Sixteen-step Puja taught at AVG

On July 29, 2014, the long term course students were taught how to do the 16 step pūjā called ṣoḍaśa upacāra pūjā at the satsaṅg hall adjacent to the temple. The main altar was set up in the hall. Every student was given an altar of the picture of Lord Dakṣiṇāmūrti. Every student was also provided lamp, flowers, camphor and vessel with water, ritual spoon and fruits.



Sri Svāmi Sadātmānandā chanted the mantras and the students repeated the same. Svāmiji explained the meaning of the mantrās. Students lit the lamp, offered flowers, did ācamanam, ģuru dhyānam, Lord Gaṇeśa dhyānam, praṇāyāmam, sankalpa, āsana pūjā, ghaṇṭā pūjā, kalasa pūja and ātma pūja. After that the elaborate 16-step pūjā was performed with enthusiasm and prayerfulness.

Pūjya Śrī Svāmi Dayānanda Sarasvati delivered his anugraha bhāṣaṇam. He said

that this 16-step pūjā should be done regularly. It helps one to change from a routine life to a spiritual life. This is an effective means to gain puṇya. This 16-step pūjā was introduced to the students of the fourth long-term course at AVG at the end of the course. For this fifth long-term course, this has been done in the beginning itself. Pūjya Śrī Svāmiji blessed the students.

Report by N. Avinashilingam



