

FOREWORD - by Pdt. Munelal Maharaj

POOJAA is an ancient expression of worship taken from the Vedas. The great masters of the past would spend their time performing worship of the Lord through rituals in order to appease Him. These acts of worship served to keep them on the path of *Dharmic* living, and helped train their minds to be pure and become in oneness with the Lord.

Poojaa is also a way to acknowledge the Divinity which is expressed through the five elements and the elements of Nature. The rituals are so designed as to engage the five senses simultaneously and keep them focused on the Divine Lord. We can also use the act of worship to express our love and gratitude to the Lord for giving us life and all our many blessings.

Poojaa consists of two letters – ‘Pa’ and ‘Ja’. ‘Pa’ means *Paapanaashana* which stands for the removal of impurities and ‘Jaa’ means *Janmavicheda* or the cessation of the cycle of birth and death.

At the mundane level, *Poojaa* is performed to appease the *Devas* (or the rulers of the elements of nature) as well as the deities who rule the planets and other heavenly bodies. When we offer worship to these celestial beings, it serves to smoothen the pathway of our earthly existence, and remove negative forces and misfortunes from our lives.

Chanting the sacred *Mantras* while performing the rituals also serves to create a powerful vibration that permeates the atmosphere. These vibrations can help to neutralize the negativities of society and create peace and positivity in the world.

We must bear in mind that while it is necessary to perform these rituals to enhance our lives in the earthly plane, at the same time, they must always be performed with love and purity of mind. *Poojaa* must always be practiced with the ultimate goal of transforming our lives and becoming closer to God.

This CD can be used for your daily prayer as well as for religious festivals, such as *Divali*, *Navaratri*, *Krishna Janamashthami*, etc. The *Poojaa Mantras* are recited in such a way as to be applicable to any deity, so you can use this CD to perform worship to any deity or deities as you wish. Additional *Mantras* can be found on the CD after the closing prayers in praise of the various deities for further meditation and adoration.

I personally hope that this book and CD set will serve as a helpful guide to your daily worship. As Hindus, this simple *Poojaa* should be performed at least once a week with all the family members gathered together, to foster spirituality, harmony and love in the home.

If it is not always possible to find the time or the opportunity to sit and perform *Poojaa* on a regular basis, you can still enjoy the CD while performing *Maanasa Poojaa* or mental worship. You can visualize the Lord in your mind, and make all your offerings to Him at the mental level. The *Mantras* on the CD can always be played to sanctify the home and create a sacred and positive environment wherever you are.



The rituals and Mantras in this publication were extracted from the book, “*Jyotir Vigyaan*”. For more information regarding *Poojaa* or any other aspects of Hinduism, you can refer to this text.

For further information regarding Pundit Munelal Maharaj and his other books and CD’s, visit www.punditmunelal.com or e-mail punditm@hotmail.com

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