

Daily Worship

Summer Retreat given at Sarada Ashrama, Marshfield, on July 21, 2007

● Preparation

~ Sit facing east or north, and do japa 108 times. If you do pūjā immediately after your morning meditation, the japa can be skipped.

~ *Ācamana*: pour a drop of water on the palm of your right hand and sip it gently, chanting *Oṃ viṣṇu*. Do this three times. Wash your hands, and chant with folded hands:

Oṃ tad viṣṇoḥ paramaṃ padam sadā paśyanti sūrayaḥ, divōva cakṣur-ātataṃ. Whenever I remember God with faith and devotion, I at once become pure internally and externally.

~ *Prārthana*: With folded hands, chant:

May all beings be happy. May all be healthy. May all experience what is good. May there be no pain and suffering in the world. May everyone benefit from this worship.

Pray for your family and friends, especially for those who are passing through a difficult period.

~ *Prayer for Calmness*:

God, you are Purity; fill me with purity. You are Energy; fill me with energy. You are Strength; fill me with strength. You are Spiritual Power; fill me with spiritual power.

from Śukla Yajur Veda Samhita, 19.9

~ *Sāmānya Arghya*: Wash the cup, uttering *phaṭ*, and fill it with water.

Touching the cup, chant:

May the holy waters of the Gaṅgā and other rivers fill this cup with power and sanctity.

● Protection and Purification

~ *Guarding of the Door*: Sprinkle water toward the door, saying *Oṃ dvāra-devatābhyo namaḥ*. Pour a spoonful of water in the pūjā plate, saying *Oṃ brahmaṇe namaḥ*. Another spoonful with: *Oṃ vāstu-puruṣaya namaḥ*.

~ *Purification of the Ground*: Take a little water in the right palm and empty it on the ground in front of you, chanting: *Oṃ rakṣa rakṣa hūm phaṭ svāhā*.

~ *Purification of the Seat*: Draw a triangle with the right ring finger dipped in water near your seat and then say with folded hands:

O Mother Earth, you support all life and, in turn, are supported by the Supreme Being. Please purify this seat and support me always.

~ *Salutation to the Spiritual Lineage*: Mentally prostrate before your guru.

With folded palms near the left ear, say:

Aim gurubhyo namaḥ

Raising the palm to a higher level,

Aim parama-gurubhyo namaḥ

Still higher,

Aim parātpara-gurubhyo namaḥ

Still higher,

Aim parameṣṭhi-gurubhyo namaḥ

With folded palms near your right ear,

Oṃ gaṇeśāya namaḥ

With folded palms, near the heart:

Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ

~ *Purification of the Flowers*: Sprinkle water on the flowers, saying: *Oṃ śatābhiṣeka hūm phaṭ svāhā*. Touching the flowers with your right hand, say

Oṃ. May these flowers be purified for worship. Hūm phaṭ svāhā.

~ *Removal of Obstacles*:

1. Look above, uttering the pūjā mantra: *Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ*. With the index finger and middle finger of the right hand joined together, clap on the left palm three times at different levels, one higher than the other, uttering *phaṭ*. Snap the tip of the right index finger against the thumb eight times overhead, along the eight directions, starting from the east. End with doing the same in the downward and upward directions as well. With each snapping, say *phaṭ*.
2. Uttering *phaṭ* strike the ground three times gently with the left heel.
3. Take a small quantity of water in the right hand, throw it upward, saying: *astrāya phaṭ*.

~ *Purification of the Pūjā Articles*: Sprinkle water three times on all the pūjā articles, saying *Oṃ aim phaṭ*.

~ *Purification of the Mantra*: Repeat:

aim aim aim

kaim aim kaim

caim aim caim

ṭaim aim ṭaim

ṭaim aim ṭaim

paṃ aim paṃ

yaṃ aim yaṃ

śaim aim śaim

~ *Raising a Wall of Light*: Uttering *raim*, sprinkle water around you in a circle, and visualize yourself as surrounded by a wall of Light, protecting you from all obstacles.

~ *Protecting the Body*: Chanting *Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ*, pass both of your hands over your body, from head to foot. Then, placing the right palm over the heart, say: *Oṃ durge durge rakṣiṇi svāhā. Oṃ aim hūm phaṭ svāhā*.

~ *Praṇāyāma*: Do a brief practice (4-16-8), once (or thrice) through each nostril. Repeat *Oṃ* to keep count.

● Divinization

~ *Purification of the Elements*: Close your eyes and repeat, as you visualize:

Through the path of the suṣumnā, I join my Self with the Supreme Self in the crown of my head. Oṃ yaṃ, may my subtle body be freed from worldly tendencies. Oṃ raṃ, may my subtle body be burnt of all impurities. With the pure elements bathed in the light of consciousness, may a new subtle body be created for me. Oṃ. So'ham hamsaḥ svāhā.

~ *Total Consecration*: Gently pass both hands over the body, from head to foot, and back again from foot to head, uttering *aim hūm phaṭ svāhā*, visualizing that through this your body, speech and mind are being purified.

Consecration of the Self: In order to install the Deity in your newly created divine body, touch the heart and say:

May I be filled with the prāṇa of Sri Ramakrishna. May I be filled with the life of Sri Ramakrishna. May I be filled with the senses of Sri Ramakrishna. May the entire being of Sri Ramakrishna fill my own being.

Visualize yourself as being filled with the presence of Sri Ramakrishna.

● Preliminary Worship

~ Offering a flower (dipped in sandal paste, if possible), or water, in the pūjā plate in front of you, worship:

1. *Guru*: *Oṃ aim, I offer this flower (water) to my Guru*
2. *Ganeśa*: *Oṃ gaṃ, I offer this flower (water) to Ganeśa*
3. *Śiva*: *Oṃ namaḥ Śivāya, I offer this flower (water) to Śiva*
4. *Sūrya*: *Oṃ, I offer this flower (water) to Sūrya*
5. *Nārāyaṇa*: *Oṃ namo Nārāyaṇāya, I offer this flower (water) to Nārāyaṇa*
6. *Durgā*: *Oṃ hrīm, I offer this flower (water) to the divine mother Durgā*
7. *Oṃ, I offer this flower (water) to all other forms of the divine*
8. *Oṃ, I offer this flower (water) to all the prophets and incarnations*

● Main Worship

~ *Meditation*: Holding a flower between the palms of your hands, meditate on Sri Ramakrishna:

*Nirāñjanam nityam anantarūpam,
bhaktānukampā dhṛta-vigraham vai;
Īśāvatāram parameśam īdyaṃ,
tam rāmakṣṇam śirasā namāmi.*

“I bow down at the feet of Sri Ramakrishna who is pure and eternal, who has infinite aspects, who has taken a form out of compassion for devotees, who is supremely divine, and who is God Incarnate.”

~ *Transfer the divine presence* of Sri Ramakrishna from your heart into the flower and place the flower in the pūjā plate in front of you.

~ *Mental Worship*: Worship Sri Ramakrishna mentally. Chant:

You are my own Self. My mind is the Divine Mother. My prāṇa are your companions and my body is your temple. My enjoyments I regard as offerings to you. My sleep is a form of absorption in you. My walking is like walking around you. My words are prayers offered to you. Whatever I think, say, or do, may be a form of worship to you.

~ *Offerings*

1. *Sandal paste*: **I offer this sandal paste to Sri Ramakrishna. Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ.**
2. *Flower*: **I offer this flower to Sri Ramakrishna. Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ**
3. *Incense*: **I offer this incense to Sri Ramakrishna. Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ**
4. *Light*: **I offer this light to Sri Ramakrishna. Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ**
5. *Food*: **I offer this naivedya to Sri Ramakrishna. Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ**

~ *Worship of Holy Mother*: **I offer this flower to Sri Sarada Devi. Oṃ aim hrīm, sarva-deva-devī-svarūpīnyai śrī sārada-devyai namaḥ**

~ *Worship of Swami Vivekananda*: **I offer this flower to Swami Vivekananda. Oṃ aim, svāmi vivekānandāya namaḥ**

● Conclusion

~ *Flower Offering*: Offer a few flowers in the pūjā plate, saying

I offer these flowers at the feet of Sri Ramakrishna, Holy Mother, and his disciples. Oṃ aim sarva-deva-devī-svarūpāya śrī rāmakṣṇāya namaḥ.

~ Visualize that the divine presence of Sri Ramakrishna is now withdrawn back into your heart, and remember that it will remain with you throughout the day. With that awareness, prostrate before the altar and chant:

Under the influence of my impulses of vital energy, the mind and the body, whatever I have done in the states of waking, dream and deep sleep, in thought, word and deed, may all these be offered to Brahman. Oṃ śāntiḥ śāntiḥ śāntiḥ. Śrī rāmakṣṇārpanam astu.

~ If possible, read a few lines from a sacred text before cleaning your worship space and beginning your chores for the day.