

## **Sri Narasimha Homam**

### **Laghu Paddhati (Short Procedure)**

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#### **A Word from the author**

My spiritual master Dr Manish Pandit hails from Pune, India and lives in Manchester, UK. The idea of spreading homam in the world was revealed to him in a dream a few years ago. He saw eight elevated beings in a dream. They transported him across blue skies to Chennai, India, where he was shown the big fire that was to be lighted in future. They told him to start the work. They assured him that homam as a spiritual sadhana was very appropriate in Kali yuga. As spiritually inclined people have fewer and fewer hours to spend on spiritual sadhana everyday with the progressing Kali yuga, sadhanas that work fast are more relevant. Homam works much faster than japam and other spiritual sadhanas. They told him that the practice of homam would transform into a movement that would reach across caste, class and race barriers.

Later, when we were performing a Shata Chandi Homam in the first week of March 2006 at the Kalikambal temple in Chennai, he had a darshan of Divine Mother on a Friday and was reassured by Her about the right course of events regarding spreading homam. A Mahaganapathi homam manual was published later and several people are performing it daily or weekly or monthly.

Our goal is to create a community of people who regularly perform a quick homam for the deity that they are attracted to. We intend to make manuals available for simplified homam procedures for several deities.

#### **What is Homam**

Homam is a fire ritual of sacrifice. It is also known as homa or havan or yajna (yagya) or yajana. In homam, divine presence is invoked into fire using specific procedures. Then materials are sacrificed into fire, along with sacred chants (mantras). The sacrifices are supposed to reach gods. It is interesting to note that fire ritual is an ancient practice and several religions taught worshipping gods in fire.

#### **Why Homam**

Homam is a very powerful tool for spiritual progress. Chanting mantras in front of fire while offering material substances into fire has a great cleansing and calming influence on one's mind and gives great level of mental focus, peace, calmness and bliss. This practice has been extolled in many scriptures such as Yajurveda and Bhagavad Gita. Vedic seers practiced it regularly. Several people are experiencing the benefits of homam even today. The proof of the pudding is

in eating it. If one performs homam regularly for a few months, one will surely see the difference in one's mental state.

## Why Narasimha Homam

### What Homam Does

Hinduism teaches that gods come into fire and receive the prayers of spiritual aspirants. Even when one meditates without an external fire, gods being meditated on come into the internal fire of the aspirant and receive the mantras via that fire. However, the internal fire is quite weaker than an external fire for most people and hence it is beneficial to perform worship using an external fire. That practice eventually strengthens the internal fire also.

We all see and feel our *sthoola sareera* (gross body), which is made up of gross matter. But, we also have a *sookshma sareera* (subtle body) made up of subtle matter. It cannot be perceived by the senses attached to the gross body (eyes, ears, nose *etc*). It contains thousands of *naadis*, which are essentially subtle channels of energy flow. A fire called *bhootaagni* (existential fire) burns in this subtle body. It is the subtle basis of one's entire existence. It manifests in the gross body in the form of various fires. Examples are the "fire" in the stomach that helps one digest the food eaten and the "fire" in the brain that helps one digest and understand various sense experiences.

This *bhootaagni* is vital to one's existence. In most people, it is quite weak. Due to impurities and obstructions in the *naadis* of the subtle body, this fire cannot burn strongly to energize the entire existence. When it burns low, the divine presence that can enter it is quite limited in magnitude.

If one overcomes the internal weaknesses such as desire, anger, greed, false prestige, wantonness and jealousy, develops compassion, one-pointed devotion, detachment, and sheds one layer of ego and delusion after another, eventually the impurities in the *naadis* will be cleared and *bhootaagni* will burn strong. However, this is a very difficult and time-consuming process.

One can take advantage of an external fire in that regard. As the deity of homam enters the external fire on a regular basis, the nearby divine presence burns the impurities in the *naadis*, by burning various *karmas* (*actions* from the *past*, which will get corresponding *reactions* in the *future*) in the *kaarana sareera* (causal body). This eventually leads to the strengthening of *bhootaagni*.

After one performs homam for a long enough time, one's *naadis* are cleared of the obstructions and one's *bhootaagni* burns brightly. At that juncture, all *sadhanas* performed by one, including regular meditation, become much more effective. If *bhootaagni* can accommodate divine presence to a larger degree, the meditation becomes more effective.

The goal of all spiritual *sadhana*, whether one thinks in those terms or not, is actually to cleanse oneself of all the internal impurities. Various *karmas* from previous lives hang on to the *kaarana*

sareera (causal body), making it heavy. These in turn manifest in the sookshma sareera (subtle body) as various impurities in various nadis (subtle energy channels) that block the free flow of energy. These in turn manifest in the sthoola sareera (gross body) as various problems of the body and mind. These also cause dense conditioning of one's mind to sink one's consciousness in an ocean of delusion. This conditioning of the consciousness due to previous karmas is also known as *maayaa*. When one is sunk in *maayaa*, one is beaten down by the six enemies – kaama (desire), krodha (anger), lobha (greed), moha (delusion), mada (wantonness) and maatsarya (jealousy). As one makes spiritual progress, one's karmas drop off the kaarana sareera, the impurities in the nadis are cleansed, one's mental conditioning becomes weaker and one can resist the internal enemies. All these are inter-related and happen simultaneously. When one burns all of one's major karmas, one becomes karmically very light. Nadis in the sookshma sareera are all clear and energy can freely flow anywhere. One is untouched by the internal enemies then. When one sees *all as god*, nothing can make one angry or jealous or deluded. When mental conditioning drops, nothing excites one and nothing saddens one. One stays in a state of bliss always. Despite the changing nature of the external work and appearance, one is in the same state internally.

The goal of all spiritual sadhana is to reach that state. Whether through jnaana (knowledge and wisdom) or through bhakti (devotion and surrender) or both, one has to burn the karmas and impurities blocking one from reaching that state. The goal of all sadhana is to let ego (the sense of "I-ness") go completely and merge (have yoga) with divinity. If a vacuum can be created within oneself, then divine presence can fill the vacuum. As long as one has egotism and various kinds of conditioning (vasanas) of mind, such a vacuum cannot be created. When all those cease and the mental conditioning is weakened, the mind become extremely calm and a vacuum is created within. Then divine presence fills one and the result is indescribable bliss.

Homam facilitates this process quickly by burning various karmas that are creating various layers of conditioning and obstructing spiritual progress.

A lot of Hindu rituals involve invoking divine presence in an idol or a water pot (kalasha) and offering worship to the idol/pot. Unfortunately, we are living in Kali yuga in which the elements of earth, water and air are not pure. If the idol has any impurities on account of the time when it was made, how it was made, the thoughts of the person who made it *etc*, the impurities heavily restrict how much divine presence the idol can accommodate.

The only elements that cannot be polluted are space/ether (aakaasa) and fire (agni). It is very difficult to do spiritual sadhana via the medium of space. So the best medium for sadhana is fire. One of the Sanskrit words for "fire" is "paavaka", which means "the one that purifies". Fire is by definition pure and purifies everything that it comes in touch with. The wood or coconut used to sustain fire may have impurities, but fire itself is very pure and accommodates a divine presence of the highest degree. For a ritual using the earth or water elements as the medium to be successful, the sadhaka must be quite pure and the sadhaka's bhootagni must be reasonably strong. On the other hand, a ritual using the fire element as the medium can be successful irrespective of the stature and purity of the sadhaka. For this reason, homam is the most apt sadhana for most spiritual aspirants in this yuga, especially as the Kali deepens. Unfortunately,

many people have unfounded fears of making mistakes and being punished for them and hence do not take advantage of the fantastic practice of homam.

Apart from the personal benefits, there are universal benefits of homam. The offerings in the fire finally reach Sun, who feeds the entire earth. The gross material body of the burnt offerings reaches the gross material body of Sun. The subtle body of the burnt offerings reaches the subtle body of Sun. It is the subtle body of Sun that feeds the subtle bodies of all beings on earth. Thus, feeding it is very important for the smooth running of life on earth. As we enter the Ghora Kali (terrible age of strife and disorderliness) phase, adharma (un-righteous activities) will be on the rise in the world and as such the subtle body of Sun will become weaker. If more and more people perform homam and strengthen the subtle body of Sun, it will balance the adharma and keep the world away from a total collapse.

### **Common Mis-conceptions**

(1) *Misconception:* Homam is very difficult to perform. It is for experts only.

*Comment:* Not really. Several people who did not know anything about how to do any kind of worship conducted homam by themselves by reading this document. It is a simple practice.

(2) *Misconception:* One must either do a “perfect” homam or not do any homam at all. A perfect homam takes a very long time.

*Comment:* Though one may eat a sumptuous meal on an important festival day, one does not necessarily get a lot of energy from it. One gets most of one’s energy from the regular dal (lentils) and rice that one eats everyday.

Though there are complicated versions of homam, it is better to do a simple homam on a regular basis than to do a complicated version very rarely. A small half-hour or one-hour homam done on a daily basis is far better for spiritual sadhana than a big annual or half-yearly homam.

(3) *Misconception:* If mistakes happen in a homam, the consequences will be bad.

*Comment:* If a homam is performed with a saattwik spirit for saattwik purposes, there are no risks.

If you act nice with your parents because you want their money, you have to understand their thinking well, take the advice of people who know them well and act very carefully to get money from them. Mistakes can be costly and spoil your goal.

But, if you act nice with your parents simply because you love them and want to show your love, you do not need to be careful. You just show your love in whatever way you know. There is no need to follow anybody’s advice strictly and there are no risks.

Similarly, you have to be careful if you perform a homam for certain material goals (such as getting money, attracting someone, destroying someone *etc*). If you perform a homam just to

show your love to god, cleanse yourself spiritually and make yourself worthy of divine communion, then there are no risks. The procedure taught in this document is based on the teachings of rishis and it is safe for anybody to use. Small mistakes will not result in any punishment.

In fact, it is expected that everybody who uses this document is interested in only the second kind of goal, *i.e.* spiritual cleansing and upliftment.

(4) *Misconception*: One not initiated by a guru (master) cannot perform homam or recite certain mantras.

*Comment*: If one receives a mantra or a procedure from the mouth of a master, it is analogous to a millionaire opening a bank account in his son's name with a high starting balance. The son is lucky, as he is starting off with a big balance. Similarly, some of the siddhi (attainment) the master has in the mantra or procedure is transferred to the disciple even as (s)he starts out.

If one does *not* receive a mantra or a procedure from the mouth of a master, it is analogous to starting off with a zero bank balance. While it is useful to start off with a positive balance, it is neither necessary nor sufficient. There are sons of millionaires who used up the millions earned by parents and reduced them to zero, while there are some self-made men who made millions purely with self-effort. Similarly, one taught by the greatest guru can fall while one not taught by a guru can reach the ultimate. While it is desirable to have a guru, it is by no means compulsory.

If one is the kind who needs to have a guru figure behind every mantra or procedure, one can think of the author and/or his spiritual master, Dr Manish Pandit from Pune, India (currently residing in Manchester, UK) as the guru for this homam procedure.

(5) *Misconception*: Those who are not learned in Veda cannot recite Veda mantras and perform homam based on Veda mantras.

*Comment*: Jnaneshwar was a 12<sup>th</sup> century master. He was a great Krishna devotee. When he was asked to not recite Veda by a council of erudite scholars, as he was not formally qualified, he replied that every being had a right to recite Veda. When he started reciting, they tried to shut his mouth. Then, a buffalo standing next to him recited Veda! The scholars begged his pardon and corrected their narrow-minded attitude.

Many great souls like him taught that Veda could be recited by anyone. One engaged in *tantric* practices that serve specific purposes and give specific *siddhis* (attainments) need to be afraid of side effects and punishments for mistakes, but mantras from Veda were taught by great rishis for the highest purpose of self-realization. One reciting them need not be afraid of any side effects. Veda mantras are saattwik, self-correcting and ultimately leading to self-realization.

Those who have an affinity to tantric practices should not be discouraged from learning and using them, but those who appreciate the teachings of rishis must be encouraged to recite Veda mantras and perform homam based on Veda mantras. The key is to have an attitude of

submission and a desire for nothing other than self-realization and to do homam without any expectations whatsoever. Then there are no risks.

The procedure taught in this document contains just a few Veda mantras, which are not very difficult to pronounce.

(6) *Misconception*: Those who are not born in a Brahmin family cannot perform homam.

*Comment*: One's varna (caste) is not to be determined solely from the family one is born in. There are examples of men born to parents belonging to various castes performing *tapascharya* and becoming rishis. Maharshi Viswamitra, who taught the Savitru Gayatri mantra, was a kshatriya by birth. Maharshi Valmiki, who taught Brahma Jnana to Maharshi Bharadwaja, was a shoodra by birth.

One who has affinity to knowledge is a Brahmin (scholar). One who has affinity to power and authority is a kshatriya (warrior). One who has affinity to money is a vaisya (trader). One who has affinity to carnal pleasures is a shoodra (worker). If a person born in a Brahmin family is after money, he becomes a vaisya and not a Brahmin. On the other hand, if a person born in a vaisya family desires nothing but knowledge and self-realization, he automatically becomes a Brahmin and very fit to perform homam.

Irrespective of the caste of birth, one who is interested in knowledge (especially knowledge of self) and one whose interest in power, money and pleasures is decaying is fit to perform homam.

(7) *Misconception*: Women cannot perform homam.

*Comment*: There is a big difference between men and women when it comes to the gross body. But, at the level of subtle body or causal body, there is no difference based on gender. All spiritual practices operate mainly at the subtle and causal level. So, it makes no sense to have a *total* ban on women performing homam.

However, there are some practical reasons behind the biases of tradition. Though there are no differences based on gender in the subtle body, the differences at the gross body level can come into play in the initial stages. Women interested in performing homam may carefully consider the following factors and make their decision.

Any spiritual practice performed well over a period of time eventually results in a Kundalini awakening and rise. Kundalini is nothing but one's self-identification. It is a microcosmic representation of the Divine Mother within oneself. It defines how one identifies oneself. Though everything in the universe is just Brahman, each being forms a separate self-identity and that self-identity is reinforced quite strongly with time. When one identifies completely with the body without any kind of questioning, Kundalini is asleep. As kundalini wakes up and rises, one starts to wonder "who am I" and one's awareness of self becomes more and more refined. As kundalini reaches higher chakras, one realizes one's true nature. When Kundalini reaches Sahasrara chakra, one realizes one's truest nature, *i.e.* one realizes that one is the formless Brahman.

If Kundalini gets stuck at swadhishtana chakra, one's sexual drive increases and one is tested in that matter. In this matter, women and men are very different. This phase can be very difficult for women. This is not to say that this phase is easy for men.

More importantly, some spiritual experiences in a pregnant lady can even kill a fetus, if the soul in it is not spiritually elevated. On the positive side, if an elevated soul is in the fetus at the time of such experiences, a siddha may be born.

There is a negative for every positive and it is a matter of balancing the factors and making an individual decision. Women interested in homam should consider the above factors and decide whether they want to perform homam or not. If any women are interested, they should be encouraged to perform homam.

(8) *Misconception*: Homam is just like meditation. It is not any better. It does not really make any difference.

*Comment*: The proof of the pudding is in eating it. If one tries performing a homam to the best of one's ability on a daily basis for a few months, one will know what homam can do! After doing homam for several months, one will find that all other sadhanas one does become more effective as a result of homam.

(9) *Misconception*: One should get a priest to do homam and not do it oneself.

*Comment*: Let us revisit a previous analogy. If one wants to be nice to one's parents to get their money, one may engage someone who will act on one's behalf to get the money of parents. But, if one's sole purpose is to just love one's parents and show that love, it is better to do it directly than to engage other people.

(10) *Misconception*: Before doing homam with any mantra, one must do japam of that mantra by a count that is ten times the homam count. For example, one must do japam by a count of 10,000 before one does homam by a count of 1,000.

*Comment*: This convention is not without reason. The true meaning of this convention is that homam is ten times more powerful than japam. If one does a mantra 1,000 in a homam, it is *equivalent* to doing the mantra 10,000 in japam. If one wants, one can offer the mantra entirely in external fire and there is no need to do any japam before doing homam.

All thumb rules and conventions have exceptions. If a rishi with a very strong bhootagni does japam, it is equivalent to a homam and the "ten times" rule does not apply. However, for most normal people, homam is ten times more powerful than japam. The bottomline is that the strength and the purity of the medium that accommodates the presence of the deity who receives the mantra will decide the effectiveness of the mantra.

## About This Document

This document describes a short procedure for performing Lord Narasimha homam, which takes 30-45 minutes. This document is for those who are interested in performing Lord Narasimha homam by themselves every day or week or month. The procedure taught here is simple enough to do daily and yet retains all the important steps in a full-fledged traditional Vedic homam. Those who want an even simpler procedure with fewer mantras may refer to **Appendix A** for a **super-short procedure** with **bare minimum** mantras.

One should consult one's elders and gurus and decide whether one is allowed to perform a homam or not. If one thinks one is allowed to do homam and is interested in doing homam on a regular basis but does not know how to do it, then one can use this document to learn *one* way to do it. If one's gurus have taught one a different procedure, one may use the procedure taught by one's gurus. This document is for the benefit of those who do *not* know *any* procedure and want to learn *some* procedure to do homam. Those who learnt a slightly different procedure from the previous versions of this document need not worry and either follow what they have already learnt or switch to the procedure in this document.

## Excessive Movement of Body and Mind

Some people move a lot when they meditate. As it was mentioned earlier, the goal of all sadhana is to calm the mind down and create a vacuum within oneself, so that the deity of the sadhana can come and occupy the space. One should lose awareness of the body. When meditating, it is a good idea to keep the back straight without making it too tense. It is a good idea to not move. If it is not possible to stay still for extended periods, one should at least try to stay still over short periods of time. It is also a good idea to close the eyes. One can focus one's mind on either a deity or on the sound of the mantra.

Similarly, when performing homam also, it is a good idea to keep the back straight and minimize the movement, especially of the back. It is ideal if one keeps the back and head erect and manages with a minimal movement of just one arm.

If body is stationary, there is some chance that mind too will become stationary for a while in the middle. That is the goal after all.

## Correct Attitude

While it is good to follow the procedure faithfully, it is even more important to surrender oneself to god, leave ego and identify one's self with the deity in the fire when performing the homam. If that is there, all other minor errors will have no negative effect. If that is not there, even an impeccably performed homam will not have any tangible effect. Like mentioned earlier, the goal is to melt ego (I-ness or sense of self) and create a vacuum within oneself, so that the deity can fill it. Complete devotion, single-minded focus on deity/mantra/procedure and minimization of the activity of body and mind can help one achieve that eventually.



If one has an over-active mind, doing pranayama before homam can be useful. The time around sunrise in the morning is a particularly conducive to a pleasant homam.

## Materials Needed

### *Must have*

- One homa kundam<sup>1</sup> (a copper container with preferably a square shaped base). If a homa kundam is not available, one can dig a square shaped pit in the ground (with 1-2 foot sides and half to one foot deep) and arrange a few layers of bricks around the pit.
- Dry coconut halves (available in Indian stores) or wood (for burning)
- Ghee (clarified butter) from cow's milk. It is available in Indian stores. If unable to find, just get some butter and melt it in low heat. After it melts, some black stuff will separate from the melted liquid. Filter out the black deposit and use the liquid. It will solidify after a time. Before the homam, melt it again and use it.
- A wooden spoon/ladle to put ghee into the fire
- Some akshatas. Those can be made by mixing raw (uncooked) white (or brown) rice grains with a drop of sesame oil (or some other oil) and a pinch of turmeric powder. Instead of turmeric powder, one can also use vermilion (kumkum) powder used for the dot on the forehead.
- A small lamp, consisting of a wick that can be lit in sesame oil/ghee. A candle can also be used as an alternative, though it is better to burn ghee or sesame oil than wax.
- A match box to light fire
- One tumbler or cup to store water. It should preferably be made of silver or copper or clay. If unavailable, you may use steel or glass.
- One spoon (preferably silver or copper)
- Some water

### *Optional*

- A small idol of Lord Narasimha. If you have none, use a metallic coin or any metallic object. Actually, you can do without any idol and just invoke Lord Narasimha in fire.
- A mixture of various auspicious materials known as the *havan samagri* (available in India stores), if possible.
- Some sandalwood powder, turmeric powder and kumkum (vermilion) powder
- Some flowers or flower petals
- Some sesame seeds, some mamra/murmura (puffed white rice), some nuts, some mildly popped corn and other materials that can be offered in fire. Small fruits are also fine. Honey can also be used. All these are optional. The absolute minimum needed is coconut pieces and ghee.
- Some darbhas (dried blades of sacred grass). Check with a local temple priest to find out how to procure them. If darbhas are unavailable, you may think of creative alternatives. For

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<sup>1</sup> If in India, search for "Havan Kund" on <http://shopping.rediff.com>. If in US, search for "Kund" on <http://indousplaza.com>.

example, find some other dry grass or dry leaves or just thin twigs and pray to your ishta devata (favorite deity) before the homam to make them acceptable.

- An incense stick (agarbatti) if available and a holder to stick it to (a banana can be used instead)
- Camphor and a container or plate for lighting camphor and offering haarati
- Some food that you can offer to god. Eggs, meat and seafood should not be used in that food. In fact, do not *eat* eggs, meat and seafood on the day of homam. Onion, garlic, strong spices and too much of chillies should also be avoided in the food cooked for God. Fruits are also fine. Just sugar or brown sugar or rock candy sugar or jaggery can be offered to god too. When using sugar, please note that the normal white refined sugar used these days has bone ash in it. Brown sugar, vegetarian sugar or jaggery are to be preferred.
- Some milk, if available.

### **Preparation Before Homam**

- (1) Instead of arranging homa kundam directly on the floor, place a wood plank or something on the floor, wrapped with aluminum foil (or some such thing), and put 4 bricks of the same height on it and place the homa kundam on the bricks. Thus, there is some air and a wooden plank under the homa kundam and the floor does not get heated up.
- (2) If you want easy cleaning, place some aluminum foils on the floor all around the plank containing homa kundam. If ghee or something is spilled in that area, it is easy to clean.
- (3) If you want, you can also cover the interior of homa kundam with some aluminum foils, so that it is easy to clean.
- (4) Make some food items to offer to god. You can just use rock sugar candy or raisins or dates or fruits or jaggery also. Please see the notes in the previous section on this.
- (5) Cook a little plain white rice. I put a few grains of rice and a little water in a small container and put it in microwave oven before my homam and cooked rice is ready at the end when I need it. If this is not possible, take a banana or apple or some other fruit and make it into 6 slices.
- (6) Fill water in the tumbler/cup and place the spoon in it.
- (7) Make a seat for yourself in front of the homa kundam. Ideally you should be facing east, i.e. homa kundam should be on the east from you. On the east of the homa kundam, place a small plate or a wooden plank, make a pile of some rice grains on it and place the idol (or a metal/clay object such as a coin) on it. You can decorate based on your ability and taste. An idol is optional. You can worship Lord Narasimha directly in fire.
- (8) From the middle of the western edge of the homam kundam, draw two parallel red lines with kumkum (vermilion) powder towards your seat. They should go east-west and connect homa kundam to your seat. Melt the ghee and place the bowl containing it on those lines.
- (9) Cut dry coconuts into small pieces. Pieces of 1 inch x 1 inch size are useful.
- (10) *Important:* Do not consume any food within 3-4 hours before the homam (atleast one hour). Evacuate the bowels before homam and take bath. Stomach should be empty during a homam for the best experience.

## Homam Procedure

### Anujnaa (Permission)

Before starting the homam, think in your mind of Mother Earth who is bearing you, Lord Ganesha who removes obstacles, your ishta devata (favorite deity), your parents, the rishis of your gothra (if you know them), all the rishis and all your gurus. Then say the following, while mentally requesting all the gods to co-operate with your homam.

ഓം ഋദ്ധ്യാസ്തു ഹവൈർനമസോപസദ്യ മിത്രം ദേവം മിത്രധേയം നോ അസ്തു അ  
നൂരാധാൻ ഹവിഷാ വർധയന്തഃ ശതം ജീവേമ ശരദഃ സവീരാഃ

If you have a “pavitram” (a ring made of darbha or a special ring made of metal), wear it now. If you don’t have a pavitram, take any ring that you have, pray to your ishta devata and wear it. It should be worn on the right hand ring finger. If you don’t have a ring, don’t worry and move on.

### Aachamanam (sipping water to purify)

Take a little water from the tumbler into your right hand with a spoon. Drink the water after saying the first item below. Take more water with the spoon into your hand, say the second item below and drink it. Take more water, say the third item below and drink it. Imagine that Lord Narasimha who is within you is getting that water.

ഓം കേശവായ സ്വാഹാ ഓം നാരായണായ സ്വാഹാ ഓം മാധവായ സ്വാഹാ

### Vighneswara Pooja (worshipping the remover of obstacles)

In order to not have any obstacles in the pooja, we have to pray to Ganesha in the beginning. Just read the following verses:

ശുക്ലാംബരധരം വിഷ്ണും ശശിവർണം ചതുർഭുജം പ്രസന്നവദനം ധ്യായേത് സർവ  
വിഘ്നോപശാന്തയേ||  
അഗജാനന പദ്മാർകം ഗജാനനമഹർനിശം അനേകദം തം ഭക്താനാം ഏകദന്തം  
ഉപാസ്മഹേ||  
വക്രതുംഡ മഹാകായ കോടിസൂര്യസമപ്രഭ നിരവിഷ്ണു കൂരു മേ ദേവ സർവകാര്യേഷു  
സർവദാ||

Pray within your mind to Ganesha to remove obstacles from your homam. If you have time, energy and inclination (or when you are doing a longer version), you can even make a small

Ganesha idol with turmeric and water and do shodasopachaara pooja to the idol. But just reading the above verses and praying to Ganesha in mind should suffice for a short homam that is performed on a regular basis.

**Praanaayaamam (restraining the life force)**

Take some akshatas (see “Materials Needed” for a description of how to make them) in the the left palm, place the left palm on the left lap, hold the nostrils with the right hand and do praanaayaamam. Place the little finger and ring finger on the left nostril and thumb on the right nostril. Close the left nostril, open the right nostril by releasing the thumb and say the Gayatri mantra mentally while gently breathing in through the right nostril (without making any breathing sound). If you don’t know the Gayatri mantra, use one of the following mantras:

ഓം നമോ ഭഗവതേ വാസുദേവായ | ഓം നമശ്ശിവായ | ഓം ഗം ഗണപതയേ നമഃ |

After saying the mantra once, close the right nostril with the thumb and say the mantra once more while retaining the air previously breathed in. Then open the left nostril by relaxing the little and ring fingers and say the mantra for the third time while breathing out through the left nostril. When done, say the mantra once more, while breathing in through the left nostril. Then close the left nostril with little and ring fingers and say the mantra for the fifth time while retaining the air previously breathed in. Then release the thumb and say the mantra for the sixth time while breathing out through the right nostril. While reading the mantra all the six times, contemplate the formless supreme Brahman (supreme soul of the entire universe) that fills each being of this universe and also the air being breathed in and out. If you want, you can imagine a specific form (such as your ishta devata) also and imagine that your ishta devata fills the entire universe. If you want, you can repeat the above sequence as many times as you comfortably can.

**Sankalpam (taking the vow)**

Now, declare your intention of doing a homam to please Lord Narasimha. Transfer the akshatas to the right hand, place the open left palm (empty) on right lap, place the closed right palm containing akshatas on the left palm. Then say the following, while mentally thinking that you are going to do a homa to the best of your ability, to please Lord Narasimha.

ഓം മമോപാത്ത സമസ്ത ദുരിതക്ഷയദാറാ ശ്രീ പരമേശ്വര പ്രീത്യർഥം ശ്രീ  
 നൃസിംഹ പ്രസാദ സിദ്ധ്യർഥം അദ്യ ശുഭദിനേ ശുഭമുഹൂർത്തേ ശ്രീ നൃസിംഹ  
 ഹോമകർമ്മ യഥാശക്തി കരിഷ്യേ |

Then leave the akshatas from your hand in front of the homa kundam or the idol and sprinkle a little bit of water on the palms. Now light the ghee/oil lamp.

### Kalasa Suddhi (water purification)

When you are doing a long version of the homam, you can establish a kalasam in the northeastern side of the homa kundam and invoke Varuna in it and do shodasopachaara pooja to Varuna and read Punyaaha Vaachanam (Pavamana Sooktam). For a short homam, you can just do the following.

Place a few akshatas and a flower (if available) in the tumbler containing water. If you can, put dhenu mudra (else, don't worry). Say the following syllable 11 times to purify the water.

ഠം

Now read the following and think that auspicious essence of various rivers of the world is entering the water in the tumbler.

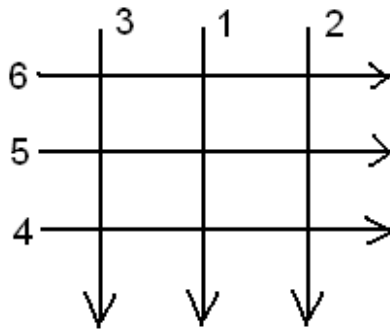
ഗംഗേ ച യമുനേ ചൈവ ഗോദാവരി സരസ്വതി ।  
നർമ്മദേ സിന്ധു കാവേരി ജലേഽസ്തിന് സന്നിധിം കുരു ॥  
അമൃതം ഭവതു

Then take a little water from the tumbler with a flower or flower petal or spoon and sprinkle it on yourself, on homa kundam, on the idol you are going to use and other materials to be used in homam (like fruits, flowers and food).

Take a darbha (see "Materials Needed" for a description) and draw 6 lines with the darbha on the base of the homakundam, in the same order as shown in Figure 1. The direction in which each line is drawn is indicated by the direction of the arrow in the figure. Say the following six mantras while drawing the six lines (respectively).

ഓം ബ്രഹ്മണേ നമഃ  
ഓം യമായ നമഃ  
ഓം സോമായ നമഃ  
ഓം രുദ്രായ നമഃ  
ഓം വിഷ്ണവേ നമഃ  
ഓം ഇന്ദ്രായ നമഃ

Figure 1



**Agni Prathishthaapana (fire installation)**

Take a darbha. Place it inside the homa kundam (on the base), with the tip of the darbha facing east and the other end facing west. Take another darbha. Place it inside, with the tip of the darbha facing north and the other end facing south.

Take a piece of camphor, light it from the lamp and place it in the middle of the homa kundam, while saying:

ഓം ഭൂർഭുവസ്സുവരോമി

Place one or more dry coconut pieces (or a log/twig/piece of wood) above the burning camphor and make sure that it catches fire. Next pray to the fire god using the following mantra from RigVeda. It requests the fire god to keep an inauspicious form of fire called “kravyaada” and carry the offerings to gods through the auspicious form of fire called “jaatavedas”.

ക്രവ്യാദമഗ്നിം പ്രഹ്ണിണോമി ഭൂരം യമരാജേണാ ഗച്ഛതു രിപ്രവാഹഃ ।  
 ഇഹൈവായമിതരോ ജാതവേദാ ദേവേഭ്യോ ഹവ്യം വഹതു പ്രജാനന് ।

Now we have to do samskara (refinement) to the fire. Pour 8 drops of ghee in the fire while saying the following mantra 8 times.

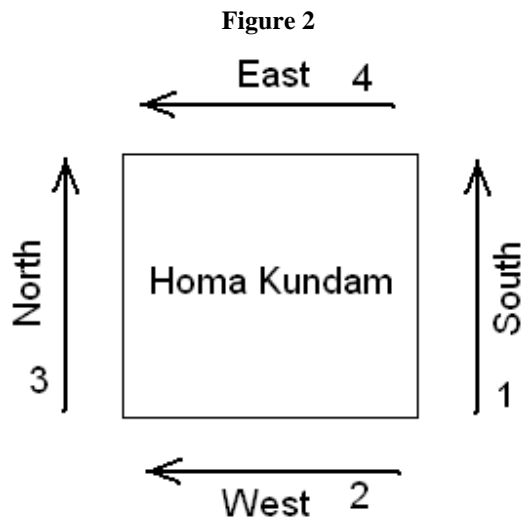
ഓം ഭൂർഭുവസ്സുവഃ സ്വാഹാ

Take 2 or more darbhas (or twigs). Place them outside the homa kundam, along the eastern boundary. The tips should be facing north and the other end facing south. Then take another 2 or more darbhas and place them on the southern boundary, with tips facing east and the other end facing west. Then take 2 or more darbhas and place them on the western boundary, with tips facing north. Then take 2 or more darbhas and place them on the northern boundary, with tips

facing east. If you do homam on a regular basis, you can leave these darbhas/twigs around the homa kundam there is no need to do this step every time.

Take some water with the spoon and sprinkle it outside the homa kundam, on its four boundaries while reading the following 4 mantras. The order and direction of sprinkling is shown in Figure 2. For example, first sprinkle water from the southwestern corner to the southeastern corner, as shown by the arrow marked “1”. Then follow other arrows marked as 2, 3 and 4.

അദിതേ॑സ്തമ॒ന്യസ॑ഃ॥ അ॒നുമ॑തേ॒സ്തമ॒ന്യസ॑ഃ॥ സ॒രസ്വ॑തേ॒സ്തമ॒ന്യസ॑ഃ॥ ദേ॒വ സ॑വി॒തഃ  
പ്ര॒സു॒വഃ॥



Now pray to Agni (fire god) with the following mantra:

ച॒താ॒രി ശൃ॒ംഗാ॒സ്ത്രയോ॑ അ॒സ്യ പാ॒ദാദേ॒ ശീർഷേ॑ സ॒പ്തഹ॑സ്താ॒സോ അ॒സ്യ ।  
 ത്രി॒യാ ബ॒ദ്ധോ വൃ॒ഷഭോ॑ രോ॒രവീ॑തി മഹോ॒ ദേ॒വോ മർത്യാ॑ഗ്ം ആ॒വിവേ॑ശ ।  
 ഏ॒ഷ ഹി ദേ॒വഃ പ്ര॒ദിശോ॑ നു സ॒രാഃ പു॒രോ ഹി ജാ॑തഃ സ ഉ॒ഗർഭേ॑ അ॒ന്തഃ ।  
 സ വി॒ജായ॑മാനഃ സ ജ॒നിഷ്യ॑മാ॒ണഃ പ്ര॒ത്യൺമു॑വാ॒സ്തിഷ്ഠ॑തി വി॒ശ്വതോ॑മു॒ഖഃ ।  
 പ്രാ॒ൺമു॑ഖോ ദേ॒വഃ ഹേ അഗ്നേ॑ മമാ॒ഭിമു॑ഖോ ദ॒വഃ॥

Now think within your mind of Lord Ganesha, your ishta devata (favorite deity), rishis of your gotra (if you know them), all rishis, your gurus, various gods and other beings of this universe.

### Dikpaalaka Pooja (worshipping the rulers of directions)

Now, take some akshatas and also some flowers (if available) and offer them to the rulers of directions. Starting with the eastern edge of the homa kundam, go clockwise (*i.e.* east, southeast, south, southwest *etc*) and offer akshatas and flowers in the eight directions. You can place them on the edges of the homa kundam. After the eight directions, offerings are made to Brahma (ruler of the upward direction) in the middle of northeast and east and to Sesha (ruler of the downward direction) in the middle of southwest and west.

Then offer akshatas and flowers to Agni in the middle of the homa kundam. Finally, touch your heart and offer respect to the self (soul). For the 8+2+1+1=12 offerings, say the following 12 mantras:

ഓം ഇന്ദ്രായ നമഃ | ഓം അഗ്നയേ നമഃ| ഓം യമായ നമഃ| ഓം നിരൂതയേ നമഃ| ഓം  
വരൂണായ നമഃ| ഓം വായവേ നമഃ| ഓം സോമായ നമഃ| ഓം ഇൗശാനായ നമഃ| ഓം  
ബ്രഹ്മണേ നമഃ| ഓം ശേഷായ നമഃ| ഓം അഗ്നയേ നമഃ| ഓം ആത്മനേ നമഃ|

### Poorvaangam (preliminary offerings)

Now hold the wooden spoon/ladle pointing from northwest towards southeast and offer a ghee drop in the fire for Prajapati (progenitor of all beings), with the following mantra.

ഓം പ്രജാപതയേ സ്വാഹാ|| പ്രജാപതയ ഇദം ന മമി

Now hold the wooden spoon/ladle pointing from southwest towards northeast and offer a ghee drop in the fire for Indra (ruler of gods), with the following mantra.

ഓം ഇന്ദ്രായ സ്വാഹാ|| ഇന്ദ്രായേദം ന മമി

Offer a little ghee to Agni (fire god) in the middle of the fire with the following mantra:

ഓം അഗ്നയേ സ്വാഹാ|| അഗ്നയ ഇദം ന മമി

Then offer a little ghee to Soma (god of nourishment and well-being) in the upper half of the northern side of the homa kundam with the following mantra:

ഓം സോമായ സ്വാഹാ|| സോമായേദം ന മമി



Now, we have to offer a “forgiveness offering” to Prajapati again to request his forgiveness for all the mistakes that happened in the homa upto this point, with the following mantra:

ആരംഭപ്രഭൃതി ഏതർക്ഷണ പര്യന്തം മധ്യേ സംഭാവിത സമസ്ത ദോഷ  
പ്രായശ്ചിത്താർഥം സരാ പ്രായശ്ചിത്തം ഹോഷ്യാമി ഓം ഭൂർഭുവസ്സുവഃ സാഹാ<sup>||</sup>  
പ്രജാപതയ ഇദം ന മമ

After making an offering to the basic gods as shown above, one can invoke Ganesha in the fire. After the above preliminary offerings and before invoking Ganesha, one can also make offerings to rishis. One can, for example, make offerings to the rishis of one’s lineage. It is optional.

### Quick Homam for Mahaganapathi

Before calling the main deity of homam (Lord Narasimha) into fire, a quick pooja of Mahaganapathi in fire needs to be done for the removal of obstacles. Mahaganapathi can be invoked in fire while chanting the following.

ഓം ഗം ഗണപതയേ നമഃ ഓം ശ്രീ മഹാഗണപതി പ്രാണശക്തേ നമഃ അത്ര  
ആഗ്നൗ ആവാഹിതോ ഭവ സ്ഥാപിതോ ഭവ സന്നിഹിതോ ഭവ സന്നിരൂഢോ ഭവ  
അവകുന്ദിതോ ഭവ പ്രസീദ പ്രസീദ

Now, we have to offer worship with several servies to Mahaganapathi in the fire. Say the following and offer sandalwood powder/paste to Mahaganapathi in the fire. You can also offer turmeric powder and kumkum.

ഘം പൃഥ്വിവ്യാമ്മനേ നമഃ ഗംധം സമർപ്പയാമി

Say the following and offer a flower (or a flower petal) to Mahaganapathi in the fire.

ഹം ആകാശാമ്മനേ നമഃ പുഷ്പം സമർപ്പയാമി

Say the following and offer dhoopam (incense) to Mahaganapathi in the fire and the idol. Light the tip of the incense stick, let the fire burn brightly and then extinguish the fire. There should be no fire on the stick but smoke coming from the burning tip. Show the smoke to the fire in the homa kundam. You can also offer the incense stick completely into fire.

യം വായ്യാമ്മനേ നമഃ ധൂപം ആഹ്വായയാമി

Say the following and show the deepam (light/lamp) to Mahaganapathi in the fire.

രം അഗ്യാമ്മനേ നമഃ ദീപം ദർശയാമി

Say the following and offer some food to Mahaganapathi in the fire. You can use cooked food or a fruit or jaggery or sugar. Show it to the fire and offer a little bit into the fire. If you cooked only one item, keep it for Lord Narasimha and use something else for Mahaganapathi. You can offer just a raisin or a little sugar also.

വം അമൃതാമ്മനേ നമഃ നൈവേദ്യം സമർപ്പയാമി

Say the following and offer some akshatas to Mahaganapathi in the fire. This mantra means that we are offering “all services” to Him.

സം സര്യാമ്മനേ നമഃ സര്യാപചാരാൻ സമർപ്പയാമി

Now say the following offer ghee (or other allowed materials mentioned at the beginning) into fire for Mahaganapathi. Repeat that 4 or 8 or 12 times.

ഓം ഗം ഗണപതയേ നമഃ സ്വാഹാ॥

**Praana Pratishthaapanaa (invocation of main deity)**

Now we have to invoke the deity in the idol and the fire. If you know how to do anganyaasam and karanyaasam, do it while saying the following. Otherwise, just read the following.

അസ്യ ശ്രീ പ്രാണപ്രതിഷ്ഠാപന മന്ത്രസ്യ ബ്രഹ്മ വിഷ്ണു മഹേശ്വരാ ഋഷയഃ  
ഋഗ്യജുസ്സാമാമരാണി ഛാന്ദോഗ്സി ശ്രീ നൃസിംഹോ ദേവതാ ക്ഷാം ബീജം  
ക്ഷീം ശക്തിഃ ക്ഷൗം കീലകം ക്ഷാം അംഗുഷ്ഠാഭ്യാം നമഃ ക്ഷീം തർജ്ജനീഭ്യാം  
നമഃ ക്ഷും മധ്യമാഭ്യാം നമഃ ക്ഷൗം അനാമികാഭ്യാം നമഃ ക്ഷൗം കനിഷ്ഠികാഭ്യാം  
നമഃ ക്ഷഃ കരതല കരപൃഷ്ഠാഭ്യാം നമഃ ക്ഷാം ഹൃദയായ നമഃ ക്ഷീം ശിരസേ  
സ്വാഹാ ക്ഷും ശിഖായൈ വഷ്ടി ക്ഷൗം കവചായ ഹും ക്ഷൗം നേത്രത്രയായ  
വൗഷ്ടി ക്ഷഃ അസ്ത്രായ ഫടി ഭൂർഭുവസ്സുവരോമിതി ദിഗ്ബന്ധഃ

ധ്യാനം - ശ്രീമത്പയോനിധിനികേതന ചക്രപാണേ

ഭോഗീംദ്രഭോഗമണിരാജിതപുണ്യമൂർത്തേ ।  
 യോഗീശ ശാശ്വത ശരണ്യ ഭവാണ്ണിപോത  
 ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം ॥

Now invoke the deity in the fire and the idol with the following mantra. While saying it, imagine that Lord Narasimha who is in your own heart is entering the fire and the idol.

ഓം ക്രഷാം ക്രഷീം ക്രഷൗം യം രം ലം വം ശം ഷം സം ഹം ഉം ക്ഷം ഓം ഹംസഃ  
 സോഹം സോഹം ഹംസഃ ശ്രീ നൃസിംഹസ്യ പ്രാണ ഇഹ പ്രാണഃ ജീവ ഇഹ  
 സ്ഥിതഃ സരോംദ്രിയാണി വാങ്മനശ്ചക്ഷുഃ ശ്രോത്ര ജിഹ്വാപ്രാണ  
 പ്രാണാപാനവ്യാനോദാനസമാനാഃ ഇഹൈവാഗത്യ സുഖം ചിരം തിഷ്ഠന്തു സ്വാഹാ  
 സാന്നിധ്യം കൂരന്തു സ്വാഹാ അസുനീ തേ പുനരസ്താസു ചക്ഷുഃ പുനഃ പ്രാണമി  
 ഹ നോ ദേഹി ഭോഗം ജ്യോക്പശ്യേമ സൂര്യമുച്ഛരന്തമനുമതേ മൃഗായാ നഃ സ്വസ്തി  
 ക്രഷാം ക്രഷീം ക്രഷൗം । ഓം ശ്രീ നൃസിംഹ പ്രാണശക്തേ നമഃശ്രോത്ര ആഗച്ഛ

Now read the following and make the aavaahani, samsthaapani, sannidhaapani, sannirodhini and avakunthana mudras with your hands if you know them. If not, don't worry and just read.

ആവാഹിതോ ഭവ സമാപിതോ ഭവ സന്നിഹിതോ ഭവ സന്നിരൂഢോ ഭവ  
 അവകുന്തിതോ ഭവ ദേവ പ്രസീദ പ്രസീദ യാവദ്ധോമാവസാനകം താവത്താം  
 പ്രീതിദാവേന മൂർത്തം അഗൗ ച സന്നിധിം കൂര്യ

While saying this, pray to Lord Narasimha in your mind and ask him to *stay* in the fire and the idol till the *end* of the homam. Now, till the end of the homam, *you* should *firmly* believe that Lord Narasimha *is in the fire* and treat him with *respect* and *love*.

**Panchopachaara Pooja (worship of god)**

Now, we have to offer worship with several servies to Lord Narasimha in the fire and idol. There are several options. One can do a panchopachaara pooja with 5 services or a shodasopachara pooja with 16 services or a chatusshashtyupachara pooja with 64 services. For simplicity, a panchopachara pooja is recommended in a homam. Those who have a lot of time and want to perform a shodasopachara pooja may refer to Appendix B and use that procedure instead of what is given in this section.

Say the following and offer sandalwood powder/paste to Lord Narasimha in the fire and the idol. You can also offer turmeric powder and kumkum.

ലം പൃഥ്വിവ്യാമ്മനേ നമഃ ഗന്ധം സമർപ്പയാമി

Say the following and offer a flower (or a flower petal) to Lord Narasimha in the fire and the idol.

ഹം ആകാശാമ്മനേ നമഃ പുഷ്പം സമർപ്പയാമി

Say the following and offer dhoopam (incense) to Lord Narasimha in the fire and the idol. Light the tip of the incense stick, let the fire burn brightly and then extinguish the fire. There should be no fire on the stick but smoke coming from the burning tip. Show the smoke to the fire in the homa kundam.

യം വായ്യാമ്മനേ നമഃ ധൂപം ആഘ്രഹാപയാമി

Say the following and show the deepam (light/lamp) to Lord Narasimha in the fire and the idol.

രം അഗ്യാമ്മനേ നമഃ ദീപം ദർശയാമി

Say the following and offer some food to Lord Narasimha in the fire and the idol. You can use cooked food or a fruit or jaggery or sugar. Show it to the fire and idol and offer a little bit into the fire.

If you made only one food item, it is a good idea to offer it at the end of the homam. There will be a naivedyam (food offering) again. Offer something else for now. The offering at the end is the main one.

വം അമൃതാമ്മനേ നമഃ നൈവേദ്യം സമർപ്പയാമി

Say the following and offer some akshatas to Lord Narasimha in the fire and the idol. This mantra means that we are offering “all services” to Him.

സം സര്യാമ്മനേ നമഃ സര്യാപചാരാൻ സമർപ്പയാമി

### **Parivaara Devata Aahutis (offerings to associates)**

Make an offering of ghee with the following to the associates of Lord Narasimha.

ഓം ശ്രീ നൃസിംഹ പരിവാര ദേവതാഭ്യോഃ നമഃ സ്വാഹാ ശ്രീ നൃസിംഹ പരിവാര  
ദേവതാഭ്യ ഇദം ന മമ॥

### Pradhaana Homam (main part)

Now, you can offer any mantras of Lord Narasimha you want. Suggested count for each mantra is 4 or 8 or 11 or 12 or 16 or 21 or 28 or 108 or 121 or 1008. Pick a count with each mantra and try to meet that count. At the end of the mantra, you have to add the following and then make an offering in the fire.

॥  
സ്വാഹാ

When making the last offering with a mantra (*i.e.* you are going to stop that mantra after this offering and switch to a different mantra), you add the following instead of the above:

വാഷ്ട്

The offering can be a drop of ghee or sesame seeds or murmura/mamra (puffed white rice) or havan samagri or small dry coconut pieces or small pieces of darbha. If you are doing homam on a big scale with a big fire, you can even put banana slices, full coconuts, various fruits, nuts (cashews, almonds etc), dates, raisins, sugar cane pieces, several sweets and snacks *etc.* But, if you are doing on a small scale with a small fire, stick to sesame seeds, dry coconut pieces, puffed white rice and ghee drops. At any cost, avoid spicy substances like any kind of pepper, cinnamon, cloves etc and products containing eggs, meat etc. In general, sweet substances are better. Just offering ghee when you do not have any other substances is also fine.

Various shlokas of Lord Narasimha are given below. **Lakshminrisimha Karavalambam** is given in Appendix D. **Lakshminrisimha Ashtottara Shata Naama Stotra** is given in Appendix E.

You can pick multiple mantras and do all of them also. But it is advisable to pick **any one** mantra you like the most and repeat it as many times as you can, instead of doing a little bit of several mantras. If one wants water, one should dig deep for a well in one place instead of digging a little in ten places. One's chance of finding water is maximized then.

ഓം നമോ നാരസിംഹായ । സ്വാഹാ ।

ഓം നമോ ഭഗവതേ നാരസിംഹായ । സ്വാഹാ ।

ഓം ഉഗ്രം വീരം മഹാവിഷ്ണു ജ്വലന്തം സരാതോമുഖം നൃസിംഹം ഭീഷണം ഭദ്രം  
മൃത്യു മൃത്യും നമാമ്യഹം ॥ സ്വാഹാ ॥

The dwadasa naama stotram (12-name prayer) of Lord Narasimha is very powerful. It can be used too:

പ്രഥമം തു മഹാ ജാലോ, ദിതീയം തൃഗ്ര കേസരി ।  
തൃതീയം വജ്ര ദംശ്രുഃ, ചതുർഥം തു വിശാരദഃ ॥ സ്വാഹാ ॥  
പഞ്ചമം നാരസിംഹശ്ച, ഷഷ്ഠഃ കശ്യപ മർദ്ദനഃ ।  
സപ്തമോ യാതു ഹന്താ ച, അഷ്ടമോ ദേവ വല്ലഭഃ ॥ സ്വാഹാ ॥  
നവ പ്രഹ്ലാദ വരദോ, ദശമോഽനന്ത ഹസ്തകഃ ।  
ഏകാദശോ മഹാ രൂദ്രോ, ദ്വാദശഃ തരുണസ്തഥാ ॥ സ്വാഹാ ॥

The dwadasa naama stotram (12-name prayer) of Lord Narasimha can be offered in fire as a dwadasa naamaavali with 12 offerings:

മഹാ ജാലായ നമഃ സ്വാഹാ । ഉഗ്ര കേസരയേ നമഃ സ്വാഹാ । വജ്ര ദംശ്രുായ നമഃ  
സ്വാഹാ । വിശാരദായ നമഃ സ്വാഹാ ।  
നാരസിംഹായ നമഃ സ്വാഹാ । കശ്യപ മർദ്ദനായ നമഃ സ്വാഹാ । യാതു ഹന്ത്രേ നമഃ  
സ്വാഹാ । ദേവ വല്ലഭായ നമഃ സ്വാഹാ ।  
പ്രഹ്ലാദ വരദായ നമഃ സ്വാഹാ । അനന്ത ഹസ്തകായ നമഃ സ്വാഹാ । മഹാ രൂദ്രായ  
നമഃ സ്വാഹാ । തരുണായ നമഃ സ്വാഹാ ।

**Punah Pooja (worship again)**

After all the offerings with mantras, we offer a quick worship again to Lord Narasimha in the fire.

Say the following and offer some food to Lord Narasimha in the fire and the idol.

ഓം നമോ നാരസിംഹായ നൈവേദ്യം സമർപ്പയാമി

Light a small camphor piece in a plate and show it to the fire while saying the following. At the end, you can throw the camphor piece into fire.

ഓം നമോ നാരസിംഹായ നീരാജനം സമർപ്പയാമി

If one has time, a panchopachara pooja can also be done as the punah pooja. But the above two things will suffice.

Now get up and do *pradakshinas* to the homa kundam. If someone stands on the roof (or in the sky) and looks down at you, it should look like you are going around the homa kundam in the clockwise direction. Do one or three rounds and then sit down again in front of fire.

**Uttaraangam (vote of thanks)<sup>2</sup>**

Now, offer one drop of ghee to Prajapati, then the controllers of the three worlds (bhuh – fire god, bhuvah – wind god, who controls space too, suvah – sun god for all the non-material spiritual realms), to Agni who processes the food for gods and makes it consumable and finally Prajapati again. Read the following and offer a drop of ghee at each “swaahaa”.

ഓം പ്രജാപതേ ന ത്വദേതാനൃത്യോ വിശ്വാ ജാതാനി പരി താ ബഭൂവു യത്കാ  
മാസ്മേ ജുഹുമസ്തന്നോ അസ്തു വയഗ്ം സ്യാമ പതയോ രയിണാമി സ്വാഹാ  
പ്രജാപതയ ഇദം ന മമ  
ഓം ഭൂഃ സ്വാഹാ അഗ്നയ ഇദം ന മമ  
ഓം ഭൂവഃ സ്വാഹാ വായവ ഇദം ന മമ  
ഓം സുവഃ സ്വാഹാ സൂര്യായ ഇദം ന മമ  
യദസ്യ കർമ്മണോഽത്യരീരിചം യദാനൃനമിഹാകരമി അഗ്നിഷ്ടുത് സിഷ്ടുകൃദിദാന്  
സരം സിഷ്ടും സുഹൃതം കരോതു സ്വാഹാ അഗ്നയേ സിഷ്ടുകൃത ഇദം ന മമ  
ഓം ഭൂർഭൂവസ്സുവഃ സ്വാഹാ പ്രജാപതയ ഇദം ന മമ

Now do pranaayaamam again. The procedure of pranaayaamam is explained earlier.

Now, make three offerings to the fire god, asking for forgiveness for any mistakes committed knowingly or unknowingly, while using fire as the medium. Read the following and offer a drop of the ghee in the fire at each “swaahaa”.

<sup>2</sup> Skip this and go to the next section to find a shorter procedure for uttaraangam.

Next, three offerings are made to the fire god, wind god and sun god, the controllers of the three worlds. Read the following and offer a drop of the ghee in the fire at each “swaahaa”.

അനാജ്ഞാതം യദാജ്ഞാതം യജ്ഞസ്യ ക്രിയതേ മിഥു| അഗ്നേ തദസ്യ കപ്ലയ  
 താഗ്ം ഹി വേതം യഥാതഥം സ്വാഹാ| അഗ്നയ ഇദം ന മമ||  
 പുരുഷസംമിതോ യജ്ഞോ യജ്ഞഃ പുരുഷസംമിതഃ| അഗ്നേ തദസ്യ കപ്ലയ താഗ്ം  
 ഹി വേതം യഥാതഥം സ്വാഹാ| അഗ്നയ ഇദം ന മമ||  
 യത്പാകത്രാ മനസാ ദീനദക്ഷാ ന| യജ്ഞസ്യ മന്വതേ മര്താസഃ| അഗ്നിഷ്ടുദ്ധോതാ  
 ക്രതുവിദിജാനന് യജിഷ്യാ ദേവന് ഋതുശോ യജാതി| സ്വാഹാ| അഗ്നയ ഇദം ന  
 മമ||  
 ഓം ഭൂഃ സ്വാഹാ| അഗ്നയ ഇദം ന മമ||  
 ഓം ഭൂവഃ സ്വാഹാ| വായവ ഇദം ന മമ||  
 ഓം സൂവഃ സ്വാഹാ| സൂര്യായേദം ന മമ||

One final offering to Prajapati is made to beg for forgiveness for various mistakes made in the homam, with respect to pronunciation, actions, procedure, devotion, materials used *etc.* Read the following and offer of drop of ghee.

അസ്മിന് ഹോമകര്മ്മണി മധ്യേ സംഭാവിത സമസ്ത മന്ത്രലോപ തന്ത്രലോപ  
 ക്രിയാലോപ ഭക്തിലോപ ശ്രദ്ധാലോപ നിയമലോപ നിഷ്ഠാലോപ ദ്രവ്യലോപാദി  
 സമസ്ത ദോഷ പ്രായശ്ചിത്താര്ഥം സര്വ പ്രായശ്ചിത്താഹുതിം ഹോഷ്ടാമി| ഓം  
 ഭൂര്ഭൂവസ്സൂവഃ സ്വാഹാ| പ്രജാപതയ ഇദം ന മമ||

An offering to Vishnu and an offering to Rudra must be made. Read the following two lines and offer a drop of ghee for each line. Think of Vishnu and Shiva.

ഓം ശ്രീ വിഷ്ണവേ സ്വാഹാ| വിഷ്ണവേ പരമാത്മന ഇദം ന മമ||  
 ഓം നമോ രുദ്രായ പശുപതയേ സ്വാഹാ| രുദ്രായ പശുപതയ ഇദം ന മമ||

After making an offering to Rudra, wash the hand once. You can simply sprinkle a little bit of water on the right palm for that purpose.



**Uttaraangam – shorter version (vote of thanks)**

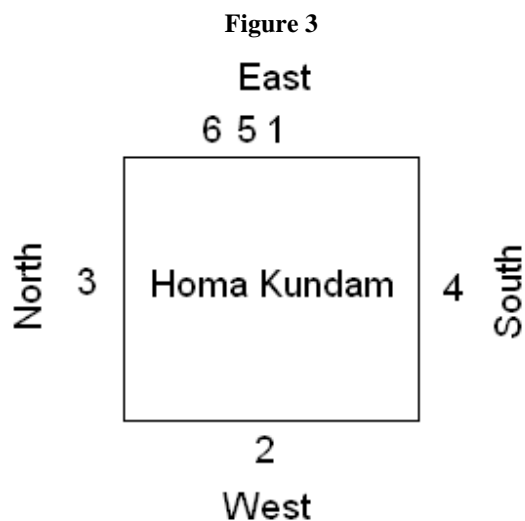
When you are in a hurry, you can perform uttaraangam in a brief form by saying the following and making an offering of ghee with each line.

ഓം ഭൂഃ സ്വാഹാ॥ അഗ്നയ ഇദം ന മമ॥  
 ഓം ഭൂവഃ സ്വാഹാ॥ വായവ ഇദം ന മമ॥  
 ഓം സൂവഃ സ്വാഹാ॥ സൂര്യായ ഇദം ന മമ॥  
 ഓം ഭൂർഭൂവസ്സൂവഃ സ്വാഹാ॥ പ്രജാപതയ ഇദം ന മമ॥  
 ഓം ശ്രീ വിഷ്ണവേ സ്വാഹാ॥ വിഷ്ണവേ പരമാത്മന ഇദം ന മമ॥  
 ഓം നമോ രൂദ്രായ പശുപതയേ സ്വാഹാ॥ രൂദ്രായ പശുപതയ ഇദം ന മമ॥

**Suddhaanna Bali (sacrifice of pure rice)**

Now, we have to offer bali (sacrifice to other associated beings). Get the cooked white rice (or banana slices or some other fruit slices or raisins). Just place a small token amount as bali. You need to place bali in six different places outside the homa kundam. First, place it on the east of the homa kundam. Then on the west, then on the north, then on the south and finally two more on the east (a little north to the previous bali(s) placed in the east). The order and positions can be found in Figure 3. While offering balis in six places, the following sentence can be said:

ഓം പാർഷ്വദേഭ്യോ നമഃ ബലിം സമർപ്പയാമി॥



The rice remaining after offering balis should be thrown away and not consumed. If cooked rice is not available, small banana slices or some other fruit slices can be used. Again, any fruit pieces left over after bali should be thrown away and not consumed.

**Vasordhaaraa (stream of excellence)**

Take a little ghee into the ladle and pour it slowly on the burning dry coconut pieces in the homa kundam while reading the third verse from “Rudra Chamakam”. It is given below.

Don’t pour too much ghee if you don’t want much smoke. Just take one teaspoonful of ghee in the wooden ladle and manage with it slowly. This ghee should be just enough to make the pieces burn well so that poornaahuti (about to be offered) burns well.

ഓം ശം ച മേ മയശ്ച മേ പ്രിയം ച മേടുകാമശ്ച മേ കാമശ്ച മേ സൗമനസശ്ച മേ  
 ഭദ്രം ച മേ ശ്രേയശ്ച മേ വസ്യശ്ച മേ യശശ്ച മേ ഭഗശ്ച മേ ദ്രവിണം ച മേ യന്താ  
 ച മേ ധർതാ ച മേ ക്ഷേമശ്ച മേ ധൃതിശ്ച മേ വിശാം ച മേ മഹശ്ച മേ സംവിച്ഛ മേ  
 ജ്ഞാത്രം ച മേ സൂശ്ച മേ പ്രസൂശ്ച മേ സീരം ച മേ ലയശ്ച മജ്ജതം ച മേടമൃതം ച  
 മേടയക്ഷ്മം ച മേടനാമയച്ഛ മേ ജീവാതുശ്ച മേ ദീർഘായുത്വം ച മേടനമിത്രം ച മേടഭ  
 യം ച മേ സുഗം ച മേ ശയനം ച മേ സുഷാ ച മേ സുദിനം ച മേ॥

**Poornaahuti**

Now, we have to prepare a package for poornaahuti (“complete offering”). The normal procedure is to place a full dry coconut, some metal coins, some turmeric, some sandalwood, some kumkum, some akshatas, samples of some of the materials used in homam as offerings in a cloth and tie the cloth.

For a simple homam with a small fire, you may take a dry coconut half and place a few akshatas, one coin, little sandalwood powder, turmeric powder, kumkum powder and samples of materials offered earlier in it. If you do a small homam everyday in a western country and need to minimize the smoke, you may put just a small coconut piece as poornaahuti. If you are doing homam in a big firepit that is dug in ground, you may want to experiment with a regular full coconut that has little water. It is a more accurate representation of the ego of a normal person.

Place the poornaahuti on the wooden ladle, say the mantra below and then place the poornaahuti in fire carefully with hand (if you drop it on a small fire from the wooden ladle, it can extinguish the fire and also loose materials can spill everywhere in the homa kundam).

ഓം പൂർണാഹുതിമുത്തമാം ജുഹോതി॥ സരാം വൈ പൂർണാഹുതിഃ സരമേവാപ്സോ  
 തി॥ അഥോ ഇയം വൈ പൂർണാഹുതിഃ അസ്യമേവ പ്രതിതിഷ്ഠതി॥

ഓം പൂർണ്ണമദഃ പൂർണ്ണമിദം പൂർണ്ണാത്പൂർണ്ണമുദച്യതേ പൂർണ്ണസ്യ പൂർണ്ണമാദായ  
 പൂർണ്ണമേവാവശിഷ്യതേ॥

ഓം നമോ നാരസിംഹായ പൂർണ്ണാഹുതിം സമർപ്പയാമി॥

While (or after) placing the poornaahuti in the fire, say the following mantra.

ഓം ബ്രഹ്മാർപണം ബ്രഹ്മഹവിർ ബ്രഹ്മാഗൗ ബ്രഹ്മണാ ഹൃതം ബ്രഹ്മൈവ തേന  
 ഗതവ്യം ബ്രഹ്മ കർമ്മ സമാധിനാ॥

Imagine that you are completely surrendering yourself to Lord Narasimha. Poornaahuti basically means “complete surrender”. The full (or half) coconut used in the poornaahuti is a symbol of one’s head, *i.e.* ego (“I-ness”), which is to be sacrificed (surrendered) to Lord Narasimha. Think of Lord Narasimha as a manifestation of the Supreme Cosmic Being who fills the whole universe and who is the true owner of your body, mind, existence, thoughts, knowledge and actions. Surrender to Him fully. Without that inner sense of complete surrender, an elaborate poornaahuti ritual with pristine materials has no meaning. Most Vedic rituals are symbolic of certain inner changes that you bring about within yourself, to remove obstacles within your sookshma sareera that are blocking self-knowledge. The purpose of Veda is the knowledge of self (Aatman) and all rituals are ultimately for that purpose. Doing rituals blindly is a good starting point, but at some stage, one has to wonder about the inner meaning.

**Winding Up and Meditation**

The fire god (Agni) has carried all our offerings to various gods. So the final offering is to him. Read the following and offer a drop of ghee in the fire.

സപ്ത തേ അഗ്നേ സമിധഃ സപ്തജിഹ്വാഃ സപ്ത ഋഷയസ്സപ്തഃ ധാമ പ്രിയാണി സപ്ത  
 ഹോത്രാ സപ്ത ധാത്വാ യജന്തിസപ്തയോനീരാപൃണസാ ഘൃതേന സ്വാഹാ॥  
 അഗ്നയേ സപ്തവത ഇദം ന മമ॥

Take some water in a spoon and sprinkle it around the homa kumdam as shown in Figure 2. This is similar to what we did at the beginning, but the mantras to say are slightly different. Instead of the four mantras used earlier, use the following four mantras when sprinkling water along the four arrows marked as 1, 2, 3 and 4 in Figure 2:

അദിതേഃനാമംസ്ഥാഃ അനൂമതേഃനാമംസ്ഥാഃ സരസ്വതേഃനാമംസ്ഥാഃ ദേവ സവിതഃ  
 പ്രാസാവീഃ

The ritual of homam cleanses one internally. The powerful divine presence in the fire has a great ability to cleanse one. Especially, a sincerely offered poornaahuti creates a lot of positive energy as it burns. One can take advantage of it by meditating in front of the fire as the poornaahuti burns. The time when the poornaahuti burns is the best time to meditate.

Sit still with a straight back in front of the fire and meditate. Make sure that the back is erect and yet not too tight. Make sure that the neck and head are also erect. Close the eyes, imagine your favorite deity in a form you like and meditate on that form with your favorite mantra. You can meditate on Lord Narasimha also. It can be the mantra with which you did homam or any other mantra of any deity. Try to forget about the your body and what you are doing and get into the mantra fully. Think that the deity you are imagining is a manifestation of Supreme Cosmic Being and think that all beings and all objects of this world are expressions of the play of that deity. Think that that deity is the true Doer of all actions by all beings of this world. Your chances of losing consciousness of your body and immersing in the mantra fully are the maximum at this point of time than any other (while the poornaahuti is burning)! Take advantage and meditate for atleast 5-10 minutes with maximum focus now. Consider this an essential part of the homam.

### **Rakshaa**

Now, take the darbhas placed at the beginning outside the homa kundam on the western side (or new darbhas, if you did not place any darbhas along the boundaries due to lack of darbhas), apply a little ghee to them and place the tips in fire. When they catch fire, remove them from the fire, place them in a container and let the whole darbhas burn. The black ash you get is called “rakshaa” (protection). At the end of the homam, you can apply a little rakshaa to the forehead of the idol and then a little to your own forehead and the foreheads of others. This is believed to protect from evil forces. You can store the rakshaa for future use on important occasions.

If your fire is too small and does not last till this point, you may consider taking rakshaa before meditation.

It is not *necessary* to take raksha. One can skip this step. Alternately, one can skip now and later mix the ashes of the materials burnt in the homa kundam with ghee and use that as rakshaa.

### **Udvaasana (good bye)**

Take a couple of darbhas in your right hand and a couple more darbhas with your left hand. Take some flowers or akshatas also if available. Hold the darbhas with the tips facing away from you and the bases in your hands. Now touch the two sides of the homakundam with the darbhas in the two hands. Then touch the idol with those darbhas and leave the akshatas and flowers on the god. Imagine that the energy from the homakundam has been transferred into the idol. To simplify this, you can also place your fists containing a few akshatas on top of the northern and southern sides of homa kundam and then deposit the akshatas in those fists at the feet of the idol.

Say the following and show your heart with your hands. Imagine that Sri Mahaganapathi has exited the fire and came back into your heart.

അസ്താദഗ്നേഃ ശ്രീമഹാഗണപതിം യഥാസ്ഥാനം പ്രതിഷ്ഠാപയാമി

Say the following and show your heart with your hands. Imagine that Lord Narasimha has exited the fire and the idol and came back into your heart.

അസ്താന്മൂർത്തേശ്വ അഗ്നേശ്വ ശ്രീ നൃസിംഹം യഥാസ്ഥാനം പ്രതിഷ്ഠാപയാമി

Now, we have to say goodbye to the fire god too. Say the following and bow to the fire god.

അഗ്നേ നയ സുപഥാ രായേ അസ്താൻ വിശ്വാനി ദേവ വയുനാനി വിദ്വാനി യു  
യോധ്യസ്മജ്ജുഹുരാണമേനോ ഭൂയിഷ്ഠാം തേ നമ ഉക്തിം വിധേമ അഗ്നയേ നമഃ

**Conclusion**

Say the following three verses. Think of Krishna and imagine that you are not the doer and Krishna is the doer who is acting through you. While you do it, place a few akshatas on the tips of the ring and middle fingers of the right hand, place the palm on the small deposit bowl and wash it such that the water and akshatas are deposited in the deposit bowl.

മന്ത്രഹീനം ക്രിയാഹീനം ഭക്തിഹീനം പുതാശന യജുതംതു മയാ ദേവ  
പരിപൂർണം തദസ്തുതേ  
പ്രായശ്ചിത്താനൃശേഷാണി തപഃ കർമ്മാത്മകാനി വൈ യാനി തേഷാമശേഷാണാം  
ശ്രീ കൃഷ്ണസ്മരണം പരം ശ്രീ കൃഷ്ണ കൃഷ്ണ കൃഷ്ണ  
കായേന വാചാ മനസേന്ദ്രിയൈരാ ബുദ്ധ്യാത്മനാ വാ പ്രകൃതേഃ സ്വഭാവാത്  
കരോമി യദ്യത് സകലം പരസ്മൈ നാരായണായേതി സമർപ്പയാമി

Say the following finally. Imagine that Lord Narasimha became pleased with your homam. Surrender the doership of the homam to Krishna and pray for peace.

അനേന ദിവ്യ മംഗള ഹോമേന ഭഗവാൻ സരാത്മകഃ ശ്രീ നൃസിംഹഃ പ്രീയതാമി  
ഓം തത്സത് സർവം ശ്രീ കൃഷ്ണാർപണമസ്തു ഓം ശാന്തിഃ ശാന്തിഃ ശാന്തിഃ

After this, you should not think of yourself as the doer of the homam just finished, for you have surrendered the doership to Krishna!  
The naivedyam (food) you offered can be eaten now and served to others. The rakshaa (holy ash) can be mixed with a drop of ghee and applied on the forehead as a dot or a line.

If you used a kalasam (water pot) in addition to an idol to invoke the god, you can take a bath with the water in the kalasam. Pour the water on yourself after you finish your bath, while saying a mantra of Lord Narasimha. After pouring that water on yourself, don't pour any more regular water. The water from kalasam should be the last water you pour on yourself in the bath. In other words, you should absorb the energy in that water for a while.

It is possible to put a kalasam and use it everyday without changing water. One may change the water every weekend or on every Ashtami or Ekadasi day and take bath with the old water.

:: Sarvam Sri Krishnarapanamastu ::    :: Om Shaantih Shaantih Shaantih ::

## **Appendix A: Super-short Homam (minimum mantras)**

For those who are uncomfortable with Sanskrita and yet want to perform homam, the procedure given in this document may still be difficult. For such people, I can recommend a much shorter procedure. It is hoped that those who start with this super-short homam will eventually make an effort to switch to the main procedure given in this document, after they get some practice and become comfortable with mantras in Sanskrita.

Mantras offered to a deity in fire are powerful irrespective of the procedure used. Instead of not doing homam at all, it is better to do this super-short homam.

This appendix will describe a super-short procedure very briefly. If some details are unclear, please contextualize them by reading the rest of the document. The sanskrita mantras are minimized in this super-short procedure.

### **Preliminary Procedure**

Think in your mind of Mother Earth, Lord Ganesha, Lord Narasimha, your parents, rishis of your lineage (if you know them), all rishis and all gods. You can use a language that you are comfortable with (*e.g.* English or Hindi or Russian) and say something in an intuitive way to remember all of them.

Take a tumbler or glass of water. Take three spoonfuls of water from the tumbler and drink them while saying: “This is for Keshava (കേശവ)”, “This is for Naaraayana (നാരായണ)” and “This is for Maadhava (മാധവ)”.

With akshatas in hand, pray to Ganesha: “O Ganesha (ഗണേശ)! Please remove obstacles from my homam”. Do praanaayaama (see the section on it in the main document), possibly with the *Om* sound or a mantra given earlier.

Now take a vow: “I shall now perform a homam to the best of my ability, for the pleasure of Lord Narasimha (നരസിംഹ).”

Leave the akshatas in front of the idol or homa kundam.

**Early Offerings**

Light a lamp. Put some akshatas in the water tumbler and say “vam (വം)” 11 times. Take the water with the spoon and sprinkle it on yourself, on the homa kundam, on the idol and on the food, fruits and flowers.

Homa kundam should be on your east and you should be facing east. Draw two red parallel east-west lines with kumkum (vermilion) connecting the middle of the western edge of homa kundam with your seat and place the container with melted ghee on those lines.

Take a small camphor piece, light it in the lamp and place the burning camphor piece in homa kundam while saying the following.

ഓം ഭൂർഭുവസ്സുവരോം ।

O Fire god, please co-operate with me and make my offerings reach gods in a state of purity.

Place dry coconut pieces or wood above it and make sure that they catch fire. Now offer five drops of ghee while saying the following:

ഓം പ്രജാപതയേ സ്വാഹാ<sup>॥</sup>  
ഓം ഇന്ദ്രായ സ്വാഹാ<sup>॥</sup>  
ഓം അഗ്നയേ സ്വാഹാ<sup>॥</sup>  
ഓം സോമായ സ്വാഹാ<sup>॥</sup>

This is for forgiveness of my mistakes so far.

ഓം ഭൂർഭുവസ്സുവഃ സ്വാഹാ<sup>॥</sup>

**Quick Worship of Ganesha in Fire**

Say “O Ganesha (ഗണേശ), please come into this fire”. Say the following while showing the fire with folded palms (as though you are telling someone “come here”):

ആവാഹിതോ ഭവ സ്ഥാപിതോ ഭവ

Put some akshatas in the fire and say “O Ganesha (ഗണേശ), please be pleased with these services from me”. Now repeat the following mantra of Ganesha 4 times with an offering of ghee or something else.

॥  
ഓം ഗം ഗണപതയേ നമഃ സ്വാഹാ

### Main Homam of Lord Narasimha

Say “O Narasimha (നരസിംഹ), please come into this fire”. Say the following while showing the fire with folded palms (as though you are telling someone “come here”):

ആവാഹിതോ ഭവ സ്ഥാപിതോ ഭവ

Put some akshatas in the fire and say “O Narasimha (നരസിംഹ), please be pleased with these services from me”.

Now repeat the mantras of Lord Narasimha that you know 4 or 8 or 11 or 12 or 16 or 21 or 28 or 108 or 121 or 1008 times. At a minimum, do the following simple mantra as many times as you can.

॥  
ഓം നമോ നാരസിംഹായ । സ്വാഹാ

Each time you say this, offer ghee or akshatas or sesame seeds or some other materials described earlier in this document in the fire. If you do the above mantra many times and not do any other mantras, it is acceptable.

At the end of the offerings, take some food you cooked (or fruit), show it to the fire and say “O Narasimha (നരസിംഹ), please accept this” and throw a small bit into fire. Then stand up and go around the homa kundam once or 3 times. If someone looks at you from the roof or from the sky, it should look like you are going around the homa kundam in clockwise direction. At the end, you can bow in front of the fire. Finally sit down in front of the fire in your original place.

### Final Offerings

Say the following lines and offer a drop of ghee in the fire after each line:

ഓം ഭൂഃ സ്വാഹാ  
ഓം ഭുവഃ സ്വാഹാ  
ഓം സുവഃ സ്വാഹാ



ഓം ഭൂർഭുവസ്സുവഃ സ്വാഹാ

ഓം വിഷ്ണവേ സ്വാഹാ

ഓം രുദ്രായ സ്വാഹാ

At the end, sprinkle a little water on your right hand.

If it is possible, now offer six chunks of cooked white rice or fruit slices in the six places shown in Figure 3, while saying “these are for the associates of Lord Narasimha (നരസിംഹ)”. Otherwise, you may skip this step.

**Pornaahuti**

While saying “Om”, pour a stream of ghee from the spoon into the fire. When the fire becomes big, you can offer poornaahuti.

Please read the section on poornaahuti in the main document for the description of materials needed, meaning of poornaahuti and the spirit to be followed. Instead of the mantras in the main document, just say the following:

ഓം നമോ നാരസിംഹായ പൂർണാഹുതിം സമർപയാമി

Then drop the full coconut or half coconut or coconut piece in fire. Offer one more drop of ghee while saying:

ഓം അഗ്നയേ സപ്തവതേ സ്വാഹാ

Now, meditate with any mantra you like for 5-10 minutes as the poornaahuti burns. For some useful tips, please refer to the main document.

At the end of the meditation, show your heart with your hands and say “O Ganesha (ഗണേശ) and O Narasimha (നരസിംഹ), please come back into my heart”. Also, thank the fire god mentally for his co-operation in the ritual. Then say:

സരാം ശ്രീ കൃഷ്ണാർപണമസ്തു ഓം ശാന്തിഃ ശാന്തിഃ ശാന്തിഃ

If you minimize the entire procedure and spend maximum time chanting a mantra of Lord Narasimha with offerings into fire and then meditating as the poornaahuti burns, you will get the most out of your homam and not lose much! After some practice, you can compare this super-short procedure with the procedure given in the main document and keep adding mantras from

the main procedure and eventually switch to the main procedure. But even this super-short procedure, when performed sincerely, can give good results.

## Appendix B: Shodasopachaara Pooja

*[If you want to perform a shodasopachaara pooja (a worship consisting of 16 services) to Lord Narasimha who is in fire and the idol, instead of the panchopachaara pooja mentioned in this document, please use the procedure in this appendix instead. This will take more time.]*

Say the line below and think in the mind that you are offering a nice seat to Lord Narasimha to sit on. While imagining that, just offer a few akshatas to the idol and the fire.

ഓം നമോ നാരസിംഹായ ആസനം സമർപ്പയാമി

Now, say the line below imagine that you are washing his feet. While imagining that, show a little water with the spoon to the fire and leave the water in a small empty bowl (we will call it “the deposit bowl” from now onwards).

ഓം നമോ നാരസിംഹായ പാദയോഃ പാദ്യം സമർപ്പയാമി

Say the line below, imagine that you are washing the hands of Lord Narasimha, show a little water in the spoon to the fire and leave it in the deposit bowl.

ഓം നമോ നാരസിംഹായ ഹസ്തയോഃ അർഘ്യം സമർപ്പയാമി

Say the line below, imagine that you are offering drinking water to Lord Narasimha’s mouth, show a little water in the spoon to the fire and leave it in the deposit bowl.

ഓം നമോ നാരസിംഹായ മുഖേ ശുദ്ധാചമനീയം സമർപ്പയാമി

Say the first sentence below, imagine that you are giving a bath to Lord Narasimha, show a little water in the spoon to the fire and leave it in the deposit bowl. Say the second sentence below, imagine that you are giving drinking water to Lord Narasimha’s mouth after bath, show a little water in the spoon to the fire and leave it in the deposit bowl.

ഓം നമോ നാരസിംഹായ സ്നപയാമി । സ്നാനാനന്തരം ആചമനീയം സമർപ്പയാമി

Say the line below, imagine that you are offering a pair of nice clothes (one in the top and one in the bottom, *i.e.* like a shirt and a pant) and offer a few akshatas to the idol and the fire.

ഓം നമോ നാരസിംഹായ വസ്രോണി ധാരയാമി

Say the line below, imagine that you are offering a yajnopaveetam (sacred thread) and offer a few akshatas to the idol and the fire.

ഓം നമോ നാരസിംഹായ യജ്ഞോപവീതം സമർപ്പയാമി

Say the line below, imagine that you are offering nice jewelry and offer a few akshatas to the idol and the fire.

ഓം നമോ നാരസിംഹായ ആഭരണാനി സമർപ്പയാമി

Say the line below and offer a little bit of sandalwood paste, turmeric powder, kumkum powder and akshatas to the idol and the fire. If you don't have all these, just sprinkle a few akshatas on the idol and the fire.

ഓം നമോ നാരസിംഹായ ഗംധാൻ ധാരയാമി ഹരിദ്രാ കുങ്കുമം സമർപ്പയാമി  
അക്ഷതാൻ സമർപ്പയാമി

Keep sprinkling a few flowers or flower petals or akshatas on the idol and the fire while reading the following 16 names of Lord Narasimha. Make sure you put very little amount of materials in the fire, so that you don't extinguish it accidentally. Offer most things to the idol instead. Just offer a token amount in the fire.

ഓം നമോ നാരസിംഹായ പുഷ്പാണി പൂജയാമി

Say the following line and show the incense stick lighted before to the fire and the idol.

ഓം നമോ നാരസിംഹായ ധൂപം ആഘ്രഹാപയാമി

Say the following line and show the lamp lighted before to the fire and the idol. Then show a little water in the spoon to the fire and idol and leave it in the deposit bowl.

ഓം നമോ നാരസിംഹായ ദീപം ദർശയാമി ആചമനീയം സമർപ്പയാമി

Say the first sentence below, show one of the two food items you prepared (or fruits) to god and imagine that he tasted it. If you know the standard procedure of offering *naivedyam* with the Gayatri mantra, you can do it. Else, don't worry and just say the line below. When saying the

second line, imagine that you are offering a nice *taamboolam* (*paan*) to Lord Narasimha and offer some akshatas in their place to the idol and the fire.

ഓം നമോ നാരസിംഹായ നൈവേദ്യം സമർപ്പയാമി താമ്ബൂലം സമർപ്പയാമി

Place a little camphor on a camphor container or a plate, light it and make a clockwise vertical circle in the air with the plate in front of the fire. Say the line below while you do it.

ഓം നമോ നാരസിംഹായ കർപ്പൂരനീരാജനം സമർപ്പയാമി

Take a small flower (or some akshatas) in your right hand, say the following and offer the flower to the idol (and perhaps a couple of petals into the fire). If you know “Narayana Sooktam” and/or Mantrapushpam (and if you have time), read them first and then say the line below. Otherwise, just this line will do. Imagine that you are offering a flower that captures the essence of all mantras.

ഓം നമോ നാരസിംഹായ മന്ത്രപുഷ്പം സമർപ്പയാമി

Say the following and bow before Lord Narasimha mentally. Of course, you can also get up, go around the homa kundam once or thrice and bow down (or kneel down or lie down) in front of the fire, if you are not in a hurry. If someone looks at you from the roof or sky, it should look like you are going around the fire in clockwise directions.

ഓം നമോ നാരസിംഹായ പ്രദക്ഷിണ നമസ്കാരാൻ സമർപ്പയാമി

While you do all this, make sure that the fire gets going. Keep placing more dry coconut pieces if necessary to keep the fire going. It may be tricky the first few times, but you will get used to it. When necessary, you can sprinkle a little camphor powder in the fire to make it bigger.

## Appendix C: Practical Tips and Hints

Here are some hints related to practical aspects of homam:

(1) In the beginning, there may be problems with maintaining the fire. New dry coconut pieces (or wood pieces) have to be put in the fire while old pieces are still burning, in order to keep the fire going. One’s ability to estimate how long a dry coconut piece can sustain fire will improve with time.

(2) If the fire completely goes away, sprinkling some camphor powder on the hot pieces can bring the fire back. That fire can be sustained by placing new pieces.

(3) If only a small amount of akshatas are offered during pooja (one or two akshatas each time) and placed on a coconut piece, they will eventually burn.

(4) When offering a flower, if only a petal is placed on a coconut piece and the rest of the flower is placed near the idol, it has a better chance of burning fully in the fire without creating problems to the fire. Of course, in a homam performed with a big fire, full flowers burn easily.

(5) If small amounts are offered, it works better (when the fire is also small).

(6) If merely a drop of ghee is offered each time, less smoke is generated.

(7) Wood generates smoke. But dry coconut generates very little smoke. It generates smokes mainly at the end when the fire goes away. If the homa kundam is close to a window and the window is opened at the end, that may be sufficient to drive the little smoke out.

(8) Apart from mantras of Lord Narasimha, mantras of other deities can be offered in the fire while imagining them and Lord Narasimha to be different manifestations of the same Cosmic Being.

(9) It is a very good idea to keep the body as still as possible, with minimal movement of only those body parts that must move (e.g. arm and mouth). It will maximize the positive spiritual benefit from homam.

(10) It is a good idea to keep atleast two coconut pieces burning all the time. Even if the fire in one becomes weak, the other piece can help re-ignite it.

(11) If one puts a lot of oil or ghee in a pan and heats it, it generates smoke as the ghee burns. If one puts too little oil in a pan and tries to fry vegetables, they burn and generate smoke. If one puts the right balance of oil and vegetables, they get cooked properly and there is no smoke. Similarly, if one puts the right balance of ghee and solid materials, they burn without smoke. There will be some smoke only at the end, when the fire goes off. Wood, on the other hand, is different from dry coconut and generates more smoke.

## Appendix D: Lakshminrisimha Karavalambam

ശ്രീമത്പയോനിധിനികേതന ചക്രപാണേ  
ഭോഗീംദ്രഭോഗമണിരാജിതപുണ്യമൂർത്തേ ।  
യോഗീശ ശാശ്വത ശരണ്യ ഭവാസ്തിപോത  
ലക്ഷ്മീന്യൂസിംഹ മമ ദേഹി കരാവലംബം ॥ സ്വാഹാ ॥

ബ്രഹ്മേന്ദ്രരുദ്രമരുദർകകിരീടകോടി-

സംഘട്ടിതാംഘ്രികമലാമലകാന്തികാന്ത ।  
ലക്ഷ്മീലസത്കുചസരോരുഹരാജഹംസ  
ലക്ഷ്മീന്യൂസിംഹ മമ ദേഹി കരാവലംബം ॥ സ്വാഹാ ॥

സംസാരഘോരഗഹനേ ചരതോ മുരാദേ  
മാരോഗ്രഭീകരമൃഗപ്രവരാർദിതസ്യ ।  
ആർതസ്യമത്സരനിദാഘനിപീഡിതസ്യ  
ലക്ഷ്മീന്യൂസിംഹ മമ ദേഹി കരാവലംബം ॥ സ്വാഹാ ॥

സംസാരകൃപമതിഘോരമഗാധമൂലം  
സംപ്രാപ്യ ദുഃഖശതസർപ്പസമാകുലസ്യ ।  
ദീനസ്യ ദേവ കൃപയാ പദമാഗതസ്യ  
ലക്ഷ്മീന്യൂസിംഹ മമ ദേഹി കരാവലംബം ॥ സ്വാഹാ ॥

സംസാരസാഗരവിശാലകരാലകാല-  
നക്രഗ്രഹഗ്രസിതനിഗ്രഹവിഗ്രഹസ്യ ।  
വ്യഗ്രസ്യ രാഗനിചയോർമിനിപീഡിതസ്യ  
ലക്ഷ്മീന്യൂസിംഹ മമ ദേഹി കരാവലംബം ॥ സ്വാഹാ ॥

സംസാരവൃക്ഷമഘബീജമനന്തകർമ്മ-  
ശാഖായുതം കരണപത്രമനംഗപുഷ്പം ।  
ആരുഹ്യ ദുഃഖഫലിതം പതതോ ദയാജോ  
ലക്ഷ്മീന്യൂസിംഹ മമ ദേഹി കരാവലംബം ॥ സ്വാഹാ ॥

സംസാരസർപ്പഘനവക്രതദയോഗ്രതീവ്ര-  
ദംശ്രോകരാലവിഷദഗ്ധവിനഷ്ടമൂർത്തേഃ ।

നാഗാരിവാഹന സുധാഞ്ചിനിവാസ ശൗരേ  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

സംസാരദാവദഹനാകുലഭീകരോഗ്ര-  
ജാലാവലീഭിരഭിദഗ്ധതനനൂരുഹസ്യ |  
ത്വത്പാദപദ്മസരസീം ശരണാഗതസ്യ  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

സംസാരജാലപതിതസ്യ ജഗന്നിവാസ  
സരോംദ്രിയാർഥബധിശസ്ഥ ത്യാജോപമസ്യ |  
പ്രോത്ഖംഡിതപ്രചുരതാലുകമസ്തുകസ്യ  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

സംസാരഭീകരകരീംദ്രകരാഭിഘാത-  
നിഷ്ഠീഡ്യമാന വപുഷഃ സകലാർത്തിനാശ |  
പ്രാണപ്രയാണഭവഭീതിസമാകുലസ്യ  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

അംധസ്യ മേ ഹൃതവിവേകമഹാധനസ്യ  
ചോരൈഃ മഹാബലിഭിരിംദ്രിയനാമധേയൈഃ |  
മോഹാംധകുപകുഹരേ വിനിപാതിതസ്യ  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

ബദ്ധാഗതേ യമഭടാ ബഹു ഭർത്തൃയംതി  
കർഷംതി യത്ര ഭവപാശശതൈര്യുതം മാം |  
ഏകാകിനം പരവശം ചകിതം ദയാജോ

ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

ലക്ശ്മീപതേ കമലനാഭ സുരേശ വിഷ്ണോ  
യജ്ഞേശ യജ്ഞ മധുസൂദന വിശ്വമൂർതേ |  
ബ്രഹ്മണ്യ കേശവ ജനാർദ്ദന വാസുദേവ  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

ഏകേന ചക്രമപരേണ കരേണ ശംഖം  
അന്യേന സിന്ധുതനയാമവലംബ്യ തിഷ്ഠന് |  
വാമേതരേണ വരദാഭയപദ്മചിഹ്നം  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

സംസാരസാഗരനിമജ്ജനമുഹ്യമാനം  
ദീനം വിലോകയ വിഭോ കരുണാനിയേ മാം |  
പ്രഹ്ലാദഖേദപരിഹാരപരാവതാര  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

പ്രഹ്ലാദനാരദപരാശരപുന്ധരീക-  
വ്യാസാംബരീഷ ശുക ശൗനക ഹൂണിവാസ |  
ഭക്താനുരക്തപരിപാലനപാരിജാത  
ലക്ഷ്മീനൃസിംഹ മമ ദേഹി കരാവലംബം || സ്വാഹാ ||

ലക്ഷ്മീനൃസിംഹചരണാബ്ജമധുവ്രതേന  
സ്തോത്രം കൃതം ശുഭകരം ഭൂവി ശങ്കരേണ |  
യേ തത്പഠന്തി മനുജാ ഹരിഭക്തിയുക്താഃ



തേ യാതി തത്പദസരോജമഖംഡരൂപം ॥ സ്വാഹാ ॥

### Appendix E: Lakshminrisimha Ashottara Shata Naama Stotram

നാരസിംഹോ മഹാസിംഹഃ ദിവ്യസിംഹോ മഹാബലഃ ।

ഉഗ്രസിംഹോ മഹാദേവഃ സ്തംഭജശ്ചോഗ്രലോചനഃ ॥ സ്വാഹാ ॥

രൗദ്രഃ സരാദിഭൃതഃ ശ്രീമാൻ യോഗാനന്ദഃ ത്രിവിക്രമഃ ।

ഹരിഃ കോലാഹലഃ ചക്രീ വിജയീ ജയവർധനഃ ॥ സ്വാഹാ ॥

പഞ്ചാനനഃ പരംബ്രഹ്മ ചാഘോരോ ഘോരവിക്രമഃ ।

ജലാന്തുഖോ ജാലമാലീ മഹാജാലോ മഹപ്രഭുഃ ॥ സ്വാഹാ ॥

നിടലാക്ഷഃ സഹസ്രാക്ഷഃ ദുർന്നിരീക്ഷ്യഃ പ്രതാപനഃ ।

മഹാദംശ്ട്രായുധഃ പ്രാജ്ഞഃ ചന്ദ്രകോപീ സദാശിവഃ ॥ സ്വാഹാ ॥

ഹിരണ്യകശിപുധാമസീ ദൈത്യദാനവഭംജനഃ ।

ഗുണഭദ്രോ മഹാഭദ്രഃ ബലഭദ്രഃ സുഭദ്രകഃ ॥ സ്വാഹാ ॥

കരാളോ വികരാളശ്ച വികർതാ സരാകർത്യകഃ ।

ശിംശുമാരഃ ത്രിലോകാന്താ ഞ്ഘോരഃ സരോശരോ വിഭുഃ ॥ സ്വാഹാ ॥

ദൈരവാഡംബരോ ദിവ്യഃ ചാച്യുതഃ കവിമാധവഃ ।

അധോക്ഷജോക്ഷരഃ ശരഃ വനമാലീ വരപ്രഭഃ ॥ സ്വാഹാ ॥

വിശാമരോദിഭൃതോ ഭവ്യഃ ശ്രീവിഷ്ണുഃ പുരുഷോത്തമഃ ।

അനഘാസ്ത്രോ നഖാസ്ത്രശ്ച സൂര്യജ്യോതിഃ സുരേശാരഃ ॥ സ്വാഹാ ॥

സഹസ്രബാഹുഃ സരാജ്ഞഃ സരാസിദ്ധിപ്രദായകഃ ।

വജ്രദംശ്യോ വജ്രനഖഃ മഹാനന്ദഃ പരന്തപഃ ॥ സ്വാഹാ ॥

സരാമന്ത്രൈകരൂപശ്ച സരായന്ത്രവിഭാരണഃ ।

സരാതന്ത്രാന്തരകോഽവ്യക്തഃ സുവ്യക്തോ ഭക്തവത്സലഃ ॥ സ്വാഹാ ॥

വൈശാഖശുക്ലദ്വതോത്ഥ ശരണാഗതവത്സലഃ ।

ഉദാരകീർത്തിഃ പുണ്യാത്മാ മഹാത്മാ ചന്ധവിക്രമഃ ॥ സ്വാഹാ ॥

വേദത്രയപ്രപുജ്യശ്ച ഭഗവാൻ പരമേശ്വരഃ ।

ശ്രീവത്സാംകഃ ശ്രീനിവാസോ ജഗദ്യാപീ ജഗന്മയഃ ॥ സ്വാഹാ ॥

ജഗത്പാലോ ജഗന്നാഥഃ മഹാകായോ ദിരുപദ്യുത് ।

പരമാത്മാ പരഞ്ജ്യോതിഃ നിർഗുണശ്ച നൃകേശരീ ॥ സ്വാഹാ ॥

പരതത്ത്വം പരന്ധാമ സച്ചിദാനന്ദവിഗ്രഹഃ ।

ലക്ഷ്മീനൃസിംഹഃ സരാത്മാ ധീരഃ പ്രഹ്ലാദപാലകഃ ॥ സ്വാഹാ ॥