

श्री विनायक पूजा

शुक्लाम्बर धरं विष्णु, शशिवर्णं चतुर्भुजम्
प्रसन्नवदनं ध्यायेत, सर्व विघ्नोपशान्तये
ॐ श्री सिद्धि विनायकाय नमः

श्री सत्यनारायण स्वामी १६ संस्कार पूजा

ध्यायामि आवाह्यामि (श्री सत्यनारायण स्वामी)

आसनं समर्पयामि

पाद्यं समर्पयामि

अर्घ्यं समर्पयामि (पूजा)

स्नानीयं समर्पयामि

आचमनीयं समर्पयामि

वस्त्रं समर्पयामि

यज्ञोपवीतं समर्पयामि

आभरणानि समर्पयामि

गन्धान् समर्पयामि

अक्षतान् समर्पयामि

पुष्पाणि समर्पयामि

धूपं समर्पयामि

दीपं समर्पयामि

नैवेद्यं समर्पयामि

ताम्बूलं समर्पयामि

पुष्पांजलिं समर्पयामि

नवग्रह शान्ति पूजा

ॐ श्री सूर्याय नमः for Sun

ॐ श्री चन्द्राय नमः for moon

ॐ श्री मंगलाय नमः for Mars

ॐ श्री बुधाय नमः for Mercury

ॐ श्री वृहस्पतये नमः for Jupiter

ॐ श्री शुक्राय नमः for Venus

ॐ श्री शनिश्चराय नमः for Saturn

ॐ श्री राहवे नमः for Rahu

ॐ श्री केतवे नमः for Ketu

सर्व देवाः ननस्कारः

ॐ श्री हनुमते नमः ॐ

v=s=dr-s-t-] dv-] k}S-C=[-#m-dh-m-k+

dv=k:Op-rm-n=nd] k&{[-]v=nde] -g-dg-DM<+Hâ++

m-k} k:r-t=v=c=D-] p=Vg-]D=Vg=y-t-eig-irm<+

y=t{k&p= t-m-h]v=nde p-rm-n=ndm=O-v-m<+Hâ++

ॐ जयन्ती मङ्गला काली, भद्रकाली कपालिनी

दुर्गा क्षमा शिवा धात्री, स्वाहा स्वधा नमोऽस्तु ते

मंत्रहीनं क्रियाहीनं, भक्तिहीनं सुरेश्वरी ।

यत्पूजितं मया देवि, परिपूर्णं तदस्तु मे ॥

ॐ श्री सरस्वत्यै नमः
ॐ श्री महालक्ष्म्यै नमः
ॐ श्री दुर्गाय नमः
ॐ श्री नारायणाय नमः
ॐ नमो भगवते वासुदेवाय
ॐ श्री रामचन्द्राय नमः
ॐ श्री नमः शिवाय

विसर्जनम्

आवाहनं न जानामि, न जानामि विसर्जनम् ।
पूजां चैव न जानामि, क्षम्यतां पुरुषोत्तम् ॥
पुनरागमनाय च, नमस्कारः समर्पयामि

SHRI SATYA-NāRā-YANA VRAT KATHā
(Satyanarayana Katha)
(The Story of Performing the Worship of the Lord of Truth)

CHAPTER ONE: Introduction

Thousands of years ago in a forest retreat (Ashram) named Naimi-shā-ranya, many Rishis or spiritual masters had come to study, worship and have Satsang (spiritual discussion) with the noble Sage Shau-naka. One evening a well known story teller named Suta Purānika joined the group. Sage Shau-naka realizing Suta's immense wisdom asked him a profound question: O master, in this age (known by Hindus as Kali Yuga or Iron Age), people have no time to spend studying even the easier scriptures such as Ramāyana and Gita and do any spiritual practice. They have lost their devotion to God. What discipline, or spiritual practice (Sādhanā) is there that can be easily practiced to aid people in all walks of life to develop love and devotion for God and be relieved from the sufferings of the world?

Suta Purānika was happy with Sage Shaunaka's question and told him a story about how sage Nā-rada had already gotten the answer to this from the Lord Nārā-yana Himself. Nā-rada wandered on various planets wishing to help and serve people. When he came to the planet earth he saw many people were unhappy and suffered from many problems. Sage Nā-rada wondered how he could help the people of Kali Yuga to end their pain and suffering. He went to Vai-kun-tha, the kingdom of heaven to ask the Supreme Lord Nārā-yana for an easy solution, directly. O Bha-ga-vān, I pledge my reverence, obedience and devotion to you. Please tell me an easy way to help the people on earth lead a moral and joyful live of devotion and faith and get relief from their suffering. Lord Nārā-yana became happy with Nā-rada's sincerity and said: I will tell you the details of a worship and meditation known as Shri Satya-nārā-yana Pujā. This spiritual practice called Vra-ta (or worship) that relieves people from suffering and gives many benefits on earth and Nirvāna (liberation) after death. It should be performed with sincerity and faith on an auspicious day and the people should invite friends, relatives, neighbors, priests, and saints to share in the service of prayers, Kirtan (or devotional singing) and the sharing of food first offered to God (Prasād) and read the stories (Kathā) given below. It can be held once a month on the full moon day or once a year in one's own home, in a temple, outdoors or in a place of pilgrimage.

THUS ENDS THE FIRST CHAPTER

Om Shri Satya Nārāyan swāmi ki Jai

CHAPTER TWO

1. The story of two pure souls, The Pandita ji of Banaras and the Woodcutter

Suta Purānika said: O devoted sages, now I will tell you some stories about people from all walks of life who performed this worship. In the holy city of Vārānasi (or Banaras, U.P.) there lived a very poor Brāhmin who could not earn enough money for food. He prayed to the Lord who came to him one day disguised as an old man and told the Brahmin that he should perform the Shri Satya-nārā-yana Pujā which would relieve him from all his problems. The Brāhmin was very happy to hear this and decided to do Pujā as he was told. That day he earned more money and food than usual and was able to conduct the Pujā. Celebrating the worship each month he acquired material and spiritual wealth and inspired many others to serve God and obtain peace.

Suta also told a story about an unhappy woodcutter who learned this worship from the fortunate Brāhmin. The woodcutter decided that if he earned enough money from selling wood he would also perform the worship. After selling more wood than usual that day he invited his friends and relatives performed the Pujā with devotion and faith. His wealth and prosperity increased. He also became very wise and after death he went to heaven.

THUS ENDS THE SECOND CHAPTER

Om Shri Satya Nārāyan swāmi ki Jai

CHAPTER THREE

2. The story of a procrastinating businessman, Sādhu Rāma

Suta told another story about a King named Ulka-mu-kha. He and his wife, Su-bha-dra, were wise and truthful and used to go to holy temples every day worshipping God and sharing their wealth and happiness with the poor. One day when they were performing Shri Satya-nārā-yana Pujā on the banks of the river Bhadra, a rich merchant named Sādhu Rāma was sailing by. He anchored his boat which overflowed with money and merchandise and went to the King to ask him about the worship he was doing. The King said: O Sādhu Rāma if anyone performs this worship regularly with faith and devotion it will fulfill one's all wishes for wealth, children, and will get liberation. The King told Sādhu Rāma how to do the worship. Impressed by the devotion of the King, Sādhu Rāma told the King that he was childless and vowed that he would do the worship if he was blessed with a child. When he returned home the merchant told his wife, Leelāvati, about this holy worship that could bless them with a child. Leelāvati became pregnant by the grace of Lord Satya-nārā-yana. She gave birth to an adorable girl that they named Kalāvati. After many months had passed, Leelāvati reminded her husband of his vow to perform the worship. Sādhu Rāma said: Don't worry Leelāvati there is plenty of time. I am very busy with business right now. We'll do the worship when our daughter gets married.

Kalāvati grew into a beautiful young woman and was married to a handsome young man named Shri-dhara. Too busy with the wedding Sādhu Rāma again forgot to perform the Pujā. After some months Sādhu Rāma and his son-in-law, Shri-dhara, sailed to a big city in the kingdom of King Chandra-ketu for business. Somehow they were mistaken for some thieves who had stolen some money from the palace and dropped the money by the merchant's tent when followed by the guards. The palace guards took the merchants before the King who ordered them to be thrown into prison and took away all their wealth.

At the same time Leelāvati and Kalāvati were also having many difficulties. Losing all their property they had to go begging door to door for food. Looking for food one day Kalāvati went to a neighbor's house who happened to be performing the Satya-nārā-yana Pujā. Kalāvati joined the worship and listened to the Kathā or the story of the greatness and grace of God. She joyfully returned home and told her mother about the worship. Leelāvati remembering the vow of her husband to do the worship observed the Pujā and prayed to the Lord with great devotion asking Him to forgive them and return her son-in-law and husband to them. Hearing her prayers the Lord appeared in a dream of King Chandra-ketu and told the King that merchants were innocent and that he should free them at once. When the King woke up he remembered his dream and freed the merchants and gave them back their property. Sādhu Rāma and Shri-dhara thanked the King and

prepared to sail home.

Lord does not punish or reward people. We reap the fruits of our own karma as punishment and reward. As you sow so you reap. The merchant was punished by untruthfulness in not fulfilling his own vow to God. Pujā is just like thanking God for the good things one has in life and sharing with others. **One should never procrastinate in doing good work or study.**

Question: What is the difference between a Liar and a Procrastinator?

THUS ENDS THE THIRD CHAPTER
Om Shri Satya Nārāyan swāmi ki Jai

CHAPTER FOUR

Result of not following the rules is failure

When they were sailing home the merchants came to rest by the bank of a river. The Lord Satya-nārā-yana, disguised as a Sādhu (or monk), came near them and asked them what they had in the boat. Hastily Sādhu Rāma said: O monk why do you ask, Do you want my money? There is nothing in it but garbage and leaves. So he said the Sādhu and walked away.

The next day while getting ready for sailing Sādhu Rāma noticed that his boat was indeed loaded only with garbage and leaves. Realizing his mistake Sādhu Rāma and Shridhara found the monk and begged his forgiveness. The monk consoled them and said because you broke your word and forgot to perform the Shri Satya-nārā-yana Pujā all these troubles have come to you. Sādhu Rāma realizing his fault prayed sincerely to the Lord for forgiveness. If you do anything bad to anybody you must ask forgiveness and also forgive others who did wrong to you.

Asking Bhagavan's blessings and the return of his wealth Sādhu Rāma promised to always to worship and honor Him. The Lord was pleased with Sādhu Rāma's prayers and when they returned to the boat they found all their merchandise and money restored. They started happily home and sent a message to Kalāvati and Leelāvati about their return.

Leelāvati and Kalāvati were performing the Shri Satya-nārā-yana Pujā when they heard about the arrival of their loved ones. In their excitement they forgot to finish the Pujā properly and take the holy Prasād as they rushed to the harbor. Because of this when they reached the shore they found only Sādhu Rāma who told them that the boat and Shri-dhara were lost. They prayed with sorrow to the Lord asking for His aid and forgiveness. Kalāvati suddenly remembered that she had not taken the Prasād. She rushed home and devoutly took the Prasād. When she returned to the shore she found her husband, wealth and boat had all been restored. The family happily reunited returned home and celebrated the Pujā.

For the rest of his life Sādhu Rāma and his family performed the Shri Satya-nārā-yana Pujā on every full moon day sharing his joy and happiness with friends and relatives and giving his wealth to the poor and needy. Finally, after a good life on the earth he died and went to heaven. **Moral is that one should follow the rules of the Pujā to get results.**

Question: How can you apply the teaching of Chapter 4 in your study and work? Follow the guidance and instructions of your teacher and parents. The rules are to be followed and

obeyed or one gets punishment.

THUS ENDS THE FOURTH CHAPTER

Om Shri Satya Nārāyan swāmi ki Jai

CHAPTER 5

The story of a proud King

Sage Suta concluded with one last story about a noble King named Tunga-dhva-ja. One day when the King was hunting in the forest he saw some farmers performing the Lord Shri Satya-nārā-yana Pujā outdoors with their friends and relatives. Even though he knew what they were doing, the King neither went to the Pujā nor took the Prasād that the farmers offered the King due to pride. Proudly returning to his city to his amazement he found that his palace, sons, wife and property had all vanished. After some time he realized his mistake in not taking the Prasād and worshipping the Lord.

King returned to the forest, found the farmers and joined their worship. When he returned to the city he found everything as before. He praised the Lord and I continued to worship Him regularly and lived happily and peacefully. When he died he went to heaven.

Suta ended the Kathā by saying: I have told you about this worship and the glory of the Lord Shri Satya-nārā-yana Pujā and Kathā. Those who perform this sacred Pujā with full faith and devotion shall get all their wishes fulfilled by Lord Shri Satya-nārā-yana. Those who are poor will gain wealth. Those who are childless are blessed with children. Students get good grades. All problems are eventually solved and the worshippers obtain worldly joy and peace, and after death they go to heaven. Satya or Sat means truth and Nārā-yana means the Lord. Thus Satya-nārā-yana means Lord of the Truth. In this age called Kali Yuga or Iron age, this is the easy way to worship God. God fulfills the desires of the devotees who believe in Him, worship Him and takes a vow to always tell the truth.

Anybody who fasts the day of Puja and does this Puja and Kathā with full faith and devotion, all his wishes will be fulfilled. With the grace of the Lord, he will get eternity; the poor will receive wealth; and will go to heaven and finally will come out of the circle of birth and death.

The names of the persons who kept this fast and took re-birth are as follows: The poor Brahmin took birth as Sudāmā, a dear friend of Krishna. He served the Lord Krishna and attained moksha. King Ulkāmukh took birth as King Dashrath, and in that life he became the father of Lord Rāma and attained eternity. The merchant took birth as King Morad, who cut his son in half and offered to the Lord and got moksha. King Tunga-dhvaj took birth as the boatman, who took Lord Rāma across the river when He was going to exile, served him and got moksha.

(NOTE: This Kathā should be preceded by Pujā by a priest or any qualified person and end in Bhajan, Kirtan, Arati and Prasādam. Food should be served in the end.)

May Lord Satya-nārā-yana bless us all with truthfulness, goodness,

peace and prosperity.

OM Shantih Shantih Shantih

**Thus ends the fifth and the last chapter of the story of
Shri Satya-nārā-yana Pujā
as described in the scripture, Shri Skanda Purāna
Om Shri Satya Nārāyan swāmi ki Jai**

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय पूर्णमेवाशिष्यते

ॐ शांतिः शांतिः शांतिः

THE MORALS (Optional, to be discussed with children)

1. The moral of the fifth chapter is that when you go to a place where Shri Satya-nārā-yana Vrata Pujā and Katha or any other religious ceremony is performed you should pay respects to the Lord Shri Satya-nārā-yana, bow down in the end of the Pujā and must not go home without taking the Prasād.
2. Pride and arrogance of Power and wealth is bad. Treat everybody with respect
3. This Kathā is all about taking a vow (Vrata) to always tell the truth, follow your scriptures and worship or just remember Lord of the universe before starting any work or study. One who always tells the truth in life is rewarded by the Lord, obtains success in life and gets all his or her wishes fulfilled. Never tell a lie, except to save the life of an innocent person.
4. Lord Krishna said in the Holy Gita: With whatever motive people worship Me, I fulfill their desires accordingly, O Arjuna. (Gita verse 4.11)