the giver
of all my desired boons.**

I worship Her before starting my studies

Please give me success, always.

DAILY PRAYERS

LIGHTING THE LAMP

Deepajyothi Param Brahma

Deepajyothir Janardanaha |

Deepo Meh Harathu Papam

Deepajyothir Namosthute ||

DAILY PRAYERS

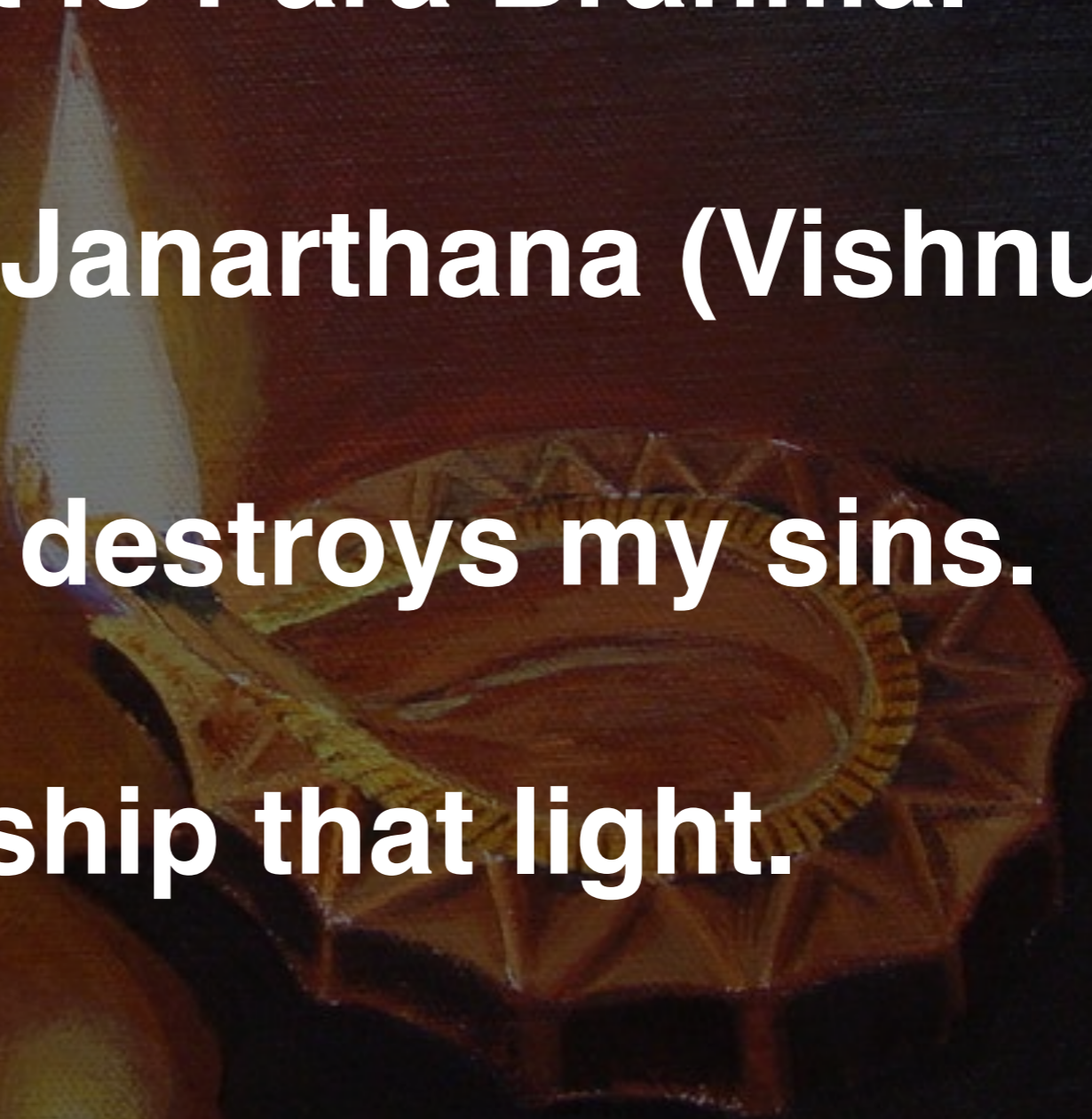
LIGHTING THE LAMP

The light is Para Brahma.

The light is Janarthana (Vishnu).

The light destroys my sins.

I worship that light.



DAILY PRAYERS

FOOD FOR THE SOUL

AnnaPoorne Sadaapoorne

Shankara – Praana Vallabhe |

Jnana – Vairaagya – Sidhyartham

Bhikshaam Dehi Cha Paarvathi ||



DAILY PRAYERS

FOOD FOR THE SOUL

**○ Annapurni, who is ever perfect,
the beloved life-force of Lord Shankara.**

Grant me alms of Gnosis and

Renunciation.

DAILY PRAYERS

PRAYER OF THE RIVERS

Gange Cha Jamune Chaiva

Godaavari Saraswathi |

Narmade Sindhu Kaaveri

Jhaleshim Sannidhim Kuru ||



DAILY PRAYERS

PRAYER OF THE RIVERS

O Gange, O Yamuna, O Godavari,

O Sarasvati, O Narmada, O Sindhu,

O Kaveri, please be present in this water.

DAILY PRAYERS

TO OUR MASTER ABOVE

Aparaadha Sahasraani

Kriyanthe Ahar Nisham Mayaa |

Dasoyamithi Maam Mathwa

Kshamaswa Parameshwara ||

DAILY PRAYERS

TO OUR MASTER ABOVE

Thousands of offences are

done by me day and night.

But thinking of me as Your servant,

kindly forgive them, O Parameshwara

DAILY PRAYERS

SALUTATION TO THE SUN

Bhaano Bhaaskara Maarthaanda

Chanda – Rashme Diwaakara |

Aayur Aurogyam Ishwaryam

Vidyaam Dehi Cha Dayanidhe ||

DAILY PRAYERS

SALUTATION TO THE SUN

**He who breaks the morn,
He who brings light to the world,
He who brings heat to the world,
He who has the scorching rays,
And he who is the maker of the day,
Give me long life,
health, intelligence and wealth.**



Thiru chittampalam

திருச்சிற்றம்பலம்

THE LORD'S NAME

FROM THEVARAM BY SAINT THIRU GNANA SAMBANDAR

**He who utters It in prayer,
lovingly, affectionately, with tears streaming,
is guided to the righteous Path.
It is the true essence of the Vedas,
none other than the Lord's Name,
Namah SivaayavE.**

THE LORD'S NAME

FROM THEVARAM BY SAINT THIRU GNANA SAMBANDAR

காதலாகி கசிந்து கண்ணீர் மல்கி

kaatha laaki kasinthu kaN Neer malki

ஓதுவார் தமை நன்னெறிக் குய்ப்பது

Othu vaar thamai nanneRik(u) uyppathu

வேதம் நான்கினும் மெய்ப்பொரு ளாவது

vEtham naan kinum meyporu Laavathu

நாதன் நாமம் நமச்சி வாயவே

naathan naamam namachchi vaayavE

IN THE FACE OF OBSTACLES

FROM THEVARAM BY SAINT THIRU GNANA SAMBANDAR

**Even in the face of great obstacles, weakness, and
unrelenting illness,**

my only plea is that I do not falter in worshipping

You,

**the One who selflessly swallowed poison mixed in a
sea of nectar.**

**If You cannot grant me even this blessing,
where is your bountiful Grace of which I have oft
heard,**

Oh the King of Aavadu-thuRai?

IN THE FACE OF OBSTACLES

FROM THEVARAM BY SAINT THIRU GNANA SAMBANDAR

இடரினும் தளரினும் எனதுறு நோய்

idarinum thalarinum enathuru nOy

தொடரினும் உனகழல் தொழு தெழுவேன்

thodarinum unakazhal thozhu thezhuvEn

கடல்தனில் அமுதொடு கலந்த நஞ்சை

kadalthanil amuthodu kalantha nanjai

மிடறினில் அடக்கிய வேதியனே

midaRinil adakkiya vEthiyanE

இதுவோ எமை யானுமா(று) ஈவதொன்(று) எமக்(கு) இல்லையேல்

ithuvO emai aalumaar(u) eevathonR(u) emak(u) illaiyEl

அதுவோ உனது இன்னருள் ஆவடு துறை அரனே

athuvO unath(u) innaruL aavadu thurai aranE.

THE HOLY ASH

FROM THEVARAAM BY SAINT THIRU GNANA SAMBANDAR

**The Holy Ash [ThiruneeRu] is mantra;
The Holy Ash adorns the Celestials;
The Holy Ash is the source of beauty;
The Holy Ash brings hands together in prayer;
The Holy Ash is meditation;
The Holy Ash is spoken of in scriptures of old;
The Holy Ash is from Him
– Consort of the red-lipped Goddess,
Who resides in the temple of Thiruvaalavaay
[Madurai].**

THE HOLY ASH

FROM THEVARAM BY SAINT THIRU GNANA SAMBANDAR

மந்திர மாவது நீறு வானவர் மேலது நீறு

manthira maavathu neeRu vaanavar mElathu neeRu

சுந்தரமாவது நீறு துதிக்கப் படுவது நீறு

sunthara maavathu neeRu thuthikkap paduvathu neeRu

தந்திர மாவது நீறு சமயத்தில் உள்ளது நீறு

thanthira maavathu neeRu samayaththil uLLathu neeRu

செந்துவர் வாயுமை பங்கன் திருவால வாயான் திருநீறே

senthuvar vaayumai pangkan thiruvaala vaayaan

thiruneeRE

MOTHER AND FATHER

FROM THIRU VAASAKAM BY SAINT MAANIKKA VAASAKAR

Mother! Father!

Incomparable jewel!

Precious nectar born of Love itself!

**Upon one who had been squandering time and living a
life of lies,**

Upon someone as lowly as me,

You bestowed the wonder of Enlightenment...

SivaperumAnE!

**I cling to you desperately now,
to where can you escape from me?**

MOTHER AND FATHER

FROM THIRU VAASAKAM BY SAINT MAANIKKA VAASAKAR

அம்மையே அப்பா! ஒப்பிலா மணியே! அன்பினில் விளைந்த ஆரமுதே!

AmmaiyE appaa oppilaa maNiyE anpinil viLaintha aaramuthE

பொய்மையே பெருக்கிப் பொழுதினைச் சுருக்கும்

poymaiE perukki pozhuthinaich churukkum

புழுத்தலைப் புலையனேன் தனக்குச்

puzhuththalai(p) pulaiyanEn thanakku

செம்மையேயாய சிவபதம் அளித்த செல்வமே சிவபெருமானே!

semmaiE aaya sivapatham aLiththa selvamE sivaperumaanE

இம்மையே உன்னைச் சிக்கெனப் பிடித்தேன் எங்கு எழுந்து அருளுவது

இனியே

immaiE unnai chikkenap pidithth Enengk(u) ezhunth(u)

aruLuvath(u) iniyE.

RESPLENDENT BEYOND IMAGINATION

FROM PERIYA PURAANAM BY SAINT SEKKIZHAR

**Resplendent beyond imagination!
The true embodiment of compassion!
Bringing miraculous fortune to every soul!
Illuminating the highest Truth of the Scriptures!
He dwells in the Hall of our Heart [Chidamparam],
Dancing majestically with Lotus Feet
Upon which we focus our minds in solemn surrender.**

RESPLENDENT BEYOND IMAGINATION

FROM PERIYA PURAANAM BY SAINT SEKKIZHAR

கற்பனை கடந்த சோதி கருணையே உருவ மாகி

katpanai kadantha sOthi karuNaiyE uruva maaki

அற்புதக் கோல நீடி அருமறைச் சிரத்தின் மேலாஞ்

atputhak kOla need aru maRaich ciraththin mElaanj

சிற்பர வியோம மாகுந் திருச் சிற்றம் பலத்துள் நின்று

citpara viyOma maakunth thiruch chittam palaththuL

ninRu

பொற்புடன் நடஞ் செய்கின்ற பூங்கழல் போற்றி போற்றி

potpudan nadam seykindrapUng kazhal pOtti pOtti.

DEVOTION FROM ALL THE WORLD

FROM PERIYA PURAANAM BY SAINT SEKKIZHAR

**He who inspires heartfelt songs of devotion from all the
world,**

**He who wears the crescent Moon and the flowing
Ganges,**

**He who, with immeasurable radiance, dances in the Hall
of our Heart [Chidambaram]...**

To His lotus feet we offer praise and prayer.

DEVOTION FROM ALL THE WORLD

FROM PERIYA PURAANAM BY SAINT SEKKIZHAR

உலகெலாம் உணர்ந்து ஓதற் கரியவன்
ulakelaam uNarnth Othat kariyavan

நிலவு லாவியன் நீர்மலி வேணியன்

nilavu laaviya neermali vENiyan

அலகில் சோதியன் அம்பலத் தாடுவான்

alakil sOthiyan ampalath thaaduvaan

மலர் சிலம்படி வாழ்த்தி வணங்குவாம்

malar silampadi vaazhththi vaNangkuvaam

The background features a traditional Indian painting of Lord Shiva and his bull, Nandi. Lord Shiva is depicted with a white complexion, a crescent moon on his head, and a snake around his neck. He is seated on a rock, holding a damru (small pot) in his right hand and a trident (trishula) in his left. Nandi, the white bull, is standing to the right, adorned with a golden harness and a crown. The scene is set against a dark, textured background.

Hara Hara Nama Paarvathi PathayE

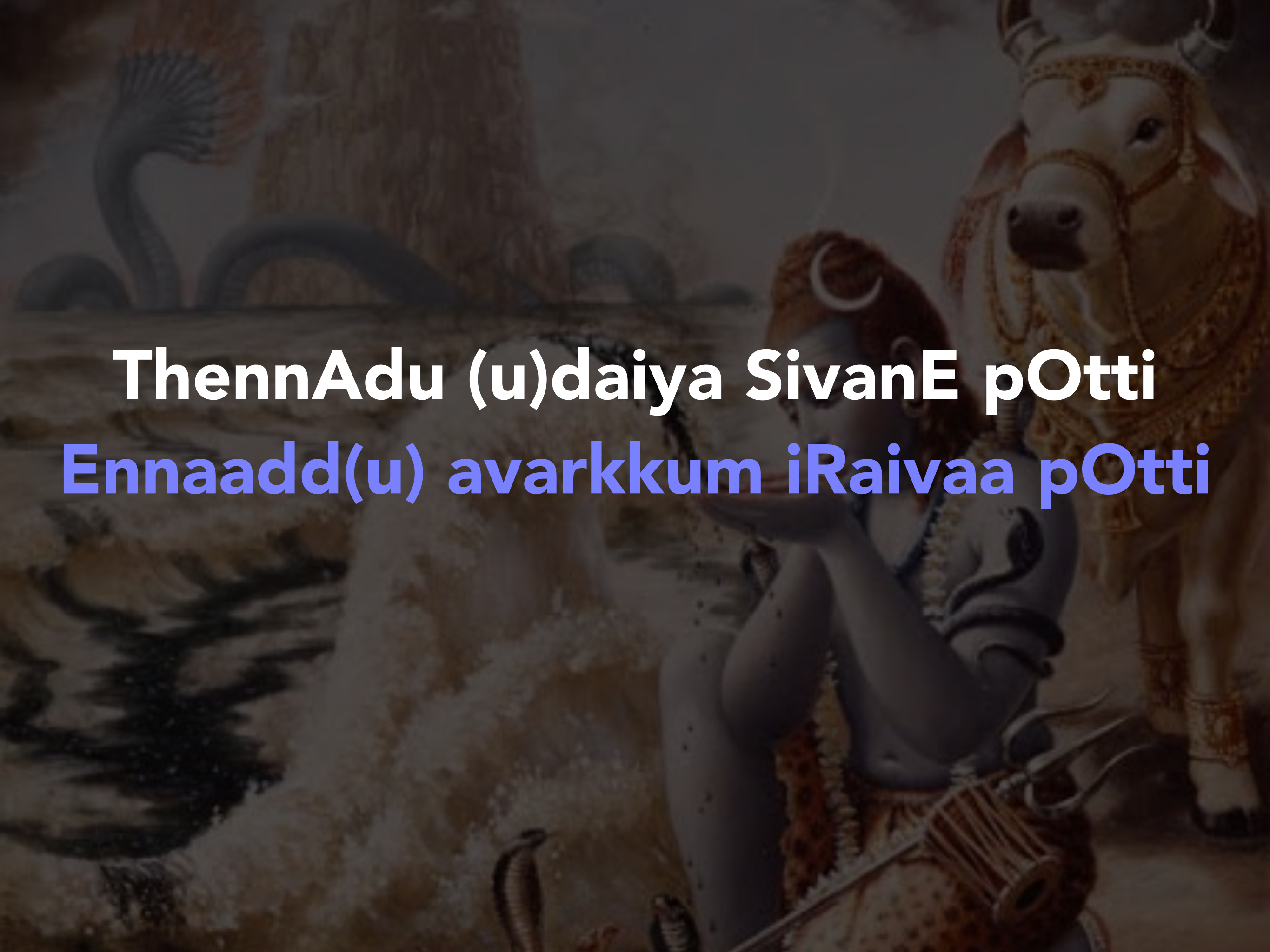
Hara Hara Mahaa Deva

Hara Hara Nama Paarvathi PathayE

Hara Hara Mahaa Deva

Hara Hara Nama Paarvathi PathayE

Hara Hara Mahaa Deva



ThennAdu (u)daiya SivanE pOtti
Ennaadd(u) avarkkum iRaivaa pOtti

A traditional Indian painting depicting Lord Shiva playing a veena, with his consort Parvati and the bull Nandi in the background. The scene is set in a rural landscape with a large tree on the left and a small hut in the distance. The painting is rendered in a classic style with a muted color palette.

Sit SabEsa Siva Sithamparam



Siva Sithamparam
Thiru Cittampalam

A detailed painting of a blue lotus flower in full bloom, positioned on the left side of the frame. The flower has numerous light blue petals with a yellowish center. To its right and above are several green buds and large, dark green leaves with prominent veins. The background is a deep, dark blue, creating a serene and focused atmosphere. The text 'PRANAYAMA AND MEDITATION' is overlaid in the center in a bold, white, sans-serif font.

**PRANAYAMA AND
MEDITATION**



PEARLS OF TAMIL WISDOM

Calendar

Year - Vilambi varsham

Aayana - Uttarayana/Dakshayana

Month - Maarkazhi

Paksha - Sukla/Krishna

Thithi -

Nakshathra(Star) -

Guru Poojas and Fasts and Feasts

Current Events