Perform maadhyaahnikam. Wash your feet and enter the perumal sannidhi and do achamanam twice.

First 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.

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.

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, paadyam and aachamaniiyam
- While doing thirumanjanam
- While offering Dhupam, Dipam

The tongue 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.

Open the koyilaazhvar( box) and recite (some bhagavathas say that a karpura harati to be done here)
Guru parampara dhyaanam (See annexure I)
(Go to Divya prabandham page in http://srivaishnavam.com for all the prabandham and stotras for
saranagati gadyam and nyasa dasakam)
Divya prabandha taniyan
Pallandu
Thiruppalliyezhuchchi
Thiruppavai
Saranagati gadyam( Start from akilaheya.. and upto sharanam prapadhye.) or atleast nyaasa
dasakam

Note: If time doesn’t permit to recite the entire pasurams atleast recite the first
and last two pasurams of Pallandu, Thiruppalliyezhuchchi and
first, third, sixteenth, eighteenth, 23rd, 24th and 27th and 28th pasurams of
thiruppavai.

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

Recite asana mantram

(Move the fingers of both palms inwardly in front of chest)
** – touch with four fingers except thumb

Ashtaakshra pranayamam-

With the pavitra and small finger of right hand close the left nostril and exhale from right nostril
chanting ashtaaksharam 8 times. Then breathe in thru left nostril while counting 16 times. Now
close the right nostril also with the thumb finger and hold the breathe till you count 32 times of
ashtaaksharam. Now slowly breathe out from right nostril while chanting ashtaksharam 16 times.

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 breathe till you count 28 times of ashtaaksharam. Now slowly breathe out from right nostril.
(As per Page428 of Ahnika Grantham of Srimath Azhagiyaasingar)
Thiruvaradhana kramam from Srivaishnavam.com

Starting Prayers:

(Begineers 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 mUrhdhanya naadi in our head. Our jeevan 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 jeevan enters the heart once again and we are now fit to perform HIS aradana.)

Detailed description for this kramam can be found in annexure II

Perform Pranayamam reciting 28 times Ashtasharam

( This is very important)
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.

Perform Pranayamam reciting 28 times Ashtasharam
திருவராத்தணக் கருமண

குருக்குறை கிருட்கால குருக்குறை பெருமான் மென்பெயர் குருக்குறை
குருக்குறை குருக்குறை குருக்குறை. நீர்வாயிலுக்கு குருக்குறை குருக்குறை
குருக்குறை குருக்குறை குருக்குறை. குருக்குறை குருக்குறை குருக்குறை

tamil

வருதுவதற்குப் பாடல்களும் எழுதிக்கொள்ளும் பாடல்களும் குருக்குறை
அடுத்து பாடல் பாடல் பாடல் பாடல். பவளத்து பாடல் பாடல் பாடல்
குருக்குறை குருக்குறை குருக்குறை. குருக்குறை குருக்குறை

பட்டும் பெருமான் குருக்குறை குருக்குறை குருக்குறை
பட்டும் பெருமான் குருக்குறை குருக்குறை

ஒரு பிணை பல்வேறு பெருமான் குருக்குறை
ஒரு பிணை பல்வேறு பெருமான் குருக்குறை

இந்தக் கருமண கூற்றுகளை பயிற்சி பயிற்சி
இந்தக் கருமண கூற்றுகளை பயிற்சி பயிற்சி

"offer pushpam"

"pray to acharya"

"pray to acharya"

Recite:

Refer to the image on 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. aachamaniyya 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.

Arrangement of vattils and other items.

(Procedure)

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

and show the right palm on the kumba theertham.
Write on the right palm with the pavitra finger of left hand raM and recite

and show the right palm on the kumba theertham.

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

and show the left palm on the kumba theertham.

Do surabi mudra on kumba tiirthaM.

Hold the right palm on the kumba tiirthaM and recite

Pavithra Mantharam

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)shoShaNam daahanam plaavanam and surabi mudra for the all the five vattils.
Hold the right palm on the five vattils and recite

प्राणवः ब्रह्मचर्यं वस्तुदेवं: ब्रह्मचर्यं तथा धर्म्मं सृवंस्तु: ब्रह्मचर्यं
कष्ट्यं वल्लभं, तन्त्रववणं ब्रह्म, अतिमं ववणं, अतितक्षं अविनम्
अष्टापि प्रसंग प्रवीणं ब्रह्मचर्यं प्राणवं मातुरानं: पुरुषः

Hold right palm on the argya vattil and recite:

(praNava) रजस्य रागश्रापमश्च भीक्षणश्रापमश्च

Hold right palm on the paadyam vattil and recite:

(praNava) रजस्य रागश्रापमश्च भीक्षणश्रापमश्च

Hold right palm on the aachamaniiya vattil and recite:

(praNava) रजस्य रागश्रापमश्च भीक्षणश्रापमश्च

Hold right palm on the snaaniiya vattil and recite:

(praNava) रजस्य रागश्रापमश्च भीक्षणश्रापमश्च

Hold right palm on the sarvaartha thoyaM vattil and recite:

(praNava) रजस्य रागश्रापमश्च भीक्षणश्रापमश्च

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 nose/Heart level and chant aShTaaksharam 4 times and recite

स्री श्रीश्रीनामम् ऋषी:

sprinkle a drop of water from the spoon into Arghya, Paadhya, Aachamaneeya,Snaneeya,Sarvardhadaya vattils and kumba threetham:
RemainingWater in the spoon to be sprinkled on other Aradhana Saamagri & self.

महान्यायनम्

Offer a flower to the Bhagavan reciting following slokas

श्रीश्रीनामम् ऋषी: अग्निनामालं सत्संवकः: अग्निनामालं सत्संवकः: अग्निनामालं सत्संवकः: अग्निनामालं सत्संवकः: अग्निनामालं सत्संवकः: अग्निनामालं सत्संवकः:

क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः:

अविनस्तं क्रमानालं सत्संवकः: अविनस्तं क्रमानालं सत्संवकः: अविनस्तं क्रमानालं सत्संवकः: अविनस्तं क्रमानालं सत्संवकः: अविनस्तं क्रमानालं सत्संवकः:

क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः:

क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः:

kruntham मातो श्रीश्रीनामम् ऋषी: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः: क्रमानालं सत्संवकः:
Offering argyaM, paadyaM and aachamaniiyaM:

Take one spoonful of water from argya patram (Vessel1) and take close to perumal and recite

(pranavam) rheem nirmohaprasadam vanakrutha sarvasantanh

Place the water carefully in the pratigR^iha patram (vessel 7) This is called argyaM. This is done once to wash the hands of perumal.

Take one spoonful of water from paadyaM patram (Vessel2) and take close to perumal and recite

(pranavam) rheem nirmohaprasadam vanakrutha sarvasantanh

Place the water carefully in the pratigR^iha patram (vessel 7) This is called paadyaM. Do it twice. This is to wash the feet of the perumal.

Take one spoonful of water from aachamaniiya patram (Vessel3) and take close to perumal and recite

(pranavam) rheem nirmohaprasadam vanakrutha sarvasantanh

Place the water carefully in the pratigR^iha patram (vessel 7) This is called aachamaniiyaM. Do it thrice. This is for doing aachamanam.

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

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 sarvaartha toyaM (vessel 5). Don’t mix with argya, paadiya, aachamaniiya vattils (vessel numbered 1, 2, 3).

Nirmohaprasadam ram: (for periya piratti or laxmi devi)

Nirmohaprasadam ram: (bhu devi and nila devi)

Adi seshan, garuda and vishvaksena the nitya suris

Nammazhvar, kaliyan, Ramanuja and Desika and other acharayas

Recite:
offer a flower reciting the following sloka

(panavam) 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(vessel7). Take a spoonful of arghaya water and sprinkle on the plate. Place the salagrama moorthy on the plate

Take one spoonful of water from sarvaarta toyam (vessel4) and recite

Take one spoonful of water from sarvaarta toyam (vessel4) and recite

do tirumanjanam with the uddhariNi reciting purusha suktam,sri suktam and bhu nilaa suktam. (Pancha suktam in tamil 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.

(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 fragrancne 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 patthu naankaam thirumozhi) If time does not permit at least recite first and last pasurams.

Whilst reciting Periazhavaras 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:

Now you have to convert the snaaniiya paatram to paaniya paatram. Empty the Snaaneeya vatitl vessel 4 and fill with fresh water from the kumbha threetham (vessel 7) and top up the other vessels (1,2,3,5) too with the water reciting (pranava) shubdham shudhram.

Do  shubdham  kshemam  bannirama.

Hold the right palm on the five vattils and recite:

Hold right palm on the argya vattil and recite:

Hold right palm on the paadyam vattil and recite:

Hold right palm on the aachamaniiya vattil and recite:

Hold right palm on the snaaniiya vattil and recite:

Hold right palm on the sarvaartha thoyaM vattil and recite:

Offer a flower reciting following sloka

(pranavam) recite bhagavadgita shubdham kshemam.

Offer argyaM, paadyaM and aachamaniyaM

Offer one spoonful of water from sarvartha toyam OR a pushpam and recite.
திருவராத்தண்டை 4 கொண்டம்

வந்தை 2 கொண்டம் பொதுகை 3 கொண்டம் பொதுகை 2 கொண்டம் (flower) OR கொண்டம் (spoonful of water from sarvaarta toyam) செய்யுந்தை.

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) பேர் பற்றப்பன்:

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

(பேர் பற்றப்பன்) ரேவா ராகவங்காச கேந்திரம் காவுமணி.

Dhoopam:

(பேர் பற்றப்பன்) ரேவா ராகவங்காச கேந்திரம் பானங்கை காவுமணி பானங்கை பானங்கை: புமன் கே தாண்டவணி.

(பேர் பற்றப்பன்) ரேவா ராகவங்காச காவுமணி அரவணி.

Offer Aachamaneeyam

Deepam:

(பேர் பற்றப்பன்) ரேவா ராகவங்காச காவுமணி அரவணி.

Offer Aachamaneeyam

(_hold the plate with pushpam / Thulsi leaves and recite the following)

(The following vedic mantras require careful learning!)

(பேர் பற்றப்பன்) ரேவா ராகவங்காச காவுமணி அரவணி: புமன் தாண்டவணி.
திருவராதநா கிருட்பம்

மைய: இ திருவராதநா கிருட்பம் கிருட்பம் குர்த்தாக பாதுகாக்க வேண்டும் குர்த்தாக கொண்டுவிக்க மையம்: இல்-

மைய: இ ஆக்சா அண்டை கற்று கொள்ள வேண்டும் கற்று கொள்ள மையம்: இல்-

மைய: இ.. கொண்டுவிக்க வேண்டும் குர்த்தாக கொண்டுவிக்க மையம்: இல்-

திருநாயகர் பாண்டையனியும் முதல் பாண்டையனியும் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டையனி. இ திருநாயகர் பாண்டையனி பாண்டை�
one sloka each of Perumal, Piratti, Nammazhvar, Rammanuja, Desika / Manavala Mamuniyal.


(aShTaaxaraM)史诗 புருண்மூலம் அமுக்கப்பை (offer tulasi leaf at the lotus feet of perumal)

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

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<th>(pranavam)</th>
<th>(pranavam)</th>
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</table>

Now archana for taayaar

| பெருமாள் குருவன் மூலம்: | இவளியுமையாக வரிசை மூலம்: |
| பெருமாள் குருவன் மூலம்: | இவளியுமையாக வரிசை மூலம்: |
| பெருமாள் குருவன் மூலம்: | இவளியுமையாக வரிசை மூலம்: |
| பெருமாள் குருவன் மூலம்: | இவளியுமையாக வரிசை மூலம்: |
| பெருமாள் குருவன் மூலம்: | இவளியுமையாக வரிசை மூலம்: |

Offer a flower with following sloka

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<th>(pranavam)</th>
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<tbody>
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<td>பெருமாள் புருண்மூலம் வாழ்க்கை பெருமாள் புருண்மூலம் பிரார்த்தனை:</td>
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<tr>
<td>(offer puShpaM)</td>
<td>(offer puShpaM)</td>
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offer one spoonful of water from argya patra 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 Pariseshanam with argya theertham.

PariShechanaM,

(Pranavam) प्राणायामः

Sthopa: स्थोपणः

(Pranavam) प्राणायामः

(Pranavam) प्राणायामः

(Pranavam) प्राणायामः

With ghaNTa nathaM (tongue of the bell should hit both the sides of the bell) recite the following.

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

...
In between from paaniyya vattil offer water for perumal for drinking reciting (pranavam) then mangalasasanam praanasham sandhyapatha.
(Note atleast 4 spoonful of water should be given to perumal for drinking)

Anjalum vicharathen (aapochanaM) offer one spoonful of water from sarvartha toyam

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

Aachanam vicharathen (from aachamana vattil)

Offer a flower with following sloka

Srikanthavatirthaathir Kunstam masth Kamaapakam aadhihram. Kanikan chobhithu4thu thiruvilakrushthu pratiram samhitha

(Pranavam) vichara mangalasasanam praanasham sandhyapatha sandhyapatha

Sprinkle Arghaya water on Phalam & Thamboolam, offer Sashana Dhahana plavana Surabhi Mudhra, pavithra manthram

Now with ghaNTa naatam recite the sarrumurai. (Go to prabandham page and scroll down to locate the sarrumurai) 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 sarrumurai in a chorus.
Offer a flower with following sloka

\[ \text{Offer a flower with following sloka} \]

Note: ArgyaM paadyaM Aachamaneeeyam have to be offered to Perumal, Taayaar, Ananta Garuda, Vishvaksena, Parankusa, Parakala, Yathivara, Nigamatha during every aasanam. If this is time consuming, then atleast offer argyaM paadyaM Aachamaneeeyam for every one ie perumal, shrii, bhuu and niilaa devi, ananta garuda viShvaksenar and aacharyas during mantraasanam at the starting and during parya~Nkaasanam in the end. Please note that these upacharams have to be given to Perumal during all asanas.

Do Aachamaneeeyam and Saathvika Thyagam

(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.)

Carefully transfer perumal from the altar to the kovilaazhvaar.
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
Bhagavathas may recite the acharya taniyans of their linage here.

Annexure II

Pu³ ka³³ ka³³ ka³³ ka³³ (Detailed explanation)

Chant ashTaakshraM ²⁸ times and do praaNaayaamaM, thrice.

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)  அம் மம்: பாவ பாவமுய்யுமே மம்:
(aShTaaksharaM) புருநிதி கரிழிக்க திருப்போமே, கரிழிக்க திருப்போமே அரண்மே திருப்போமே

Move right hand palm from both feet upto knee.

(praNavaM)  அம் மம்: பாவ கிருட்கக்குமே மம்:
(aShTaaksharaM) அரிய வட காரணகு திருப்போமே, வட காரணகு திருப்போமே

Move right hand palm from knee to hip.

(praNavaM)  அம் மம்: பாவ கிருட்கக்குமே மம்:
(aShTaaksharaM) துமுத வட காரணகு திருப்போமே, வட காரணகு திருப்போமே

Move right hand palm from hip to chest.

(praNavaM)  அம் மம்: பாவ முதுகக்குமே மம்:
(aShTaaksharaM) முதுகவ காரணகு திருப்போமே, முதுகவ காரணகு திருப்போமே

Move right hand palm from chest to nose.
Move right hand palm from nose to head.

Recite:

(aShTaaksharaM) 4

(aShTaaksharaM) 3

(aShTaaksharaM) 3

Move right hand palm from nose to head.

Recite:

(aShTaaksharaM) 4

(aShTaaksharaM) 3

(aShTaaksharaM) 3

Read carefully now.

(aShTaaksharaM) praanayama 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 ന on the right palm and hold it near the naval (The palm should be facing the body), recite:

(praNavaM) ന

(aShTaaksharaM) ന

(aShTaaksharaM) ന

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

(praNavaM) ന

(aShTaaksharaM) ന

(aShTaaksharaM) ന

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 ന on the right palm and hold it near the chest (The palm should be facing the body), recite:

(praNavaM) ന

(aShTaaksharaM) ന
both the nostrils and hold the breathe. Chant aShTaaksharaM 7 times as you exhale thru the right nostril

Write aShTaaksharaM 7 times as you exhale thru the right nostril

Write aShTaaksharaM on the left palm and touch the head, recite:

Mentally assume that a divine body is given by perumal for doing aradana.

Recite:

Move from head to nose with right hand and recite

Move from nose to chest with right hand and recite

Move from chest to hip with right hand and recite
Move from hip to knee with right hand and recite

(praNavaM) அம் மை: மல்ல விநானகரியமையில் மை:
(aShTaaksharaM) என்றுண்டு மல்ல சிவாலயில் நூற்றாண்டு, 
மல்ல நூற்றாண்டுப் பக்தைப்

Move from knee to feet with right hand and recite

(praNavaM) அம் மை: மல்ல நாவாச்சைல் மை:
(aShTaaksharaM) அம்மை கைக் கைக் கைக் கைக் கைக் கைக் கை கை கை கை கை 
(பக்தைப் பக்தைப்) கை கை கை 

(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 your hand close to the feet and recite the respective mantra)

Write மை on the left palm with right hand and keep it above the head and recite:

மை ஆரத்திரம் மை:

(aShTaaksharaM) தங்க மல்லநூற்றாண்டு புத்த புத்த புத்த புத்த புத்த புத்த புத்த புத்த புத்த புத்த 
(பக்தைப் பக்தைப்) கை கை கை 

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 calendar month (mAsa pirappu)
5. ShaShTii

Thulasi Grahana varjana kaalam

Recite the following mantras while collecting tulasi:

துலசி ஆரத்திரம் ஆரத்திரம் பாவிப் பாவிப்
(பக்தைப்) பாவிப் பாவிப் பாவிப் பாவிப் பாவிப்...
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 tirumanjana tiirtham
One small plate with holes (diameter equivalent to the rim of the pratigraha patram) for placing the salagam moorti for tirumanjana.
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 without 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 karpooram (campher).
One madi vastram for wiping perumal after tirumanjanam.
Sandal wood 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 karpooram 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 Thirukkaveri (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 tiruvaradhanam. Wear Pancha kachcham and the uttiriyam (towel) should be tied at the waist (like a belt).

Also it is essential to wear dwadasha urdva pundram while performing tiruvaradhanam. 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 tiruvaradhanam 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 tiruvaradanam to HIM who has given EVERY THING to us.

The ijya 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 tiruvaradhanam 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 tiruvaradhanam 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 bhajyaasanam 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 samsrayanam from your acharya. Also you MUST learn from a qualified person who is doing tiruvaradhanam regularly. These pages can be used as an learning aid for reference. Thiruvaradhanam has to be done only after proper/formal upadesam from elders.

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 require 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 tiruvaradanam. 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 bhagavathas. After all, they too wants to make a start. Then adiyen 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 bhagavathas for any inaccuracies and mistakes in this humble attempt.

Bibliography:
1. Ahnika granta of (current )Srimad Azhagaiya singar.
3. Nityaanushtanakramam by Lifco
Adiyen would like to thank Sri IVK Chary swamin and Sri Navalpakkam R. Ananth swamin for their help and guidance in learning tiruvaaraadanam.

Document prepared by R. Venkat. It was thoroughly scrutinised by Sri IVK Chary swamin and the corrections were incorporated by Sri VangIpuram Satyanarayanan of Kuwait. Please forward your comments to rmvenkat@yahoo.com