



# Sri Siva Vishnu Temple

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Newsletter, Vol 18, No. 11

November 2009

“Abheda Darshanam Jnanam” - Experience of Oneness is True Wisdom

## White House Celebrates Deepavali with help from Sri Siva Vishnu Temple

President Barack Obama lights ceremonial Deepavali lamp, provided by Sri Siva Vishnu Temple on October 14, 2009. President to lit the Diya in East room of White House and wished everyone a “Happy Deepavali”. He is the first US President to personally join an event celebrating the Indian festival of



lights. “This coming Saturday, Hindus, Jains, Sikhs and some Buddhists, here in America and around the world, will celebrate this holiday by lighting diyas, or lamps, which symbolise the victory of light over darkness, and knowledge over ignorance,” said Obama at a ceremony in the East Room. “And while this is a time of rejoicing, it’s also a time for reflection, when we remember those who are less fortunate and renew our commitment to reach out to those in need,” he added at the ceremony held for the first time in the main White House.

Obama then lit the traditional lamp (diya) brought in from the Sri Siva Vishnu Temple with a candle while our Sanskrit scholar senior priest Sri Digalakote L. Narayanachar with

his traditional Srichurna tilakam on his forehead chanted “Asatoma Sadgamaya” from the Upanishads.

Harih OM!  
Om ! Om !! Om !!!

Om asato ma sadgamaya !  
tamaso ma jyotirgamaya !  
mrtyorma amrtam gamaya !!  
Om shantih shantih shantih!!

Lead me from the unreal to the real !  
Lead me from darkness to light !  
Lead me from death to immortality !!  
Om Peace, Peace, Peace!!



Obama listened intently as Sri Narayanachar ended his invocation with "Om Shanti Shanti Shanti", returned Sri Narayanachar's namaste with folded hands and then shook his hands before leaving with greetings of "Happy Diwali" to everyone.

Obama's White House did not forget to leave the traditional box of Indian sweets (sent by our temple) on chairs for the guests.



## 25th Anniversary Concluding Events Saturday, November 14 - Sunday, November 16, 2009

### Saturday, November 14, 2009

- 11:00 a.m.-12:30 p.m.: 2500 Sandwiches for the Homeless
- 1:00 p.m.-2:30 p.m.: Children's play  
Release of 25th anniversary DVD  
Announcement of essay contest winners
- 5:00 p.m.: Sanjay Subramanian concert (ticketed)

### Sunday, November 15, 2009

- 6:30 p.m.: Endowment Lecture, ERHS (free)  
Chair's remarks  
Release of 25th Anniversary table top book  
Speech by Ambassador Meera Shankar
- 7:45 p.m.: Annual Dinner, ERHS (ticketed)

### Monday, November 16, 2009

- Beginning of Ayyappa Mandala



# Religious Calendar

## November 2009

- 01 Sun. 4:00 pm **Visesha Satyanarayana Puja**  
(please see details)
- 02 Mon. 9:30 am Abhishekam to Siva (please see details)  
5:30 pm **Vishnu Deepam**  
5:00 pm **Annabhisheka Darshan of Lord Siva**  
(Tula Poornima) (till 8 pm)
- 03 Tue. 9:30 am Utsava Subrahmanya Abhishekam (Krittika)
- 04 Wed. 10:00 am Krishna Abhishekam (Rohini)
- 05 Thu. 9:30 am Mahaganapati Homam (Sankatahara Chaturthi)  
7:00 pm Ganesha Abhishekam (Sankatahara Chaturthi)
- 06 Fri. 10:00 am Durga Abhishekam
- 07 Sat. 3:00 pm Srinivasa Kalyanam  
5:00 pm Subrahmanya Abhishekam (Shashti)  
6:00 pm Rama Abhishekam (Punarvasu)
- 09 Mon. 7:00 pm Siva Abhishekam (Kartika Somavaara)
- 11 Wed. 10:00 am Andal Abhishekam (Purvaphalguni)
- 12 Thu. 9:30 am Ayyappa Puja (Uttaraphalguni)  
7:00 pm Anantapadmanabha Abhishekam (Ekadasi)
- 13 Fri. 10:00 am Mahalakshmi Abhishekam  
6:30 pm Lalitha Sahasranamam (\*)  
7:00 pm Siva Abhishekam (Mahapradosham)
- 15 Sun. 9:30 am Sudarshana/Yoga Narasimha  
Homam & Abhishekam (Swati)  
9:30 am Navagraha Homam & Abhishekam
- 16 Mon. **Vrischika Month Begins, Amavasya (Vishaka)**  
8:00 am **AYYAPPA MANDALOTSAVAM BEGINS**  
(please see attached flyer for details)  
6:00 pm **Veda Parayanam by Priests**  
(Daily till December 26) (please see details)  
7:00 pm **Ayyappa Padi Puja**  
7:00 pm Siva Abhishekam (Kartika Somavaara)
- 19 Thu. 10:00 am Anjaneya Abhishekam (Moola)
- 20 Fri. 9:30 am Mahaganapati Homam & Abhishekam (Chaturthi)  
10:00 am Sharada Abhishekam  
7:15 pm Bhagawati Seva
- 22 Sun. 9:30 am **Ayyappa Udayaastamana Puja**  
4:00 pm Subrahmanya Abhishekam (Shashti)
- 23 Mon. 9:30 am Utsava Srinivasa Abhishekam (Sravana)

- 26 Thu. 10:30 am **PUJA BY CHILDREN** (please see details)
- 27 Fri. 10:00 am Parvati Abhishekam
- 28 Sat. 9:00 am **Guruvayoor Ekadasi**  
(Gita Jayanthi – please see details)  
9:30 am **Ayyappa Pushpaalankaram**  
4:00 pm Anantapadmanabha Abhishekam (Ekadasi)
- 29 Sun. 4:00 pm Siva Abhishekam (Mahapradosham)  
7:00 pm **Ayyappa Pushpabhishekam**  
(\* please note the change from usual time)

## December 2009

- 01 Tue. 5:00 pm **Arunachala, Sarvalaya & Kartika Deepam** (Krittika)  
7:00 pm Satyanarayana Puja (temple + offsite locations)
- 02 Wed. 10:00 am Krishna Abhishekam (Rohini)
- 04 Fri. 9:30 am Mahaganapati Homam (Sankatahara Chaturthi)  
10:00 am Durga Abhishekam  
6:00 pm Ganesha Abhishekam (Sankatahara Chaturthi) (\*)
- 05 Sat. 3:00 pm Srinivasa Kalyanam  
5:00 pm Rama Abhishekam (Punarvasu)
- 06 Sun. 9:30 am **Ayyappa Neiyabhishekam**
- 07 Mon. 9:30 am Subrahmanya Abhishekam (Shashti)
- 08 Tue. 10:00 am Andal Abhishekam (Purvaphalguni)
- 09 Wed. 9:30 am Ayyappa Puja (Uttaraphalguni)
- 11 Fri. 10:00 am Mahalakshmi Abhishekam  
6:30 pm Anantapadmanabha Abhishekam (Ekadasi) (\*)
- 12 Sat. 9:30 am Sudarshana/Yoga Narasimha Homam  
5:00 pm Sudarshana/Yoga Narasimha Abhishekam (Swati)  
9:30 am **Special Ayyappa Puja, Veda Parayanam**
- 13 Sun. **Hanumat Jayanthi Day Celebration Begins**  
(please see details)  
9:30 am Navagraha Homam & Abhishekam  
9:30 am **Special Ayyappa Abhishekam**  
(as Irumudi offerings)  
3:00 pm Utsava Subrahmanya Abhishekam (Vishaka)  
6:00 pm Siva Abhishekam (Mahapradosham) (\*)
- 15 Tue. **Dhanur Month Begins, Amavasya (Jyeshtha)**  
**Hanumat Jayanthi Day, Celebration Concludes** (please see details)  
9:30 am **Thiruppavai & Thiruvempavai Daily till Jan 14th**  
(please see details)

(Rest of December in next Newsletter)

(\* please note the change from usual time)

### Weekly Abhishekams

(at 9:30 am except as noted)

Daily	Ayyappa, Siva and Anantapadmanabha
Monday	Ganesha, Sri Rama
Tuesday	Durga, Anjaneya
Wednesday	Andal, Sharada, Navagrahas
Thursday	Krishna, Subrahmanya
Friday	Mahalakshmi, Parvati, Sudarshana/Yoga Narasimha
Saturday	Venkateshwara (10:15 am)

### Weekly Aradhanas

Tuesday	Sri Rama (7:45 pm) & Hanuman Chaleesa (8:00 pm)
Friday	Lalitha Sahasranamam to Parvati (7:15 pm)
Friday	Mahalakshmi Aradhana (8:00 pm)

### Weekly Sahasranama Archanas

(at 5:15 pm except as noted)

Monday	Ganesha, Siva, Rama
Tuesday	Durga, Subrahmanya, Anjaneya
Wednesday	Andal, Anantapadmanabha, Ayyappa
Thursday	Sharada, Krishna, Venkateshwara
Friday	Mahalakshmi (5:15 pm) & Parvati (7:15 pm)

## Vishesha Satyanarayana Puja

(Sunday, November 1, 2009)

The temple will celebrate Vishesha Satyanarayana Puja on Sunday, Nov 1, 2009 this year to observe the Poornima which falls in the lunar month of Kartika. All the materials necessary for the Puja will be provided by the temple, however devotees who wish to do so may bring flowers, fruits, Abhishekam ingredients and a prepared Prasadam. Devotees are requested to arrive by 3:30 pm so that the Puja may begin on time.

- 3:30 pm Vishnu Sahasranama Parayanam  
4:00 pm Satyanarayana Puja, Katha & Aarati  
5:45 pm Prasadam Distribution  
**Sponsorship: \$35**

## Annabhishekam To Lord Siva

(Monday, November 2, 2009)

Annabhishekam is celebrated on the Poonima day during the Hindu solar month of Tula. Annam (cooked rice) is offered as Abhishekam to Lord Siva after the Abhishekams with the eleven usual ingredients. Lord Siva is decorated with all the edible preparations, fruits and vegetables after the Abhishekam. Devotees may bring fruits and flowers for the Alankaaram if they so desire. Details of the program are given below:

- 9:30 am Laghunyasa, Rudra Abhishekam to Lord Siva, Deeparadhana.  
5:00 pm Annabhisheka Alankara darshanam (till 8:00 PM)  
6:00 – 8:00 pm Rudra Trishati Archana,  
8:00 pm Visarjana Abhishekam to Lord Siva, Archana, Jaya Jagadisha Hare Aarati  
8:45 pm Prasadam Distribution

**Sponsorship:** \$25

## Veda Parayanam by Priests

(Mon., Nov. 16 – Sat., Dec. 26, 2009)

There will be chanting of the Rig and Yajur Veda between 6 pm and 7 pm daily during the Mandala (41 day period) ending December 26, 2009. All devotees are encouraged to attend and participate.

**Sponsorship:** \$11 per day, \$301 for the entire 41 days

## Puja by Children

(Thursday, November 26, 2009)

- 10:30 am Shlokas, Bhajans, Ganesha & Saraswati Puja by Children  
12:15 pm Children's Special Lunch & Story telling (Topic of interest to children & young adults)

No Sponsorship or prior Puja experience is required. All the necessary materials for the Puja will be provided by the temple. Children ages 5 and above are encouraged to participate.

## Guruvayoor Ekadasi & Gita Jayanthi

(Saturday, November 28, 2009)

The Shukla Ekadasi prior to Vaikunta Ekadasi was the day when Lord Krishna imparted the Bhagawad Gita to His devotee Arjuna. This is celebrated as Gita Jayanthi. It is also an important Ekadasi in many parts of India, especially in Guruvayoor. Special Pujas will be held to celebrate both the events.

- 9:00 am Bhagawad Gita Homam, Aradhana to Lord Krishna, Narayaneeyam Parayanam by devotees till 5:00 pm (with breaks for lunch), Deeparadhana  
5:00 pm Sri Krishna Abhishekam,  
7:00 pm Deeparadhana, Prasadam distribution

**Sponsorship:** \$25

## SSVT Community Service

### Special 25th anniversary Sandwiches for Homeless

Saturday, November 14, 2009. We will be preparing 2,500 as part of 25th anniversary celebrations. Please join the team of volunteers for this effort (11am to 12:30 pm) by lending your support for making of sandwiches. Additionally every second Saturday of every month, volunteers make sandwiches and deliver them to the shelter in DC. Children and adults of all ages can help. Please call T. Kamala at 301-770-2406.

## Hanumat Jayanthi Celebrations

(Sun., Dec. 13 – Tue., Dec. 15, 2009)

Hanumat Jayanthi falls on Tuesday, December 15. As in the past, the Jayanthi will be celebrated over three days. On the first day (Sunday, December 13) there will be Sahasranama Archana and a special Vada Alankaaram. Those devotees who would like to bring Vadas (no onions or garlic in the Vadas please!) for the Alankaram are requested to do so by 3:30 pm so that the priests may plan the decoration accordingly. Participation by more than 100 devotees in the Sahasranama Archana will make it a Laksharchana. Sponsorship is not a requirement to participate in the Sahasranama Archana. **There will be no butter Alankaaram during the three-day celebration.**

**Sunday, December 13, 2009**

- 9:30 am Anjaneya Moola Mantra Homam  
1.30-3.30 pm Hanuman Chaaleesa Chanting  
3:30 pm Anjaneya Abhishekam, Special Vada Alankaaram, Sahasranama Archana, Deeparadhana,  
6:00 pm Prasadam Distribution

**Monday, December 14, 2009**

- 9:30 am (Yajur Veda) Paavamaana Sukta Homam  
7:00 pm Anjaneya Abhishekam, Archana, Deeparadhana,  
8:30 pm Prasadam Distribution

**Tuesday, December 15, 2009 (Hanumat Jayanthi Day)**

- 9:30 am (Rig Veda) Paavamaana Sukta Homam  
6 pm- 7 pm Hanuman Chaaleesa Chanting  
7:00 pm Anjaneya Abhishekam, Archana, Deeparadhana,  
8:30 pm Prasadam Distribution

**Sponsorship:** \$25 per day, \$51 for the entire celebration

## Thiruppaavai & Thiruvempaavai Recitation by Devotees

(Tue., Dec. 15, 2009– Thu., Jan. 14, 2010)

Thiruppavai, the divine hymn composed by Goddess Andal (the Divine incarnation of Mother Earth), and Thiruvempaavai the divine Hymn on Lord Siva composed by Saint Maanickavaasagar will be recited daily during the Hindu "Dhanus" month (December 15 - January 14) at 9:30 am. Copies of Thiruppaavai are available in several languages in the temple. All are welcome to participate in this group recitation.

## Seminar and Lecture Series

by  
**Sadhvi Chaitanya**  
Topic:

The Vivekachudamani is a treatise of liberation that is both poetic and profound. It expounds the truth of oneself as whole and free of limitations in a manner that is easy to grasp. It is considered to be one of the finest "prakarana granthas" that explain the teachings of the Upanishads in a manner that is easy to comprehend and assimilate. We will be studying 108 selected verses of this masterpiece.

**Saturday, Nov. 7<sup>th</sup>, 2009**

**Meditation: 9 - 9:30 am**

**Lectures: 9:30 am - 12:30 pm**

**Sunday, Nov. 8<sup>th</sup>, 2009**

**Meditation: 9 - 9:30 am**

**Lectures: 9:30 am - 12:30 pm**

(All sessions held in the Education Room at SSVT)

Please mark the dates for the December 2009 Lectures:

**Saturday, December 5<sup>th</sup> and Sunday, December 5<sup>th</sup>**

## Upcoming Cultural Events

Date	Time	Event	Artist	Admission	Venue
Sun. Nov 1, 2009	4:00pm	Saxophone Concert*	Sri. Kadri Gopalnath	Ticketed	Univ of MD, The Clarice Smith Performing Arts Center
Sat. Nov 7, 2009	All Day	Dikshithar Day	Multiple Artists Main event Vocal concert by Sri. Seshachari Daruri	FREE	SSVT
Sat. Nov 14, 2009	5 PM	Vocal Concert*	Sri. Sanjay Subramaniam	Ticketed	SSVT

### 25th Anniversary Celebration Cultural programs Vocal Concerts

**Saturday, November 14, 2009 at 5:00 pm SSVT Auditorium**



Sanjay Subramanian  
Vocal  
S. Varadharajan  
Violin  
Neyveli Venkatesh  
Mridangam

**Purchase your tickets online at [ssvt.org](http://ssvt.org)**

<https://ssvt.org/DonationsSJ/SJCulturalTicketSelection.aspx>

Announcements regarding those programs will also be available via Temple notice board, website etc.

\* — Tickets for these concerts can be purchased in advance via SSVT website {<https://ssvt.org/DonationsSJ/SJCulturalTicketSelection.aspx>} Please check [www.ssvt.org](http://www.ssvt.org) for further details regarding these events.

The list of SSVT sponsored concert (CDs) is now posted online at <http://www.ssvt.org> under Upcoming events and Announcements. Those interested in these CDs are requested to please contact [ssvt@ssvt.org](mailto:ssvt@ssvt.org).

Please contact Kannan Subramanian at [skannan11@yahoo.com](mailto:skannan11@yahoo.com) or Radha Shivakumar at [radha.shiva@gmail.com](mailto:radha.shiva@gmail.com) for further details

### SSVT Senior Citizen Group Meeting

November 11 & 25; 10:00 am- 2pm

The mission of the SSVT Senior Citizen Group is to enhance the quality of life of its members so that they can live a healthy, happy, active and independent life with dignity as well as serve and enrich the community.

The Group strives to enhance physical, mental, emotional, social, and spiritual well-being of all members through education, training, entertainment, and other assistance to attain successful aging. The current programs include training in Gentle Yoga for seniors (10-11am), talks by members and or invited guests on successful aging, music, devotional songs etc. (11am-1pm), and lunch (1-2pm).

We cordially welcome all to participate in our group activities and enjoy a healthy and happy life. For further information please call Dr. Sinha at 410-964-9310 or email [dsinha@erizon.net](mailto:dsinha@erizon.net)

### Mitra Mandala

Mitra Mandala offers free community service providing confidential and professional counseling and senior services for families in need. Please contact Aparna Ramaswamy at 301-963-5051 or [aparna@su-sheelam.com](mailto:aparna@su-sheelam.com) for counseling and R.G. Nagarajan at 301-279-9328 [ragnarajan@yahoo.com](mailto:ragnarajan@yahoo.com) for support services.

From Baltimore / Washington D.C. Take B.W. Parkway to NASA Goddard Space Center. Left turn at Rte 193 (Green Belt Road)



Go approximately 1 mile on Rte. 193. Make right turn onto Cipriano Road. The Temple is on the left at 6905 Cipriano Road.



From Silver Spring, Bethesda, Tysons Corner: Take I-495 (Beltway) to Exit 22A (B.W Parkway towards Baltimore), Exit immediately towards NASA Goddard Space Center. Left turn at Rte. 193 (Greenbelt Road).



From Andrews Air Force Base, Alexandria, Springfield: Take I-495 (Beltway) to Exit 22A (B.W Parkway towards Baltimore), Bear right following signs to NASA Goddard Space Center, and merge to Rte. 193 (Greenbelt Road).

#### Temple Hours:

Weekdays: 9:00 am - 1:00 pm, 5:00 pm - 9:00 pm  
Weekends / Holidays 9:00 am - 9:00 pm  
*The Temple is open on all Important Holidays*

#### Weekly Puja Schedule

Morning Puja	9:00 am	Monday-Friday	Suprabatham	9:00 am	Daily
Evening Arathi	6:00 pm	Monday-Sunday	Abhishekam	9:30 am	Daily
			Venkateswara Abhishekam	10:15 am	Saturday

Change Service Requested



SRI SIVA VISHNU TEMPLE  
6905 Cipriano Road  
Lanham, MD 20706

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# SRI SIVA VISHNU TEMPLE

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## 2009-2010 Ayyappa Mandala Makarotsavam Schedule

### DAILY PUJA SCHEDULE

9:30 am - 11:00 am

Ayyappa Puja (Abhishekam, Ashtothara Archana, Deeparadhana)  
Sahasranama stotram, Athaazha Puja, Seeveli, Harivarasanam

7:15 pm - 9:00 pm

### SPECIAL PUJA SCHEDULE

9:00 am

Suprabatham

9:30 am

Abhishekam

10:30 am

Alankaram, Bhajan

11:15 am

Sahasranamam, Ashtothram, Ayyappa-Ashtakam, Kavacham, Deeparadhana, Namaskaram, Padi paatu, Temple song  
Prasadam distribution

12:30 pm

### Sunday November 15, 2009

9:30 am - 10:30 am

Bimba Sudhi

7:00 pm - 8:00 pm

Prasaadha Sudhi

### Monday November 16, 2009 MANDALA UTSAVA AARAMBHAM

8:00 am - 9:00 am

Ganapathi Homam, **Dwaja Aarohanam**, Sahasraabhishekam, Archana, Deeparadhana  
**PADI PUJA**. Athaazha Puja, Seeveli, Harivarasanam

9:00 am - 1:00 pm

7:00 pm - 9:00 pm

### Sunday November 22, 2009

9:30 am - 12:30 pm

Special Ayyappa Puja, **UDAYAASTAMANA PUJA**

### Saturday November 28, 2009

9:30 am - 12:30 pm

Special Ayyappa Puja, **PUSHPAALANKARAM**

### Sunday November 29, 2009

7:00 pm - 9:00 pm

Bhajan, **PUSHPABHISHEKAM**, Saharanamam, Seeveli, Harivarasanam

### Sunday December 6, 2009

9:30 am - 12:30 pm

Special Ayyappa Puja, **NEYYABHISHEKAM**

### Saturday December 12, 2009

8:00 am - 12:30 pm

Special Ayyappa Puja, **VEDAPAARAAYANAM**

### Sunday December 13, 2009

9:30 am - 12:30 pm

SPECIAL AYYAPPA ABHISHEKAM FOR IRUMUDI ONLY

### Sunday December 20, 2009

9:30 am - 12:30 pm

Special Ayyappa Puja, **KALABHAABHISHEKAM**

### Saturday December 26, 2009 MANDALA PUJA

7:00 am - 8:30 am

Irumudi Preparation

8:30 am

Climbing of Holy Steps

9:00 am - 01:00 pm

Nirmalya Darsanam, Abhishekam, **MANDALA PUJA**, Archana, Deeparadhana Bhajan, Sahasranama Stotram, Deeparadhana, Athazha Puja, Seeveli with Thalapoli, Bhasmabhishekam, Harivarasanam

6:30 pm - 9:00 pm

### Sunday December 27, 2009

9:30 am - 12:30 pm

SPECIAL AYYAPPA ABHISHEKAM FOR IRUMUDI ONLY

### Saturday January 2, 2010

9:30 am - 12:30 pm

Special Ayyappa Puja

### Sunday January 3, 2010

7:00 pm - 9:00 pm

Bhajan, **MALAI MOORTHI AARAADHANA**

### Sunday January 10, 2010

9:30 am - 12:30 pm

Special Ayyappa Puja

### Thursday January 14, 2010 MAKARA SANKRANTHI

9:30 am - 12:30 pm

Makara Sankramabhishekam, Archana, Deeparadhana

7:00 pm - 9:00 pm

**Thiruvabharanam**, Deeparadhana, Saharanama Stotram, Athazha Puja, Seeveli with Thalapoli, Acharya Sambhavana, Bhasmabhishekam, Harivarasanam, **ANNADANAM** by Devotees

### Friday January 15, 2010

7:30 pm - 8:30 pm

Malikappurthamma Puja

### Saturday January 16, 2010

7:30 pm - 8:30 pm

Malikappurthamma Puja

### Sunday January 17, 2010

7:30 pm - 8:30 pm

Malikappurthamma Puja

### Monday January 18, 2010

9:30 am - 12:30 pm

Special Kalabha Puja

### Tuesday January 19, 2010

7:00 pm - 9:00 pm

Bhajan, Dwaja Avarohanam, **GURUTHI PUJA**, Bhasmabhishekam, Harivarasanam

Irumudi can be prepared at the temple at 8:00 am on Special Puja days. Devotees with Irumudi are requested to climb the Holy Steps before 9:00 am and hand over Abhishekam materials to the priest prior to the Abhishekam at 9:30 am.

# SSVT Ayyappa Mandala Makara Sankranti Puja Sponsorship Form

Date(s) of Puja	Puja Sponsored	Amount
All Year	All Puja for Season & Monthly Puja	\$501.00
11/15/09 – 01/15/10	All Puja for Entire Season	\$381.00
See Schedule	All Special Ayyappa Puja	\$151.00
11/16/09	Mandalatherva Annabharam	\$51.80
11/16/09	Padi Puja	\$25.00
11/29/09	Pudhupbhishakam	\$25.80
12/26/09	Mandala Puja	\$51.00
01/14/10	Makara Sankranti	\$51.80
	One day weekend Special Puja	\$31.00
	One day Regular Puja	\$25.80
	Neyyabhishekam	\$25.00
	Drumudi Package	\$58.80
<b>TOTAL Sponsorship</b>	<b>(Check/Cash Enclosed):</b>	<b>\$</b>



Family Name: \_\_\_\_\_ Gothram: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birth Star: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## AYYAPPA VRATHAM

Devotees who wish to go to Sebarinath have to observe vratham (follow certain austerities) for one month (41 days) to purify the mind and soul. On the first day of the month of Karthika/Vriksham (the middle of November), devotees wear the mudra mala and start the vratham.

## MANTRAM TO BE CHANTED BEFORE WEARING MUDRA MAALA

Om Namah Shivaya Gurum Rudram Guru Rudram Manasaivayam  
 Saakthi Madram Sathya Madram Vidham Madram Rameshivayam  
 Gurudakshinaya Poorvam Theyyarupala Kavale  
 Om Madram Khechari Madram Bhadra Madram Rameshivayam

Vam Madram Sudha Madram Rudra Madram Manasaivayam  
 Sebarinatham Sathya Madram Parthu Sathesi Me  
 Sreemangala Madramgana Thava Madram Dharmasivayam  
 Sebarinatham Madrasay Manasubhayan Nama Namaha.

*Devotees wear the mudra mala after chanting the above mantras*

## MANTRAM TO REMOVE MUDRA MAALA

Agnoram Achamartha Dhya Darasankarane Saanthrudrauth Mahadeva Dehi Me Vritharochanam. Devotees remove the mudra mala after chanting the mantram. The mudra mala and Drumudi be kept under the feet of Lord Ayyappa and used again. "SRAMEYE SARANAM AYYAPPA"

## IMPORTANT AUSTERITIES TO BE OBSERVED DURING VRATHAM

- Observe Brahmacharyam during the vratham
- Take shower twice daily and chant the names of Lord Ayyappa
- Consume only freshly cooked vegetarian food
- Attend Puja either at the temple or wherever conducted
- Always start the conversation with "Sweel Saranam"
- Control your temper and be kind to others
- Do not smoke or consume alcoholic beverages
- Treat your body, mind and intellect as the abode of Ayyappa

## HOW TO PREPARE IRUMUDI (IN BRIEF)

After performing Ayyappa Puja, fill the mudra coconut with melted ghee. If you are a Kanni Ayyappan or Kanni Maalikappuran (First time), Guruswamy will help you to fill the mudra coconut with ghee. Mudra coconut and other Puja items must be placed in the front pocket of the Drumudi and the other two coconuts must be placed in the rear pocket. Always keep chanting the names of Lord Ayyappa while preparing the Drumudi. Never place the Drumudi on the floor; always place it on a towel and treat it with Bhakti.

IRUMUDI ITEMS	QTY	COMMENTS
<b>I. MUNMUDI (Front)</b>		
01. Kanikka panam (coin)	1	-
02. Beetel Leaf	1	-
03. Areca Nut - Supari	1	-
04. Mudra coconut with Ghee	1	The shell has to be polished and the water drained by removing the middle eye of the coconut; find a cork to tightly seal the opened eye
05. Honey	1bottle	Plastic; small
06. Turmeric Powder	1 packet	-
07. Sandal	-	Few tablets or powder
08. Vibhoothi	1	packet Small
09. Rose Water	1 bottle	Plastic; small
<b>II. PINMUDI (Back)</b>		
01. Coconut	2(Min)	One to break before climbing Holy Steps and one to break after coming down the Steps after puja
02. Rice	1 packet	Small
03. Avil	1 packet	Extra small zip lock
04. Malar	1 packet	Extra small zip lock
05. Kadali pazham or Jaggery 1	1 small piece	-
06. Kalkandam (Sugar Candy)	-	Few tablets
07. Dry Grape	1 packet	Extra small zip lock
08. Incense (Agarbathi)	1 packet	Small
09. Camphor	-	Few tablets

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**Hotels/Motels near the Temple**

Best Western	Lanham	301-459-1000
Days Inn	Lanham	301-459-6600
Holiday Inn	Greenbelt	301-982-7000
Sheraton	New Carrollton	301-459-6700
The Suite	Lanham	703-368-3900

**Driving Directions**

Take I-95/I-495 (Capital Beltway) to Exit 22A (B-W Parkway towards Baltimore), Exit immediately towards NASA Goddard Space Center. Left turn at Rte. 193 (Greenbelt Road). Go approximately 1 mile on Rte. 193. Make right turn onto Cipriano Road. The Temple is on the left at 6905 Cipriano Road.

<b>Airports</b>	<b>Train Stations</b>
Baltimore Washington International-30 min by car	Orange Line Metro Station New Carrollton
Washington National-30 min by car	Green Line Metro station Greenbelt
min by metro	Amtrak Train Station New Carrollton

**Taxi Services**

Silver Capital Cab	301-277-6000
Yellow Cab	301-864-7700
India Cab	301-459-1331