

## Simplest Lalita Homa

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### Introduction

Lalita literally means the gentle one. She is the mother of three worlds (physical, mental and spiritual). She gently fulfills all dharmik desires of a devotee. Her homa can be done every day or every Wednesday or every Ashtami/Navami tithi.

### Preparation

Find a standard homa kunda or simply a small vessel/utensil made of copper/silver/bronze/steel, in square/circular/rectangular shape. Even if it was used for cooking earlier, it's ok. Clean it thoroughly, dry it and use it. We'll simply call it "homa kunda" in this writeup.

Find some ghee (clarified butter). If not available, use sesame oil or some other oil. Find a copper/silver/steel cup/tumbler/vessel to keep melted ghee. Find a copper/silver/steel spoon for offering ghee.

Find another tumbler and spoon for water. Keep a matchbox and camphor (if available) ready.

If possible, get some dry coconut (copra) halves at a nearby store and make small pieces (roughly 1 inch x 1 inch). If not, collect some fallen dry twigs from nearby trees (or other firewood). If you have dried cowdung pieces, you can use those too.

If you have black/brown/white sesame seeds and any unsalted plain nuts (e.g. cashews, almonds etc), you can use them too.

### Some Precautions

Do NOT consume meat or alcohol or drugs on the previous day. Sleep well and get up early on the day of homa. Take bath and wear clean clothes that you feel comfortable in (no need for traditional clothes if they make you uncomfortable, as being in a calm state of mind is more important than externalities).

If possible, it is ideal to do homa in an open space outdoors. When doing in a closed room, one should have enough ventilation to avoid accumulation of smoke in the room, resulting in smoke inhalation. One should also take precautions and avoid fire hazards like inflammable substances near the homa.

### Procedure: Pre-Fire Stage

Sit down facing east and place the homa kunda in front of you.

Place some water in your right palm. If you are *not* comfortable with Sanskrit, say this:

For the establishment of Dharma on earth and for the well-being and peace of all people, I shall do a Lalita Homa within my abilities.

If you are comfortable with Sanskrit, say this:

भूलोके धर्म स्थापनार्थं सर्वेषां जनानां सुखं शान्तिं सिद्ध्यर्थं ललिता त्रिपुर सुन्दरी होमकर्म यथाशक्ति करिष्ये

After saying it, drop the water in front of you, over the tips of fingers.

Place a couple of copra pieces (or twigs) in homa kunda and light them with a matchstick (use a camphor for ease if you have), while saying the following and imagining that Holy Fire will cooperate in this ritual:

ॐ भूर्भुवस्सुवरोम्

### Procedure: Initial Offerings in Fire

Say this and offer a drop of ghee in fire while imagining that you are surrendering your consciousness to Prajapati, via Holy Fire:

ॐ प्रजापतये स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your faculty of inspired perception to Indra, via Holy Fire:

ॐ इन्द्राय स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your faculty of logical and structured thinking to Agni, via Holy Fire:

ॐ अग्नये स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your faculty of feeling and intuition to Soma, via Holy Fire:

ॐ सोमाय स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your awareness of physical, mental and spiritual realms to Prajapati, via Holy Fire:

ॐ भूर्भुवस्सुवः स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your ability to plan and avoid obstacles to Ganesha, via Holy Fire:

ॐ गं गणपतये नमः स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your ability to persist and overcome problems to Varuna, via Holy Fire:

ॐ वं वरुणाय नमः स्वाहा

### Procedure: Offerings to Main Deity

Say one of the following 4 mantras and offer a drop of ghee (or sesame seeds or nuts) in fire while imagining that Mother Lalita is accepting it:

ॐ ऐं ह्रीं श्रीं ललिता त्रिपुर सुन्दर्यै नमः स्वाहा

ऐं क्लीं सौः स्वाहा

ॐ क ए ई ल ह्रीं। ह स क ह ल ह्रीं। स क ल ह्रीं। स्वाहा।

ॐ अरुणां करुणा तरंगिताक्षीं। धृत पाशांकुश बाण चाप हस्तां। अणिमादिभिरावृतां मयूखैः। अहमित्येव विभावये भवानीं। स्वाहा।

You can do this as many times as you can. You can also use any other mantras you are attached to.

Don't rush. Imagine that lord is in fire, accepting your offerings and mantra. Imagine that his blessings are coming to you. Try to develop that feeling and enjoy it.

### **Procedure: Final Offerings in Fire**

Say this and offer a drop of ghee in fire while imagining that you are surrendering your physical experiences to Agni, *via* Holy Fire:

ॐ भूः अग्नये स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your mental experiences to Vayu, *via* Holy Fire:

ॐ भुवः वायवे स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering your spiritual experiences to Surya, *via* Holy Fire:

ॐ सुवः सूर्याय स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering everything physical, mental and spiritual that is being created inside you, to Prajapati, *via* Holy Fire:

ॐ भूर्भुवस्सुवः स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering everything physical, mental and spiritual that is being sustained inside you, to Vishnu, *via* Holy Fire:

ॐ विष्णवे स्वाहा

Say this and offer a drop of ghee in fire while imagining that you are surrendering everything physical, mental and spiritual that is being destroyed inside you, to Rudra, *via* Holy Fire:

ॐ रुद्राय स्वाहा

### **Procedure: Poornahuti (Complete Offering)**

Say this and offer a big copra piece or a nut or a twig or a big drop of ghee in fire while imagining that you are surrendering your sense of being to Mother Lalita:

ॐ ऐं ह्रीं श्रीं ललिता त्रिपुर सुन्दर्यै नमः स्वाहा

Say this and offer a drop of ghee in fire while imagining that Holy Fire with seven tongues is pleased:

ॐ अग्नये सप्तवते स्वाहा

### **Meditation**

Now, meditate as long as you can, with the following mantra (or any other mantra you like).

ॐ ऐं ह्रीं श्रीं ललिता त्रिपुर सुन्दर्यै नमः

At the end, say this while imagining that peace descends on you and others:

ॐ शान्तिः शान्तिः शान्तिः