



श्रीमते रामानुजाय नमः

THIRU AARAADANA KRAMAM



Sri Ramanuja Sampradaya THIRU AARAADANA KRAMAM

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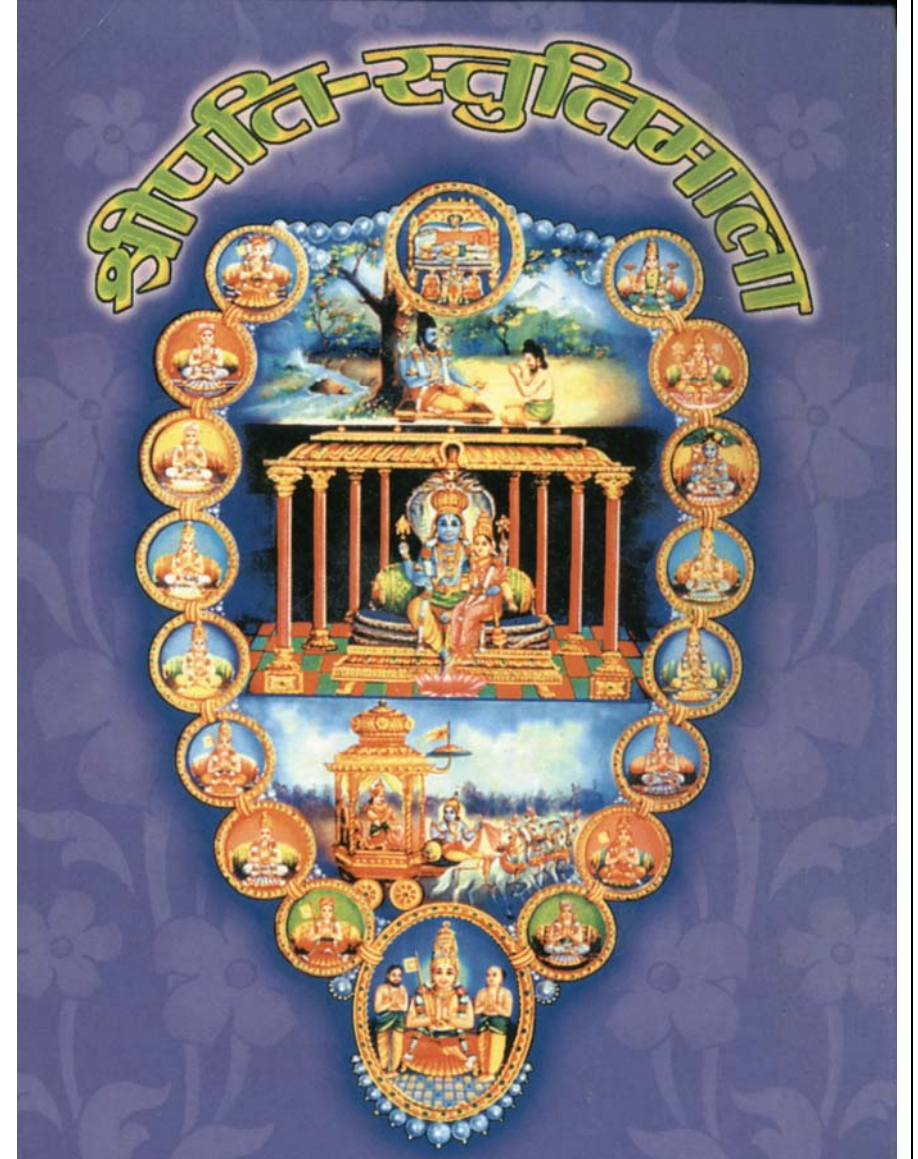
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In English

The Necklace of our Achaarya Lineage

Sri **Manavala Mamuni**, Sri Thiruvaiymozhi Pillai , Sri Pillai Lokacharya, Sri Vadakku-
Thiruvudhi Pillai, Sri Nampillai, Sri Nanjeeyar, Sri Parasara Bhattar, Sri Embar,
Sri Ramanuja,
Sri Parankusa, Sri Yamunacharya, Sri Rama Misra, Sri Pundarikaksha, Sri Nathamuni,
Sri Sattakopaya, Sri Vishvakshena
Sri (Maha Lakshmi, the Divine Mother), Sridhara (Sriman Narayana)



Everday, one should wake up at dawn, and take a head bath. One should wear thirumaN. After that, one should perform sandhyaa vandhanam (morning, and afternoon). One should not eat before performing thiru aaraadhana. One can do thiru aaraadhana to a vigraha, saaLagraama, a photo/painting of the Lord, aazvhaars or aachaaryaas, abhaya hastham from the Lord, or the paadukaas of one's aachaarya.

Even if one has taken bath in the morning, chances are that some form of impurity might happen between the time one takes the bath to the time one starts performing thiru aaraadhana. So, it is good to do a mantra snaana before starting the performance of thiru aaraadhana.

mantra snaana

Recite the following sloka

*Puvi moorDHni that aakaaSE moorDHni aakaaSe thathaa puvi|
aakaaSe puvi moorDHni syaath aapOhistEthi mantratha: ||*

Recite the following - with every statement, take water with the tip of the fingers (middle & ring) and spray water on the top of the head (do prOkshaNam).

*Aum aapOhishtaa mayo Bhuva:
thaa na oorjE dhaDhaathana
mahEraNaaya chakshasE
yOvas SivathamO rasa:
thasya BhaajayathE hana:
uSatheeriva maathara:
thasmaa aranga maamava*

For this statement, please spray water droplets on the two knees
yasya kshayaaya jinvaTha

For this statement, please spray water on the top of the head
aum aapOjanayaThaa cha na:

Bringing the thuLasi leaf

Take a clean vessel, or a clean leaf, and go near the thuLasi plant. With bhakti, recite the following sloka

*thuLasyaamrutha janmaasi sadhaa thvam kESavpriyE |
kESavaarTham lunaami thvaam varadhaa Bhava SOBhathE ||*

and pluck the leaves from the thuLasi plant. Keep the thuLasi near the place where you are going to perform thiru-aaraadhanam. Light the lamp. The lamp should be lit atleast till the time thiru-aaraadhanam is completed.

{It is considered a sin if people who are unclean pluck leaves from the thuLasi plant; plucking with haste, without patience/gentleness, or plucking branches instead of leaves is also considered a sin}.

Opening the door to the sanctum

Prostrate completely before the sanctum. (saashtaanga namaskaaram). Recite the following:

*na Dharma nishtOsmi na chaathma vEdhI
na Bhakthimaams tvath SaraNaaravindhE |
akinchanO ananya gathiS SaraNya
tvath paadha moolam SaraNam prapaDhyE ||*

*aparaadha sahasra Bhaajanam
pathitham Bheema BhavaarNavOdharE |
agathim SaraNaagatham harE
krupayaa kEvalam aathma saathkuru ||*

*kausalyaa suprajaa raama poovaa sanDhyaa pravarthathE |
uththishTa naraSaardhoola karthavyam dhaivamaahnikaam ||
uththishTOththishTa gOvindha uththishTa garuDaDhvaja |
uththishTa kamalaakaantha thrailOkyam mangaLam kuru ||*

jithanthE puNDareekaaksha namasthE visvaBhaavana |
 namasthEsthu hrSheekESa mahaapurusha poorvaja ||
 dEvaanaam taana vaanaamcha saamaanya mathidhaivatham |
 sarvathaa SaraNaDhvanthvam vrajaami SaraNam thava ||

naayakanaai ninRa nanda gOpanudaiya
 kOyil kaappaanE * kodi-thOnrum thOrana
 vaasal kaappaanE * maNikkadhavam thaaL thirRavaay *
 aayar siRumiyarOmukku * aRai paRai
 maayan maNivaNNan nennalE vaay nErndhaan
 thooyOmaay vandhOm thuyil ezhap paaduvaan *
 vaayaal munna munnam maaRRaadhE ammaa * nee
 nEsa nilaik-k-kadhavam neekkeLOr empaavaai.

maari malai muzhanjil mannik kidandhu uRangum *
 seeriya singam aRivuRRuth theevizhiththu *
 vEri mayiR ponga eppaadum pErndhu udhaRi *
 moori nimirndhu muzhangip puRappattu*
 pOdharumaa pOIE nee poovai-p-poo vaNna* un
 kOyil ninRu ingaNe pOndu aruLi* kOppudaiya
 seeriya singaasanaththirundhu yam vandha
 kaariyam aaraaindhu aruLELO rempaavaai.

anRu ivvulagam aLandhaay adi pORRi*
 senRanguth thennilangai seRRaay thiRal pORRi*
 ponRach chakatam udhaiththaay pugazh pORRi*
 kanRu kuNilaa eRindhaay kazhal pOrri*
 kunRu kudaiyaay eduththaay kuNam pORRi*
 venRu pagai kedukkum nin kaiyil vEl pORRi*
 enRu enRun sEvagamE yEthhtip paRai koLvaan
 inRi yam vandhOm irankELO rempaavaai.

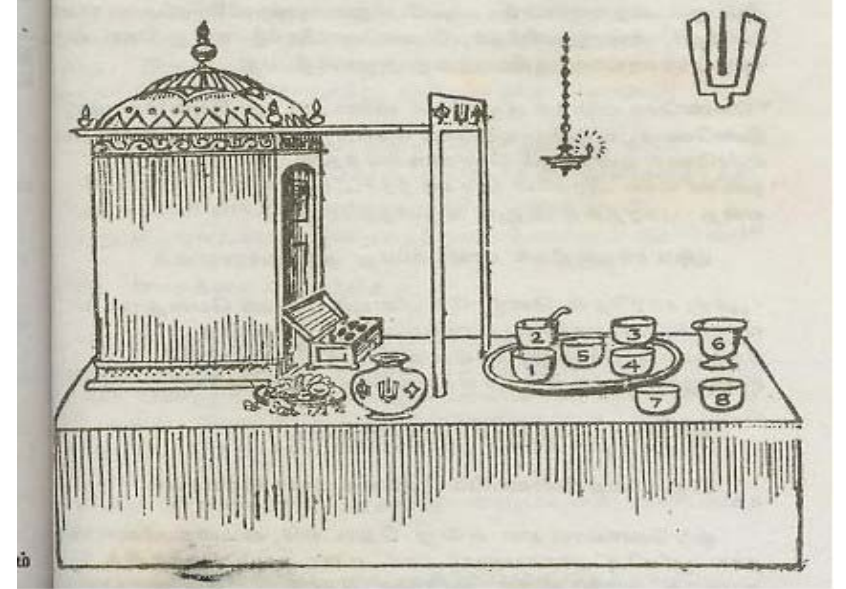
koormaadheen dhivyalOkam thadhaNumaNimayam
 maNDapam thathra sEsham
 thasmin Dharmaadhi peeDam thadhupari kamalam
 caamara GrahiNee cha ||
 vishNum dEvee viBHooshaayudha gaNa murakam
 paadhukE vaiNadhEyam
 SEnESam dvaarapaalaan kumudha mukha gaNaan

vishNubhakthaan prapadhyE ||

After reciting the above sLOkaas, open the door (or the curtain) to the sannidhi.

Do thiru-aalavatta kainkaryam to the Lord (fan service – "visiRi"; use a small fan that is kept only for the Lord); Remove the flowers/thuLasi etc, that were offered the previous day. Add water (new) to the thiru-k-kaavEri vessel & add parimaLam (powdered saffron, elaichi). The thiru-k-kaavEri vessel can also be a sembu.

Clean and check the vessels to be used for thiru-aaraadhana. Place the vessels to be used for thiru-aaraadhana in the appropriate positions, as in the diagram below.



Vessel layout for thiru-aaraadhana

- 1 = paadya vattil – water to be offered to wash the feet of the Lord
- 2 = aachamaneeya vattil – water to be offered for the Lord to gargle
- 3 = snaaneeya vattil, or paaneeya vattil - before thirumanjanam, water to offer to the Lord for thirumanjanam; after thirumanjanam, this is the vattil for water for the Lord during eating

- 4 = arghya vattil – water to be offered for washing the hands of the Lord
 5 = sarvaartha thOya vattil – water to clean the udhdhriNi between upachaarams.
 6 = pratigraha vattil – vattil for puring water after offering to the Lord
 7 = sudhdhOdhaka vattil
 8 = arghya vattil for offering arghya to one's aachaarya.

Using the ring finger of your left hand, and write the word "yam" (preferably in samskrit script) on the palm of the right hand. Recite "*yam vaayavE nama: Soshayaami*", and show the Right hand to the materials kept for performing thiru-aaraadhanam (the vessles, thuLasi, chandanam etc.).

Write the word "ram" (preferably in samskrit script) on the palm of the right hand. Recite "*ram agnayE nama: dhaahayaami*", and show the right palm to the materials kept for performing thiru-aaraadhanam.

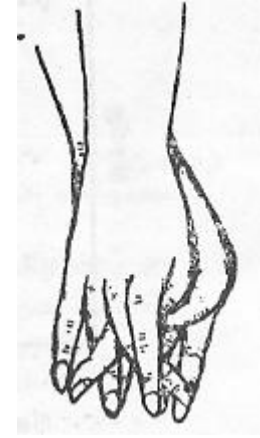
Write the word "vam" (preferably in samskrit script) on the palm of the LEFT hand using the right hand ring finger. Recite "*vam amrutaaya nama: plaavayaami*", and show the left palm to the materials kept for performing thiru-aaraadhanam.

Place the right hand on the top of the thiru-k-kAvEri vessel, and recite "*srImathE naaraayaNaaya nama:*" 7 times.

Say *veeryaaya asthraaya phat*, take a little bit of water from the thiru-k-kaavEri in the uddrNi, and pur a drop in the vessles kept for thiru-aaraadhana.

Now, say "*gnyaanaaya hrdayaaya namah*", and pour water from the thiruk-kaavEri vessel into the vattils.

Show the surabhi mudra to each vessel.



Surabhi mudra

Keep your right hand on each vattil, and recite

Om namO naaraayaNaaya arghyam parikalpayaami
Om namO naaraayaNaaya paadyam parikalpayaami
Om namO naaraayaNaaya aachamaneeyam parikalpayaami
Om namO naaraayaNaaya snaaneeyam parikalpayaami
Om namO naaraayaNaaya sarvaartha thOyam parikalpayaami

Take a spoonful of water from the arghya vattil in the udhdhrNi, place a flower on the udhdhrNi on the water; using your left hand, hold the udhdhrNi at the chest level. Cover the udhdhrNi using the right hand, and recite "*srImathE naaraayaNaaya nama:*" 7 times. Recite "*vim virajaaya nama:*". (In this procedure, the performer is inviting waters from the river viraja, cauVery etc., to come and be used for emperumAn's thiru-aaraadhanam).

Now, pour a drop of the water from the uddhrNi into all the vessels, the materials kept for thiru aaraadhana, and on your head.

At this time, one has to perform thiru-aaraadhanam to one's aachaarya vigraham, or His paadhuka. Many people do this in a maanaseeka way (mentally). Place a few flower petals at the feet of your aachaarya's photo/vigraha/paadhuka, and recite "*asmad*

gurubhyO nama:". Mentally, get into the state of performing thiru-aaraadhanam to the Lord by being the right hand of your aachaarya – i.e. it is your aachaarya that is performing thiru-aaraadhanam, and you are being a tool for your acharya. You can also say "aachaaryan thiru-k-kaigaLaaL emperumaan thiru-aaraadhanam kaNdu aruLa vENDum".

Recite

*savyam paadam prasaarya aasritha dhurithaharam
dhaksiNam kunchayithvaa
jaanun yaadhaaya save dharma idhara bhijam
naagabhOgE nidhaaya
paschaath Bhaahu dhvayEn prathipaTa SamanE
dhaarayan Sanka chakrE
dEvee Bhooshaadhi jushtO vitharathu jagathaam
charma vaikuNTa naadha:*

mantraasanam

Take a few thuLasi leaves (a few flower petals if no thuLasi is available), and offer them to the Lord by placing them at the feet of the Lord, and reciting "*Om namO naaraayaNaaya, mantraasanam samarpayaami*".

Take water from the arghya vessel, and offer it to the Lord by reciting "*Om namO naarAyaNaaya arghyam samarpayaami*" (offer it to the Lord's hands); Pour the water into the prathigraha paatram.

Dip the udhdhrNi into the sarvaartha thOyam vessel.

Take water from the paadya vessel, and offer it to the Lord by reciting "*Om namO naaraayaNaaya paadyam samarpayaami*" (offer it to the Lord's feet); Pour the water into the pratigraha paatram. Do this procedure twice.

Dip the udhdhrNi into the sarvaartha thOyam vessel.

Take water from the aacamanIya vessel, and offer it to the Lord by reciting "*Om namO naarAyaNaaya aachamanIyam samarpayaami*". Pour the water into the pratigraha vessel. Do this thrice.

Take the "plautha" vastram (a piece of dry cloth) kept for the Lord,; using one tip, wipe the Lord's lips & His hands; Using the opposite tip, wipe the Lord's feet. (do as if you are wiping).

In the rest of this booklet, when it is mentioned "do arghya pAdya aachamanIyam", please repeat the above procedure starting from taking the water from the arghya vessel ending with the wiping of the Lord's feet.

Recite "*samstha parivaarAya sarva maNGaLa vighrahaaya srImathE naaraayaNaaya nama:*"; this brings the "mantraasanam" to end.

snaanaasanam

Recite "*Om namO nAraayaNaaya snaanaasanam samarpayaami*", and offer a couple of thuLasi leaves and a flower at the feet of the Lord.

Do arghya paadya aachamanIyam.

Place the Lord (vighraha, or the saaLagraama) on a plate used for thirumanjanam; There is a special vessel known as "thirumanjana vEdhi" that may be used too.

Take water using the uddrNi from the snaaneeya vattil, and offer it to the Lord saying "*Om namO naaraayaNaaya snaaneeyam samarpayaami*", and pour the water into the pratigraha paatram.

Take a thuLasi leaf (or a flower petal), and recite "*srImathE naaraayaNaaya nama:, dhantha sudhdam kaNdu aruLa vENDum*", and do as if you are brushing the teeth of the Lord.

Take another thuLasi leaf (or a flower petal), and recite "*srImathE naaraayaNaaya nama:*, *dhantha dhaavanam kaNdu aruLa vENDum*", and do as if you are cleaning the tongue of the Lord.

Take water from the sarvaartha thOyam vessel, and offer to the Lord to gargle His mouth, and wash His hands. recite *srImathe naaraayaNaaya nama:*, *aachamanIyam samarpayaami*, and *srImathE naaraayaNaaya nama: arghyam samarpayaami* during this procedure for the mouth and hand respectively.

Now, perform thirumanjanam (abhishEkam) to the Lord; take water from the snAnIya vattil, and gently pour on the Lord; Recite pancha sUktham during this time (purusha, naaraayaNa, vishNu, Sri, bhU sukthams). At the end of performing thirumanjanam, recite the "*veNNai aLaindha kuNungum decade* from *periyaazhvaar Thirumozhi*".

You can perform thirumanjanam using water, milk, curd (home made preferably), honey etc. one by one.

After the thirumanjanam is done, pour water from ALL vattils into the pratigraha pAtram. Using a clean cloth kept only for the Lord' use, wipe the Lord clean (thiru oRRu aadai).

Take the perumaaL back into His usual place (inside the kOyil aazhvaar).

alankaaraasanam

recite "*Om namO naaraayaNaaya alankaara aasanam samarpayaami*", and offer a couple of thuLasi leaves & flowers at the feet of the Lord.

Fill the vattils with new water from the thiru-k-kaavEri vessel. do arghya paadya aachamanIyam.

Offer vastram to the Lord; "*Om namO naaraayaNaaya vastram samarpayaami*".

Offer kreetam and other ornamaents to the Lord; recite

*"spurath kirITaangatha haara kaNdikaa maNINdra
kaanchee guNa noopuraadhibhi:
rathaanga sankhaasi gadhaa dnahur varai:
lasath thuLasyaa vanamaalaya ujvalam"*

Offer oordhva puNdram to the Lord; recite "*Om namO naaraayaNaaya oordhva puNdram samarpayaami*".

Offer sandal paste to the Lord; recite
*gandhadhvaaraam dhuraadharshaam
nithyapushtaam karIshiNeem|
eesvareegum sarvabhoothaanaam
thvaamihOpahvayE sriyam||*

Offer pushpam to the Lord; Recite the *aanirai mEyokka nee pOdhee* decade from *periyaazhvaar Thirumozhi*.

Offer arghya paadya aachamanIyam.

Offer dhoopam to the Lord. Recite

*Om. dhoorasi dhoorva dhoorvantham dhoorvatham yOosmaan
dhoorvathi tham dhoorvayam vayam dhooravaamas thvam
dhEvaanaam asi. dhoopam aakraapayaami"*

Offer dheepam to the Lord. (Before offering dheepam, do prOkshaNam on the dheepam). Recite

*"udhdhIpyasva jaathavEdhO pagnan nirruthim mama |
pasUguscha mahyamaavaha jIvananamcha dhiSO daSa||"*

Now, do mantra pushpam. (This is basically the beginning of the 4 vEdaas and key granthaas in our SampradAyam).

*hari: Om
agnimILE purOhitham yagnyasa dEvamrithvajam| hOthaaram
ratnadhAthamam| hari: Om*

hari: Om
ishE tvOrjEtvaa vaayavasthO paayavastha dEvO va: savithAaa
praarpayathu srEshtathamaaya karmaNE| hari: Om

hari: Om
agna aayaahi vIthayE gruNaanO havyadhaathayE| nihOthaa
sathsi barhishi| hari: Om

hari: Om
SannO dEvIrabhishtaya aapO bhavanthu pIthayE|
sanyOramisravanthu na: | hari: Om

OmithyagrE vyaaharEth | nama ithi paschaath | naaraayaNAyEthi
uparishtaath | OmithyEkAksharam | nama iti dvE aksharE |
naaraayaNaayEti panchAksharaaNi | Ethath vai
naaraayaNasyaastaaksharam padan | yO ha vai
naaraayaNashyaastaaksharam padamithyEthi | anapabruva:
sarvamaayurEti | vindhathE praajaapathyam raayaspOsham
gaupathyam | tathO amrutathva maSnuthE tathO amruthatva
maSnutha ithi | ya yEvam vEda | ityupanishad |

atha karmaaNyaacaaraadhyaani gruhyanthE| udhagayana poorva
pakshaaha: puNyaahEshu kaaryaaNI| yagnyOpaveethinaa
pradhakshiNam |

ichchAmO hi mahaabaahum raghuveeram mahaabalam |
gajEna mahathaa yaantham raamam catraavruthaananam ||

tham dhrustvaa Satruhanthaaram maharshInaam sikhaavaham |
babhoova hrushtvaa vaidEhI bharthaaram parishaSvajE ||

thaasaamaavirabhUchchauri: smayamaana mukhaambuja: |
peethaambaradhara: sragvee saakshaan manmatha manmatha: ||

Esha naaraayaNa sreemaan ksheeraaNava nikEthana: |
naaga paryankam hytsrujya hyaagathO madhuraam pureem ||

vaikuNTethu pare lOkE sriyA saardhdham jagathpathi |
aasthE vishNurachintyaathmaa bhakthair bhaagavtahis saha ||

senraal kudaiyaam irundhaal singaasanamaam,
ninRaal maravadiyaam neeL kadaluL, enRum
puNaiyaam aNiviLakkaam poompattaam pulkum
aNaiyaam thirumaarkku aRAvu (2 times)

kadhaa puna: sanka rathaaga karlpaka
dvajaaravindhaakuSa vajra laanchanam |
trivikrama tvath caraNaambuja dvayam
madheeya moorDhaanam alamkarishyathi ||

Sri maadhavaangri jalajadvaya nithya sEvaa
prEmaa vilaasaya paraankusa paada padmam ||
kaamaadhi dOsha haram aarsritha padaarithaanaam
raamaanujam yathipathim praNamaami moorDhnaa ||

Now, using flowers or thuLasi leaves, perform archana to the Lord

Om kEsavaaya nama:
Om naaraayaNaaya nama:
Om maadhavaaya nama:
Om gOvindhaaya nama:
Om vishNavE nama:
Om madhusoodhanaaya nama:
Om thrivikramaaya nama:
Om vaamanaaya nama:
Om sreedharaaya nama:
Om hrusheekEshaaya nama:
Om padhmanaabhaaya nama:
Om dhaamOdharmaaya nama:

Om vaasudEvAya nama:
Om samkarshanaaya nama:
Om pradhyumnaaya nama:
Om anirudhdhaaya nama:
Om mathsyayaaya nama:
Om koormaaya nama:
Om varaahaaya nama:
Om naarasimhaaya nama:
Om vaamanAya nama::

Om bhaargava raamaaya nama:
Om Sri raamaaya nama:
Om bala raamaaya nama:
Om krushNaaya nama:
Om kalkinE nama:

Om sriyai nama:
Om amRitodbhavaayai nama:
Om kamalaayai nama:
Om chandrasodaryai nama:
Om viShNu patnyai nama:
Om vaiShNavyai nama:
Om varaaroohaayai nama:
Om hari vallabhaayai nama:
Om shaarngiNyai nama:
Om devadevyai nama:
Om surasundaryai nama:
Om mahaalakshmyai nama:

Now, depending on the amount of time you have, you should recite starting with sreesailEsa dayaa paatram and the thaniyans, all, or part of nityaanusandhaana pasurams from the naalaayira divya prabhandham.

This completes alankaara aasana.

bhOjyaasana

Offer a couple of flowers and/or thuLasi leaves at the Lord's feet, and say “*Om namO naaraayaNaaya, BhOjyAsanam samarpayaami*”.

Offer argya-paadya-aacamanIyam.

Place all food items in front of the Lord. Do prOkshaNam to them with the dvaya mantra.

Offer food to the Lord. Use the mudra known as graasa mudra (thumb touching the ring and middle fingers of the right hand).

Touch the food, and take the hand with the graasa mudra near the mouth of the Lord (offering food..); recite “*praaNaaya svaaha, apaanaaya svaaha, vyaanaaya svaaha, udaanaaya svaaha, samaanaaya svaaha, brahmaNE svaaha*”.

Take water from the paanIya vattil (used to be snaanIya vattil before thirumanjanam), and offer water by reciting “*madhyE madhyE paanIyam samarpayaami*”.

Recite the following paasurams:

*koodaarai vellum seerk kOvinda * unRannaip
paadip paRaikoNdu yaam perR sammaanam *
naadu pugazhum parisinaal nanRaaga*
soodagamE thOLvaLaiyE thOdE sevi-p-poovE*
paadagamE enRanaiya palkalanum yaamaNivOm*
aadaai uduppOm adhan pinnE paaRsORu*
mooda ney peidhu muzhangai vazhivaaRa*
koodi irundhu kuLirndhELO rempaavaai.*

*naaRu narumpozhil maalirunchOlai nambikku * naan
nooRu thadaavil veNNai vaay nErndhu paraavi vaiththEn*
nooRu thadaa niRaindha akkaara adisil sonnEn*
ERu thiruvudaiyaan inRu vandhu ivai koLLum kolO.*

inRu vandhu iththanaiyum amudhu seydhida-p-peRil naan
onRu nooRaayiramaagak koduththu pinnum aaLum seyvan *
thenRal maNam kamazhum thirumaalirumsOlai thannuL
ninRa piraan* adiyEn manathhE vandhu nErpadilE.*

Offer water to the Lord from the paa dya vattil and the aachamanIya vattil – recite “*hastha mukha paada prakshALana aacamanIyaani samarpayaami*”.

Punar mantraasanam

Offer a couple of flowers and/or thuLasi leaves at the Lord's feet, and say “*Om namO naaraayaNaaya, punar mantrAsanam samarpayaami*”.

Offer argya-paadya-aachamanIyam.

Offer betel leaves, betel nuts & fruits to the Lord. There is no need to do graasa mudra at this time.

Do prOkshaNam to the neeraajanam (karpoora aarathi, or ghee-deepa aarathi). Now, recite the following and do aarathi to the Lord and aachaaryaas.

Tad vishNO: paramam padam sadaa paSyanthi sooraya:, diveeva cakshuraathatham, tadvipraasO vipanyavO jaagruvaagm sassaminDhathE, vishNORya paramam padam.

paryaaptya anantaraayaaya sarvasthOmO athi raatramuththama maharbhavathi sarvasyaapthyai sarvasyya jithyai sarvamEva thEnaapnOthi sarvam jayathi.

*lakshmi SaraNalaakshaanga saakshI srIvatsa vakshasE |
kshEmangaraaya sarvEshaam srI rangESaaya mangaLam ||*

*sriya: kaanthaaya kalyaana nidhayE nidhayErththinaam |
srI vENkata nivaasaaya srInivaasaaya mangaLam ||*

*asthu srIsthana kasthuri vaasanaa vaasithOrasE |
srI hasthigiri naathaaya dEvaraajaaya mangaLam ||*

*kamala kucha kasthuri karthamaangitha vakshasE |
yaadavaadri nivaasaaya sampath putraaya mangaLam ||*

*srImathyai vishNu chittaaryai maNO nandana hEthavE |
nanda nanda sundaryai gOdaayai nithya mangaLam ||*

*srI nagaryaam mahaa puryaam thaamraparaNi uttarE thatE |
srI dhindhini moola dhaamne srI SaTakOpaaya mangaLam ||*

*srImad aali srI nagarI naathaaya kali vairiNE |
catush kavi pradhaanaaya parakaalaaya mangaLam ||*

srIman mahaabhUthapurE srImath kEsava yajjvana: |

kaanthi mathyaam prasUthaaya yatirajaaya mangaLam ||

*srImathE ramya jaamaatru munIndraaya mahaatmanE |
srIranga vaasinE bhooyaath nitya sreer nithya mangaLam ||*

*maNGaLaasaasana parai: madaachaarya purOgamai: |
sarvaischa poorvair aachaaryai: sakruthaayaasthu mangaLam ||*

Recite the following paasurams:

siRRam siRukaalE vandu unnaich chEviththu un
poRRaa marai adiyE pORRum poruL kELaay *
peRRam mEyththu uNNum kulaththil piRandhu nee*
kuRREval engaLaik koLLaamal pOgaadhu*
iRRaip paRai koLvaaN anRukaaN kOvindhaa *
eRRaikkum EzhEzh piRavikkum * unRannOdu
uRRomE aavOm unakke naam aatcheyvOm *
maRRai nam kaamangaL maaRRELO rempaavaai. (2 times)*

*vangak kadal kadaindha maadhavanaik kEsavanai *
thingaL thirumugaththuch chEyizhaiyaar senRiRainji*
angap paRai koNda vaaRRai * aNipudhuvaip
paingamalath thaNderiyal pattarbiraan kOdhai sonna *
sangath thamizh maalai muppadhuma thappaame *
ingip perisuraippaer eeriraNdu maal varaith thOL *
sengan thirumugaththuch chelvath thirumaalaal *
engum thiruvaruL peRRu inpuRuva rempaavaai. (2 times).*

*iruppidam vaikundham vENkatam * maalirunchOlai ennum
poruppidam maayanukku enbar nallOr* avai thannodum van
dhiruppidam maayan iraamaanusan manaththu* inRavan van
dhiruppidam* enRan idhayathuLLE thanakku inbuRavE. (2 times)*

*inbuRRa seelaththu iraamaanusaa. enRum evvidaththum
enbuRRa nOi udal thORum piRanthiRandhu * eNNariya
thunbuRRu beeyinum solluvadhu onRuNdu un thoNdarkatke
anbuRRu irukkumpadi* ennai aakki angaat paduththE. (2 times)*

angayal pay vayal thennarangan * aNiyaaga mannum
pangaya maamarpa paavaiyaip pORRudhum * paththiyellaam
thangiya thennath thazhaththu nenchE nan thalaimisaiyE
pongiya keerththi * iramaanuzan adi-p-poo mannavE (2 times).

poomannu maadhu porundhiya maarban * pugazh malindha
paamannu maaRan adi paNiNdu uyndhavan * palkalaiyOr
thaam mannavandha iramaanusan charaNaaravindham
naam manni vaazha * nenchE solluvOm avan naamaNGaLE.
Now, perform aarathi to the Lord while reciting the following

pallaaNdu pallaaNdu pallaayiraththaaNdu *
palakOdi nooRaayiram
mallaaNda thiNthOl maNivaNNaa * un
sEvadi sevvi thiru-k-kaappu.

adiyOmOdum ninnOdum pirivinRi aayiram pallaaNdu *
vadivaay nin valaamarbinil vaazhkinRa mangaiyum pallaaNdu *
vadivaar sODhi valaththuRaiyum sudaraazhiyum pallaaNdu*
padaipOr pukku muzhangum appaancha sanniyamum pallaaNde.

Finish doing the aarathi. Now offer theerththam from the
pratigraha vessel to any Azhvaars and aacharyaas you may have
in your sannidhi. Before offering Theertham, offer some of
perumAL's flowers to the aazhvaars and aacharyaas and say
"aruLa-p-paadu <insert aazhvaar/aacharya's name here>" - for
example, "aruLa-pp-aadu nammaazhvaar", "aruLa-p-paadu
emberumaanaar", "aruLa-p-paadu maNavaaLa maamunigaL".

Now, recite the following:

pooruvaaachariyarkaL pOdham anuttaanangaL *
kooRuvaar vaarththaigaLaik koNdu neer their *
iruL tharumaa gnyaalaththE inbamuRRu vaazhum*
theruL tharumaa thEsiganaich chErndhu. (2 times)

indha upadEsa raththina maalai thannai *
sindhai thanil naaLim sindhippaar* endhai
ethiraasar innaruLukku enRum ilakkaagi *

sathiraaka vaazhndhiduvar thaam. (2 times).

mannuyirgaaL ingE maNavaaLa maamunivan*
ponnadiyaam senkalamap pOdhugaLai * unnich
siraththaalE theeNdil amaanavanum nammai *
karaththaalE theeNdal kadan.

sarvadESa daSaa kaaLEshu avyaahata paraakramaa |
raamaanuja divyaagnjaa varDhathaam aBhi varDhathaam ||

raamaanuja divaagnyaa prathivaasaram ujjvalaa|
dhiganthavyaapinee Bhooyaath saa hi lOkahithaishiNee ||

srIman! srIrangasriyam anupadhravaam anudhinam
samvarDhaya |
srIman! srIrangasriyam anupadhravaam anudhinam
samvarDhaya ||

nama: srIsaila naathaaya kunthee nagara janmanE |
prasaada labhda parama praapya kinkarya SaalinE ||

srIsailESa dayaapaatram DheeBhaktyaadhi guNaarNavam |
yateendrap pravaNam vandE ramya jaamaataram munim ||

vaazhi thiruvaaymozhi-p-piLLai maadgavaal
vaazhum* maNavaaLa maamunivan * vaazhiyavan
maaRan thiruvaaymozhi-p-poruLai maanilaththOr
thERumpadi uraikkum seer.

seyya thaamaraith thaaLiNai vaazhiyE *
sElai vaazhi thirunaabhi vaazhiyE *
thuyya maarbum purinoolum vaazhiyE *
sundarath thiruth thOLiNai vaazhiyE *
kaiyumEndhiya mukkolum vaazhiyE *
karuNai pongiya kaNNiNai vaazhiyE *
poyyilaadha maNavaaLa maamuni
pundhi vaazhi pugazh vaazhi vaazhiyE *

adiyaargaL vaazha aranga nagar vaazha
sadagOpan thaNdamizh nool vaazha * kadalsoozhndha
maNNulagam vaazha* maNavaaLa maamuniyE
innumoru nooRRaaNdu irum.

kOdhai piRandhavor gOvindan vaazhum oor
sOdhi maNimaadam thOnRumoor – needhiyaay
nallapaththar vaazhumoor* naanmaRaigaL Odhumoor
villipuththUr vEdha-k-kOn oor.

paadhangaL theerkkum paraman adikaattum
vEdham anaiththukkum vuththaagum * kOdhai thamizh
aiaiyndhum aiyndhum aRiyaadha maanidarai
vayyam sumappadhun vambu.

thiruvaadi-p-pooraththu segaththudhiththaaL vaazhiyE *
thiruppaavai muppadhum seppinaaL vaazhiyE *
periyaazhvaar peRReduththa peNpiLLai vaazhiyE *
perumboothoor maamunikku pinnaanaaL vaazhiyE *
oru nooRRu naarpaththu moonRu uRaiththaaL vaazhiyE *
uyar arangaRkE kaNNi ugandhu aLiththaaL vaazhiyE *
maruvaarum thirumalli vaLanaadi vaazhiyE *
vaNpudhuvai nagaR kOdhai malarpadhangaL vaazhiyE *

srImathE ramya jaamaatru muneendraaya mahaatmanE |
srIranga vaasinE bhooyaath nitya sreer nitya maNgalaM ||

Now, prostrate before the Lord, take theertham and offer to others.

paryankaasana

Offer a couple of flowers and/or thuLasi leaves at the Lord's feet,
and say "Om namO naaraayaNaaya, paryankAsanam
samarpyaami".

Offer argya-paadya-aacamanIyam.

Place the Lord back in His usual place (if sALagrAmam, inside the
usual container etc.), and recite

pannaagadIsa paryankE ramaa hasthOpa thaanakE |
sukham sOshva vrushaadheeSha sudarsana surakshitam ||

ksheerasaagara taranka seekaraa,
chaara thaarakitha caaru moorthayE |
bhOgi bhOgi sayanIya saayinE
maadhavaaya madhu vishvasE nama ||

upachaaraan apadEsEna kruthaan aharahar mayaa |
apachaaraan imaan sarvaan kshamasva purushOththama ||

uRakal uRakal urakal oN sudar aazhiyE sangE
aRiveRi naandhaka vaaLE azhakiya saarngamE thaNde
iRavu padaamal irundha eNmar uOga paaleergaaL
paRavai aRaiyaa uRagal paLLi aRai kuri koNmim.

Pankc kadalil paLLikOLai pazhagavittu – Odi vandhu en
Manak-kadaluL vaazha valla maaya maNaaLa nambi
Thanik kadale thani-c-cudarE thani ulagE enRenRu
Unakku idamaai irukka ennai unakku uriththaakkinayE.

Prostrate before the Lord & aachaaryas and take prasaadam.

Note:

- (i) The above material is primarily translated from the Ramanuja Sampradaya nithyaanushtaana kramam book published by LIFCO.
- (ii) There are several procedures that are normally done, that are not present in the above book; hence, we have added them to the procedure in this booklet
- (iii) There are minor difference between this booklet & the procedure as taught by svaami maNavaaLa maamunigaL in Jeeyar padi; The primary difference is in the length of the aachaarya thiruvaaraadhana, and in the usage of "Om namO naaraayaNaaya"; svaami maNavaaLa maamunigaL teaches us to use "srImathE naaraayaNaaya namah everywhere, and many of us follow that procedure at home".
- (iv) At some future time, Vedics will translate the Jeeyar padi and make it available.



- (v) This booklet is intended to be a useful guide; by no means should this be considered as the only source to learn from. Please take the time to learn directly from your respective acharyas.

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श्रीमते रामानुजाय नमः



Basic Tenets of VEDICS: www.vedics.net

FALL IN LOVE WITH GOD

Pray with sincerity humility and gratitude for atleast 15 minutes a day.

RESTRICT FOOD CONSUMPTION

Eat anything only after offering it to God.

MEDITATION

Meditate on the LORD, atleast thrice a day,
atleast a minimum of 3 minutes each time. Chant Sri Vishnu
Sahasranamam (the 1000 Holy Names of Lord Vishnu) once a day.

RESPECT FOR ALL THAT IS HIS

Strive to lead a life in which you will never hurt
a fellow living being for any reason.

MONEY

Earn to live, educate, support and serve and not for
the sake of pursuing materialistic desires.

CHARITY

Donate however little it may be to noble causes.
Feeding the needy is the highest form of charity.

CONTENTMENT

Be happy and content that you are His. Thank your preceptors at least
once a day for blessing you with this awareness.

ABSOLUTE FAITH

Place complete trust in the supreme LORD. Do not go against His way.

SELF – CONTROL

Strive to live a life free from selfish desire and anger.

Always adorn a peaceful smile; it will work on others and on you too
(Always keep dwayam in your heart)

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