

D.I.Y. Shree Satyanarayan Puja, Katha and Havan



The Satyanarayan Puja is one the most famous and performed pujas of all Hindu pujas (prayers). Satya means “truth” and narayana means “The highest being” so Satyanarayan means “The highest being who is an embodiment of Truth”. This highly-spiritually-loaded-merited prayer is usually performed on the Purnima day of every month (the day of the full moon which is dedicated to Lord Vishnu) or a Sankranti (the junctions between two Vedic months). It is also performed on special occasions and during times of achievements as an offering of gratitude to the Lord. These occasions include marriage, graduation, start of a new job, and the purchase of a new home to name a few. In addition, the performance of this most auspicious puja generally confers a child to couples trying to start a family. The Satyanarayan puja can be performed on any day except on New-Moon. It is not a puja confined to any festivities, but Purnima (full moon day) or Sankranti are considered to be most auspicious day for this auspicious puja. Performing this puja in the evening is considered more appropriate. However one can perform this puja in the morning as well.

The Shree Satyanarayan katha originates from the Reva-kanda of the Skanda Purana. Srila Suta Goswami narrated these kathas, in Naimisharanya *** to the Rishis who were performing a 1,000 year Yajna (fire sacrifice) for the benefit of mankind lead by Shaunaka Rishi.

*** **Naimisharanya:-** for more information on Naimisharanya Dham please do visit our website www.dipika.org.za This in-depth article is under the sub-menu called RELIGIOUS VIDEO'S. In this article we have included videos and pictures as well (but only available via the website)...

Note:- Story means “an account of imaginary or real people and events told for entertainment...” www.oxforddictionaries.com . Our Vedic Kathas are **NOT** stories.

The Satyanarayan Katha is a katha **NOT** a story... there is no perfect word for Katha in

such a limited language like English... The closest we can translate Katha to in English is “A true event/ narrative that actually took place”...

For those who observe the fast religiously and regularly, there are some great lessons to be learned from the 'kathas' (narrations).

To spread the message and understanding of the Shree Satyanarayan Katha and to encourage the participation of the public in South Africa and the World we at www.dipika.org.za are embarking on a proactive drive to make fellow Hindus aware of this most auspicious prayer. We are hoping by releasing this article with an introduction, preliminary puja proper of the Shree Satyanarayan and then the Shree Satyanarayan katha and finally the havan that many Hindus can perform this DIY puja every month. There is a very valid reason for this. The more of us perform these prayers every month, the more we are helping Mother Earth. Mother Earth is so burdened at this present time and we need to help her. How we do this is by performing these kinds of prayers.

Shree Satyanarayan Puja. (please note that this is the simple way.)

In the morning or evening of the puja proper, after having a bath, you should wear fresh clothes. Then at your prayer place, sprinkle water to purify the place. Then sprinkle Ata (flour) on a clean board/tile (or see what you can use – use your discretion). This is called a mandala/bedi (a place where the prayer is going to be performed.). Place a Lord Ganesh Murti or Picture on the Bedi and next to the picture of Lord Ganesh, place a picture of Lord Satyanarayan (you can use the picture given above). And next to the picture of Lord Satyanarayan on the right side when you are facing the picture, place your Lakshmi Lamp. We have supplied a picture of how this should look.



Sit facing East or North by the Bedi...

Recite the following mantra:

Take a little water from a clean cup using a teaspoon. Each time put a little water in your

hand palm and sip 3 times chanting “OM VISHNU”. Now wash your hands one last time.

Then take a little rice and flower petals and say in English “O Lord Satyanarayan on this day (which ever day you are performing the puja), month (which ever month you are performing the puja), your name, I am performing this Satyanarayan Puja to praise, honour and worship You. Please accept my prayer to You”.

Now leave this down on the bedi.

Take a betel leaf, betel nut, rice and flower petals and pray and chant to Shree Ganeshji “Om ganapataye aavaahayaamee sthapayamee” and keep on the bedi. Pray to Lord Ganesh to remove all obstacles in the path of your prayers to Lord Satyanarayan. Offer Lord Ganesha incense, lamp, flowers and some cut fruit and then one betel leaf + nut and then finally lamp.

Lord Satyanarayan is now invoked and worshipped via the picture. Take another betel leaf, betel nut, rice and flower petals and pray to Lord Satyanarayan

“Om shree satyanarayana bhagavan aavaahayaamee sthapayamee”

“Om swagatam su swagatam - Om shree satyanarayana bhagavan namah”

And place in front of the Picture of Lord Satyanarayan on the bedi. Pray to Lord Satyanarayan asking the Lord to please be present and accept your prayers. Now garland the Picture (optional).

1) Then offer Lord Satyanarayan the following items (on the betel leaf) four drops of water, three drops of Pancharit (the ingredients are given below)...

2) Offer flower or flower petals. (Pushpam = flowers)

Om idam pushpam – Om shree satyanarayana bhagavan namah

3) Offer incense (Dhoopam = incense)

Om tato dhoopam aghraa-payaami – Om shree satyanarayana bhagavan namah

4) Offer lamp (a piece of camphor in a clay lamp) (Deepam = lamp)

Om prat-yaksha deepam darshayaami – Om shree satyanarayana bhagavan namah

You offer the above items by turning the items seven times around the picture.

(Offer Shiro (this is given below on how to prepare it) - Naivedyam = food)

5) Om naivedyam samar-payaami – Om shree satyanarayana bhagavan namah

You can also place a small lota of milk next to the picture of Lord Satyanarayan.

6) Offer prayers for forgiveness

Om yaani kaani cha paapaani janmaantara kritaanee cha, taani sarvaani vinashyanti
pradakshinaa pade pade //

Then offer your personal prayers to Lord Satyanarayan. Ask the Lord for whatever you want and Lord Satyanarayan being so merciful will grant what you desire. But be careful what you desire for...

Now you start the reading of the Shree Satyanarayan Katha. So you may ask “Whoa, hang on why is the compiler of this article giving me the English version of this Katha”. Well it's because many can't read Hindi and hence English has to be used. Hence we present the Satyanarayan Katha in English. Don't worry, the Lord will still accept it because He understands English as well. Seriously whatever language you speak in the Lord understands. It's what in your heart that counts.

Shree Satyanarayan Katha (5 Chapters)

FYI... There are 271 verses in total in the Shree Satyanarayan Katha -

Chapter 1	32 verses
Chapter 2	73 verses
Chapter 3	79 verses
Chapter 4	62 verses
Chapter 5	25 verses... Total of 271 Sanskrit verses

Now all the members of the family take a little flower petals in their hand and hold it. Now a member of the family reads the first chapter.

CHAPTER 1

Many thousands of years ago, in the forest of Naimisharanya near the famous city of Ayodhya, Shaunaka Rishi and other Rishis engaged in penance gathered together and asked Srila Soota Goswami a great question: The Rishis said "O great Muni, what penance is there which delivers just desires? We are eager to hear it from you. Please enlighten us."

Srila Soota Goswami said: "On one occasion, Narada Muni asked the same question to Shree Vishnu Bhagavan in Vaikuntha. I will narrate the same reply given by Shree Vishnu Bhagavan, so please listen with concentration. Narada Muni during his travels came to our Planet Earth. The great Muni saw people from all walks of life suffering from their actions of wrong doing, in multiplicity of pains of the mind, body and environment. With the single thought in his mind, concerned with finding a solution to eradicate this suffering, he traversed to Vishnu-Loka - the abode of Lord Vishnu. In Vaikuntha (another name for the abode of Lord Vishnu), he had darshan of Lord Narayan (Lord Vishnu). The Lord was with four hands holding conch, disc, mace, Lotus flower and was beautified with a garland around His neck. Upon seeing the Lord of lords - Shree Vishnu Bhagavan, Naradaji began to pray:

"O Lord who is beyond mind and speech, of countless forms and endless power, without beginning, middle or end, with no attributes yet creator of satva, raja and tama qualities, the foremost in all the living beings, the destroyer of the sufferings of those who seek refuge in You, I prostrate bow to You."

Upon hearing the prayer of Shree Narada, Shree Vishnu Bhagavan said: "O very fortunate Narada Muni, tell me the reason of your presence. What is troubling your mind? Please tell Me. Whatever you wish to know, I will certainly tell you all."

Narada Muni said: "O Lord, in Manushyalok (the earth) everyone is suffering. People of various origins are greatly pained by suffering arising from their karma. Please tell me if there is an easy way to destroy their sufferings"

Shree Vishnu Bhagavan said: "O dear child, you have asked Me a great question for the benefit of all people. I will relate to you that which rids illusion and attachment. The vrat (penance) which is scarce in heaven and earth, that I will narrate to you due to My great affection for you. Anyone can do this great vrat of Shree Satya Narayan according to procedure and fulfil their just desires and quickly obtain liberation."

Upon hearing Bhagawan's speech, Narada Muni asked: "Great Lord, what are the achievements resulting from the procedure for Shree Satya Narayan's vrat? Who did this vrat before? And when did they do this vrat? Please tell me all the details."

Shree Vishnu Bhagavan said: "O Narada Muni, this vrat destroys sufferings and increases wealth. It augments good fortune and family, as well as bestows victory. People with faith

and devotion should perform the puja of Shree Satya Narayan with the company of brahmans, friends and relatives. Make a canopy with only pillars decorated with festoons. Within should be placed five water filled kalash (Lota/chumbu). Decorate the canopy with flower garlands and place seven types of dry foods - rice, barley, wheat, mung, black mung, kaang and Til seeds. Cover the canopy with silk cloths. The floor should be decorated with a beautiful pattern with scented sandalwood paste. Play musical instruments such as conch and drums. Enjoy the evening with family and friends. With the intention of doing the vrat in the evening, wake up early in the morning, have a bath and complete ones's daily duties. Then prepare a Deity of Shree Vishnu Bhagavan and Lakshmi devi. Bathe the Deities with Panchamrit (concoction of milk, honey, ghee, curd and sugar), wrap with two clothes, place in a copper plate, do praan pratishtha (implant life force in the Deity) and then perform puja through a brahmin priest (or on one's own) with family and friends, with sandalwood paste, flowers, Tulsi leaves, sweet scented smoke, deepam, vegetarian foods, betel leaf and betel nuts and various fruits. Offer with great devotion to the Lord, Naivedyam (food) in one and quarter proportions (e.g. one and quarter pound measures). Take bananas, ghee, wheat (or rice) flour, candy (or molasses), all in one and quarter weights. Mix them together to make a dough and cook to make shiro. Offer the shiro to the Lord, distribute to friends and family and take the same oneself as prashadam. Offer Dakshina (money etc.) to Brahmins. Then sing devotional songs to the Lord. Then all can go home contemplating on the Lord. Thus done, man's just wishes are certainly fulfilled. Specifically in Kaliyuga, this is a very simple and straight forward mean."

HERE ENDS THE FIRST CHAPTER OF REVA KHAND OF THE SHREE SATYANARAYAN KATHA FROM THE SHREE SKANDA PURANA.

Now all together place your palms in the Namaste position and say loudly

(Sabse bolo) Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

And offer the flower petals to the picture of Lord Satya Narayan.

All the members of the family take a little flower petals in their hand and hold it. Now a member of the family reads the second chapter.

Chapter 2

Shree Soota Goswami said: "O munis, I will tell you of those who performed this vrat in the past. In the famed city of Kashi (Varanasi), there lived a poor married brahmin, begging for a living, was renowned by the name of Sadanand. One day while on the way to begging, Lakshmiapati (Lord of Lakshmi) gave him darshan in the form of an old brahmin and asked him: "O brahmin, where are you going? What is your livelihood? Pray tell Me."

The brahmin said: "O Brahma devta, begging is my livelihood. I am going out to beg at the houses of the wealthy to feed my wife and son"

Shree Vishnu Bhagavan said: "Begging is very demeaning especially in this Kali-yuga. Listen to My advise and devote yourself to Shree Satya Narayan. Praying to Shree Satyanarayan one destroys one's poverty and sadness, and obtains liberty (moksha), and rids oneself of sins and thus go and seek refuge of the lotus feet of Shree Satya Narayan."

Thus the most compassionate Lord Shree Hari advised the brahmin. Thereupon the brahmin asked who was Satya Narayan Bhagavan.

Shree Vishnu Bhagavan said: "O Vipra, the beholder of innumerable forms, truthful, omnipresent Bhagavan in the form of brahmin is standing in front of you. Shree Hari's lotus feet rescues those drowning in the sea of suffering. Those followers of honesty and moral integrity go to seek refuge of Bhagavan, followers of immorality and lust cannot. O vipra, Shree Satya Narayan fulfils all desires. O brahmin, collect all the required ingredients for the puja. You perform His puja. You perform this excellent vrat. You spread the message of this vrat to all so that all can benefit from it and rid themselves from sins and wrongful acts."

Thus said, Shree Satya Narayan gave darshan to the brahmin - with four hands holding conch, disc, mace and Lotus flower. Upon seeing Shree Hari, Sadanand's body hair stood up and tears of love streamed from his eyes. With a very emotional voice he prayed and prostrated body length to the Lord.

Sadanand said: "O Lord of the universe, Lord of this earth I bow to You. Creator of lifeforms, sustainer of life, the Lord dissolving all life forms at the appropriate time, Satya Narayan Bhagavan I bow to You.

I am fortunate today, my desires are fulfilled. My life has succeeded today. You have graced me with direct vision of Your form beyond mind and speech.

How can I describe the vision. I do not know the fruit of which merit I have achieved today. Action-less and ill fated, my life has now accomplished success.

O Bhagavan, Lord of Kamla (Lakshmi)! I am a wretched being! Pray tell me with what procedure I need to do the puja.

So Shree Vishnu Bhagavan said with a smile: "O brahmin, do My puja with wealth that you gather by chance. Both Gajendra and Ajamila had relieved themselves of their troubles by devotion to Me. O brahmin, listen to the procedure of My puja which I will tell you. With the desire in your mind to fulfil, collect all the ingredients required and conduct My puja. Take 1 kilogram of wheat flour, milk, ghee, candy, etc. and prepare shiro. Do My puja with great faith using sweet fragrances, flowers, sweet smoke, light, chanting of Vedic mantras and if one possesses wealth, then prepare many kinds of sweet foods, betel leaf with betel nuts. Listen to My story faithfully with Brahmin's, relations and spouse; and at the end of the katha prostrate bodily on the ground to Me, distribute the prashadam to all to eat and also eat yourself.

O brahmin, I am pleased with pure devotion. I cannot be pleased with wealth. Those who perform My puja according to this procedure will experience fulfilment of their wished just desires and in the end acquire abode of heaven."

Upon saying thus, Shree Hari in the form of the brahmin became invisible. Sadanand brahmin pleased in his mind was quite surprised and made a commitment:

"Just as Bhagavan has said, I will go to beg and with whatever I get, with that I will perform Shree Hari's puja."

With that commitment he went into the city to beg, and without even calling "Bhikshaan dehi" (please give), he obtained a lot of wealth. Surprised in his mind, he went home, told his wife what had ensued. With her husband's permission, she gathered all the ingredients for performing puja, invited all the nearby residing fellow neighbours, performed puja with great faith and Shree Hari was very pleased with him.

At the end of the Katha, Shree Hari appeared and said: "O sinless brahmin! I am very pleased with you. Ask Me for anything you wish."

The brahmin asked for a great boon of happiness in this world and the next, and also asked for devotion to the Lord and company of spiritually inspired people.

"Tathastu (so be it)" said the Lord and became invisible. The brahmin was very satisfied. All the attendees bodily bowed to the Lord, partook of the prashadam saying "Great is Sadanand Brahmin" and dispersed to go home. From henceforth the Satyanarayan vrat which fulfils all just desires, provides devotion to the Lord and delivers liberation, and destroys sins was established.

Shree Soota Goswami said: "O Shaunaka and Munis, now listen how the Bhil wood-seller was pleased. Always roaming in the jungle carrying piles of wood, the Bhils once went to sell their wood in Kashi city (Benaras). One of the wood sellers became thirsty and ended up at the home of Sadanand brahmin. There he saw the brahmin performing puja of the Lord. He was surprised to see the brahmin so wealthy. Before, he had observed the brahmin was poor. He was thinking about how the brahmin had come to be wealthy and so clasping his hands he respectfully asked the brahmin: "O fortunate Brahmin! Where did you obtain so much riches? How did your poverty disappear?"

Sadanand said: "O kathyaraa (wood-seller), what cannot be achieved by the grace of Shree Satya Narayan?"

Thereupon the kathyaraa said: "O Brahmin, please tell me the greatness of Shree Satya Narayan and the procedure of the puja."

Whereupon the brahmin said: "O Kathyaraa, in the city of Mani Nagar lived the Lord's famous devotee King Chandrachud. He asked me for the procedure of Shree Satya Narayana Puja. I will re-iterate the same to you as I relayed to him, so please listen. The individual should make a commitment to perform the vrat; after completing the daily chores, collecting all the necessary ingredients for the puja, either in a canopy or in the abode of the Lord in the house, place on top of a copper kalash (vessel) filled with water a Deity of Lord Satya Narayan and Lakshmidivi and perform puja with a priest, family and friends.

Take 1 pound of wheat flour, 1 pound of ghee, 1 pound of sugar and similarly milk and prepare shiro with the mixed ingredients cooked. Also offer to the Lord curd, milk, all kinds of green fruit, flowers, scented smoke, lit candles... perform Bhagawan's puja faithfully. If circumstances provide, then perform puja with great grandeur. Nevertheless, the Lord is pleased with pure devotion, not just display of wealth.

Never display or commit even within your mind egoistic pride. Lord Krishna rejected the grand royal dinner of Duryodhan and willingly accepted the basic hospitality of Viduraji. Bhagawan likes devotion displayed by Jatayu, Hanumanji and Vibhishan.

Others from the demonic descent like the great sinner Vritrasura and the great devotee Prahlad Maharaj devotionally went seeking refuge of Shree Hari and achieved bliss.

After hearing this, King Chadrachud collected all the necessary ingredients and faithfully performed Shree Satya Narayan's puja. As a result, he ruled his kingdom without any problems; he got his nation also to perform Shree Satya Narayan's vrat. So you also perform Shree Satya Narayan Bhagawan's vrat."

After hearing this, the kathyaraa bowed to Sadanand brahmin and relayed to his friends about the sacred Shree Satya Narayan's puja. The other kathyaraas (wood-sellers) were also very pleased to hear.

All the kathyaraas made a commitment: "Whatever we obtain today from the sale of the wood, we will perform Bhagawan's puja with it."

That day, they obtained fourfold return on the sale of their wood; they were very pleased and told their wives on reaching home. Their wives were also very pleased and obtained permission from their husbands to collect the necessary ingredients and performed Shree Satya Narayan's puja together with family members. After puja, all bowed to Shree Satya Narayan and became sinless. Prashadam was distributed to friends and family members. All kathyaraas enjoyed pleasures on this earth and in the end went to Vaikuntha-loka (The abode of Lord Vishnu).

HERE ENDS THE DISCUSSION OF SADANAND AND NISHAAD OF THE SECOND CHAPTER OF THE REVA KHAND OF THE SHREE SATYANARAYAN KATHA FROM THE SHREE SKANDA PURANA.

Now all together place your palms in the Namaste position and say loudly

(Sabse bolo) Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

And offer the flower petals to the picture of Lord Satya Narayan.

All the members of the family take a little flower petals in their hand and hold it. Now a member of the family reads the third chapter.

Chapter 3

Srila Soota Goswami said: O Shaunaka and Muni's! I will relay to you the katha of a trader by the name of Sadhu who was greatly impressed by the preaching of King Chandrachud. Once King Chandrachud was performing Shree Satya Narayan's puja with his family and friends. At that time, Sadhu the trader happened to pass by on the river with seven of his big boats filled with great wealth. There he happened to see canopies occupied by humans of all races, the covers of which were studded with jewels. He heard the sound of Vedic mantras, songs being sung and musical instruments played. Upon noticing this he asked his helmsman to stop there to enquire. The helmsman accordingly stopped the boats.

With his chief man, Sadhu alighted from the boat and respectfully asked the people gathered about the nature of the gathering and admiring the decorations he entered the main canopy. There he bowed to the king and all honourable people and asked which vrat was being performed.

The audience replied: "We are performing with our families Shree Satya Narayan's puja. Please be seated, listen to the katha and partake the prashadam."

Thereupon the trader Sadhu asked what are the benefits of the Shree Satya Narayan's puja and its procedure. The gathered people said even Lord Brahma was not capable of relating the full effect of the vrat.

"Nevertheless we will briefly relate the vrat to you. The one who gets to perform this katha, if he is without wealth he acquires wealth, a couple who is childless is bestowed with children, those deposed from the throne obtains one's kingdom back, the blind obtain sight, those imprisoned gain freedom, the frightened lose their fear. Whatever just desires that one has become fulfilled."

The trader Sadhu then gathered the procedure of the vrat, prostrated bodily to the Lord and made a vow: " O Bhagavan, I am childless and therefore all my wealth and prestige is thus worthless. If by Your grace I obtain a son or daughter, then I will get made a gold flag and

perform Your puja appropriately. All those present please give me your blessings so that my desire may be fulfilled."

The gathered people all said "Tathaastu - may your just desire be fulfilled."

He then bowed to the Lord, partook from the prashadam and reminiscing on Shree Satya Narayan he departed for his home. Upon reaching home his wife Lilawati welcomed him. In time his wife carried a child and duly gave birth to a daughter. Sadhu the trader was delighted to see his daughter with beautiful eyes. He named the daughter Kalavati. Kalavati grew just as the moon of the bright half. Upon reaching a marriageable age, Sadhu began to think about finding an appropriate son-in-law. He found such a young man - from honourable family, handsome, of just character and benevolent disposition, the son of the trader Shankhpati of Kanchanpur and decided to marry his daughter to him.

In the fortunate marriage ceremony, auspicious mantras were recited around the presence of the fire and Sadhu gave the hand of his daughter. He affectionately accommodated his son-in-law in his household.

Time passed by but he did not perform Shree Satya Narayan's puja. Being lost in the thoughts of wealth, he decided to take his son-in-law to go lands afar to trade and to acquire more wealth. During his journey, he found a beautiful city on the shore of Narmada river. There he began to trade in jewellery. In short time his past actions brought him sufferings. One night thieves committed a robbery from the treasury of the king. The thieves ran off with a garland of pearls, jewels, expensive jewellery, clothes and other expensive items. In the morning the king after completing his morning chores came to the court.

The guards to the treasury came and told him: "O Maharaja, last night thieves took away jewels, pearls and a lot of wealth." Upon hearing this, the king ordered his servant to quickly catch the culprits and bring them with all their loot. "If this is not done, then I will destroy you and your family."

Hearing this strict command of the king, he passed the job to the police. During the night the police went out looking for the thieves whereupon they saw the wealthy trader in his shop. They were very pleased and discussed amongst each other : "How come this trader has got all this wealth?" Around his neck he has this garland of pearls which must belong to the king."

Deciding thus they at once handcuffed the trader and his son-in-law and presented them both to the king with all their wealth. Their fate being adverse, the king did not hear any of their pleadings and ordered to handcuff their hands and feet and throw them into prison, their wealth was confiscated and deposited in the treasury. The police acted as per the king's command.

Sadhu began to cry: "O Bhagavan, for which reason am I being imprisoned? What will happen to my faithful wife. This is Vidhata's (Goddess of fate) converse justice! Without cause, what has Vidhata plotted for me? For which sin have I suffered this I do not know."

In such sorrow, the trader and his son-in-law spent twelve years in the jail. The fate being adverse, all his wealth at home was either destroyed by fire, or taken by the king or looted by thieves. Sadhu's wife Lilavati and daughter Kalavati suffered greatly. They eked out a living by selling off whatever was available in the house.

One day Kalavati suffering from hunger and thirst went to a Brahmin's house. There she saw Shree Satya Narayan's puja being performed.

She prayed to Bhagavan: "O Shree Satya Narayan, when my father and husband quickly

return home, I will also perform Your puja."

The brahmin said "Tathaastu - may your just desire be fulfilled".

Hearing this Kalavati partook the prashadam and returned home. Her mother Lilavati angrily asked where she had been late in the night.

Thereupon Kalavati said: " Dear mother, I stopped at a Brahmins house where Shree Satya Narayan's puja was being performed. Man can directly achieve results in Kali-yuga from the daily puja of Shree Satya Narayan. I also desire to perform Shree Hari's puja. It is my wish that my father and my husband come home quickly."

Thus thinking with her mother, she went to beg in the city the next day. Without effort she gathered much money with which she gathered all the necessary puja ingredients and faithfully performed Shree Satya Narayan's puja with her mother Lilavati. Due to the effect of this, the Lord was pleased and where Sadhu and his son-in-law were captive, for them the Lord appeared in the last quarter of the morning dream of the king.

The Lord said to the King: "O King, free immediately the two traders in your jail, without reason you have kept them in there. Free them or else I will bring forth your destruction."

Saying thus the Lord became invisible. The King then awoke. He at once stood up and was astonished. He meditated upon the Lord. He bowed to his Guru and related the facts of his dream. He obtained comments of his ministers and asked his guards to bring the two traders to him.

Under oath he asked them: "Truthfully tell me what part of the world you live in? What is your dynasty? What part are you residents of? Why have you come here?"

Sadhu said: "Maharaja, resident of Ratnapur we are born in trader family and had come for trading here. Claiming we were thieves, your police brought us here handcuffed. We are not thieves. O king! Without reason even Shree Krishna was accused of stealing the Syamantaka gem! You may now do what is appropriate."

The king ordered both to be released from captivity, got their overgrown hair to be shaved and had them bathed in scented water. He then fed them both and honoured them with clothes and jewellery.

The honoured trader Sadhu with his son-in-law then asked the king: "Maharaja, permit us to leave for our land of residence."

The king commanded his treasurer: "Fill this trader Sadhu's boats with the wealth expropriated from him and more."

He then bade farewell to trader Sadhu and his son-in-law.

HERE ENDS THE KATHA BETWEEN SADHU AND THE KING IN THE THIRD
CHAPTER OF THE REVA KHAND OF THE SHREE SATYANARAYAN KATHA FROM
THE SHREE SKANDA PURANA.

Now all together place your palms in the Namaste position and say loudly

(Sabse bolo) Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

And offer the flower petals to the picture of Lord Satya Narayan.

All the members of the family take a little flower petals in their hand and hold it. Now a

member of the family reads the fourth chapter.

Chapter 4

Srila Soota Goswami said: "O Shaunaka and all Muni's, Sadhu who had become vacant minded upon regaining his lost wealth began to prepare to depart to his own land of residence, but he did not perform Shree Satya Narayan's puja. Shree Satya Narayan had freed him and his son-in-law after his wife and daughter had performed Shree Satya Narayan's puja. For the purpose of giving him advice, Shree Satya Narayan came to them in the form of a Sannyasi (a renounced sage) and asked:

"O Sadhu trader, what is it that you have in your boats ? Where is it that you are going ?" Upon hearing this, Sadhu said: "O tapasvi (One who has performed penance), my boats are filled with only leaves and creepers." Just as he said this, the Tapasvi said: "Tathaastu (so be it)", walked away and sat nearby.

At once, the boats were filled with creepers and leaves, and due to the lighter weight the boats came afloat. Upon witnessing the disappearance of his wealth, Sadhu became worried and cried out: "Where is my wealth? What shall I do?"

And thus saying he became dazed. He became very despondent and cried whereupon his son-in-law said to him "There is no purpose to feel shock and sorrow! The wealth has all disappeared according to the Tapasvi who said "Tathaastu". There is no doubt in that, so let us take refuge in the Tapasvi such that our desires may be fulfilled."

Upon listening to his son-in-law Sadhu went to the Tapasvi behind the trees and said clasping both his hands: "You must be some divine being, Gandharva or the creator Lord. Your valour is not known to the divine nor the demons. O greatly fortunate, what is the reason for my sufferings?"

Then re-endowing his grace and examining his past, the Tapasvi began to say: "When King Chandrachud was performing Shree Satya Narayan's puja you vowed and prayed for a child. Do you recollect of the fulfilment of this desire? The universally omnipotent Shree Satya Narayan is capable of fulfilling your desires. O wicked minded, how will you obtain your welfare by ignoring Shree Hari?"

Upon hearing the Tapasvi, Sadhu recollected his vow, and as he observed, the Tapasvi changed His form to reveal Shree Satya Narayan Bhagavan. Sadhu bodily prostrated, circumambulated (walked around) the Lord and overcome with great emotions prayed: "O form of eternal truth, Shree Satya Narayan, it is due to the effect of Your righteousness that the world observes true. To That Lord I do bow. Those beings charmed by Your illusion cannot understand how to obtain their welfare. Always drowned in the sea of pain and sorrow, I am stupid, blinded by pride. I could not recognise You. Please forgive me for my fault. Please give me Your permission so I can reminisce upon Your lotus feet."

Having thus prayed, Sadhu donated an expensive ornament to Shree Hari and vowed: "Upon reaching home, I will immediately perform Shree Satya Narayan's puja."

At that moment the pleased Shree Hari said: "All your desires will be fulfilled. Those on this earth who will pray to Me by your said prayer, I will certainly be pleased upon them and will fulfil their just desires." Sadhu came to his boats and found they were again filled with wealth, so with great joy set forth for his home.

Upon reaching near his home Sadhu sent his servant forth with his arrival message. The servant told Lilavati that her husband had arrived with their son-in-law. Both Kalavati and Lilavati were performing Shree Satya Narayan's puja at that time. Upon hearing the nectar

like words of the messenger, Lilavati completed the puja, prayed to the Lord and went to the boats with her friends. Eager to see her husband, Kalavati forgot to partake of the Lord's prashadam. Due to ignoring of the Lord's prashadam Sadhu's boat with his son-in-law disappeared in the water.

Upon observing this, he began to wail: "O intellectual son-in-law, I suffered in the prison with all sorts of pain! Where are you! Due to fate I was sad without a son from the beginning, and considered you as my son."

At the same time Lilavati arrived with auspicious substances to greet them. Observing the calamity, she was dazed. Gaining her senses again, she hugged her daughter Kalavati and began to cry: "Contempt to your compassion. Why have you committed my daughter to this state?"

Thus confused, Lilavati began to wail tragically and fell to the ground. Kalavati began to cry: "O my Lord! O my love! O righteous! O compassionate! O divine! Vidhi has made me despondent and husband-less. Where can I go! Where can I stay? What can I do? Whose refuge shall I seek? Who will rid me of my suffering? In the Vedas it is said man's half being is woman. For what reason my half in the form of my husband has vanished? How will I live without him?"

Thus very sorrowfully Kalavati was crying. At that time, in the minds of Sadhu and Lilavati came the voice which said: "O trader Sadhu! Don't be sad, your daughter Kalavati will certainly meet her husband if she partakes the prashadam of Shree Satya Narayan."

Hearing thus, Kalavati was surprised and went home, partook of the prashadam and promptly returned to the shore of the river whence due to the grace of Bhagavan the drowned boat by itself floated out of the water. Seeing his son-in-law seated in it, Sadhu went and hugged him. All were infatuated by his apparent return from death. Then the very pleased Sadhu called all his friends and family and performed Shree Satya Narayan's puja. The puja was performed with numerous varieties of beautiful book gifts, sweet smokes, lamps, sweets, foods, green fruits, flowers of lotus and champaa and so forth. And as he had vowed initially, he presented at the lotus feet of Bhagavan a golden flag with a joyful bow.

Sadhu then said to Shree Satya Narayan Bhagavan: "O graceful Lord! Forgive me for my faults and stupidity. O divine Lord! Demons, evil practitioners, humans, serpents, compassionate people all have come forth from You. So forgive me for my ill-doings."

Then Sadhu fed his friends and family. Enjoying all the great luxuries on this earth he resided in Vaikuntha-loka in the end. Those who perform to the procedures above will achieve their just desires.

HERE ENDS THE SADHU'S KATHA IN THE FOURTH CHAPTER OF THE REVA
KHAND OF THE SHREE SATYANARAYAN KATHA FROM THE SHREE SKANDA
PURANA.

Now all together place your palms in the Namaste position and say loudly

(Sabse bolo) Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

And offer the flower petals to the picture of Lord Satya Narayan.

All the members of the family take a little flower petals in their hand and hold it. Now a member of the family reads the fifth chapter.

Chapter 5

Srila Soota Goswami said: "O Shaunaka and Muni's, listen to another katha that I will now relate to you. Previously there was a king by the name of Tungadhwaaja who looked after his nationals extremely well. He refused prashadam of Shree Satya Narayan and suffered greatly for his folly. He once went to hunt deer in the forest and sat under a tree to take rest. Some faithful cowherds were performing Shree Satya Narayan's puja. Although he saw them, his ego and pride prevented him from attending to witness the puja. He thought they were cowherds of little intellect and due to his ill fate he did not bow either. The innocent cowherds, pleased to see their king went to him and left him prashadam before partaking themselves. The king rejected the prashadam and without even looking at it he left for home. He duly brought suffering upon himself. His sons were destroyed. His kingdom and wealth all vanished due to the disrespect to prashadam. Afflicted by the various sufferings, the king tried to assess the reasons. "I must be suffering due to forsaking Shree Satya Narayan's prashadam." Thinking thus, he went to the location where the cowherds were performing Shree Satya Narayan's puja and sat with them and performed Shree Satya Narayan's puja according to correct procedures. From its effect Bhagavan was pleased. The king regained his lost kingdom and enjoying all the comforts on this earth eventually passed to Vishnu-loka.

Those who perform with devotion Shree Satya Narayan's puja and listen to the katha, they are rewarded with wealth and foods by His grace. The poor obtain wealth, the bounded are freed, those surrounded by fear are relieved from the cause of their fear, and this is a fact without doubt. They obtain their desired just ambitions and in the end transcend to Satyapur i.e. Vaikuntha. Srila Soota Goswami said: "O Shaunaka and munis! I have thus related Shree Satya Narayan's vrat, by performing this vrat all people can rid their sufferings. Even more so in this Kali-yuga, Shree Satya Narayan's puja bears great fruit. Some call Him Kaal (time). Some denote Him as Satya (truth). Some recognise Him as Shree Satya Narayan while others proclaim Him as Satyadeva (Lord of Truth). The Lord takes on various forms and fulfils ones desires.

O Shaunaka and munis, those who listen to this katha or read it, all their sins are destroyed by the kindness of Shree Satya Narayan. O great Mandaleshwaras (title given to Rishi's of high spiritual state), I will relate to you the after lives of those who had performed Shree Satya Narayan's puja. Shatanand brahmin of Kashi, by worshipping Shree Satya Narayan, in the next life became Sudama Brahmin and living close in the spirit of Shree Krishna obtained liberation.

The wood selling Kathyaaraa by getting involved in Shree Satya Narayan's worship became King Guh in his next life whereby he gained service to Lord Shree Raam and was liberated. By serving Shree Satya Narayan, King Ulkaamukh became majestic King Dashrath who worshipped Shree Rangnatha and thereby resided in the heaven.

The trader Sadhu in the next life became King Mayurdhwaj. When the Lord Himself came to test his honesty, he arranged for his body to be sawn in half to dedicate it to the Lord and thereby qualified for liberation.

Emperor Tungadhwaaja worshipped Shree Satya Narayan and his next life became Swayambhu Manu to spread the message about Vishweshwar Mahaprabhu, thereby making his nationals devoted to the Lord gaining them innumerable comforts and wealth in the process and he eventually resided in Vaikuntha-loka.

HERE ENDS THE FIFTH CHAPTER OF THE REVA KHAND OF THE SHREE
SATYANARAYAN KATHA FROM THE SHREE SKANDA PURANA.

-----**(Hari Om Tat Sat) X3**-----

Now all together place your palms in the Namaste position and say loudly
(Sabse bolo) Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

Shree Satya Narayan Bhagavan kee jai.

And offer the flower petals to the picture of Lord Satya Narayan.

How to perform your own Shree Satyanarayan Havan.

Now you are ready to start with the havan.

On a tile place the havan kund. Place four pieces of kusha grass on the four sides of the kund. Place some sand in the kund so that the ghee when added wont leak out of the kund and mess the floor. Then light the pieces of camphor to start the fire and place in the havan kund... Place some wood in the havan kund now... You can add more camphor in the kund...

Chant the mantra **Om Agni Devtaa bhyo Namah**

Offer a Tulsi Twig into the fire. (This is optional).

Now we start the havan... every time “**swaahaa**” is chanted, offer Samaghree or ghee into the fire.

Your Samaghree consists of the following: - 100g Til; 100g Jau, 200g navadhan, 1 Tsp sugar, 200g white rice, 50g of lobhan.

Om ganapataye swaahaa

Om grinih sooryaaya swaahaa

Om som somaaya swaahaa

Om ang angaarkaaya swaahaa

Om bum budhaaya swaahaa

Om brim brihaspataye swaahaa

Om shum shukraaya swaahaa

Om sham shanaish-charaaya swaahaa

Om ram raahave swaahaa

Om kem ketave swaahaa

Om aim hreem kleem chaamun daayai vich chai swaahaa

“Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaat Om swaahaa ”.

Om Hanumate swaahaa

om shareeng hareeng kaleeng hareeng shree maha lakshmiyai namah X 9

Om Satya-deva-ya swaahaa

Om Satya-yoga-ya swaahaa

Om Satya-gyana-priya-ya swaahaa

Om Satya-nidha-ye swaahaa

Om Satya-sambhava-ya swaahaa

Om Satya-prabhu-ve swaahaa

Om Satya-karma-ne swaahaa

Om Satya-pavitra-ya swaahaa

Om Satya-bhootaya swaahaa
Om Satya-natha-ya swaahaa
Om Satyesh-vara-ya swaahaa
Om Satya-atma-ne swaahaa

Sprinkle water around the havan kund three times.

Offer samaghree 21 times with the Maha Mantra “Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare”, to atlay for any mistakes committed during the havan.

Finally Purna-Ahuti. Place two purees on top of each other, place the balance of the samaghree on top of these, on top of this place a betel leaf, a betel nut, a few drops of ghee and place whole into the fire while chanting

Om Poornaa-darvi paraapata supoornaa punaraapata.
Vasna neva vikree-naa-vahaa isha-moorja gvam shata-krato swaahaa.

You can chant (or play on a CD/cassette player) the Shree Satyanarayan Aarti.

The Shree Satyanarayan Aarti is on our www.dipika.org.za with the sing along mantras as well. On a thari place some flower petals and place a clay lamp with a wick in it, light it and turn around the whole Bedi until the Aarti is completed.

Once this is complete ask Lord Narayana and all the Devi and devas for forgiveness for any mistakes that was committed during the havan and. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes. And chant the Maha Mantra once to end.

Requirements for the Havan: -

1 havan kund and a metal rectangular tray to keep the kund on it,

4 x 10 inch Kush (Darbha) grass for the 4 sides of the havan kund,

1 packet firewood (cut to size of the havan kund);

100g ghee; 1 box matches, one medium size bowl for the Samaghree.

Samaghree: - 100g Til; 100g jau, 200g navadhan, 1Tsp sugar, 200g white rice, 50g Lobhan.



Additional notes of the Satya Narayan Katha.

The Satya Narayan Katha is a fairly simple Katha yet its filled with mind blowing lessons for us mere mortals to learn from. This commentary is to help understand the inner deep meaning of the simple truths, which are seeded in this awesome katha. Note as stated in the beginning of the article we prefer not using the word “story” as story generally relates to something made up. These are not made up and hence we shall continue to use the word “Katha”.

The katha began with Narada Muni asking Bhagavan a simple solution to eradicate the sufferings of all creatures. Great souls (Mahatmas) like Narada Muni live to only serve mankind.

Sadanand was blessed with Bhagawan's darshan because his sufferings which were due to his previous actions had come to an end after the intense devotion and worship he had performed. Not only Bhagawan told him the way to eradicate his poverty, but also to help others in the process. Why you may ask? As all beings are but forms of the Lord, without serving others we cannot achieve any permanent success. Otherwise we are denying ourselves success! Sadanand's penance made Bhagawan give him darshan. Sadanand helped the wood-sellers to rid of their sins through performing the vrat.

All our possessions are but the gift of Bhagawan Shree Vishnu. We come to secure these during our lives on this planet. We had none before birth and will also leave behind all after death. We only acquire these due to our past actions, which bear fruit in the form either pleasures and wealth due to past merits or sufferings and poverty due to sins committed previously. Possessing and enjoying of material comforts and wealth selfishly for one self is a sin and leads to poverty of materials and mind. The purpose of life is to serve others and giving to others of one's possessions to fulfil needs of others. This invariably attracts further wealth.

Sadhu the trader promised Bhagawan he would perform the vrat when his wish to have a child was accomplished. He neglected Bhagawan in his pursuit of wealth, which brought him and his family great suffering. But Bhagawan's grace flowed through that very child, who performed the vrat which resulted to remind Sadhu of his selfish actions (possessing wealth for his self and not to serve others) through his release from jail and being tested by Bhagawan as a Sannyasi – to remind him of his folly.

Also one the of greatest gifts Bhagawan can bestow to a man is a good wife. Lilawati as a good wife constantly reminded her husband to fulfil his vow which he didn't heed to. A good religious wife will always try her best to put her husband on the right path.

King Tungadhwaaja was unable to comprehend that all his kingdom and wealth were the grace of Bhagawan. He could not understand that the cowherds were indeed far advanced in the understanding of the universal truth when they presented to him the prashadam to partake, but which the king thought was only the immature play act of the cowherds. The king was in fact denying the grace of Bhagawan, which led him to lose his kingdom, wealth and possessions.

The essence of the vrat and the katha is not to instil fear or respect to Bhagawan out of fear. It is to awaken the understanding of what we are here for, what our existence is for – what is the purpose of life. It is certainly not acquiring or the enjoyment of the material possessions for oneself and denying others. But in-fact the opposite – that all we receive is indeed the prashadam (mercy/blessings) of Bhagawan and that it has to be used to serve others. Only then we will be eligible to succeed and ascend the path to eventually meet Bhagawan. May Bhagawan help you to seek and understand the universal truth. Jai Hind...

Why we consume vegetarian food or fast on Satyanarayan (Full Moon) Day

Humans are made up of approximately 60% water and 40% solid, so on Satyanarayan Day, the gravitational pull of the moon on human beings is the highest just as it is on the ocean, i.e. it creates high tides. In the same way, it affects the water content in our bodies, in other words "High Tide in our body!" This leads to emotional imbalance, making people tense, irritable and violent. Hence we have the word "lunatic" in the dictionary, which is derived from the Latin word "Luna" meaning moon. The mentally unstable usually go even crazier on full moon day. According to some studies done, more crimes are committed on full moon day than any other day.

Thus by eating a vegetarian diet or fasting on full moon day, this lowers the acidic content in our body system, which helps human beings retain their mental balance. By fasting or eating light vegetarian food, one is also giving the body a rest. When the body is at rest, the mind is also at rest thus it will not be prone to irritation or outbursts of anger. Fruits and vegetables also have about 60% water, thus we are aligning ourselves.

According to our Hindu scriptures each being goes through some or all 8.4 million forms of life, and human beings are one of them. Human life is considered to be the most elevated form of life among the 8.4 million forms. The purpose of human life is to perform good deeds and be free from the other forms of life by being with Bhagavan. When the soul leaves the human body it has no value. The life in the body (inner soul or Atma) is what counts and the soul which moves from one form of life to the other. According to our Hindu scriptures, what one does in the given form of life determines whether the following form of life becomes better or worse. The Human form is supposed to offer the best opportunity to get from the cycle of birth and rebirth and return to the Spiritual world called Vaikuntha-Loka and be with Bhagavan Shree Krsna, which is the ultimate goal of all souls.

When to perform the Shree Satyanarayan Katha and Puja.

1. Some devotees observe fast and perform the katha every month on Purnima - Full moon day - the 15th day of the lunar month. The dates for 2015 are as follows...
January 5th, February 3rd, March 5th, April 4th, May 3rd, June 2nd, July 31st,
August 29th, September 27th, October 27th, November 25th, December 25th.
2. Others perform a fast and perform the puja and katha when their desire or ambition is fulfilled/achieved.
3. Some may perform the puja and katha on special occasions like birthday, anniversary or marriage, starting new business or buying a new house.
4. Some observe a fast katha on Purnima (full moon day) or Sankranti tithi or any day that is suitable. Often on Sundays close to the full moon day is chosen.

It is advised that as soon as your desire/ambition is fulfilled perform Shree Satyanarayan katha, delay may cause difficulty.

How to make Panchamrit/Charanamrita for Lord Satyanarayan:-

In a standard size cup add 3/4 cup milk, 2 Tsps of yoghurt (maas), 1 Tsp of Sugar, 1 tsp honey, a drop of ghee. Mix this well and that's your Panchamrit/Charanamrita. You can add some coconut water and cut fruits like banana, apple, pear etc. This is optional.

How to make Shiro (Prashadam for Lord Satyanarayan):-

- 1 cup Semolina.
- 1 cup Sugar.
- 1 cup Butter Ghee.
- 3 cups Milk (Boiled).
- 1 tablespoon elachie powder (cardamom). {optional}
- 1/2 cup blanched almonds cut into thin strips. {optional}
- 1/4 cup blanched pistachio cut into thin strips. {optional}
- 1/4 cup cashew-nuts. {optional}



---Shiro---

How to prepare the Shiro as an offering for Lord Satyanarayan:

Add 1 cup Semolina and 1 cup Butter Ghee in a pan and roast it over slow flame while stirring the mixture continuously. After a little while add the sugar and milk to the roasted semolina and stir continuously on a slow flame. After some time the milk and sugar will merge with the semolina. The next items are optional but we are preparing this offering for the Lord so our Lord deserves the best don't you think? You can now add the almonds, pistachio, cashew-nuts and elachie powder and once again stir for a few more minutes and the Shiro is now ready to be offered to Shree Satyanarayan Bhagavan.

Puja list for the Shree Satyanarayan Puja.

- 1 picture of Lord Satyanarayan (use the picture in this article)
- 1 flower garland for the picture of Lord Satyanarayan (optional)
- 1 picture or small murti of Lord Ganesh
- 1 flower garland for the picture of Lord Ganesh (optional)
- 1 cup of water + tsp for achaman (sipping of water at the beginning of the puja)
- Your Lakshmi Lamp
- 100g white rice (uncooked)
- 1 clay or brass lamp as the Lamp offering
- 1 small lota/cup of milk to be placed by Lord Satyanarayan's picture.
- 1 small bowl of cut fruits (for example apple, pear and banana)
- 3 blocks of camphor
- 1 small dish of flowers
- 1 packet incense
- 3 tharis
- 7 betel leaves
- 7 round betel nuts
- 1 box matches
- 2 purees (optional)

For the Panchamrit/charanamrita: -

- 3/4 cup milk,
- 2 Tsps of yoghurt (maas)
- 1 Tsp of Sugar
- 1 tsp honey
- a drop of ghee.

You may add coconut water and cut fruits like banana, apple, pear etc. This is optional.

For Prashadam (Naivedyam) – Shiro:-

1 cup Semolina.

1 cup Sugar.

1 cup Ghee.

3 cups Milk (Boiled).

1 table spoon elachie powder (cardamom). {optional}

1/2 cup blanched badam (almonds) cut into thin strips. {optional}

1/4 cup blanched pista (pistachio) cut into thin strips. {optional}

1/4 cup kaju (cashew-nuts). {optional}

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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind... Jai Shree Lakshmi-Narayana.

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Compiled for the upliftment of Sanathan Dharma

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