

## Detailed Instruction to perform Anagha Vratam

1. Toram must be placed in Puja each time and worshipped. Make a large number of them and use a fresh one each time- white, Yellow, and red threads of same length to go around the right wrist to be tied. Put one knot in the middle of the set of 3 threads. If you do Puja 6 times a day, tie one each time. Keep overnight and remove.
2. Naivedyam- food offering must be made each time you do the Puja. Panchakarjaya is the most favored. You may make a large quantity and offer a little bit each time you do Puja. But if it is not possible to prepare the special offering, any fruit, or even some sugar will do.
3. During travel just keep a tiny chart the size of a coaster in your palm and do Puja by just touching the chart where the deities are placed. No need for rice even.
4. Doing the Puja at the following locations multiplies the effect 100 times and each session counts as 100 rounds and may be reported as such.  
A. River bank. B. Seashore. C. At a natural lake. D. At a fresh water spring. E. At a waterfall. F. In any of the 12 jyotirlinga temples. G. In any of the 18 shatipeethams. H. The 5 arama temples. I. The 7 Mukti cities like Kasi, Ayodhya, Haridwar, Ujjain, Dwaraka, Avantika, Mathura. J. On a hilltop.
5. Performing in Datta Temples is highly beneficial but does not increase the count as above.
6. While doing at the special locations, a couple has to do at the main altar set up with kalashas and coconuts. Others may use printed yantras. Fresh food must be served there to all participants. Either prepared on site, or carried from home fresh.
7. Each round some dakshina, cash offering must be made. Collect it all and donate to a Datta Temple.
8. No fees should be collected for officiating as priests.
  1. Anyone can officiate as priests, girls and women too.
  2. It is best to memorize the procedure.
  3. Ages 3-100 plus are qualified. Should be able to sit and offer the rice grains in the proper locations at the proper times.
  4. This is not a Hindu Puja. It is a human Puja.

5. This Puja is all science. The 8 siddhis represent different aspects of human potential.
6. Our body is represented as the Yantra chart.
15. If using Kalasha, no need for water. Place a coin and some grains of rice. Eliminates the need for changing water.
16. Mango leaves may be used in kalashas if available. If fresh ones are not available, leave the dry ones in.
17. Give free charts to the needy and interested new comers.
18. Devotees must not grab charts for free. Pay a nominal amount to the ashram and take. Purchase extra ones to share with new people.
19. If the goal of 1 crore Pujas is not met, SWAMIJI will observe mouna for 3 months. He may still travel to different Ashramas. He will not speak, read or write messages.
20. Everyone must take this Vrata Deeksha seriously.
21. Non veg items including eggs are forbidden during this austerity. Even eating them in restaurants is not permitted.
22. Men must wash their head daily. Women who have no problem drying their hair should also wash daily. Those for whom it is a problem may wash hair every few days as per convenience.
23. Daily bath/shower is mandatory. No need to fast before Puja.
24. After using the restroom/toilet, hands, feet and face must be rinsed. Rinse the mouth and say 3 times: Vishnur vishnur vishnuhu for purification prior to resuming Puja.