

Sri Narayani Dheeksha Programme for Devotees



Spiritual Initiation for all leading up to Proclamation Day MAY 8, 2023

Beloved Amma has blessed every devotee to take part in Narayani Dheeksha initiation in their own home or at a Narayani Centre near you.

For those new to Amma, this is an initiation into Sri Sakthi Amma becoming their spiritual teacher and to the mantra,

Om Namo Narayani.

For those already connected with Amma, Narayani Dheeksha will deepen and strengthen their connection to Amma and the mantra,

Om Namo Narayani.

All are welcome to take part in this special Narayani Dheeksha – including children.

Guidelines to wearing the Narayani Mala on the 1st day of Dheeksha



1) On April 30th morning at 8 am place the yellow mala and a glass or pot (copper, steel or brass) of *theertham* (holy water) at your altar.

How to make *theertham*:

a) Place your right hand over the glass or pot of water (if possible, add a tulsi leaf or cardamom pod to the water).

b) Chant *Om Namo Narayani* and invoke Amma's Grace, Energy and Blessings into the water. This is a simple way to make *theertham*.

2) Perform your Narayani Dheeksha *pooja* (see procedure on page 3). At the end of the *pooja*, after all the offerings and *aarathi*, sprinkle *theertham* on the mala and wear it. The head of the family can offer the *mala* for each of the family members.

3) From April 30th to May 7th, perform your Narayani Dheeksha programme twice a day (every morning and evening). On May 8th only perform the *pooja* in the morning. Please follow the guidelines below.

4) The blessed *mala* must stay on the devotee for the entire duration of the Narayani Dheeksha (ending May 8th). Do not remove the *mala* for any reason, such as bathing, sleeping, swimming etc.

5) For women on their monthly cycle: Amma has advised to continue chanting the *mantras* during this time, however they should not perform the *pooja* during the first three days of their cycle. They can begin on their fourth day.

6) Do not use your Narayani Dheeksha mala for counting the *mantras*. You may use another *mala* for counting.

7) On May 8th, devotees will perform the Narayani Dheeksha *pooja* and then remove their mala and place the mala on Amma's photo. Do not wear the mala again after this. Amma has asked all devotees to leave the mala on the photo on your home altar until further instruction from Amma.

1. You must take a bath or shower before each *pooja* (twice a day, once before the morning *pooja* and again before evening *pooja*). Please wash your hair once a day in the morning. This is **COMPULSORY**.
2. Do not consume any non-vegetarian food (this includes eggs), alcohol or tobacco products.
3. It is important to donate food (*anna dhaanam*) during your Dheeksha, you can do this by donating food with Amma's Anna Dhanam program at Peedam. It is suggested that each devotee contributes one meal for 50 people, which amounts to Rs 75/\$1 per meal, or \$50. Donations can be made to Peedam account or to Sri Sakthi Amma's charities overseas. 
4. Couples need to remain as brahmacharis/ brahmacharinis for the entire period.
5. No entertainment – this means no movies, no television or parties. No computer or phone use outside of your professional work. Only read books, watch programs or listen to music of a devotional and spiritual nature. This is a time to immerse oneself in positive, Divine thoughts.
6. Avoid negative emotions and talk. This includes negative emotions within yourself and the environment around you.



Sripuram Anna Dhaanam Hall

General local account for Indian bank accounts

Om Sakthi Narayani Siddar Peedam Charitable Trust
AC NO. 8563101050001
CANARA BANK
Thirumalaikodi, Vellore, 632055
IFSC CODE CNRB0008563:



Overseas donations

Beloved Narayani

[www.belovednarayani.org/
food-programs/](http://www.belovednarayani.org/food-programs/)



Divine Love World Charity

<https://www.divineloveworldcharity.org/food>

Donations are tax deductible
for USA residents.



Canadians Sharing

<https://canadianssharing.org/>

Donations are tax deductible for Canadian residents
IMPORTANT

Please indicate **FEEDING** in your donation



Home Altar Set up & Procedure

HOME ALTAR SETUP

- A photo of Amma and Narayani together decorated with either flowers or a flower mala or garland.
- One ghee lamp to light on the altar
- Incense sticks
- Camphor and brass ladle or aarathi lamp to hold camphor
- Loose flowers
- Fresh fruit and milk for each pooja. Use a different fruit for morning and evening. If fruit is cut, it must be kept covered along with the milk, until time for offering to Amma. Place these on a tray on the altar.



3. Begin chanting the mantras:
(See next page for mantras)
Guru Gayatri Mantra — 3 times
Sri Narayani Moola Mantra — 3 times
Narayani Dheeksha Mantra — 108 times

4. Perform *aarathi* with the camphor to Amma's photo.
5. Offer *neivedyam* (blessed offering) to Amma: uncover the fruit and milk, and symbolically offer to Amma with your love.
6. Perform aarathi to Amma's photo.
7. After *aarathi*, offer flowers to Amma to complete the *pooja*.

8. Once *pooja* is complete, consume the prasadam (blessed fruit and milk). You may also share this with others.

9. In the evening, have another bath or shower and repeat the *pooja* and chanting.

PROCEDURE

1. Take your bath/ shower and wear a fresh set of clothes each time. Do not wear the previous day's clothes without first washing them.
2. Light the altar lamp and incense.

Mantras

Guru Gayatri Mantra

OM GNANA ROOPAYA VIDHMAHE
SAKTHI AMSAAYA DHEEMAHI
THANNO SAKTHI AMMA PRACHODAYAATH

Let us meditate on the Divine Mother, who is the embodiment of wisdom and the repository of Divine Energy. Oh Sri Sakthi Amma, give me higher intellect and illuminate my mind.

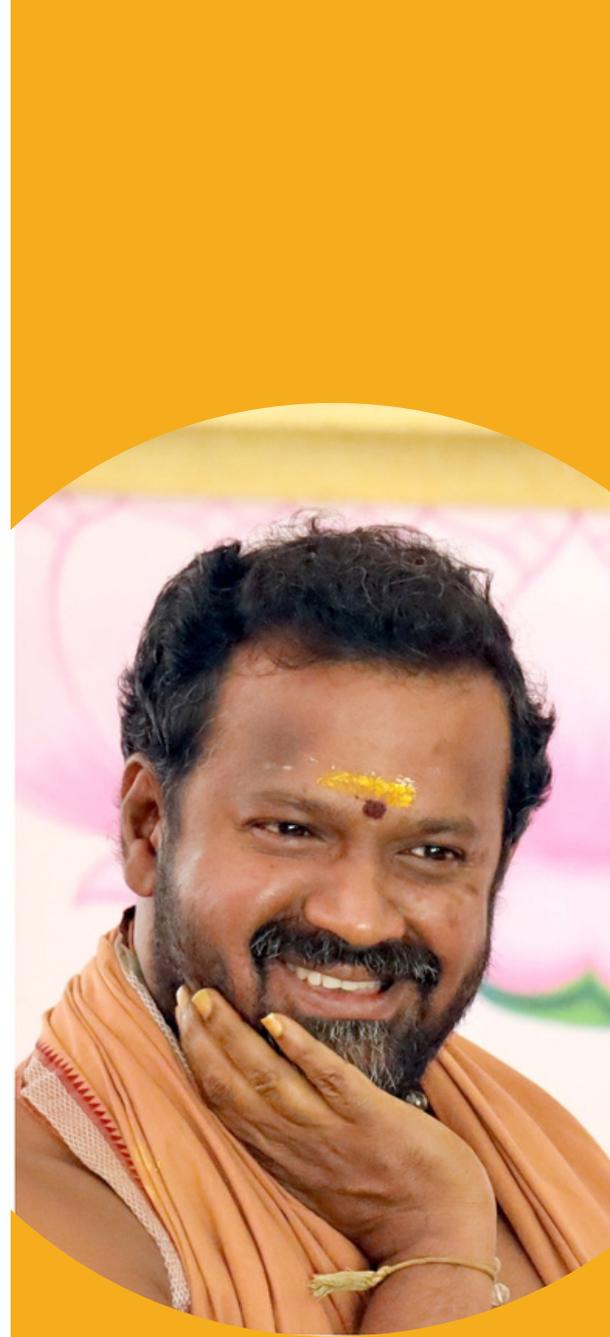
Sri Narayani Moola Mantra

OM SARVA MANGALA MANGALYE
SHIVE SARVAARTHA SAADHIKE
SHARANYE TRYAMBAKE GOWRI
NARAYANI NAMOSTHUTE

Salutations Oh Devi Narayani,
who is auspiciousness Herself,
who fulfills the objectives of devotees, who is the
giver of refuge, three-eyed Gowri with a shining face,
Salutations to You Oh Narayani.

Narayani Deeksha Mantra

OM NAMO NARAYANI
THAAYAE SHARANAM



Frequently Asked Questions

What is the significance of wearing the mala?

AMMA: Just as we wear certain clothes for a wedding and a different set of clothes for temple, during deeksha wearing the mala is necessary to physically remember that, “*I am in deeksha*”.

When a doctor works in a hospital, they will wear a white coat. What is the significance of the white coat? Purity. If we see a person in a white coat in a hospital, we know that they are qualified to talk about certain problems. When the doctor wears the white coat, they will also feel a greater sense of responsibility, “*I am here to serve others*”.

So when we are in dheeksha and we wear the *mala*, it reminds us, “*I need to serve and connect with the Divine.*”

What do I do if I cannot buy flowers?

Amma says to offer one’s heart.

What do I do if I do not have a yellow mala for Narayani Dheeksha?

Amma suggests attaching an Amma pendant onto a mala. And if you do not have a pendant, then wear a mala.

Why must I wear the mala 24/7?

It is a reminder to yourself that you are practising Amma’s teachings through your discipline during this period.



Frequently Asked Questions

What time should I do my mantras and pooja?

You can choose your own timing according to your own schedule.

What should I wear when doing *pooja* and chanting mantras?

Even though you are in the privacy of your own home you are performing *pooja* in front of Amma's photo. In addition to wearing a clean set of clothing each time, devotees should wear modest, spiritually appropriate clothing. Devotees should avoid shorts or revealing clothing.

What should I do with the fruit and milk offerings?

After each *pooja*, devotees should consume the fruit and milk. It can be shared with anyone else in the family. Fresh offerings should be provided at each *pooja*. Once fruit has been offered in one *pooja*, it cannot be offered in another *pooja*.

I do not drink milk. Can I offer the milk to the trees?

No, the milk cannot be offered to the environment. It must be consumed by another human. If you are allergic to milk or cannot consume it, candies or chocolate may be a substitute.



Frequently Asked Questions

What is the meaning of the Sri Narayani Moola Mantra?

Sarva Mangala Mangalye

The Mother Who gives all things auspicious

Shive Sarvaartha Saadhike

You are Shiva (here also meaning auspiciousness)

The One Who fulfills all our needs

Sharanye Tryambake Gowri

Sharanye – I surrender to you

Tryambake – combination of the Three Goddesses: Durga Lakshmi Saraswathi

Try means three, Ambika means Goddess

Narayani Namosthute

I surrender to that Mother. Let Her accept my worshipful respect.

