



Dharma Inc.'s Sri Vishnu Sahastranaam Mandir

# Sri Satyanarayan Vrata Puja Preparation Cheat Sheet

## SHORTLIST:

- ☞ **When:** Full Moon Night
- ☞ **Time:** (see [Dharma Inc. calendar](#))

## Offering Items:

- ☞ **Prasad**
  - ☞ Mohanbhoga
  - ☞ Suji
  - ☞ Panjiri
  - ☞ Fruit
  - ☞ Nuts
  - ☞ Raisins
  - ☞ Vegetables
  - ☞ Coconut
  - ☞ Sweets
  - ☞ Misri
- ☞ **Dakshina** (money)

## Optional Items:

- ☞ Flower or decorative Mala
- ☞ **Clothing Options:**
  - ☞ White, Yellow or Golden colored cloth, dhoti, towel, or any other cloth or clothing.

## What is Sri Satyanarayan Vrata?

**Sri Satyanarayana Vrata** is one of the most widely celebrated occasions globally for Hindus and even many non-Hindus.

The Vrata or Puja is performed once a month, typically on a full moon night.

The form worshipped is that of Lord Satyanarayana or Lord Vishnu, who is the cosmic Lord of the Puranas.

**There are numerous benefits associated with this Puja, namely:**

- ☞ Relief from illnesses
- ☞ Relief from life stress
- ☞ Resolution of family issues or problems.
- ☞ Increase in wealth and status.
- ☞ Increased happiness
- ☞ Success in personal and professional ventures.

At Sri Vishnu Sahastranaam Mandir, Sri Satyanarayana Vrata culminates in **Kartik**

**Nahan or Tirth**, where the final Puja is performed near a body of water on Kartik Purnima.

**This year marks twenty three (23) unbroken years of Sri Satyanarayana Vrata Puja at Dharma Inc.!**

We encourage you to join with us in performing Puja and reaping the benefits of this great Vrata.

**Participation is very simple. EVERYONE has the opportunity to come forward with your offering of foods, sweets or fruit. Mandir Pundits will be available to assist you in completing your offerings.**

Please see the **Shortlist** on this page for guidance on what can be used to make your offerings.

## FAQ:

### What Prasad Should I Prepare?

Prasad is the main offering in

your Puja.

This is what you have prepared for the Divine and is a manifestation of your devotion.

**Special effort should be made to offer the best possible.**

### What does the service/program look like?

- Outline:
- Opening Mantras
  - Congregational Pujas
  - Sri Satyanarayana Puja
  - Everyone gets to make individual offerings
  - Chanting and Singing
  - Short Message
  - Arti
  - Prasadam
  - Meals

### Do I have to be there for the entire service?

Most people will prefer to participate in the entire experience but it is not a requirement. You



Lord Satyanarayana

can attend for part of the devotions and **you are definitely welcome to come only for meals if you so desire** - the blessing is ours to be able to offer a delicious meal to one and all!

### Where is the Puja held?

Service/Puja is conducted at Sri Vishnu Sahastranaam Mandir located at:

**851 W Donegan, Ave.  
Kissimmee, FL 34741**

**Contacts  
407-658-9807  
info@Dharmainc.net  
www.Dharmainc.net**

## Naarayana Gyatri

Om Naarayan Aaya Vidmahay  
Vaasudev Aaya Dheemahi  
Tanno Vishnu Prachodayaata  
Om Namoh Bhagvatay, Vaasudevaaya



Sri Satyanarayana Aarti on the Banks of the Ganga



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