



ŚRI LAKSHMINṚSIMHA MĀLĀ DEEKSHĀ (SIMHA VRATAM)



Śri LakshmiNṛsimha Mālā Deekshā, also called Simha Vratam, is a very sacred Vratam in worship of Lord ŚRI YANTRARĀJA VAJRASTAMBHAJA LAKSHMINARASIMHA SWĀMY, the presiding deity of Hariharapura, worshipped by Sage Agastya. This Vratam contains simple methods of worship that are easily practicable to one and all. There are no arduous or complicated procedures, devotees are just expected to perform the Vratam with utmost faith and devotion. This Simha Vratam when undertaken with Śraddhā Bhakti is considered to be extremely powerful and beneficial. Tough problems of life get resolved immediately, and the household flourishes with prosperity and happiness by the Divyānugraham of the Lord. Also, performing this Vratam guarantees the boundless grace and protective presence of Lord ŚriNṛsimha in one's life.

DETAILS & INSTRUCTIONS

1. This is a Vratam of **16 DAYS**.
Devotees perform this Vratam for a period of 16 days.
2. It is advised to commence this Vratam during Vasanta Ṛtu (the period of Vasanta Ṛtu starts from the Ugādi day). And, it is considered very auspicious to conclude the Vratam on the sacred day of Narasimha Jayanti. However, those seeking spiritual progress/relief from material hurdles, can perform this Simha Vratam for 16 days during anytime of the year.

3. Devotees who perform this Vratam have to **wear a Tulasi Mālā (with 108 beads) for the entire period of the Vratam**. This Mālā is very important. It has to be worn when beginning the Vratam and should not be removed till the Vratam is completed.
4. Only **blue colour simple cotton Vastram (dress)** should be worn during the 16 days of Vratam. (*INK BLUE - see image at the end of this section for exact colour of Vrata Vastram*)
 - For Men: Blue Dhoti with Angavastram (without any grand border)
 - For Women: Blue Saree (without any grand border or designs)
 - Working men/women can wear blue shirt/churidhar if required
5. After completion of the Vratam, the Deekshā Mālā (Tulasi Mālā) and Vastram (blue dress) can be stored safely and reused again if the Vratam is undertaken in future.
6. During the period of Vratam, pure, virtuous and simple lifestyle has to be followed.
7. One has to **take bath twice a day** (in the morning and evening), and only freshly washed Vastram (the prescribed blue cotton dress) has to be worn after bath.
8. **Sātvik Vegetarian food habits** must be strictly followed.
9. This is **Eka-Bhukta Vratam (one meal a day)**. Devotees performing this Vratam have to take only one meal a day around noon (lunch). This should be a Sātvik meal, and too much spices, onion, garlic, etc must be avoided.
Uncooked food like fruits, vegetables and milk can be taken for breakfast and dinner. (Children and those under medication can have light refreshments in the morning and evening)
10. During the 16-day tenure of the Vratam, one should avoid sleeping on a bed/cot, and **must sleep on a mat only**. (If sleeping on the floor is difficult due to health issues, cot can be used after removing the bed)
11. As far as possible, **foot wear must be avoided** during the Vratam. If absolutely required rubber footwear can be used.
12. To please the Lord immensely, physical cleanliness and worship are not alone sufficeint. It is much important to maintain **chaste thoughts and good conduct**. Hence, one must try to avoid usage of bad words, inappropriate language, unnecessary gossips, ill thoughts, excessive anger, etc during the Vratam period. **Patience and peace has to be observed**.
13. **Constant contemplation on Lord ŚrīNṛsimha should be practiced** as far as possible during the Vratam period.

14. During the tenure of 16 days, if Aśuchi (death or birth) falls on the individual performing the Vratam, the Vratam has to be discontinued by removing the Vrata Mālā (Tulasi Mālā) and must be **taken up for another 16 days after completion of the Aśuchi**. The same applies to the monthly cycle of women. Ladies are advised to start this 16-day Vratam in convenience to their monthly cycle dates, in such a way that their Vratam does not get disturbed in-between.

15. All Narasimha Bhaktas irrespective of caste, creed, age and gender can perform this Vratam.

16. As Lord ŚrīNṛsimha manifested from the pillar for the sake of His child devotee Prahlāda, this Vratam is considered **very significant for children between the ages of 7-12 years**. The children, who perform this Vratam with innocent love and affection for the Lord, will be freed from all Graha Dosham, and will be protected by the Lord throughout their lifetime.



Sri LakshmiNrsimha Mala Deeksha (Simha Vratam) undertaken by devotees at Sreemath

STEPS TO PERFORM THE VRATAM

1. Beginning the Vratam :

On an auspicious day, after taking bath, offer prayers to Guru, Lord Ganapathi and Lord ŚrīLakshmiNṛsimha. With devotion, apply ŚrīGandha on your forehead and wear the Vrata Vastram (blue cotton dress as prescribed). Have Darshan of Lord ŚrīNṛsimha in a temple and present your Prārthanā to the Lord. Then start the Vratam by wearing the Deekshā Mālā (Tulasi Mālā with 108 beads). The Deekshā Mālā is very important. **Do not remove the Deekshā Mālā till the Vratam is completed.**

2. **Daily worship :**

One must take bath twice a day, and perform the below detailed Poojā in the morning and evening after bath. (For office goers, evening Poojā can either be done between 05:00 –10:00 PM, or can be done during midnoon around 12:00 –12:30 PM)

Method of Poojā -

After bath, wear ŚrīGandha on your forehead and get ready for performing Poojā.

Light a lamp before the image (photo or idol) of Lord LakshmiNṛsimha at the Poojā place in your house. Apply ŚrīGandha to the Lord and decorate with flowers.

Then with devotion recite the below 3 Shlokas:-

• **Śrī Guru Prārthanā -**

त्यागमूर्तिं तपोनिष्ठं शारदारचनतत्परम् |
सच्चिदानन्द योगीन्द्रं प्रत्यहं प्रणमाम्यहम् ||
tyāgamūrtim taponiṣṭham śāradārchanatatparam |
saccidānanda yōgeendram pratyaham praṇamāmyaham ||

• **Śrī Ganesha Prārthanā -**

शुक्लांबरधरं विष्णुं शशिवर्णं चतुर्भुजम् |
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ||
śuklāambaradharam viṣṇum śaśivarṇam caturbhujam |
prasannavadanam dhyāyet sarvaviḡhnōpaśāntayē ||

• **Śrī LakshmiNṛsimha Dhyānam -**

प्रह्लादनुत गोविन्द वज्रस्तंभज श्रीधर |
अत्रैव तिष्ठ भगवन् रक्ष भक्तान् त्वदाश्रितान् ||
prahlādanuta govinda vajrastambhaja śreedhara |
atraiva tiṣṭha bhagavan rakṣa bhaktān tvadāśritān ||

MANTRA JAPAM

Then, chant the below Mantra for 108 times :

“ जय जय लक्ष्मीनरसिंह, वज्रस्तंभज नरसिंह ”

“ jaya jaya lakṣmīnarasimha, vajrastambhaja narasimha ”

- After Japam, recite the following with utmost devotion :-

Śrī LakshmiNṛsimha Prārthanā -

ॐ श्री लक्ष्मीनृसिंहाय नमो नमः |
वज्रस्तंभोद्भवाय नमो नमः |
हरिहरपुरवासिने नमो नमः |
भक्तजन रक्षकाय नमो नमः ||

“श्री लक्ष्मीनृसिंह चरणौ शरणं प्रपद्ये”

“श्री लक्ष्मीनृसिंह चरणौ शरणं प्रपद्ये”

“श्री लक्ष्मीनृसिंह चरणौ शरणं प्रपद्ये”

Om lakṣmīnṛsimhāya namo namaha |
vajrastambhodbhavāya namo namaha |
hariharapuravāsine namo namaha |
bhaktajanarakṣakāya namo namaha ||

“śrī lakṣmīnṛsimha caraṇau śaraṇam prapadye”

“śrī lakṣmīnṛsimha caraṇau śaraṇam prapadye”

“śrī lakṣmīnṛsimha caraṇau śaraṇam prapadye”

- **Nivedanam & Deepārādhana :**

Then, offer flowers and fruits to the Lord (Nivedanam), and do Deepārādhana.

- Then, with steady focus and devotion, close your eyes and keeping the divine form of Lord Śrī LakshmiNṛsimha in your heart, pray for 10 minutes with Chinmudrā (gesture of consciousness) in both your hands.

This Poojā as detailed above should be done twice everyday (in the morning & evening after bath).

3. **Preparation of Irumudi :**

After 16 days of Vratam, one should come to the sacred Narasimha Kshetra of Hariharapura for Darshanam and completion of the Vratam. While coming, Irumudi has to be prepared for Samarpaṇam to the Lord.

Place 1 Kg of Moong Dal, 1 Jaggery cube and one coconut with Rs.16/- as offering on a green cloth and tightly tie everything together. This green cloth pack is called the Irumuḍi. The Irumuḍi, which is '**Brahmārpaṇam**', is very important and should be handled with much respect. **Darśanam and submission of this Irumuḍi to Lord Śrī Yantrarāja Vajrastambhaja LakshmiNṛsimha at Hariharapura marks the completion of your Vratam.**

In case of any Aśuchi (like birth, death or monthly cycle of women) after the completion of 16 days, one can remove the Vrata Vastram and Deekshā Mālā for the Aśuchi period. Then, after the Aśuchi gets over, the Vrata Vastram and Deekshā Mālā can be worn again, and pilgrimage to Hariharapura with Irumuḍi can be taken up.

4. **Submission of Irumuḍi & completion of Vratam:**

At the holy Kshetra of Hariharapura, carry the Irumuḍi on your head and perform Pradakshina for 3 times around the sanctum sanctorum of **Lord Śrī Yantrarāja Vajrastambhaja LakshmiNṛsimha Swāmy**, chanting the LakshmiNṛsimha Dhyāna Śloka 'Prahādanuta Govinda.....'. Then, **with utmost devotion submit the Irumuḍi to the Lord**, thanking him for the successful completion of the Vratam, and also pray for the fulfilment of your Prārthanā. Then, take Prasadam of the Lord and have **Darśanam of Śrī Kāryasiddhi Garuḍa sameta LakshmiNṛsimha Swāmy**, at the north east pillar of the temple. With this, your Vratam gets completed successfully.

This Simha Vratam assures the **Paripoorna Anugraham of the Supreme Lord Śrī Yantrarāja Vajrastambhaja LakshmiNṛsimha Swāmy**. Lord ŚrīNṛsimha, who is known to be 'Kshipraprasāda', will bestow His blessings immensely and immediately on the devotees who perform this Vratam with Śraddhā Bhakti.

For further details, **CONTACT: 080-26426116 / 08265274458**

www.hariharapura.in

www.srinarasimhakutumbam.org

॥ jaya jaya lakṣmīnaraṣimha ॥