Tiruvaaraadhana kramam (ijyaa)
Perform maadhyaahnikam. Wash your feet and enter the perumal sannidhi and do achamanam twice.

चण्डादि द्वारा पाठेयो नमः
प्रचण्डादि द्वारा पाठेयो नमः
समस्त परिवाराय श्रीमते नारायणाय नमः
अफगच्छन्न्तु तेभूता येमूर्ताभुवि संस्थिताः
वे भूता बिष्णु कर्तारः ते गच्छन्त्वाज्यम् हरे

Clap the hands thrice.

Procedure:
- first left hand below palm facing upwards. Hold the right hand above and with right palm clap on the left hand.
- second hold the right hand below facing upwards and clap with left hand palm from above (reverse of first step)
- third left hand below and right hand above as first time but clap with the fingers of the right hand and NOT with the palm.

घण्टा नाथं

There are two ways you can make sound with ghaNTa(Bell). One ringing it such a way that the tongue touches only one side of the ghaNTa. You have to make ghaNTa naatham like this while Opening the koyil aazhvar( the Divine box where PerumaL is in yoga nidra)
While offering argyam,baadyam and aachamaniiyam
While doing thirumanjanam
While offering sandal paste,Dhupam,Diipam

The tonuge of the ghaNTa should touch both the sides of the bell while doing Harati and while offering food.

It is important to ring the bell while doing thiruvaradhanam as stipulated in sastras. One should not lift or keep the ghaNTa with left hand. It should be always handled with right hand only and then transferred to the other hand for making ghaNTa naatham.

वैष्णव अश्राय फुटः ये वाचावे नमः

Open the koyilaazhvar( box) and recite (some bhagavathas say that a karpura harati to be done here)

कौसल्या सुप्रजा रामं पूर्वं संध्या प्रवतिते

उत्तिष्ठ नरशार्दूर्ल कर्तव्यम् देवमाधिकम्

Guru parampara dhyaanam (see the annexure 1 for this)
Divya prabandha taniyan (Go to divya prabandham page for these doc.’s)
Pallandu
Thiruppalliyezhuchchi
Thiruppavai
Saranagati gadyam (Start from akilaheya.. and upto sharanam prapadhye.) or atleast 
nyaasa dasakaM (Visit stotras page for these two documents)

Note: If time doesn't permit to recite the entire pasurams atleast recite the first 
and last two pasrums of Pallandu,Thirupalliyezhuchchi and first,third, 16th, 18th, 
23rd, 24th, 27th and 28th pasrums of thiruppavai.

Sprinkle water on the place where you will be sitting and performing iyyaa reciting

\{praNavaM\} भूमेवक्षसुवः
Recite aasana mantram 
आसन मन्त्रं
आसनमन्त्रस्य पृथिविया मेल्पुष्प ऋषिः: (Head **) 
कुतलं छन्दः: (Tongue**–not to touch)
श्रीकृष्णोऽद्वाता || (Heart**)
अपां आसने विनियोग: || (Move the fingers of both palms inwardly 
in front of chest)
** – touch with four fingers except thumb 
पृथिवित्वम धृता लोकां देवि त्वं विष्णुमां धृता ।
त्वं च धाराय मा देवि पवित्रं कुरु चासनम् ॥

अष्टाक्ष्ण प्राणायामं (Do it three times)
Ashtaakshra pranayamam-

With the pavitra and small finger of right hand close the left nostril and exhale from 
right nostril then breathe in thru left nostril. Now close the right nostril also with the 
thumb finger and hold the breath till you count 28 times of ashtaksharam. Now slowly 
breathe out from right nostril. 
(As per Page428 of Ahnika Grantham of Srimath Azhagiysingar)

सहृद्यं
श्री भगवदाध्या भगवत् { श्रीमन्नारायण } प्रीत्यथं इज्या कालिकं भगवदाराधनं करिष्ये

Starting Prayers:
(Beginneers may skip this section till they are familiar with the entire thirvaaaradanam. If you are skipping it, then atleast mentally assume that our current body is burnt and made to ashes and a divine body is given by sriman narayana for doing HIS aradana. Since our body is always impure and admixture of rajas and tamasa gunas we can’t perform aradanam to Perumal with this body. Hence we are first making the paramatman and jeevatman who are residing in our heart to go thru our mUrdhanya naadi in our head. Our jeewan will enter the toe of the right foot of Perumal. Then we are getting a divine body with the blessings of Perumal and in that we are assuming that the jeewan enters the heart once again and we are now fit to perform HIS aradana.)

Detailed description for this kramam can be found in the annexureII

maanasiika aaraadhanaM. मानसीक आराधनं

(This is very important)

प्राणायामं

Perform Pranayamam reciting 28 times Ashtasharam

सहख्यः

श्री भगवदाञ्च भगवत्  { श्रीमन् नारायण } प्रीत्यथं भगवदाराधननादं, मानसाराधनं करिष्ये ।
Here we can offer the best of vastrams, jewellery to Perumal and tayaar and offer them sumptuous meal with various delicious sweets, milk, honey and whatever you can imagine of. ALL MENTALLY. We are imagining that the same perumal in our home is being offered all these best of best vastrams and food mentally and it is very important part of thiruvaradanam. It is very difficult to have this frame of mind while doing this part but try to visualise as if you are offering them really. This is very blissful experience. Don’t miss it.. The following sanskrit verses state the above in sloka form.

कृष्णदीन् दिव्य लोकं तदनु मणिमयं मण्टपं ततःषः
तस्मान् धर्मादिपीठं तदुपरि कमलं चामर ग्राहिणीश्व।

विष्णु देवीं विभूत्यायुः गणारूढः पादः च वैन्दितेऽ
सेनेशं द्वारपालानुः कुमुदमुखः गणानुः विष्णु भक्तानुः प्रपदेऽ॥

सत्यं पादं प्रसारं श्रीतृतितहं दक्षिणं कुष्ठ चित्तवा
जानुन्यायायं सवेत्तामातस्तु जनाभोजे निधाय।

पश्चाद् वाहद्योऽयने प्रतिभद्यायं धारयन् शाश्व च चके
देवी भूषादिपुष्टो जनयतु जगतां शर्म वेकुण्ठ नाथः॥

आराध्यायम् हृदि केशवात्मागे मायापुरे हृदयप्रहसणिविष्णू।
श्रद्धान्दी विमल चित्त जलामिष्के नित्यं सामाधी कुसुमेः आप्नम्बवाय॥

सौर्येः स्थालितवर्यं मणिगणकचिते गोधृतार्कानुः सुपक्वान्
भक्त्यानुः भोज्यान्न्यं लेघ्यानुः परममहं हविंः शोष्यमचन् निधाय।

नानाशाकृतेऽपि सत्यं महुषुर्वं क्षीरपनीवीयं गुरूः
ताम्बूठं चालम नेशस्मे प्रतिदिवसमहं मानसं कप्यायमि॥

भगवनः पुण्डरीकक्रम हृदांगान्तु मया कृतम्॥
आत्मसात्तुः कुण्डे देवेश वाह्दस्त्वः सम्य गच्छे॥
विभो सकल लोकेश् प्रणतारिथि हरान्युत ।
त्वां भत्या पूजयाम्यद्व भोगेऽर्ग्यािधिलिख्मात्॥
भाह्म आराधनं

प्राणायामः
Perform Pranayam reciting 28 times Ashtasharam

सङ्ग्रहं
श्री भगवदाधवा भगवतु श्रीमनु नारायण प्रीत्यथः भगवदाधवाधवनां भाह्म आराधनेः

कृमदिनः दिव्य लोकं तदनु मणिमयं मण्डपं तत्क्रोणं
indersन् धर्माधिपीठं तदुपरि कमलं चामर ग्राहिणिश्च ।

विष्णू देवी: विभूषणाय गणमुरगं पाठुके वैतेयं

संस्रेष्ठं द्वारपालनूऽ कुमुदमुख गणानं विष्णु भक्तानु प्रपदेः॥
सत्यं पादं प्रसारं श्रीनुरुरितरं दक्षिणं कुंभ चित्वाः

जानुन्यायाय सवनेतरमित्रश्चें नागाभोगे निधायः।

पथादु वाहुवेंन प्रतिभासने भारयं शाम्भं चके

देवी भूपादि जुझो जनयतु जगतां शांभ वेदकृष्ण नाथः॥

विष्णू वक्तू देवा: चं नमस्तु मपीर्द्र ।

स एष भगवन्य भण प्रत्यक्षात्मक्षत गतः॥
स्वागतं भगवन्य मां तारयितुमागतः।

धन्यवासस्मि अनुग्रहीलोकस्मि कृतार्थार्थस्मि कृप्या निधे

साधिन्यं कुरु देवेश सर्वदा सर्वं कामद।

दश्यं मच्छ क्रिया भक्ति: श्रद्धाहारी तत्र प्रमोः॥

आधार शक्तियायद्भ्यो नमः(offer pushpam)
Bhagavad Tīrūvāradhanam in devanagari script

अस्मदु गुरुभ्यो नमः (pray to acharya)
अस्मदु परम गुरुभ्यो नमः
अस्मदु सर्व गुरुभ्यो नमः
श्रीमते आदिवण्डङ्कोप यतीन्द्र महादेशिकाय नमः

Recite:
गुरुवस्त्त्रदीय गुरुवस्त्त्रदीय गुरुवो दिशान्तु मम साध्वनुग्रहम्।
गुप्तुपजनित शक्तिः मतिः हरिमच्छ्यामि गतभीः प्रसीदत्
समस्त परिवाराय श्रीमते नारायणाय नमः
स्वागतम्
भगवन् समाराधनाभी मुखोभव।
त्वदाराधनाय मां अनुजानीहि।
तव आत्माधीयं नित्य किंक्रत्वाय स्वीकुरु॥

Paatra parikalpanam

Arrangement of vattils and other items.

Please see the image in the next page.

The vessels are numbered as under:
1. argya patram (This vattil should be in the south east direction to the perumal as shown above)
2. paadya patram
3. aachamaniiya patram
4. snaaniiya/paaniiya paatram
5. sarvaartha toyam
6. aachaariya toyam (For paduka aradanam only)
7. pratigR^iha paatram

The other items not numbered are bell, plate with pushpam and tulasi (near vessel 7) and sombu (big vessel with tiirthaM near bell. The seat is for you to sit and perform thiruvaradanam. The altar shown is the koyilaazhvaar.
शोषण दाहन प्यावने (Procedure)

Write on the right palm with the pavitra finger of left hand वं and recite

वं वायवे नम : शोष्यामि

and show the right palm on the kumba theertham.

Write on the right palm with the pavitra finger of left hand रं and recite

रं अयवे नम : दाहयामि

and show the right palm on the kumba theertham.

Write on the left palm with the pavitra finger of right hand वं and recite

वं अमृताय नम : प्ठायामि

and show the left palm on the kumba theertham.
Do surabi mudra on kumba tiirthaM.
Take little water from the kumbam with spoon(uddhariNi) and put it in all the five vattils(cups) reciting

Then empty all the five vattils in a separate vessel ( don't empty on the floor and then step over it)
This is shodanaM. Fill all the five cups with kumba tiirthaM reciting

(pranava) ज्ञानय हृदयय नमः ।
Do shoShaNam,daahanam plaavanam and surabi mudra for the all the five vattils.

Hold the right palm on the five vattils and recite

Hold right palm on the argya vattil and recite: (praNava) अर्धं परिक्लप्यामि ।
Hold right palm on the paadyam vattil and recite: (praNava) पाचं परिक्लप्यामि ।
Hold right palm on the aachamaniya vattil and recite: (praNava) आचमनीयं परिक्लप्यामि ।
Hold right palm on the snaaniya vattil and recite: (praNava) स्नानीयं परिक्लप्यामि ।
Hold right palm on the sarvaartha thoyaM vattil and recite: (praNava) सर्वार्थं तोयं परिक्लप्यामि ।
Take one spoonful of water and hold it on your left palm along with a flower. Close it with right palm and raise it upto chest level and chant aShTaaksharam 4 times and recite

वि विरजये नमः ।
sprinkle a drop of water from the spoon into Arghya, Paadhya, achamaneeya, Snaneeya, Sarvardhadaya vattils and kumba threetham: Remaining Water in the spoon to be sprinkled on other Aradhana Saamagri& self.

मच्छासनम्

Offer a flower to the Bhagavan reciting following slokas

इज्या काल्स्तूतियोद्वरं अहोंदश : समुपागतः ।
संभृताश्वेव संभारा: कलिपतात्म्यास नानि च ॥
श्रानाधिपानि देवेश तवेच्छा वतते यदि ।
अवलोकनदानने ततु सर्व सप्तर्थ कुरु ॥
तदर्थं सह देवीभ्या सानुगो: साचिवै: सह ।
मदनुघ्राय कृपया ह्यागानतुं त्वमहंसिः ॥
यावदायसं मच्छासनान्त्पूज्यसे मया ।
तावत् साधिश्च मवैव कुरुष्य पुरुषेष्टम ॥
द्रवय मच्छ किया भक्ति अद्वाहानि सह प्रमो ॥

(pranavam)नमो नारायणाय मच्छासनम् समपन्यामि

मच्छासनम् अवलोक्य प्रतिगृहीत्व क्षमस्व

Offering argyaM, paadyaM and aachamaniyyaM:
Take one spoonful of water from argya patram (Vessel 1) and take close to perumal and recite (pranavam)नमो नारायणाय अध्यं समपन्यामि ।
Place the water carefully in the pratigR^iha patram(vessel 7) This is called argyaM. This is done once to wash the feet of perumal.
Take one spoonful of water from paadyaM patram (Vessel 2) and take close to perumal and recite (pranavam)नमो नारायणाय पाद्यं समपन्यामि ।
Place the water carefully in the pratigR^iha patram(vessel 7) This is called paadyaM Do it twice. This is to wash the hands of the perumal.
Take one spoonful of water from aachamaniyya patram (Vessel3) and take close to perumal and recite (pranavam) नमो नारायणाय आचमनीवं समपन्यामि ।
Place the water carefully in the pratigR^iha patram(vessel 7) This is called aachamaniyyaM. Do it thrice. This is for doing aachamanam.
Bhagavad Tiruvaradhanam in devanagari script

(This is the our traditional vedic way of inviting guests offering water for washing their feet, hands and then do achamanam)

Now offer argyaM, paadyaM and aachamaniiyaM to tayaar, nitya suris and acharayas by reciting the following. Remember to offer the above upacharam taking water only from sarvaarthaa toyam (vessel 5). Don't mix with argya, paadiya, aachamaniiya vattils (vessel numbered 1, 2, 3).

श्री ग्रीये नम्: (for periya piratti or laxmi devi)
भूमि नींठाम्यां नम्: (bhu devi and nila devi)
अनन्त गरुड़ विष्ववक्षेत्रादिभ्यो नम्: (Adi sesha, garuda and vishvakseena the nitya sooris)
पराकृत भक्तिव निगमान्त्यायदिभ्यो नम्: nammazhvar, kaliyan, Ramanuja and Desika and other acharayas)

Recite: समस्त परिवाराय श्रीमते नारायणाय नम्: ।
एतत् दास्यानि पतितन: सर्वोपरावधुः क्षमस्व ।
मांद्रीवंच सर्वं तव नित्य किन्नरत्वाय स्वीकुरु ॥

स्मानासनम्

Offer a flower reciting following slokas
स्पुष्टीकृते मया देव स्नान सनमिदं महत्।
आसाद्यायु स्नानार्थ मद्दुधः काम्या ॥

(pranavam) नामो नारायणाय स्मानासनम् समपर्यामिः

क्षानासनं अवलोकय प्रतिगृहीत्य क्षमस्व

Offer argyaM, paadyaM and aachamaniiyaM

विष्ववक्षेत्रादिभ्यो नम्: (mentally think that the perumal’s vastram has been given to Sri Vishvaksena and perumal has been given a separate dress for bathing.)

Now Place the small plate with holes on the pratigR^iha patram (vessel 7) and place the salagrama moorthy on the plate from the snaaniiya Paatram (vessel 4)

Take one spoonful of water from sarvaarta toyam (vessel 4) and recite

dन्तकाष्ट कण्ठूपादि सम्पर्यामिः ।

Take one spoonful of water from sarvaarta toyam (vessel 4) and recite

hस्तमुख पाद प्रकाशलनं सम्पर्यामिः ।
Bhagavad Tiruvaradhanam in devanagari script

Do tirumanjanam with the uddhariNi reciting purusha suktam,sri suktam and bhu nilaa suktam. (Pancha suktam in SANSKRIT can be found in stotras link of http://srivaishnavam.com. For the sake of brevity they are not repeated here). If Sooktham's are not known, then recite Ashtaksharam.

(If time doesn’t permit to recite the entire pancha suktam atleast recite starting and concluding verses of them.)

Lit the incense stick/SamPIraani (these days you don’t have to heat the the coal and sprinkle the powder on it to get the fragrance of dasaangam. Ready–made pellets of incense sticks/daasangam is available) and show the vastram over the fragrant fumes of the incense sticks to absorb on to the cloth.

Then recite Periaazhvar’s pasuram Vennai aLaindha (Periazhvar thirumozhi irandam pathu naankaam thirumozhi) If time does not permit at least recite first and last pasurams.

Whilst reciting Periazhavar’s pasuram, gently take the salagrama moorthy from the plate and wipe with the cloth. Some people sprinkle the excess water of the shila by shaking it upside down. This is not correct. One must take great care while handling the perumal and remember to wipe the shila inside the mouth also, if the shila has one. (source: ahnika granta of srimad azhagiya singar)

Recite:

edatau dasanu pinn svarpraxan sm, tv AatmaTvIy inTy ik»rTvay SvIk…é.

Now you have to convert the snaaniiya paatram to paaniiya paatram. Empty the vessel 4 and fill with fresh water and top up the other vessels too with the water.

Do shopam dahan ptaawam.

Hold your right palm on the vessel 4 and recite
Hold the right palm on the kumba tiirthaM and recite
Hold the right palm on the five vattils and recite

bhagavan pavitraamu vasuveda pavitraamu tatahodakam pavitraamu shatatharam sahkhatharam
apatimaritaam achidram arisram aksharam param pavitr bhagavan vasuveda punantu

Hold right palm on the argya vattil and recite:
(pranavam)namo narayanaa atrya pariktyayami.

Hold right palm on the paadyam vattil and recite:
(pranavam)namo narayanaa paryo pariktyayami.
Hold right palm on the aachamaniiya vattil and recite:

(pranavam)नमो नारायणाय आचमनीयं परिक्त्यामि ।

Hold right palm on the snaaniiya vattil and recite:

(pranavam)नमो नारायणाय पानीयं परिक्त्यामि ।

Hold right palm on the sarvaartha thoeyaM vattil and recite:

(pranavam)नमो नारायणाय सर्वार्थतोष्यं परिक्त्यामि ।

अर्थां रासनम्

Offer a flower reciting following slokas

देव देव जगत्राथ्भू मार्कवन्दनादिकम् ।

अर्थासनम् भद्रं अधिकित तृतीयकम् ॥

(pranavam)नमो नारायणाय अर्थासनम् समर्पयामि ।

अर्थासनम् अवलोकनं प्रतिश्रुति श्वस्त्र ॥

Offer argyaM,paadyaM and aachamaniyaM

offer one spoonful of water from sarvartha toyam and recite

वस्त्र उत्तरीय भूषणार्थ उद्ध्व पुण्डर्यम पुष्प / तोष्य समर्पयामि ।

Now offer sandal paste, DhoopaM(dasaangkam) and Deepam(ghee wick) reciting the following prayers.

Important:
1. You have to wash your hands after touching the sandal paste and Dhupam and diipam.
2. Before offering dhoopam and deepam sprinkle little water from Arghayam on dhoopam & deepam and say (pranava) भूमुखस्वमः:

Then do soShaNam, daahanam, plaavanam and surabi mudra for Gandham, duupam and diipam. While offering sandal paste recite:(Remove pavitram from your finger while offering sandal paste)

गन्धार्धां दुराध्वं नित्यपुष्यं करीषिणीम् ।

ईश्वरीं सर्वभूतानां त्वामिहोपहये श्रीयम् ॥
Bhagavad Tiruvaradhanam in devanagari script

(pranavam) नमो नारायणाय गन्धानु धार्यामि ।

**dhuupam:**

धूर्सिः धूर्वं धूर्वनं धूर्वं धूर्वनम् धूर्वः तं धूर्वः वचं धूर्वः: त्वं देवनामसि ॥

(pranavam) नमो नारायणाय धूर्वं समर्पयामि ।

Offer aachamaniyaM

**Diipam:**

उद्दीप्यस्व जात्वेदोः प्रभानु निर्ब्रति मम ।

पशुँच महामायेः जीवन्नं दिशों दशा ॥

(pranavam) नमो नारायणाय दीपं समर्पयामि । Offer aachamaniyaM

**मन्त्रपुष्पम्**

(The following vedic mantras require careful learning!)

हरि:ओं ॥ अप्रिमीले पुरोहितं यहस्य देवमृत्विजम् भोतारें रङ्घातमम्। हरि: ओं ॥

हरि:ओं ॥

इशे त्वोंजे त्वा वायवस्यो वायवस्थम् देवोः: सबिता प्राप्यमयु श्रेष्ठ तमाय कर्मणे। हरि:ओं ॥

हरि:ओं ॥

अमर आयाहि वीतयें गृहानो हन्य दंतयें। निहोता सधिः बहिंचि। हरि:ओं ॥

हरि:ओं ॥

श्रीमों देवि रामभृत्य आयो भवन्तु पीतयें। दशुरोभिस्व कर्तुन:। हरि: ओं ॥

ओमित्येहे व्याहरेतु। नम इति पश्मान। नारायणेः त्यु परिभाषान्। ओमि भिमेक्षास्रस्मू।
bhagavad tiruvaradhanam in devanagari script

नम इति देय अक्षे:। नारायणायेति पद्माक्षर्षणि। पृष्ठे नारायणस्याक्षरः पदम:। यो हे वै नारायणस्याक्षरः पदमायेति। अनपवृवः सर्वमासुरेति। विन्द्दे श्राजापत्य रायस्पेष गोपत्य ष।

tतोः मृतव्रथस्नुते ततोः मृतव्रथस्नुत इति। य एवम् वेद। इत्युपनिषत:॥

अथ करम्ययाचारादुः यानि गृहस्ते। उदगयन पूर्वपक्षः पुण्याहेतु काय्याणि। यज्ञोपवीतिना प्रदःक्षणम्॥

tदृश्या श्रवः हन्तरं महर्षिणां सुखावहम्। बभूव हुः वैदेहिः बहुरं परिष्वनें॥

तासामा विरभूवृणीः सम यमान मुखाम्बुजः। पीताम्बरः सर्वी साक्षान् मन्मथ मन्मथ:॥

अहो वीर्यमहो शैवीमनो बाहु प्ररक्षः। नारसिहः परस्ते देवं अहोविलमहोभिल॥

ब्रकुणेतु परे लोके श्रिया सार्थजगतपि:। आस्ते विषुर्चिन्यात्मा भक्तेरू भाग वैते: सह:॥

senRaal kudaiyaam* irundhaal siNGgaasanamaam,*
ninRaal maravadiyaam neelKadaluL,* - enRumpuNaiyaam maNiviLakkaam* poomppattaam pulhumaNaiyaam,*

thirumaaRku aravu.

कंद्य पुनः श्रीयस्याद्विन्द्राङ्क धर्म्यादिक तदायु: वात्र त्वाच्चनम्॥

त्रिविक्रम त्वच्चरणामुजुड्यधं मद्यम मूर्तिः अत्तर्किर्म्यः॥

one sloka each of Perumal, Piratti, Nammazhvar, Rammanuja, Desika / Manavala Mamunigal.


(aShTaaxaraM) मन्त्रपुष्पं समर्पण्यः (offer tulasi leaf at the lotus feet of perumal)

Archana:

(Offer pushpam/Tulasi leaves from the plate reciting the following namaas.

(pranavam) वासुदेवाय नमः:।

(---do--) अनिरुद्धाय नमः:।

(---do--) संकर्षणाय नमः:।

(---do--) केशवाय नमः:।

(---do--) प्रभुमाय नमः:।

(---do--) नारायणाय नमः:।

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Bhagavad Tiruvaradhanam in devanagari script

--do-- माध्वाय नमः ||
--do-- गोविन्दाय नमः ||
--do-- विष्णुवे नमः ||
--do-- मधुसूदनाय नमः ||
--do-- व्रिहत्कमाय नमः ||
--do-- वामनाय नमः ||
--do-- श्रीधराय नमः ||
--do-- हृषिकेशाय नमः ||
--do-- पद्मनाभाय नमः ||
--do-- दामोदराय नमः ||

Now archana for taayaar

श्रीं श्रीं ये नमः || श्रीरिविष्णुलभ्ये नमः ||
अमृतोहवाय नमः || शाक्तिये नमः ||
कमलाये नमः || देव देविकाये नमः ||
चन्द्रसोदैः नमः || सुरसुन्दरायेः नमः ||
विष्णु पत्निये नमः || महालक्ष्मिये नमः ||
वैश्नावे नमः || सर्वाभिषेष फल प्रदाये नमः ||
वरारोहाये नमः ||

एतत् दासनानु पंक्तिः सर्वोपराधानुः क्षमस्व ||
तव आत्मात्मीयं मित्य किन्नुरत्वाय स्वीकृतु ||
भोज्यासनमू

Offer a flower reciting following slokas

--do-- मत्त्वाय नमः ||
--do-- कृष्णाय नमः ||
--do-- वराहाय नमः ||
--do-- नारसिंहाय नमः ||
--do-- वामनाय नमः ||
--do-- पशुराम राय नमः ||
--do-- रामाय नमः ||
--do-- बलरामाय नमः ||
--do-- कृष्णाय नमः ||
--do-- कलिकेन नमः ||
Bhagavad Tīrucharadhanam in devanagari script

मृद मेध्यस्थिरानानि भक्ष्य भोज्यानूः न्यनकशः।
सम्प्रदानि जगद्वाय भोज्यासनं उपश्रयः॥

(pranavam) नमः नारायणाय भोज्यासनम् सम्पर्यामि ं। (offer puShpaM)
भोज्यासनम् अवलोकय प्रतिगृहीत्य कामस्व
अध्य वाच्यां आचमनीयं।

(pranavam) म्हूर्घ्वस्तुः
Sprinkle one spoonful of water from argya paatra on all the cooked food to be offered to the Lord. A petal of Thulasi/flower to be placed on each vessel. Soshana, Dhahana, Plavanam, Surabhi Mudhra Pavithramanthram. Perform Pārīshechanam with argya theertham.

PariShechanaM,

(pranavam) म्हूर्घ्वस्तुः
सत्यं त्वम् तेन परिष्चाचामि॥

पुनः शुपेदकः॥

अमृतोपस्तरणमसि (aapochanaM) offer one spoonful of water from sarvartha toyam
With ghaNTa nathaM (tongue of the bell should hit both the sides of the bell) recite the following.

प्राणाहूतिमच्चम्

(pranavam) प्राणाय स्वाहा॥

(pranavam) अपानाय स्वाहा

(pranavam) व्यानाय स्वाहा

(pranavam) उदानाय स्वाहा

(pranavam) समानाय स्वाहा

(pranavam) ब्रह्मणे स्वाहा

With grasa mudra (see image)
offer the food to the PerumaL ringing the bell and recite the following.

मधु वात ऋतुयाते मधु श्रवन्ति सिंधवः माध्वीरः सत्वोपवधीः ॥

मधु नक्तं उतोषसि मधुमत्वं पार्थिवं रजः मधु चौरस्तु नः पिता ॥

मधुमात्रृ नो वनस्पति: मधुमात्रृ अस्तु सूर्यः माध्वीरांवो भवन्तु न: ॥

मधु मधु मधु

In between from paaniiya vattil offer water for perumal for drinking reciting (pranavam)

अमृता पितानमसि (aapochanaM) offer one spoonful of water from sarvartha toyam

Offer water from sarvaartha toyam for hand, mouth and water from pathyam vattil for feet, reciting,

हस्तं मुखं पादं प्रक्षालनं समप्यायमि

आचमनीयं समप्यायमि चङ्गराम चच्चामाना वाततःकिं

एततु दासनातु पंक्तिन: सर्वोपराधानुः क्षमस्तव ।

तव आत्मात्मियं नित्य वक्षुं दुस्तर्वयः स्वीकूर्त ॥

पुनर्मच्छासनम्

Offer a flower reciting following slokas

मच्छासनमिदं तुभ्यं मया दत्तमुत्त मम ॥

कृप्यं शोधिं विष्ण: पुनर्रासाद्य प्रभो ॥
Sprinkle Arghaya water on Phalam & Thamboolam, offer Soshana Dhahana plavana Surabhi Mudhra, pavithra manthram

फुर्ते तौंभूरू समर्पणामि

Karpooera Harathi

Offer Soshana Dhahana plavana Surabhi Mudhra, pavithra manthram for karpooera harathi and perform karpooera harathi with ghaNTa naatham.

Recite the satrumurai. Offer pushpam to perumal as you recite the stotrams / prabandham. It is a wonderful experience for the entire family including children to assemble in front of perumal and recite the satrumurai in a chorus.

(Please refer to the divya prabandham page for satrumurai)

एतत् दासनास्ति पंक्तिः: सत्योपाधायो श्रमस्थव
तव आत्मात्मीयं नित्यं किंद्रूत्वाय यस्यकुरु॥

पवंद्रशासनम्

Offer a flower reciting following slokas

dेव देवं जगन्नाथं श्रीयं भूम्या च नीच्या ॥

जगद्वजन्यं जागर्यं यों निद्रों उपा कुरु॥

Note: ArgyaM paadyaM Aachamaneeyam have to be offered to Perumal, Taayaar, Ananta Garuda, Vishvaksena, Parakusa, Parakala, Yathivara, Nigamatha during every aasanam. If this is time consuming, then atleast offer argyaM paadyaM Aachamaneeyam for every one ie perumal,shrii,bhuu and niLaa devi, ananta garuda viShvaksenar and aacharyas during mantraaasanam at the starting and during parya~Nkaasanam in the end.Please note that these upacharams have to be given to Perumal during all asanas.
उपचारादेशेन कृतान् अहर्भर्मया ।
अपचारानिमान् सर्वान् क्षमस्व पुरुषोऽत् म ॥

(pranavam)नमो नारायणाय विष्णुकस्तनादिभ्याः नमःः
(Mentally assume that the jewels and garlands of the perumal are given to
Vishvaksenar for safe custody and perumal is getting ready for HIS yoga nidra.)

अच्छुत जगन्नाथ मन्त्र मूर्ति जनादेन ।
रक्षाम पुण्डरीकाश्च क्षमस्व पुरुषोऽत्तम ॥

॥सात्तिक्यागम् ॥

भगवानेव भगवदारादनावः कर्म स्वस्मै स्वपीत्ये प्रतिपादितवान् अनेन मित्य
इज्यारादनेन भगवन् प्रीयतां वासुदेवः ॥

4 times साण्झा नमस्कारः ।

Carefully transfer perumal from the altar to the kovilaazhvaar.

सर्वं श्री कृष्णार्पणमस्तु ।

श्री रक्षेम ब्रुसिंह दिल्य पादुका सेवक श्रीवण्डाकोष श्री नारायण यतीन्द्र महा देसिकाय

नमः ॥

ijyaaaradhanam sampUrNam. Partake the perumal tiirtaM thrice and sprinkle on
your head and give darshan of Perumal to all the family members and tiirtaM,tulasi
and pushpam.

Close the doors of kovilaazhvar and silently disperse from puja room.
Annexure I Guru parampara dyaanaM

श्रीमते आदिवृष्टिकोप यतीन्द्र महदेशिकाय नमः।
श्रीमते वेदान्त गुरुवे नमः।
श्रीमते रामानुजाय नमः।
श्रीमते पराहुः दासाय नमः।
श्रीमद् यामुन मुनये नमः।
श्रीमते राममि श्राय नमः।
श्रीमते पुण्डरिकाक्षाय नमः।
श्रीमान् नाथमुनये नमः।
श्रीमतेशकोपाय नमः।
श्रीमतेश्चमसेनाय नमः।
श्रीधराय नमः।

आदिवृष्टिकोप यतीन्द्र अशोकां गृहुः।
श्रीमान् लक्ष्मण योगिमुखः महापुरूः।
श्रीमान् यामुन मुनये।
राममुष्ठा विलोकनं मुनिवरं नाथं शाख्यायणं।
सेनेश श्रीयं ईण्ंर शाख्यायणं।
विष्णु कृपृतांतीनु शाखरिपु श्रीसाय परोवेणि।
राम यामुन पूर्णिमिश्रयतिराटु गोविन्द महारकानु।
वेदान्त्याय शुभं कान्हियमथर्म श्री कृष्ण शाख्यायणं।
श्री श्रेष्ठम् केशायं कमला वासानु भजे केशामुः।

Bhagavathas may recite the acharya taniyans of their linage here.
Annexure II Bhuta shuddhi kramam

Now recite the following mantras moving the right hand palm (as if touching but physically no touching) from feet to the head as described below.

(praNavaM) लां नमः पराय सर्वांतमेव नमः

(aShTaaksharaM) पृथिवीं गन्धतन्मात्रे विलापयामि। गन्ध तन्मात्रेः अप्सू विलापयामि॥
Move right hand palm from both feet upto knee.

(praNavaM) वां नमः पराय नित्रूत्यातमेव नमः

(aShTaaksharaM) अपो रसतन्मात्रे विलापयामि। रसतन्मात्रेऽ तेजसि विलापयामि॥
Move right hand palm from knee to hip.

(praNavaM) रां नमः पराय विश्वातमेव नमः

(aShTaaksharaM) तेजो रूप तन्मात्रे विलापयामि। रूप तन्मात्रेऽ वायु विलापयामि॥
Move right hand palm from hip to chest.

(praNavaM) या नमः पराय पुरुषातमेव नमः

(aShTaaksharaM) वायुः स्पर्शं तन्मात्रे विलापयामि। स्पर्शं तन्मात्रेऽ आकाशे विलापयामि॥
Move right hand palm from chest to nose.

(praNavaM) क्रोः नमः पराय फर्मेषातमेव नमः

(aShTaaksharaM) आकाशं शब्दं तन्मात्रे विलापयामि। शब्दं तन्मात्रं इन्द्रियाणि च अहं॥
Move right hand palm from nose to head.

Recite:

अहं श्वारे महति विलापयामि। महान्ते प्रकृतो विलापयामि।

प्रकृति तमसि विलापयामि। तमः परे देवे एकी भावयामि

Read carefully now.
Bhagavad Tiruvaradhanam in devanagari script

aShTaakshara praaNaayaamam but the count is different now.
Chant aShTaaksharaM 14 times as you inhale thru the right nostril (left nostril should be closed)
Chant aShTaaksharaM 28 times as you close both the nostrils and hold the breathe.
Chant aShTaaksharaM 7 times as you exhale thru the right nostril

Write यं on the right palm and hold it near the naval (The palm should be facing the body). recite:

(praNavaM) यं वायवे नमः

(aShTaaksharaM) एतनुमश्रोद्भूत चण्ड वायवःप्रायित नाभिदे शस्त्र वायुना तत्तत् समश्चत्रृष्ण
सर्वकिल्लविष सर्वांश्चान तद्भासना सहितं शरीरं अन्तर्हर्ष तत्वकमेण शोषयामि।
Chant aShTaaksharaM 14 times as you inhale thru the left nostril (right nostril should be closed)
Chant aShTaaksharaM 28 times as you close both the nostrils and hold the breathe.
Chant aShTaaksharaM 7 times as you exhale thru the right nostril

Write रं on the right palm and hold it near the chest (The palm should be facing the body). recite:

(praNavaM) रं अग्नये नमः

(aShTaaksharaM) एतनुमश्रोद्भूत चकाश्वर्ज ज्वालोप बृहित जात्राश्रिता तत्तत् समश्चत्रृष्ण
सर्वकिल्लविष सर्वांश्चान तद्भासना सहितं शरीरं अन्तर्हर्ष तत्व कमेण धाहयामि।
Chant aShTaaksharaM 14 times as you inhale thru the right nostril (left nostril should be closed)
Chant aShTaaksharaM 28 times as you close both the nostrils and hold the breathe.
Chant aShTaaksharaM 7 times as you exhale thru the right nostril

Write वं on the left palm and touch the head. recite:

(praNavaM) वं अमृताय नमः

(aShTaaksharaM) एतनुमश्रोद्भूत भमवद वाम पादब्रुहु नख शिलांशु मण्डळ गल्दु"
दिव्यामृत धारया आतमानम् सत्तविक भर्मू च अभिषेच्यामि।
Mentally assume that a divine body is given by perumal for doing aradana.
Recite परमात्म प्रसादेन तेनामृत जलेन तदनाच घनतांग गल्वा बुपुष्योपजायते

(pranavam) मं जीवाय नमः

Now You will be touching the head to foot in the reverse order reciting the following mantras
Move from head to nose with right hand and recite

(praNavaM) शैया नमः पराय परमेष्ट्यातमने नमः
परमात्मनः तमः वियोज्यामि। तमसः प्रकृति उत्पाद्यामि।
प्रकृतेमहान्तं उत्पाद्यामि। महतोः अहं उत्पाद्यामि।

(aShTaaksharaM) अहं भारतः इन्द्रियाणि च शब्दः तन्मात्रं उत्पाद्यामि। शाभद तन्मात्रात्
आकार्षं उत्पाद्यामि॥
Move from nose to chest with right hand and recite

.(praNavaM) वां नमः पराय सुषुष्यात्मने नमः।

(aShTaaksharaM) आकार्षात्परशं तन्मात्रं उत्पाद्यामि। स्पर्शतन्मात्रात् वायुः
उत्पाद्यामि॥
Move from chest to hip with right hand and recite.

.(praNavaM) रां नमः पराय विरधात्मने नमः।

(aShTaaksharaM) वायोः रूप तन्मात्रं उत्पाद्यामि। रूप तन्मात्रात् तेजस्यतपाद्यामि॥
Move from hip to knee with right hand and recite.

.(praNavaM) वां नमः पराय निवृत्यात्मने नमः।

(aShTaaksharaM) तेजसोऽस तन्मात्रं उत्पाद्यामि। अस तन्मात्रादथ उत्पाद्यामि॥
Move from knee to feet with right hand and recite.

.(praNavaM) लां नमः पराय सर्वात्मने नमः।

(aShTaaksharaM) अन्द्रथ: गन्ध तन्मात्रं उत्पाद्यामि। गन्ध तन्मात्रात् पृथ्विः
उत्पाद्यामि॥
( remember you should not touch your feet while doing aradhanam and what is meant here is that you mentally assume that you are touching the feet and take you hand close to the feet and recite the respective mantra)

Write वं on the left palm with right hand and touch the head and recite:

वं अमृताय नमः।

(aShTaaksharaM) प्रेरं मन्द्रोऽभृत भगवद्वराम पादासुद्र नाश शीतांशु मण्डल गल्द्व
दिव्यामृत धार्या सातिक शरीर विशिष्ट जीवात्माः परमात्माः च अभिनेच्यामि।
Annexure III

Collecting tulasi leaves:

Tulasi should not be collected on the following days/time. You may collect on the previous day morning and safely keep in a cool place covered with leaf or madi vastram.

1. Afternoon, Evening or night of any day
2. Sunday, Tuesday and Fridays
3. Dwadhashi
4. AmAvAsyai, pourNami and first day of lunar/solar calender month (mAsa pirappu)
5. ShaShTii

Thulasi Grahana varjana kaalam

Recite the following mantras while collecting tulasi:

तुलस्यमृत जन्मासि सदा त्वं केशवप्रिये ।
केशवार्थं लुनामि त्वं वरदा भव शोभने ॥
मोक्षैक हेतो धरणीप्रसूते विष्णोः समस्तस्य गुरोः प्रिये ते ।
आराधनार्थं पुष्पोत्तमस्य लुनामि पत्रं तुलसि कश्मस्व ॥
प्रसीदं मम देवशि प्रसीदं हरिवल्लभे ।
क्षोरोदं मथनोज्वृते तुलसि त्वं प्रसीद मे ॥
Annexure IV Some useful information:

What you require, Dress code, Time frame, what to offer

You will require five small cups (vattils) of same size and one plate to place them. These are for offering argyaM, paadyaM etc to Perumal. One extra cup shall be required for paduka aaradhanam.

UddhariNi (small spoon)

One little larger vessel (partigraha patram) to collect the argya tiirtha and also for collecting tirumanjanai tiirtham

One small plate with holes (diameter equivalent to the rim of the pratigraha patram) for placing the salagrama moorti for tirumanjanam.

One vessel (ThirukkAvEri sombu) for keeping water. Mix draviya parimala powder (This powder is made of cardamam, saffron, green campher and clove. Nicely dry grind them in a mixie and store it in an airtight container.

Recipe: 20 cardamams with out skin, 20 cloves, a tiny piece of green campher and little saffron will make the parimala powder for 15 days) in the water.

One small altar or peedam for placing the permal after tirumanjanam and HE will receive the archana, food and listen to sarrumurai etc while seating here. After paryagaasana he will be back to the koyilaazhvar for HIS yoga nidra.

One small plate for keeping tulsi leaves, pushpam. (Tulasi plucking has some rules. see them in annexure III

One small cup/plate for keeping sandal paste

One large spoon for offering dhUpam

One large spoon for offering diipam made of cotton wick soaked in ghee (clarified butter) or karpoomam (campher).

One madi vastram for wiping perumal after tirumanjanam.

Sandal wood and and a small base stone for grinding. Never offer the sandal powder brought from the shop. Always grind fresh sandal paste and add little green campher (pachchai karpoomam in tamil)

Keep one cup of water with spoon separately for your own use for washing your fingers during the tiruvaradanam. Don't mix it with the Perumal tiirtham.

ghaNtA (Bell)

The vessels and Thirukkkaveri (sombu) and the peetam etc can be made of silver or pancha loka. Other items can be made of brass. Stainless steel should be avoided. If you are planning to get them new then it would cost around Rs 6,000 to Rs 7,000/ (Year 2000 estimate)

Dress code: We do have dress code for office and parties etc. We obey by those
codes without questioning. Similarly we have to observe the dress code for this too. Yes we have to wear traditional attire while performing nityanushtanam and thiruvaradhanam. Wear Pancha kachchham and the uttiriyam (towel) should be tied at the waist (like a belt) Also it is essential to wear dwadasha urdva pundram while performing thiruvaradhanam. If due to time constraint this is not practical atleast wear thiruman and srichurnam on your fore head and behind the neck (kesava, damodara urdva pundram). Atleast wear 12 thiruman on holidays, acharya/azhvar and perumal thirunakshatrams and important days like ekadasi, dwadasi.

**Time:** The entire thiruvaradhanam won’t take more than half an hour once you are fully used to the procedure. In case of time limitation the recitation of divya prabandham can be shortened to suit as suggested in the following paragraphs. You procedure is very simple and you will surprise that the whole procedure is so easy and joyful and you may wonder why this was not done all these years. Again you can skip the detailed bhudha suddi kramam if you are short of time. I think we can devote half an hour of our day to perform thiruvaradanam to HIM who has given EVERY THING to us.

The ijyaa is performed at mid morning traditionally. This may pose a problem for office goers like us. Adiyen has enquired about this to learned scholars and their advice is that if you can’t do at the prescribed mid morning time (ijyaa kalam), then no harm in doing this in the morning before going to office, after performing **sandya vandanam and maadhyanikam.** Remember that if you don’t perform thiruvaradhanam it is not a sin but if you don’t perform **sandya vandanam and maadhyanikam it is a sin.** Atleast on holidays try to perform thiruvaradhanam in the ijyaa kalam.

**What to offer:**
Perumal is happy with what ever we offer with love and care. Krishna says in Gita that" If a devotee offers a fruit, a leaf or a flower with love I accept it with great joy". So it the love and care that is more important than what you offer. That aside it is traditional to offer cooked rice and dal during bhojyaasanam if the full meal is not ready in the morning. Even if this is not practical atleast offer warm milk and fruits. Make sure that you don’t eat anything which is not offered to perumal. This self discipline is very important and it is not difficult once you commit yourself. Please discuss with your elders and acharya about the ahara niyamam as detailed discussion on this topic is beyond the scope of this discussion.
One important note: These days the tiruvaradanam procedure is available in the web and there are books in the market. Please don't start doing this unless you are undergone pancha samskaram or samasrayanam from your acharya. Also you MUST learn from a qualified person who is doing thiruvaradhanam regularly. These pages can be used as an learning aid for reference. It is beleived that you have salagrama moorthy in your home handed over to you from your parents/grand parents. At home traditionally the aradanam is performed to salagrama shila and dwaraka shila. These moorthies doen't requirere prathishta and it is easy for grahasta for worshipping. Vigraha aradana is very good but it requires avahanam etc and you will have to worship as stipulated in sastras. If you don't have a salagrama moorthy then you can have a small vigraha of krishna and do the tiruvaradhanam. If even this is not available no harm in worshipping a photo of a perumal. It is the spirit that is important. However try to acquire one salagrama moorthy at the earliest.

Disclaimer: adiyen do not claim that he is perfect in performing tiruvaaraadanam. Out of great interest, adiyen has learnt this procedure from various sources and watching learned bhagavathas performing ijyaa. adiyen has originally penned the procedure for his own reference and now many bhagavathas have requested adiyen to share this information with them. adiyen was hesitant fully knowing the limitations, but later thought that nothing wrong in sharing whatever is known to adiyen to the interested the bhagavathas. After all, they too wants to make a start. Then adieyn has carefully read the ahnika granta of Srimad Azhagiya singar and the procedure is already there in a simple tamil. What a lucid presentation. This book is a must for every srivaishnava. adiyen has tried to explain the ijyaa procedure from this book. Please do approach a qualified bhagavatha and learn from him personally. adiyen seeks the pardon of bhagavthas for any inaccuracies and mistakes in this humble attempt.

Bibliography:
1. Ahnika granta of (current )Srimad Azhagaiya singar.
2. SrI vaishnava dinacharya by Vishitadvaita prachaarani sabha, Madras 4.
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Document prepared by R. Venkat. It was throughty scrutinised by Sri IVK Chary swamin and the corrections were incorporated by Sri VangIpurom Satyanarayan of Kuwait. Please forward your comments to rmvenkat@yahoo.com