# Twitter Thread by Hindu Media Wiki



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## "Busy Life Daily Puja & Neivedyas"

## People would always have several doubts on what to offer bhagwan in their daily puja. For some it will be a million dollar question of how to do an express puja yet a satisfying one.

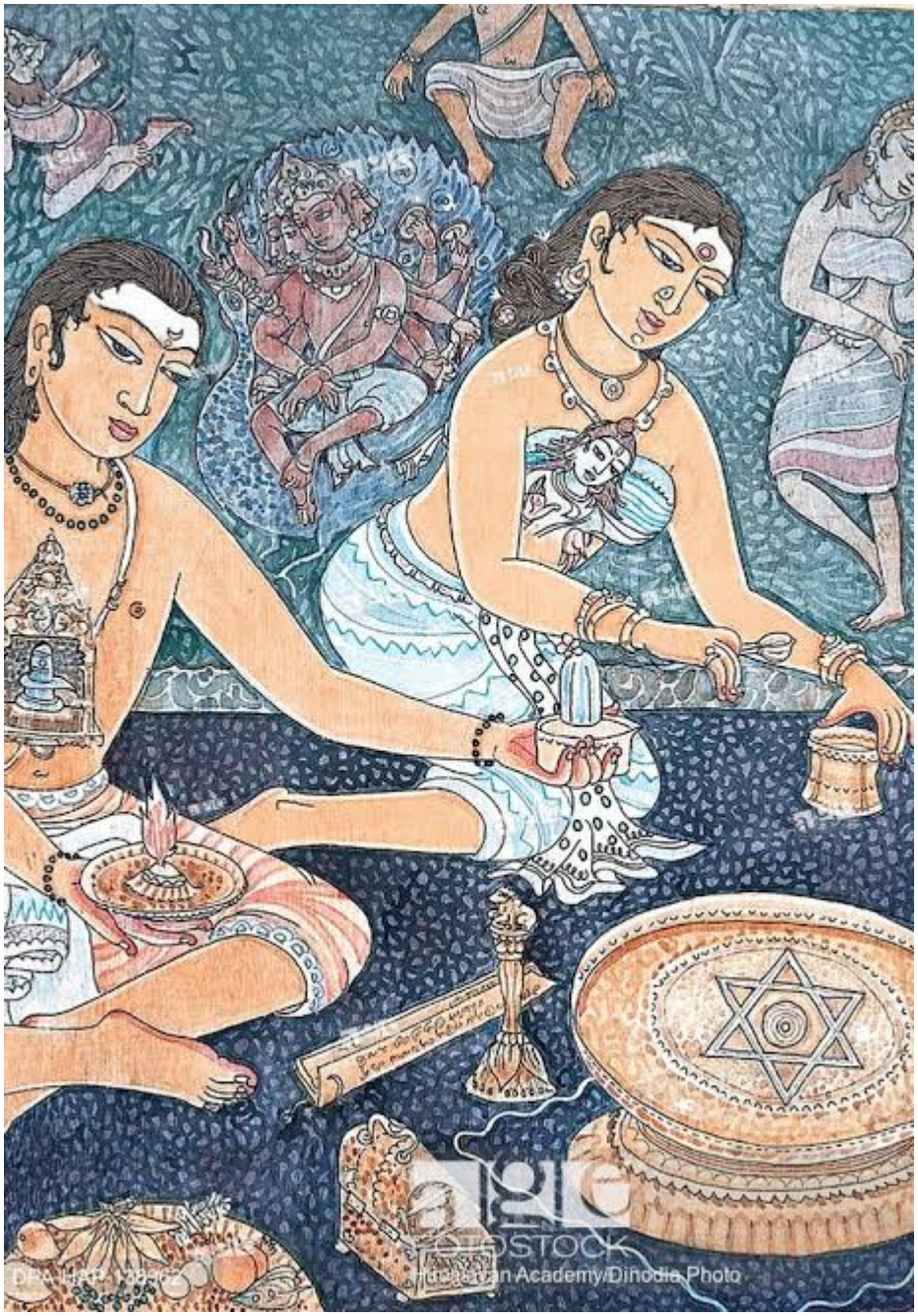
> Dakshina Neivedyas
>
> Havishyanna
> Commonly called Ven Pongal / Kattu Pongali / Moong Dal Khichdi across states, this dish is very important in puja Niyamas. It holds highest rank in order of preferred Neivedya to Bhagwaan. This dish is considered as Golden Dish, as it looks so. pic.twitter.com/QK43q1Sxz6
>
> — Hindu Media Wiki (@HinduMediaWiki) December 18, 2020

Upachara - "[redacted]"

Refers to the offerings and services made to Bhagwan as part of worship. In shastras there are a count of upachara pujas we do.

[redacted] - 5 Upacharas
[redacted] - 16 "
[redacted] - 64 "

Out of these panch is used for daily puja.



Some use 16 upachras who are well versed with the way of doing it Effortlessly and have abhishekam at home daily. 64 is exclusively for festivals and special vrat. One can choose to do 5 upacharas daily and finish your puja peacefully.

How to start your Puja ?

1. Shudhikaran & Aachaman
2. Bhootashudhi & Pranayam
3. Sankalp
4. Choice of Upachara Puja
5. Aarti
6. Pradakshina
7. Mantra Pushpam
8. Bhoomi Sashtanga/Panchanga Namaskaram

Major pujas steps one should ideally follow

Shudhikaran & Aachaman

After bath and dressing with (washed clothes only) should arrange their requirements for puja.
Take water separately for Aachaman and Puja. Water shouldn't be used from same paatra ideally. Perform Aachaman as per your practice & for beginners - YouTube

Bhoota Shudhi and Pranayam
Bhootashudhi is performed to clear out negative energies around and activate the Bhootas around. This is done by sprinkling water in all directions of Dikpalakas. Special pujas have Nyasa as part of this. Pranayam is compulsory for Breath control.



Gayatri and sandhyavandan is Compulsory for Dwijas. Adwijas who haven't got initiated can perform Surya Araadhna by performing Arghyas. This is individual specific again some Adwijas might be initiated to mantras too so they perform. This step shouldn't be skipped.



Sankalp

https://t.co/qRrPYuozd4

> Manifestation is nothing Nitya Sankalp Puja \U0001f64f\U0001f3fc
>
> The concept of Sankalp in nitya pujas is s very strong way to stay determined, positive and get the desired results by attracting the natures positive auras. This process is practiced since the vedic times.
>
> PC: Shri S Rajam pic.twitter.com/ZXbjz6rQWt
>
> — Hindu Media Wiki (@HinduMediaWiki) September 22, 2020

Pancha Upchar Puja

"Lam" prithivyaatmane gandham samarpayami
"Ham" aakashatmane pushpam samarpayami
"Yam" vaayvaatmane dhoopam samarpayami
"Ram" vahnyaatmane Deepam samarpayami
"Vam" amritaatmane amrutham naivedayaami

Shodasa Upachara

Has 16 types of offerings which are done when one has enough time or if one is used to it. Festivals needs this 16 atleast as it has kalash sthapan and avahan

आवाहयामि, स्थापयामि ।। १ ॥

आसनं समर्पयामि ॥ २ ॥

पाद्यं समर्पयामि ॥ ३ ॥

अर्घ्यं समर्पयामि ॥ ४ ॥

आचमनं समर्पयामि ॥ ५ ॥

स्नानम् समर्पयामि ॥ ६ ॥

वस्त्रं समर्पयामि ॥ ७ ॥

यज्ञोपवीतम् समर्पयामि ॥ ८ ॥

गन्धम् विलेपयामि ॥ ९ ॥

पुष्पाणि समर्पयामि ॥ १० ॥

धूपमाघ्रापयामि ॥ ११ ॥

दीपम् दर्शयामि ॥१२ ॥

नैवेद्यं निवेदयामि ॥१३ ॥

ताम्बूलपुंगीफलानि समर्पयामि ॥ १४ ॥

दक्षिणां समर्पयामि ॥ १५ ॥

पुष्पांजलि समर्पयामि ॥ १६ ॥

Neivedyam

Based on free time people can opt to cook prasadam daily.

Daily 1 can offer

1. Milk boiled cooled + sugar + elaichi power
2. Jaggery
3. Batasha/ Sugar chips
4. Honey , Ghee, Butter
5. Fruits
6. Poha Gudd Ghee channa
7. Curd
8. Mishri
9. All Dry fruits etc

Along with any of the prashad in mornings if one is present at home offered Anna + ghee is very imp as anna is parabhram swarup. If people have habit of eating Roti then offer Roti and dal etc what ever is cooked without onion and garlic. Simply offer roti ghee and gudd for bhog

If people are working and not available at home then offer same in the evenings soon after u finish cooking.

Always maintain a kalash or glass full of water on the sim Hasan or near the idols. Water is important element.

The link to proper Shlok ucharan for Neivedya samarpan

https://t.co/0osiy7oO6Z

If people can't read mantras dont panick. Just offer heartfully by sprinkling some water on the food items. Your maanas smaran is itself enough. Meanwhile you can learn slowly.

Perform arti and then

Pradakshina Mantra

[redacted]

Stand outside the asan and turn around 3 times.



Mantra Pushpam

Take akshat and pushp say this mantra and offer to Bhagwan

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Bhoo Devi Sashtanga and Panchanga Namaskara



Sit peacefully eat some prashad and give it to your family members. It is very important to share and eat the prashad. If a man eats without sharing it won't fructify. So share the prashad even if it is little and eat all family together and stay blessed together.

If you aren't able to do all as a beginner, start learning each step. Basic non skippable are

1. Aachaman
2. Panchupchar
3. Aarti

Rest all you can slowly incorporate based on the speed.