

Dharma Inc.'s Sri Vishnu Sahastranaam Mandir

Sri Satyanarayan Vrata Puja Cheat Sheet

SHORTLIST:

- 30 When: Full Moon Night
- Time: (see Dharma Inc. calendar)

Offering Items:

- Prasad
 - Mohanbhoga
- Suji
- 🌣 Panjiri
- Fruit
- Nuts
- RaisinsVegetables
- 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 cloth ing.

What is Sri Satyanarayana Vrata?

Sri Satyanarayana

<u>Vrata</u> 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 two (22) 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/

Outline:

- Opening Mantras
- Congregational Pujas
- Sri Saytanarayana 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



Lord Satyanarayana

not a requirement. You 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

Where is the Puja held?

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

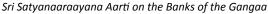
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Naarayana Gyatri

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







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