

## **DAILY AaraaDhana Procedure to Lord Sri-Krishna: (for beginners):**

If you are properly initiated into spiritual life by an Aachaarya, do all the following procedures along with the chanting of the Ashtaakshara-Manthram (Am Namō NaaraayaNaaya) that you got as UpadheSam from your Aachaarya. IF NOT, just chant Namō-Naaraayana and do all the following procedures.

- 1: Dhyaana: Am Namō NaaraayaNaaya - Dhyaayaami (meditate on Lord Sri-Krishna to be present before you and chant Sri Krishna-ashtakam if you can and time permitting).
- 2: Avaahana: Am Namō NaaraayaNaaya - Aavaahayaami (Invite Lord Sri-Krishna to come in front of you to accept your worship, and stay with you till the pooja is done).
- 3: Arghya: Am Namō NaaraayaNaaya - Arghyam samarpayaami (offer 1 spoon of water into a cup, and feel you are washing the hands of Lord Sri-Krishna or wash His Hands).
- 4: Paadhya: Am Namō NaaraayaNaaya – Paadhyam samarpayaami (offer 2 spoons of water into a cup - feel you are washing the Feet of Lord Sri-Krishna or wash His Feet).
- 5: Aachamaniya: Am Namō NaaraayaNaaya - Aachamaniyam samarpayaami (offer 3 spoons of water into a cup - feel you are giving water to Lord Sri-Krishna to sip).
- 6: Snaana: Am Namō NaaraayaNaaya - Snaanam samarpayaami (offer 4 spoons of water into a cup - feel you are bathing Lord Sri-Krishna with your own hands or do so).
- 7: Vasthram: Am Namō NaaraayaNaaya –Vasthram samarpayaami (feel you are offering new / clean clothes to Lord Sri-Krishna to wear and if possible dress-up Sri-Krishna).
- 8: Chandhanam: Am Namō NaaraayaNaaya – Chandhanam samarpayaami (feel you are offering sandalwood paste to Lord Sri-Krishna and offer Chandhanam if you can).
- 9: Dhuupa: Am Namō NaaraayaNaaya – Dhuupam-aaghraapayaami (feel you are offering Incense-sticks to Sri-Krishna or offer 2 incense-sticks as Dhuupa - smoke).
- 10: dhiipa: Am Namō NaaraayaNaaya - (feel you are offering a lighted lamp to Lord Sri-Krishna or offer a lamp, taking it around Feet-to-Face-to-Feet 2 or 4 times, Clockwise).
- 11: Archana: Offer flowers (if you cannot feel it or chant Lord Sri-Krishna's 108 names).
- 12: Nivedhana: Say Krishna-ArpaNam and offer cooked food or fruits or water to Lord Sri-Krishna (or feel that way if you cannot) & Repeat steps 3, 4 and 5 after Nivedhana.
- 13: Thaambuulam: Am Namō NaaraayaNaaya – thaambuulam samarpayaami (offer betel-leaves, areca nuts, cloves etc., to Lord Sri-Krishna or feel that you are offering).
- 14: Niiraajanam: Am Namō NaaraayaNaaya – Niiraajanam dharSayaami (offer lighted lamp or camphor to Lord Sri-Krishna, Feet-to-Face-to-Feet, 2 / 4 times or feel that way).
- 15: Manthra-Pushpam : Am Namō NaaraayaNaaya –Manthra-pushpam samarpayaami (offer flowers with your prayers at the Feet of Lord Sri-Krishna or feel you are offering).
- 16: Saashtaanga-dhanda-praNaama: Am Namō NaaraayaNaaya – Saashtaanga dhanda-praNaamam samarpayaami (Prostrate 2 or 4 times before Lord Sri-Krishna and ask for forgiveness for all the mistakes committed, while doing Daily AaraaDhana).

Then take a sip of the ThiirTham that you offered and collected during the AaraaDhana.

Distribute & Eat the Prasaadham only that you offered to Lord Sri-Krishna, everyday.

(have questions ?? please call 551-500-3601 or e-mail to [skdyjswamy@gmail.com](mailto:skdyjswamy@gmail.com);) )

Thank you for doing AaraaDhana to Lord Sri-Krishna Everyday. Narayana Narayana.