

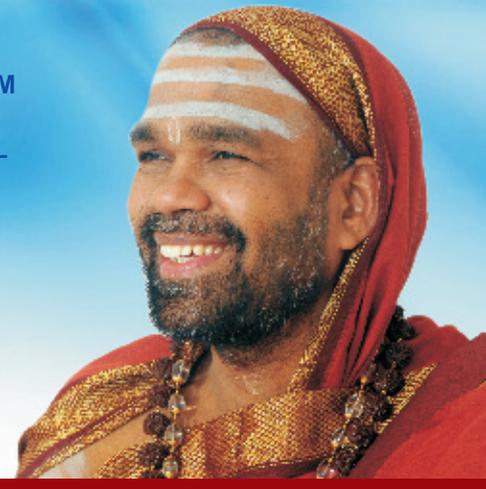


श्री आदिशङ्कराचार्य शारदा लक्ष्मीनृसिंह पीठम्, श्री मठम् - हरिहरपुरम्  
SRI ADISHANKARACHARYA SHARADA LAKSHMI NARASIMHA PEETAM  
ಶ್ರೀ ಆದಿಶಂಕರಾಚಾರ್ಯ ಶಾರದಾ ಲಕ್ಷ್ಮೀನೃಸಿಂಹ ಪೀಠಮ್

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# SRI LAKSHMINRUSIMHA MAALA DEEKSHA (SIMHA VRATAM)

## SPECIAL GUIDELINES:

1. This sacred Vratha is for a duration of 16 days.
2. Performing Lakshminrusimha Mala Vratham which is fondly liked by Lord should commence during Vasantha Ruthu, that is, from the day of Ugadi and conclude on Narasimha Jayanthi, is considered to be sacred. Those who seek solace from their various problems can perform this Vratham with devotion for a period of 16 days during anytime of the year to get over their difficulties.
3. All Narasimha Bhaktas can perform this Vratam irrespective of caste, creed, gender and age. In return, "Kshipraprasada Narasimha" - one who is known for giving boon instantaneously, will bestow his blessings on his devotees.
4. During Vratam period, pure and virtuous lifestyle has to be followed.
5. Only one Satvik meal has to be taken in the afternoon. Fruits, vegetables and milk can be taken during morning and evening. Children and those who are on medication can have light refreshments in the morning and evening.
6. Lord Narasimha, in order to protect his young bhakta, Prahallada, came out of Vajrastambha. Hence, this Malavrata is most significant for children between the age group of seven to twelve years. These children (Prahallada Swamy's) who undertake Vrata with dedication and devotion will overcome all their problems & grahadosa and will have Lord's protection for their lifetime.
7. During the Vrata period if Asuchi (death and birth) happens, then Vratha has to be discontinued and undertaken for another 16 days after completion of the Asuchi.  
Ladies will have to adjust their monthly cycle while undertaking the Vratha.
8. Only Blue coloured dress should be worn during Vratha period.
  - a. For Men: Blue Dhoti with Angavastram
  - b. For Women: Blue saree without Border
  - c. For Working Men and Women, if required, Blue Shirt and Chudidhar can be worn.
  - d. After completion of Vratha, Deeksha maala and Vastra may be properly stored and can be reused if Vratha is undertaken once more.
9. Deeksha Maala, which is made up of 108 Tulsi beads should be worn during the entire period of Vratha.
10. During this tenure, one should sleep on a mat.
11. As far as possible, wearing of footwear should be avoided. If, absolutely required, then rubber footwear can be used.

JAYA JAYA LAKSHMI NARASIMHA, VAJRA STHAMBAJA NARASIMHA



## STEPS TO BEGIN VRATAM

1. After taking bath on the auspicious day, offer prayers to Lord Ganapathi, Guru and Lakshminrusimha, and appeal to the Almighty to fulfil your wishes. With devotion, apply Sri Gandha on your forehead and wear Deeksha Maala and Vrata Vastra. Do not remove Deeksha Maala during the course of the Vrata. If possible, Deeksha Maala to be worn after worshipping Lord Lakshminrusimha in a temple.

2. During the Vrata period, after taking bath in the morning and evenings, one has to wear, fresh washed blue coloured clothes.

After applying Sri Gandha the following mantra should be chanted for 108 times with devotion:

**“JAYA JAYA LAKSHMI NARASIMHA; VAJRA STHAMBAJA NARASIMHA”**

Subsequently, offer flowers, fruits and apply Sri Gandha to the Lord. After this, the following mantra should be chanted with devotion:

**PRAHALLADANUTHA GOVINDA VAJRASTHAMBAJA SRIDHARA |  
ATHRAIVA THISHTA BHAGAWAN, RAKSHA BHAKTAN TWADAASHRITAN ||**

**OM SRI LAKSHMINRUSIMHAYA NAMO NAMAHA |  
VAJRASTAMBHODBHAVAYA NAMO NAMAHA |  
HARIHARAPURAVASINE NAMO NAMAHA |  
BHAKTAJANA RAKSHAKAYA NAMO NAMAHA |  
SRILAKSHMINRUSIMHA CHARANAU SHARANAM PRAPADYE || (3 Times)**

Closing the eyes, and keeping the divine image of Lord Lakshminrusimha in your heart and with utmost devotion, pray for 10 minutes, with Chin Mudra (Gesture of Consciousness), concentrating on deep breathing.

3. After completing the Vrata for 16 days, 1 kilogram of Moong Dal, 1 Jaggery cube and 1 Coconut with Rs.16 as offering have to be placed on a green cloth and tied. This Iramudi (tied green pack) has to be taken to Hariharapura, the most sacred place of Lord Lakshminrusimha. In the August presence of Vajrasthambaja Lakshminrusimha, while chanting the above shloka, “Prahalladanutha.....”, pradakshina has to be performed for three times around the sanctum sanctorum. Lateron, Irumudi has to be offered to the Lord thanking him for the successful completion of the Vratam and pray for fulfilment of Vrata Sankalpa. After partaking the prasadam of the Lord, who was worshipped by Agasthya Maharishi and having darshanam of Kaaryasiddi Garuda Sameta Sri Lakshminarasimha Swamy, located in the North East pillar of the temple, devotees have to conclude their Vratam.

**NOTE: FOR MORE DETAILS VISIT OUR WEBSITE**

**JAYA JAYA LAKSHMI NARASIMHA, VAJRA STHAMBAJA NARASIMHA**