

Bhagavad Tiruvaradhanam in devanagari script

Tiruvaaraadhana kramam (ijyaa)

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

चण्डादि द्वार पालेभ्यो नमः ।

प्रचण्डादि द्वार पालेभ्यो नमः ॥

समस्त परिवाराय श्रीमते नारायणाय नमः ।

अपगच्छन्तु तेभूता येभूताभुवि संस्थिताः ।

ये भूता विघ्न कर्तारः ते गच्छन्त्वाज्ञया हरेः ॥

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 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.

वीर्याय अस्त्राय फट् । यं वायवे नमः ॥

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

कौसल्या सुप्रजा राम पूर्वा संध्या प्रवर्तते ।

उत्तिष्ठ नरशार्दूल कर्तव्यम दैवमाह्निकम् ॥

Guru parampara dhyaanam (see the annexure 1 for this)

Divya prabandha taniyan (Go to divya prabandham page for these doc.'s)

Pallandu

Thiruppalliyezhuchchi

Thiruppavai

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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 pasurams of Pallandu, Thiruppalliyezhuchchi and first, third, 16th, 18th, 23rd, 24th, 27th and 28th pasurams of thiruppavai.

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

{praNavaM} भूर्भुवस्सुवः

Recite aasana mantram

आसन मन्त्रं

आसनमन्त्रस्य पृथिव्या मेरुपृष्ठ ऋषिः (Head **)

स्तुलं छन्दः (Tongue**-not to touch)

श्रीकूर्मो देवता ॥ (Heart**)

अपां आसने विनियोगः ॥ (Move the fingers of both palms inwardly
in front of chest)

** - touch with four fingers except thumb

पृथिव त्वया धृता लोका देवि त्वं विष्णुना धृता ।

त्वं च धाराय मां देवि पवित्रं कुरु चासनम् ॥

अष्टाक्षर 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 Srimateh Azhagiyasingar)

सङ्कल्पं

श्री भगवदाज्ञया भगवत् { श्रीमन् नारायण } प्रीत्यर्थं इज्या कालिकं भगवदाराधनं करिष्ये

Starting Prayers:

हरिः ओं तत्सत् कृतंच करिष्यामि भगवन् नित्येन भगवत् प्रीत्यर्थेन महाविभूति चातुरात्म्य
भगवद् वासुदेव पादारविन्दार्चनेन इज्यया भगवतः कर्मणा भगवन्तं अर्चयिष्यामि ।

॥ बलमन्त्रः ॥

भगवतो बलेन भगवतो वीर्येण भगवतस्तेजसा भगवतः कर्मणा भगवतः कर्मकरिष्यामि भ
गवतो वासुदेवस्य ।

॥ सात्त्विकघागम् ॥

भगवानेव स्वनियाम्य स्वरूपस्थिति प्रवृत्ति स्वशेषतैकरसेन अनेन आत्मना कर्त्रा स्वकीयैश्च
देहेन्द्रियान्तःकरणैः स्वकीय कल्याणतम द्रव्यमयान् औपचारिक सांस्पर्शिक सांष्टिक
आभ्यवहारिकादीन् समस्त भोगान् अतिप्रभूतान् अतिप्रियतमान् अतिसमग्रान् अत्यन्त
भक्तिकृतान् अखिलपरिजन परिच्छदान्विताय स्वस्मै स्वप्रीतये स्वयमेव प्रतिपादयितुं
उपक्रमते ।

भूतसुद्धिक्रमं ।

(Beginners may skip this section till they are familiar with the entire thirvaaradhanam. 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 aradhanam 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 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 the annexureII

maanasiika aaraadhanaM. मानसीक आराधनं

(This is very important)

प्राणायामं

Perform Pranayamam reciting 28 times Ashtasharam

सङ्कल्पं

श्री भगवदाज्ञया भगवत् { श्रीमन् नारायण } प्रीत्यर्थं भगवदाराधननाङ्कं मानसाराधनं
करिष्ये ।

Bhagavad Tiruvaradhanam in devanagari script

Here we can offer the best of vastrams,jewellery to PerumaL and tayaar and offer them sumptous 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.

कूर्मादीन् दिव्य लोकं तदनु मणिमयं मण्टपं तत्रशेषं

तस्मिन् धर्मादिपीठं तदुपरि कमलं चामर ग्राहिणीश्च ।

विष्णुं देवीः विभूषायुध गणमुरगं पादुके वैनतेयं

सेनेशं द्वारपालान् कुमुदमुख गणान् विष्णु भक्तान् प्रपद्ये ॥

सव्यं पादं प्रसार्य श्रीतदुरितहरं दक्षिणं कुञ्च यित्वा

जानुन्याधाय सव्येतरमितरभुजं नागभोगे निधाय ।

पश्चाद् बाहुद्वयेन प्रतिभटशमने धारयन् शङ्ख चक्रे

देवी भूषादि जुष्टो जनयतु जगतां शर्म वैकुण्ठ नाथः ॥

आराधयामि हृदि केशवमात्मगेहे मायापुरे हृदयपङ्कजसन्निविष्टम् ।

श्रद्धानदी विमल चित्त जलाभिषेकैः नित्यं समाधि कुसुमैः अपुनर्भवाय ॥

सौवर्णे स्थालिवर्ये मणिगणखचिते गोघृताक्तान् सुपक्वान्

भक्ष्यान् भोज्यान्श्च लेह्यान् परममथ हविः शोष्यमन्नं निधाय ।

नानाशाकैरुपेतं सदधि मधुघृतं क्षीरपानीय युक्तं

ताम्बूलं चात्म नेऽस्मै प्रतिदिवसमहं मानसं कल्पयामि ॥

भगवन् पुण्डरीकाक्ष हृद्यागंतु मया कृतम् ।

आत्मसात् कुरु देवेश बाह्यैस्त्वां सम्य गर्चये ॥

विभो सकल लोकेश प्रणतार्थि हराच्युत ।

त्वां भक्त्या पूजयाम्यद्य भोगैर् अर्ग्याधिभिक्रमात् ॥

भाह् आराधनं

प्राणायामं

Perform Pranayamam reciting 28 times Ashtasharam

सङ्कल्पं

श्री भगवदाज्ञया भगवत् श्रीमन् नारायण प्रीत्यर्थं भगवदाराधननाङ्कं भाह्वाराधनं
करिष्ये ।

कूर्मादीन् दिव्य लोकं तदनु मणिमयं मण्टपं तत्रशेषं

तस्मिन् धर्मादिपीठं तदुपरि कमलं चामर ग्राहिणीश्च ।

विष्णुं देवीः विभूषायुध गणमुरगं पादुके वैनतेयं

सेनेशं द्वारपालान् कुमुदमुख गणान् विष्णु भक्तान् प्रपद्ये ॥

सव्यं पादं प्रसार्य श्रीतदुरितहरं दक्षिणं कुञ्च यित्वा

जानुन्याधाय सव्येतरमितरभुजं नागभोगे निधाय ।

पश्चाद् बाहुद्वयेन प्रतिभटशमने धारयन् शङ्ख चक्रे

देवी भूषादि जुष्टो जनयतु जगतां शर्म वैकुण्ठ नाथः ॥

ब्रह्माद्या सकला देवाः यंन स्मर्तु मपीश्वर ।

स एष भगवन्नद्य मम प्रत्यक्षताम् गतः ॥

स्वागतं भगवन्नद्य मां तारयितुमागतः ।

धन्योऽस्मि अनग्रहीतोऽस्मि कृतार्थोऽस्मि कृपा निधे

सान्निध्यं कुरु देवेश सर्वदा सर्व कामद ।

द्रव्य मन्त्र क्रिया भक्तिः श्रद्धाहानी सह प्रभोः ॥

आधार शक्त्यादिभ्यो नमः (offer pushpam)

Bhagavad Tiruvaradhanam in devanagari script

अस्मद् गुरुभ्यो नमः : (pray to acharya)

अस्मद् परम गुरुभ्यो नमः :

अस्मद् सर्व गुरुभ्यो नमः :

श्रीमते आदिवणशठकोप यतीन्द्र महादेशिकाय नमः :

Recite:

गुरवस्तदीय गुरवस्तदीय गुरवो दिशन्तु मम साध्वनुग्रहम् ।

युष्मदुपजनित शक्ति मतिरहं हरिमर्चयामि गतभीः प्रसीदत

समस्त परिवाराय श्रीमते नारायणाय नमः :

स्वागतम्

भगवन् समाराधनाभी मुक्तोभव ।

त्वदाराधनाय मां अनुजानीहि ।

तव आत्माद्गीयं नित्य किङ्करत्वाय स्वीकुरु ॥

Paatra parikalpanam

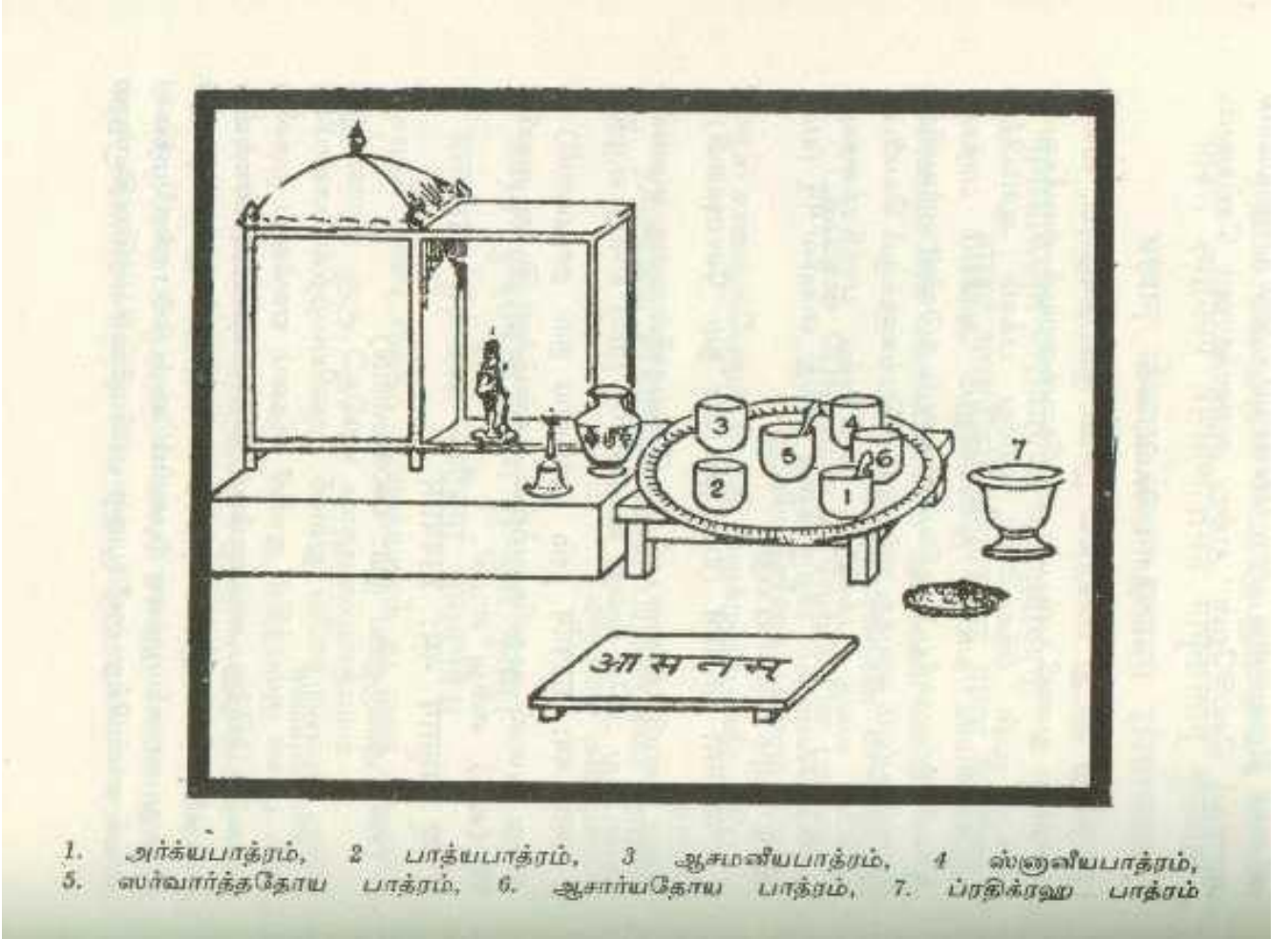
Arrangement of vattils and other items.

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. achamaniya patram
4. snaaniya/paaniya 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 koyilazhvaar.



शोषन दाहन प्लावनं (Procedure)

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

यं वायवे नमः शोषयामि

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 अग्नये नमः 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 नमः प्लावयामि

and show the left palm on the kumba theertham.

Bhagavad Tiruvaradhanam in devanagari script

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

वीर्याय अस्त्रायफट् ।

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) ज्ञानाय हृदयाय नमः ।

Do shoShaNam,daahanam plaavanam and surabi mudra for the all the five vattils.



Image of surabi mudra

Hold the right palm on the five vattils and recite

भगवान् पवित्रम् वासुदेवः पवित्रम् तत्पादोदकम् पवित्रम् शतधारं सहस्रधारं अपरिमितदारं
अच्छिद्रम् अरिष्टम् अक्षय्यं परमं पवित्रं भगवान् वासुदेवः पुनातु

Hold right palm on the argya vattil and recite: (praNava) अर्घ्यं परिकल्पयामि ।

Hold right palm on the paadyam vattil and recite: (praNava) पाद्यं परिकल्पयामि ।

Hold right palm on the aachamaniya vattil and recite: (praNava) आचमनीयं परिकल्पयामि ।

Hold right palm on the snaaniya vattil and recite: (praNava) स्नानीयं परिकल्पयामि ।

Hold right palm on the sarvaartha thoyaM vattil and recite: (praNava) सर्वार्थतोयं परिकल्पयामि ।

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

विं विरजायै नमः ।

Bhagavad Tiruvaradhanam in devanagari script

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.

मन्त्रासनम्

Offer a flower to the Bhagavan reciting following slokas

इज्या काल्स्तृतीयोऽयं अह्नोऽशः : समुपागतः ।

संभृताश्चैव संभाराः कल्पितान्यास नानि च ॥

स्नानाद्यर्थानि देवेश तवेच्छा वर्तते यदि ।

अवलोकनदानेन तत् सर्वं सफलं कुरु ॥

तदर्थं सह देवीभ्यां सानुगैः सचिवैः सह ।

मदनुग्रहाय कृपया ह्यत्रागन्तुं त्वमर्हसि ॥

यावदाद्यासनं मन्त्रासनान्तं पूज्यसे मया ।

तावत् सान्निध्य मत्रैव कुरुष्व पुरुषोत्तम ॥

द्रवय मन्त्र क्रिया भक्ति श्रद्धाहानि सह प्रभो ॥

(pranavam)नमो नारायणाय मन्त्रासनम् समर्पयामि

मन्त्रासनम् अवलोकय प्रतिगृहीष्व क्षमस्व

Offering argyaM, paadyaM and achamaniyaM:

Take one spoonful of water from argya patram (Vessel 1) and take close to perumal and

recite (pranavam)नमो नारायणाय अर्घ्यं समर्पयामि ।

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 समर्पयामि ।

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 achamaniya patram (Vessel3) and take close to perumal

and recite (pranavam) नमो नारायणाय आचमनीयं समर्पयामि ।

Place the water carefully in the pratigR^iha patram(vessel 7) This is called achamaniyaM.

Do it thrice. This is for doing achamanam.

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 aachamaniyaM 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,aachamaniya vattils(vessel numbered 1,2,3).

श्रीं श्रियै नमः : (for periya piratti or laxmi devi)

भूमि नीलाभ्यां नमः : (bhu devi and nila devi)

अनन्त गरुड विषवक्सेनादिभ्यो नमः : (Adi sesha,garuda and vishvakseena the nitya sooris)

पराङ्कुश परकाल यतिवर निगमान्तार्यादिभ्यो नमः : nammazhvar,kalijan,Ramanuja and Desika and other acharyas)

Recite: समस्त परिवाराय श्रीमते नारायणाय नमः ।

एतत् दासनानु पंक्तिनः सर्वोपराधान् क्षमस्व ।

मांमदीयंच सर्वं तव नित्य किङ्करत्वाय स्वीकुरु ॥

स्नानासनम्

Offer a flower reciting following slokas

स्फुटीकृतं मया देव स्नाना सनमिदं महत् ।

आसादयाशु स्नानार्थं मदनुग्रह काम्यया ॥

(pranavam)नमो नारायणाय स्नानासनम् समर्पयामि

स्नानासनं अवलोकय प्रतिगृहीष्व क्षमस्व

Offer argyaM, paadyaM and aachamaniyaM

विष्वक्सेनाय नमः : (mentally think that the perumal's vastram has been given to

Sri Vishvakseena 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 snaaniya Paatram (vessel 4)

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

दन्तकाष्ठ कण्डूषादि सर्वोपचारान् समर्पयामि ।

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

हस्त मुख पाद प्रक्षालनं समर्पयामि ।

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 patthu 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:

एतत् दासनानु पंक्तिनः सर्वोपराधान् क्षमस्व ।

तव आत्मात्मीयं नित्य किङ्करत्वाय स्वीकुरु ॥

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

Do शोषन दाहन प्लावनं ।

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

भगवान् पवित्रम् वासुदेवः पवित्रम् तत्पादोदकम् पवित्रम् शतधारं सहस्रधारं

अपरिमितदारं अचिद्रम् अरिष्टम् अक्षय्यं परमं पवित्रं भगवान् वासुदेवः पुनातु

Hold right palm on the argya vattil and recite:

(pranavam) नमो नारायणाय अर्घ्यं परिकल्पयामि ।

Hold right palm on the paadyam vattil and recite:

(pranavam) नमो नारायणाय पाद्यं परिकल्पयामि ।

Bhagavad Tiruvaradhanam in devanagari script

Hold right palm on the aachamaniya vattil and recite:

(pranavam) नमो नारायणाय आचमनीयं परिकल्पयामि ।

Hold right palm on the snaaniya vattil and recite:

(pranavam) नमो नारायणाय पानीयं परिकल्पयामि ।

Hold right palm on the sarvaartha thoyaM vattil and recite:

(pranavam) नमो नारायणाय सर्वार्थतोयं परिकल्पयामि ।

अलङ्कारासनम्

Offer a flower reciting following slokas

देव देव जगन्नाथ भूषास्त्रक्चन्दनादिकम् ।

अलङ्कारासनम् भद्रं अधितिष्ठ तृतीयकम् ॥

(pranavam) नमो नारायणाय अलङ्कारासनम् समर्पयामि ।

अलङ्कारासनम् अवलोकय प्रतिगृहीष्व क्षमस्व ॥

Offer argyaM, paadyaM and aachamaniyaM

offer one spoonful of water from sarvartha toyam and recite

वस्त्र उत्तरीय भूषणार्थं ऊर्ध्वं पुण्ड्रार्थं पुष्पं / तोयं 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) भूर्भुवस्सुवः

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)

गन्धद्वारां दुराधर्षां नित्यपुष्टां करीषिणीम् ।

ईश्वरीं सर्वभूतानां त्वामिहोपह्वये श्रियम् ॥

(pranavam)नमो नारायणाय गन्धान् धारयामि ।

dhuupam:

धूरसि धूर्व धूर्वन्तं धूर्वतं योऽस्मान् धूर्वति तं धूर्वयं वयं धूर्वामः त्वं देवानामसि ॥

(pranavam)नमो नारायणाय धूपं समर्पयामि ।

Offer aachamaniyaM

Diipam:

उद्दीप्यस्व जातवेदोऽपघ्नन् निर् ऋतिं मम ।

पशुंश्च मह्यमावह जीवनंच दिशो दश ॥

(pranavam)नमो नारायणाय दीपं समर्पयामि । Offer aachamaniyaM

मन्त्रपुष्पम्

(The following vedic mantras require careful learning!)

हरिःओं ॥ अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम् होतारं रत्नधातमम् । हरिः ओं ॥

हरिःओं ॥

इषे त्वोर्जे त्वा वायवस्थो पायवस्थ देवोवःसविता प्रार्पयतु श्रेष्ठ तमाय कर्मणे । हरिःओं ॥

हरिःओं ॥

अग्न आयाहि वीतये गृणानो हव्य दातये । निहोता सथिस बर्हिषि । हरिःओं ॥

हरिःओं ॥

शन्नो देवि रभिष्टय आपो भवन्तु पीतये । शंयोरभिस्त्र वन्तुनः । हरिः ओं ॥

ओमित्यग्रे व्याहरेत् । नम इति पश्चात् । नारायणाय त्पु परिष्ठात् । ओ मित्येकाक्षरम् ।

नम इति द्वे अक्षरे । नारायणायेति पञ्चाक्षराणि । एतद्वै नारायणस्याष्टाक्षरं पदम् । यो ह वै
नारायणस्याष्टाक्षर पदमध्येति । अनपबृवःसर्वमायुरेति । विन्दते प्राजापत्यं रायस्पोषं गौपत्यं ।
ततोऽमृतत्वमश्नुते ततोऽमृतत्वमश्नुत इति । य एवम् वेद । इत्युपनिषत् ॥
अथ कर्मण्याचाराद् यानि गृह्यन्ते । उदगयन पूर्वपक्षाहः पुण्याहेषु कार्याणि । यज्ञोपवीतिना
प्रदक्षिणम् ।

तदृष्ट्वा शत्रु हन्तारं महर्षीणां सुखावहम् । बभूव हृष्टा वैदेहि भर्तारं परिष्वजे ॥
तासामा विरभूच्छौरिः स्म यमान मुखाम्बुजः । पीताम्बरधरः स्रग्वी साक्षान् मन्मथ मन्मथः ॥
अहो वीर्यमहो शौर्यमहो बाहु पराक्रमः । नारसिंहः परम् दैवं अहोबिलमहोबिलं ॥
वैकुण्ठेतु परे लोके श्रिया सार्थजगत्पतिः । आस्ते विष्णुरचिन्त्यात्मा भक्तैर् भाग वतैः सहः ॥

senRaal kudaiyaam* irundhaal siNGgaasanamaam,*
ninRaal maravadiyaam neeLkadalul,* - enRumpuNaiyaam
maNiviLakkaam* poompattaam pulhumaNaiyaam,*
thirumaaRku aravu.

कदा पुनः शङ्करथाङ्ग कल्पक ध्वजार विन्दाङ्कुश वज्र लाञ्छनम् ।

त्रिविक्रम त्वच्चरणाम्बुजद्वयं मदीय मूर्धानं अलंकरिष्यति ॥

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

For Desika sampradhayasthas Bhagavathdhyana Sopanam / Daya Sathakam / Varatharaja panchasath, Dasavathara Sthothram, Sri Sthuthi, Yathiraja Sapthathi for Nammazhvar & Ramanuja, Sapthathi Rathnamalika for Desika.

(aShTaaxaraM) मन्त्रपुष्पं समर्पयामि (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--) प्रद्युम्नाय नमः ।	(--do--) नारायणाय नमः ।

Bhagavad Tiruvaradhanam in devanagari script

(--do--) माधवाय नमः ।	(--do--) मत्स्याय नमः ।
(--do--) गोविन्दाय नमः ।	(--do--) कूर्माय नमः ।
(--do--) विष्णवे नमः ।	(--do--) वराहाय नमः ।
(--do--) मधुसूदनाय नमः ।	(--do--) नारसिंहाय नमः ।
(--do--) त्रिविक्रमाय नमः ।	(--do--) वामनाय नमः ।
(--do--) वामनाय नमः ।	(--do--) परशुरामाय नमः ।
(--do--) श्रीधराय नमः ।	(--do--) रामाय नमः ।
(--do--) हृषिकेशाय नमः ।	(--do--) बलरामाय नमः ।
(--do--) पद्मनाभाय नमः ।	(--do--) कृष्णाय नमः ।
(--do--) दामोदराय नमः ।	(--do--) कल्किने नमः ।

Now archana for taayaar

श्रीं श्रियै नमः ।	हरिवल्लभायै नमः ।
अमृतोद्भवायै नमः ।	शार्ङ्गिण्यै नमः ।
कमलायै नमः ।	देव देविकायै नमः ।
चन्द्रसोदर्यै नमः ।	सुरसुन्दर्यै नमः ।
विष्णु पत्न्यै नमः ।	महालक्ष्म्यै नमः ।
वैष्णव्यै नमः ।	सर्वाभीष्ट फल प्रदायै नमः ।
वरारोहायै नमः ।	

एतत् दासनानु पंक्तिनः सर्वोपराधान् क्षमस्व ।

तव आत्मात्मीयं नित्य किङ्करत्वाय स्वीकुरु ॥

भोज्यासनम्

Offer a flower reciting following slokas

मृष्ट मेध्यस्थिरान्नानि भक्ष्य भोज्यान् न्यनेकशः ।

सम्पन्नानि जगन्नाथ भोज्यासनं उपश्रय ॥

(pranavam) नमो नारायणाय भोज्यासनम् समर्पयामि । (offer puShpaM)

भोज्यासनम् अवलोकय प्रतिगृहीष्व क्षमस्व

अर्घ्यं पाद्यं आचमनीयं

(pranavam) भूर्भुवस्सुवः

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 Parishesanam with argya theertham.

PariShechanaM,

(pranavam) भूर्भुवस्सुवः

सतयं त्वर् तेन परिषिंचामि ॥

पुनः शुधोदकं ॥

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.

प्राणाहुतिमन्त्रम्

(pranavam) प्राणाय स्वाहा ।

(pranavam) अपानाय स्वाहा

(pranavam) व्यानाय स्वाहा

(pranavam) उदानाय स्वाहा

(pranavam) समानाय स्वाहा

(pranavam) ब्रह्मणे स्वाहा

ब्रह्मणिम आत्म अमृतत्वाय

With grasa mudra (see image)



offer the food to the PerumaL ringing the bell and recite the following.

मधु वात ऋतायते मधु क्षरन्ति सिंधवः ।माध्वीर्नः सन्त्वोषधीः ॥

मधु नक्तं उतोषसि मधुमत् पार्थिवं रजः ।मधु द्यौरस्तु नः पिता ॥

मधुमान् नो वनस्पतिः मधुमागुं अस्तु सूर्यःमाध्वीर्गावो भवन्तु नः ॥

मधु मधु मधू

In between from paaniya vattil offer water for perumal for drinking reciting

(pranavam)नमो नारायणाय पानीयं समर्पयामि

(Note atleast 4 spoonful of water should be given to perumal for drinking)

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,

हस्त मुख पाद प्रक्षालनं समर्पयामि

आचमनीयं समर्पयामि च्छरखम ाचहामाना वाततलिफ

एतत् दासनानु पंक्तिनः सर्वोपराधान् क्षमस्व ।

तव आत्मात्मीयं नित्य किङ्करत्वाय स्वीकुरु ॥

पुनर्मन्त्रासनम्

Offer a flower reciting following slokas

मन्त्रासनमिदं तुभ्यं मया दत्तमनुत्त मम् ।

कूर्चेन शोधितं विष्णोः पुनरासादय प्रभो ॥

(pranavam)नमो नारायणाय पुनर्मन्त्रासनम् समर्पयामि

पुनर्मन्त्रासनम् अवलोकय प्रतिगृहीष्व क्षमस्व

अर्घ्यं पाद्यं आचमनीयं

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

फलं तांभूलं समर्पयामि

Karpooa Harathi

Offer Soshana Dhahana plavana Surabhi Mudhra, pavithra manthram for karpooa harathi and perform karpooa 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 prabandam page for satrumurai)

एतत् दासनानु पंक्तिनः सर्वोपराधान् क्षमस्व ।

तव आत्मात्मीयं नित्य किङ्करत्वाय स्वीकुरु ॥

पर्यङ्कासनम्

Offer a flower reciting following slokas

देव देव जगन्नाथ श्रिया भूम्या च नीळया ।

जगद्रक्षण जागर्या योग निद्रां उपा कुरु ॥

(pranavam)नमो नारायणाय पर्यङ्कासनम् समर्पयामि ।

पर्यङ्कासनम् अवलोकय प्रतिगृहीष्व क्षमस्व ।

अर्घ्यं पाद्यं आचमनीयं

Note: ArgyaM paadyaM Aachamaneeyam have to be offered to Perumal, Taayaan, Ananta Garuda, Vishvaksena, Parankusa, 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 niiLaa devi, ananta garuda viShvaksenar and acharyas during mantrasaanam at the starting and during parya~Nkaasanam in the end.Please note that these upacharams have to be given to Perumal during all asanas.

उपचारापदेशेन कृतान् अहरहर्मया ।

अपचारानिमान् सर्वान् क्षमस्व पुरुषोत्त म ॥

(pranavam)नमो नारायणाय विष्वक्सेनादिभ्यो नमः ।

(Mentally assume that the jewels and garlands of the perumal are given to Vishvakshenar for safe custody and perumal is getting ready for HIS yoga nidra.)

अच्युत जगन्नाथ मन्त्र मूर्ते जनार्दन ।

रक्षमां पुण्डरीकाक्ष क्षमस्व पुरुषोत्तम ॥

॥सात्विकद्यागम् ॥

भगवानेव भगवदारादनाक्यं कर्म स्वस्मै स्वप्रीतये प्रतिपादितवान् अनेन नित्य

इज्यारादनेन भगवान् प्रीयतां वासुदेवः ॥

4 times साष्टांग नमस्कारं ।

Carefully transfer perumal from the altar to the kovilaazhvaar.

सर्वं श्री कृष्णार्पणमस्तु ।

श्री लक्ष्मी त्रुसिंह दिव्य पादुका सेवक श्रीवणशठकोप श्री नारायण यतीन्द्र महा देसिकाय

नमः ॥

ijyaaraadhanam 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

गुरु परंपरा द्यानं

अस्मद् गुरुभ्यो नमः । अस्मद् परम गुरुभ्यो नमः । अस्मद् सर्व गुरुभ्यो नमः ।
श्रीमते आदिवणशठकोप यतीन्द्र महादेशिकाय नमः । श्रीमते वेदान्त गुरवे नमः ।
श्रीमते रामानुजाय नमः । श्रीमते पराङ्कुश दासाय नमः । श्रीमद् यामुन मुनये नमः ।
श्रीमते राममि श्राय नमः । श्रीमते पुण्डरीकाक्षाय नमः । श्रीमन् नाथमुनये नमः ।
श्रीमतेशठकोपाय नमः । श्रीमतेविष्वक्सेनाय नमः । श्रियै नमः । श्रीधराय नमः ।
अस्मद् देसिकमस्मदीय परमाचार्यान् अशेषान् गुरून् ।
श्रीमन् लल्लक्ष्मण योगिपुङ्गव महापूर्णे मुनीं यामुनम् ॥
रामम्पद्म विलोचनं मुनिवरं नाथं शठद्वेषिणं ।
सेनेशं श्रियं इन्दिरा सहचरं नारायणं संश्रये ॥
विष्णु श्रीपृतनापतीन् शठरिपु श्रीनाथ पद्मेक्षणान् ।
रामं यामुन पूर्णमिश्रयतिराड् गोविन्द भट्टारकान् ॥
वेदान्त्याख्य मुनिं कलिप्रमथनं श्री कृष्ण पादभिधं ।
श्री रङ्गेश्वर केशवार्य कमला वासान् भजे केशवम् ।

ennuyir thandhu aLiththavaraich saraNambukku *
yaanadaivE avar kurukkaL niraivaNangip *
pinnaruLaal perumboodhoor vandha vaLLal *
periyaNambi aaLavandhaar maNakkaalnNambi *
nanneRiyai avarkku uraiththa uyyakkondaar *
naadhamuni sadagOban sEnai_naadhan *
innamudhath thirumagaLenRu ivarai munnittu *
emberumaan thiruvadigaL adaiginREnE.

Bhagavathas may recite the acharya taniyans of their lineage here.

Annexure II Bhuta shuddhi kramam

भूतशुद्धिक्रमं (Detailed explanation)

Chant ashTaakshraM 28 times and do praaNaayaamaM, thrice.

सङ्कल्पं

श्री भगवदाज्ञया भगवत्_ श्रीमन् नारायण प्रीत्यर्थं भगवदाराधन योग्यता सिद्ध्यर्थं

भूतशुद्धिं करिष्ये ।

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 सर्वात्मने नमः :

(aShTaaksharaM) पृथिवीं गन्धतन्मात्रे विलापयामि । गन्ध तन्मात्रं अप्सु विलापयामि ॥

Move right hand palm from both feet upto knee.

(praNavaM) वां नमः पराय निवृत्त्यात्मने नमः :

(aShTaaksharaM) अपो रसतन्मात्रे विलापयामि । रसतन्मात्रं तेजसि विलापयामि ॥

Move right hand palm from knee to hip.

(praNavaM) रां नमः पराय विश्वात्मने नमः :

(aShTaaksharaM) तेजो रूप तन्मात्रे विलापयामि । रूप तन्मात्रं वायु विलापयामि ॥

Move right hand palm from hip to chest.

(praNavaM) यां नमः पराय पुरुषात्मने नमः :

(aShTaaksharaM) वायुं स्पर्श तन्मात्रे विलापयामि । स्पर्श तन्मात्रं आकाशे विलापयामि ॥

Move right hand palm from chest to nose.

(praNavaM) क्षौं नमः पराय परमेष्ठ्यात्मने नमः :

(aShTaaksharaM) आकाशंशब्द तन्मात्रे विलापयामि । शब्द तन्मात्रं_ईन्द्रियाणि च अहङ्कारे

विलापयामि ॥

Move right hand palm from nose to head.

Recite:

अहङ्कारं महति विलापयामि । महान्तं प्रकृतौ विलापयामि ।

प्रकृतिं 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 नम :

(aShTaaksharaM) एतन्मन्त्रोद् भूत चण्ड वाय्वाप्यायित नाभिदे शस्थ वायुना तत्तत् समाष्टि

प्रलीनं सर्वकिल्बिष सर्वाज्ञान तद्वासना सहितं शरीरं अन्तर्बहिश्च तत्त्वक्रमेण 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 नम :

(aShTaaksharaM) एतन्मन्त्रोद् भूत चक्राग्नि ज्वालोप बृंहित जाठराग्निना तत्तत् समाष्टि प्रलीनं

सर्व किल्बिष सर्वज्ञान तद्वासना सहितं शरीरं अन्तर्बहिश्च तत्त्व क्रमेण दाहयामि ।

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 नम :

(aShTaaksharaM) एतन्मन्त्रोद् भूत भगवद् वाम पादाङ्गुष्ठ नख शितांशु मण्डल गलद्

दिव्यामृत धारया आत्मानम् सात्विक भस्म च अभिषेचयामि ।

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

Recite

परमात्म प्रसादेन तेनामृत जलेन तदनघं घनतां गत्वा वपुस्योपजायते

(pranavam) मं जीवाय नम :

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) क्षौं नम : पराय परमेष्ठ्यात्मने नम :

परमात्मनः तमः वियोजयामि । तमसः प्रकृतिं उत्पादयामि ।

प्रकृतेरुत्तमहान्तं उत्पादयामि । महतोः अहङ्कारं उत्पादयामि ।

(aShTaaksharaM) अहङ्कारात् इन्द्रियाणि च शब्द तन्मात्रं उत्पादयामि । शब्द तन्मात्रात् आकाशं उत्पादयामि ॥

Move from nose to chest with right hand and recite

(praNavaM) यां नमः पराय पुरुषात्मने नमः :

(aShTaaksharaM) आकाशात्स्पर्श तन्मात्रं उत्पादयामि । स्पर्शतन्मात्रात् वायुं उत्पादयामि ॥

Move from chest to hip with right hand and recite.

(praNavaM) रां नमः पराय विश्वात्मने नमः :

(aShTaaksharaM) वायोः रूप तन्मात्रं उत्पादयामि रूप तन्मात्रात् तेजस्युत्पादयामि ॥

Move from hip to knee with right hand and recite.

(praNavaM) वां नमः पराय निवृत्त्यात्मने नमः :

(aShTaaksharaM) तेजसो रस तन्मात्रं उत्पादयामि । रस तन्मात्रादप उत्पादयामि ॥

Move from knee to feet with right hand and recite.

(praNavaM) लां नमः पराय सर्वात्मने नमः :

(aShTaaksharaM) अद्भ्यः गन्ध तन्मात्रं उत्पादयामि । गन्ध तन्मात्रात् पृथिवीं उत्पादयामि ॥

(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) एतन् मन्त्रोद् भूत भगवद् वाम पादाङ्गुष्ठ नख शीतांशु मण्डल गलद् दिव्यामृत धारया सात्विक शरीर विशिष्ट जीवात्मानं परमात्मानं च अभिषेचयामि ।

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:

तुलस्यमृत जन्मासि सदा त्वं केशवप्रिये ।
केशवार्थं लुनामि त्वां वरदा भव शोभने ॥
मोक्षैक हेतो धरणीप्रसूते विष्णोः समस्तस्य गुरोः प्रिये ते ।
आराधनार्थं पुरुषोत्तमस्य लुनामि पत्रं तुलसि क्षमस्व ॥
प्रसीद मम देवेशि प्रसीद हरिवल्लभे ।
क्षीरोद मथनोद्भूते तुलसि त्वं प्रसीद मे ॥

Bhagavad Tiruvaradhanam in devanagari script

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 salagrama moorti for tirumanjanam.

One vessel (ThirukkAveeri 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.

Receipe: 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 perumal 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 tiruvaradhanam. 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

Bhagavad Tiruvaradhanam in devanagari script

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 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 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. Your 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 tiruvaradhanam 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 sandhya vandanam and maadhyanikam. Remember that if you don't perform thiruvaradhanam it is not a sin but if you don't perform sandhya 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.

Bhagavad Tiruvaradhanam in devanagari script

One important note: These days the tiruvaradhanam 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 believed that you have salagrama moorthy in your home handed over to you from your parents/grand parents. At home traditionally the aradhanam is performed to salagrama shila and dwaraka shila. These moorthies don't require prathishta and it is easy for grahasta for worshipping. Vighraha aradhanam 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 vighraha 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 tiruvaaradhanam. Out of great interest, adiyen has learnt this procedure from various sources and watching learned bhagavathas performing iyyaa. 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 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 iyyaa 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.

Bibilography:

1. Ahnika granta of (current)Srimad Azhagaiya singar.
2. Sri vaishnava dinacharya by Vishitadvaita pracharani sabha, Madras 4.
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 tiruvaaradhanam.

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