

9. After completion of the Vratam, the Vrata Mālā (Tulasi Mālā) and Vrata Vastram (blue dress) can be stored safely and reused when the Vratam is taken up again in future.
10. Devotees who take up the Simha Vratam have to **wear a Tulasi Mālā (with 108 beads) for the entire period of the Vratam (16 Days)**. This Mālā, called the **VRATA MĀLĀ**, has to be worn when beginning the Vratam and should not be removed till the Vratam is completed.
11. During the 16-day tenure of the Vratam, one should avoid sleeping on a bed/cot, and **must sleep on a mat only**. (If this is difficult for elderly people or those with health issues, cot can be used after removing the bed/cusion from it)
12. As far as possible, **foot wear must be avoided** during the Vratam. If absolutely required rubber footwear can be used.
13. One has to **take bath twice a day** (in the morning and evening), and only freshly washed Vrata Vastram has to be worn after bath.
14. After the 16 Days of Vratam, one must undertake **pilgrimage to Hariharapura** and **submit Irumudi to Lord SRI YANTRARĀJA VAJRSTAMBHAJA LAKSHMINARASIMHA SWĀMY**. With this, the Simha Vratam gets completed successfully.

STEPS TO PERFORM THE VRATAM

1. **BEGINNING THE VRATAM** : On an auspicious day, after taking bath, offer prayers to Guru and Lord Ganapati. With utmost devotion worship Lord Sri Lakshminrusimha and submit your Prārthanā/prayer to the Lord. Then, start the Simha Vratam by applying Srigandha (sandal paste) on your forehead and wearing the Vrata Vastram & Vrata Mālā. If possible, perform Lakshminrusimha Pooja or visit a temple of Lord Lakshminrusimha nearby and then wear the Vrata Mālā. The Vrata Mālā once worn should not be removed till the Vratam is completed.

2. **DAILY WORSHIP** : During the period of Vratam, one should take bath twice everyday (in the morning and evening). After bath, wear Srigandha and freshly washed Vrata Vastram. Then, lighting a lamp before the image (photo or idol) of Lord Sri Lakshminrusimha and adorning the Lord with flowers, the below 3 Slokās have to be recited with devotion:-

SRI GURU PRĀRTHANĀ :

gururbrahmā gururvishnurgururdevo maheshvaraha |
gurussākshāt parabrahma tasmai sreegurave namaha ||

tyāgamoortim taponistham shāradārchanatparam |
sachidānanda yogeendram pratyaham pranamāmyaham ||

गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः ।
गुरुस्साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

त्यागमूर्तिं तपोनिष्ठं शारदारचन तत्परं ।
सच्चिदानन्द योगीन्द्रं प्रत्यहं प्रणमाम्यहं ॥

SRI GANESHA PRĀRTHANĀ :

shuklāambaradharam vishnum shashiivarnam chaturbhujam |
prasannavadanam dhyāyet sarvavighnopashantaye ||

शुक्लांबरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

SRI LAKSHMINRUSIMHA DHYĀNAM :

prahlādanuta govinda vajrastambhaja shreedhara |
atraiva thistha bhagavan raksha bhaktān tvadāsreeitān ||

प्रह्लादनुत गोविन्द वज्रस्तम्भज श्रीधर ।
अत्रैव तिष्ठ भगवन् रक्ष भक्तान् त्वदाश्रीतान् ॥

MANTRA JAPAM : Then, chant the below Mantra for 108 times with Sraddha Bhakti :

|| jaya jaya lakshminarasimha, vajrastambhaja narasimha ||

॥ जय जय लक्ष्मीनरसिंह, वज्रस्तम्भज नरसिंह ॥

NIVEDANAM & DEEPĀRĀDHANĀ : After Japam, adorn the Lord with flowers, apply Srigandha, and offer fruits to the Lord (Nivedanam). Then, do Deepārādhana.

JAYA JAYA LAKSHMI NARASIMHA, VAJRA STHAMBAJA NARASIMHA