

# Anaghavrata Kalpaḥ

Overview of the offerings and gestures for Anagha-Puja based on the Puja texts on  
www.dattapeetham.org  
January 2020

## Beginning chant

**(Offer rice grains on the upper pictures)**

Swamiji:

### **Dhyānam**

(Meditation on Dattātreya and Anaghadevī, the Śakti of Dattātreya, the divine female primordial energy)

*Their wealth-giving eyes are like semi-bloomed flowers,*

*The brightness from their smiles is like moonlight reflecting in rivers,*

*The grand yoga light emanates from the middle of their eyebrows (ajna chakra area).*

*Their hands are adorned with mala, lotus, varada (boon giving) and abhaya (do not fear) mudras,*

*Their beautiful feet are visible because of the padmasana posture they are in.*

*I meditate upon such anagha couple who are imprinted in my mind without fading.*

*Their thoughts are fully in my mind.*

**(Offer rice grains in the middle)**

Swamiji:

### **Parivāra Devata Dhyānam** (Meditation on the 8 supernatural powers)

**(Offer rice grains on nr. 1-8 during the chanting)**

1. **Aṇima** – become as small as an atom
2. **Laghima** – become as light as light
3. **Prāpti** – be omnipresent
4. **Prākāmya** – fulfill ones all desires
5. **Īshitva** – absolute power to create and destroy
6. **Vashitva** – supreme mastery over material matter
7. **Kāmāvasāyita** – assume any form
8. **Mahima** – infinitely expand

Swamiji:

1. **Āvāhanam** (invocation)

**(Offer rice grains in the middle)**

2. **Āsanam** (offer a seat)

3. **Pādyam** (offer water to wash feet)

4. **Arghyam** (offer water to wash hands)

5. **Ācamanam** (offer water to sip)

6. **Madhuparkam** (offer sweet drink of honey)

7. **Pancamṛta snānam** (bath with 5 nectars: milk, yoghurt, ghee, honey, sugar)

8. **Snānam** (offer bath with pure water)

9. **Vastram** (offer clothing)

10. **Upavītam** (offer sacred thread)

11. **Gandham** (offer sandal paste)

12. **Kuṃkumam** (offer kumkum)

13. **Ābharaṇam** (offer jewelry)

14. **Puṣpam** (offer flowers)

15. **Dhūpam** (offer incense stick)

16. **Dīpam** (offer light with oil lamp)

17. **Naivedyam** (offer food, fruits)

18. **Tāmbulam** (offer betel leaves)

19. **Ārati** (offer camphor-light)

20. **Mantra puṣpam** (flowers for personal prayer)

21. **Pradakṣinam** (circumambulating the altar, here: turnaround oneself 3x to the right, then bow)
22. **Punaḥ pūja** (offer the entire pūja with this one offering again)
23. **Kṣama prārthanam** (prayer for forgiveness for mistakes done during the pūja)
24. **Arpaṇam** (offer the fruit of all actions done by the body, mind, speech, sense organs, intellect, intuition and inherent nature)
25. **Prārthanam** (prayer)
26. **Phala samarpaṇam** (offer the merit of the pūja)