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SRI MADHWA SIDDHANTA

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DWI-DALA VRATA

From Oct. 3rd to Nov. 1st

Dwi-dala-Vrata (4th month in Chaatur Maasya period) is from Ashwija Shuddha Ekadasi to Kartika Shuddha Ekadasi.

Dwi-dala items should be avoided in this period. “Krishnacharya Smriti” is an authority book on Dharma Shastra. It gives the definition for Dwi-dala items:- While breaking a grain, if you see the seed falls aside into two parts, you understand, it is Dwi-dala. Example:- Black-gram, Green gram, Bengal-gram, Dhal-gram, Horse-gram, Tamarind and so on. The Tamarind seed has two parts. Similarly any other fruit the seed of which has two parts, should also be counted as Dwi-dala.

Purudu or Sootaka, No Bar

Nirnaya Sindhu specifically says that Purudu or Sootaka periods are no bar to observe this Vrata, be it male or female. It saves them from misfortunes. By following this vrata, one gets relieved from all sorts of sins.

अशुचि-र्वा, शुचि-र्वा-पि, यदि स्त्री, यदि वा पुमान् ।
व्रतं एतत् नरः कृत्वा, मुच्यते सर्व पातकैः ॥ (नि.सिं. p.81)

Items can be taken	Items to be avoided
All items of green leaf-vegetables (Keerai, Soppu/koora can be taken for cooking as also wheat, pepper, Jeeragam, Rava, Maida, Nelli-kayi-Baalaka, Coconut, Plantains, (Banana) milk, Curd, Kari-mevu, Mango-Baalaka.	Dhal items are avoided during this month. Tamarind, Daniya, Ingu, green-chillies, green-kothamali, lemon, Ground-nut and Ground-nut oil. No Vaasana Dravya is used for Abhisheka during this month.

Dont Break Vrata During Shraddha

If you believe that the departed parents come and bless you on Shraddha day receiving your offering, you should also believe that they have their own likes and dislikes. Having invited them with Veda Mantra, if you offer them the things of their liking, they get pleased and return back with great satisfaction. This comes back as their blessings. Dharma Shastra gives enough warning that breaking the rules of Chatur-masya Vrata during Shraddha, leads to incurring the curse of the Pitrus.

If you offer uneatable items during Shraddha, the Pitrus hate the very small of it and go back leaving the offerings untouched, leaving behind the effects of their extreme anger.

KARTHIKA SNANA

Ashwija Pournami to Karthika Pournami

Oct. 7th to Nov. 5th

One month from Ashwija Shukla Pournami till Karthika Shukla Pournami is “**Karthika Snana**” parva kala. Early morning 5 a.m. is Snana time. Body fitness during the entire year is one result. The other results: Our Pitrus are immensely pleased.

Finish the first part of the Snana, the usual soap-bath. The 2nd part is important. 12 Namas (using water), Aachamana, Pranayama and Sankalpa.

Snana - Sankalpa

(English version is given in the next pages).

..... एवं गुण विशेषण विशिष्टायां, शुभ-तिथौ, भारतीरमण मुख्यप्राणान्तर्गत श्री कार्तिक -दामोदर प्रेरणया, श्री कार्तिक - दामोदर प्रीत्यर्थ, कार्तिक - स्नानं करिष्ये ॥

After chanting the regular Snana Mantras (*Samasta Jagadaadhaara* and Ganga Smarana, etc.), chant the below slokas.

Snana Mantra

कार्तिकेऽहं करिष्यामि, प्रातः स्नानं जनार्दन ।

प्रीत्यर्थं तव देवेश, दामोदर मया सह ॥
 ध्यात्वाऽहं त्वां च देवेश जलेऽस्मिन् स्नातु-मुद्यता ।
 तव प्रसादात् पापं मे दामोदर विनश्यतु ॥
 (मया सह = Lord with Lakshmi)

After chanting the above Slokas again perform Snana. Then offer Arghya through both hands by reciting the below Arghya Mantras. (You can write these Slokas in a paper and paste it in bathroom)

Arghya Mantra

1. नमः कमल-नाभाय, नमस्ते जल-शायिने ।
 नमस्तेऽस्तु हृषीकेश गृहाणार्घ्यं नमोऽस्तु ते ॥ (इदं अर्घ्यं)
 2. व्रतिनः कार्तिके मासि स्नातस्य विधिवन्मम ।
 गृहाणार्घ्यं मया दत्तं, दनुजेन्द्र निषूदन ॥ (इदं अर्घ्यं)
 3. नित्य, नैमित्तिके कृष्ण, कार्तिके पापनाशने ।
 गृहाणार्घ्यं मया दत्तं, राधया सहितो हरे ॥ (इदं अर्घ्यं)
- ॥ श्रीकृष्णार्पणमस्तु ॥

Sankalpa and Snana Mantras In English

After performing regular Snana, 12 Namas (using water), Achamana, Pranayama and Sankalpa.

Snana - Sankalpa

..... Evam Guna Viseshana Vishish-taayaam,
Shubha-thithou, Bharatee-ramana Mukhya-
praanaan-targata, Sree Kaartika-Damodara Prera-
nayaa, Sree Kaartika-Damodara Preetyartham,
Kaartika-Snaanam Karishye.

The above is the Sankalpa. It brings inner awareness that the water is now a Punya Tirtha and that the Lord will be pleased if we think of Him and mention His name at the time of Snana.

After chanting the regular Snana Mantras (*Samasta Jagadaadhaara* and Ganga Smarana, etc.), chant the below slokas.

Snana Mantra

1. Kaarti-keham Karishyaami

Praata: Snaanam Janaardana |
Pree-tyar-tham Thava Devesha
Damodara Mayaa Saha ||

2. Dhyaa-tvaa-ham Twaam Cha Devesha

Jalesmin Snaatu-mudya-taa |
Tava Prasaa-daath Paapam May
Damodara Vinashya-tu ||

After chanting the above Slokas again perform Snana. Then offer Arghya through both hands by reciting the below Arghya Mantras. (You can write these Slokas in a paper and paste it in bathroom)

Arghya Mantra

1. Nama-h Kamala-naabhaaya,
Namaste Jala-shaayine |
Namastestu Hrisheekesha,
Grihaa-naar-ghyam Namostu tey ||
(Idam Arghyam)
2. Vratina-h Kaartike Maasi,
Snaatasya Vidhi-van-mama |
Grihaa-naarghyam Mayaa Dattam,
Danujendra Nishoodana ||
(Idam Arghyam)
3. Nitya Naimittike Krishna,
Kaartike Paapa-naashaney |
Grihaa-naarghyam Mayaa Dattam,
Raadhayaa Sahito Hare ||
(Idam Arghyam)
|| Sri Krishnaarpanamastu ||

If unable to do Karthika Snana on all 30 days,
do it atleast on last 3 days (Karthika Shukla Trayodasi,

Chaturdasi, Pournami). The benefits will be proportionate.

It is more effective and fruitful to perform Karthika Snana in a Punya Teertha. Even one day Karthika Snana in a Punya Teertha before Sun-rise yields immense benefits. Those unable to go out for Snaana, can do it in well water. Those unable to do in well water, can perform Karthika Snana in bathroom water and think of Holy River Ganga and other Punya Tirthas in that water. The Lord is very much pleased with our sincerity and Bhakti.

Note:— The Arghya water should not go into the drainage. So, if you perform Snana in bathroom, then chant the Arghya Mantra alone in the bathroom. After coming out of bathroom, wear 12 Namas using water and then offer Arghya water in a vessel. This Arghya water can be disposed under plants or on compound wall, etc.

Women should also chant these Mantras during Snana and offer Arghya.

Kaartika Snana — Highly effective and immense benefit. If not able to do Kartika Snana before sun rise, atleast one can do srotra aachamana, pranayama and recite the sankalpa, snana and arghya mantras before performing regular bath. Then, at a convenient time, one can read “Karthika Masa Mahatmyam”, a few slokas are published in the next article.

KARTHIKA MASA

*Highly Significant For Snana &
Dana*

Ashwija Pournami to Karthika Pournami

Oct. 7th to Nov. 5th

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Skaanda Purana - II Vaishnava Khanda — Published by
S.M.S.O.Sabha in 2015.

Note

If we are not able to perform Dana and Snana
(with Sankalpa in a holy river), the Lord is pleased
even if we read these Purana Slokas and their meanings
in Karthika Masa.

Karthika Snana:- During daily bath in the
bathroom, if we chant the Karthika Snana Sankalpa
and Snana Mantras (given in the next article) and if we
remember the holy river Ganga, and chant “Ganga,

Ganga, Ganga” (3 times), it is equivalent to have performed Ganga-Snana in Karthika Masa. Similarly, in Thula Masa (Oct-19th to Nov-16th) if we chant Snana Sankalpa and Snana Mantras and think of performing Snana in Kauveri River, it is equivalent to performing Thula-Masa-Kauveri-Snana.

Deepa Dana in Karthika Masa:- Those not able to perform Deepa Dana obtain the benefit by helping others while lighting Deepa in the house, or in the Mutts, temples, etc. or even providing assistance as simply adjusting the Deepa which is already lit.

Please explain all these to other members in the house, especially youngsters.

Sri T.S.Raghavendran, Coimbatore has written two books on the Mahimasa of Karthika Masa. One can avail this opportunity to possess these books. (95970 38909, 99949 41706).

First Adhyaya

ब्रह्मोवाच — **Brahmaa said:**

यत्किञ्चित्क्रियते पुण्यं विष्णुमुद्दिश्य कार्तिके ।
तस्य क्षयं न पश्यामि मयोक्तं तव नारद ॥ २४ ॥

Whatever meritorious rite is performed in the month of Karthika **“with Sri Vishnu in view”**

(Vishnum-uddhishya), I do not see any end to its merit. It has already been told by me, Oh Narada. (24).

Do Not Fall Back To An Inferior Birth

सोपानभूतं स्वर्गस्य मानुष्यं प्राप्य दुर्लभम् ।
तथात्मानं समादद्यान् भ्रश्येत यथा पुनः ॥ २५ ॥

On having got an extremely rare chance of being born as a human being which forms the staircase leading to heaven, one should maintain oneself in such a way that one will not fall back to an inferior birth. (Sloka 25).

Human Birth Is Very Difficult To Get

दुष्प्राप्यं प्राप्य मानुष्यं कार्तिकोक्तं चरेन्न यः ।
धर्मं धर्मभृतां श्रेष्ठं स मातापितृघातकः ॥ २६ ॥

After attaining human birth, which is very difficult to get, if a man does not perform the holy rites prescribed for the month of Karthika, Oh most excellent one among righteous souls, he is no better than, a murderer of his mother and father. (26).

कार्तिकः खलु वै मासः सर्वमासेषु चोत्तमः ।
पुण्यानां परमं पुण्यं पावनानां च पावनम् ॥ २७ ॥

The month of Karthika is the most excellent of all months. It is the most meritorious. It sanctifies all sanctifying things. (Sloka 27).

अस्मिन्मासे त्रयस्त्रिंशद्देवाः सन्निहिता मुने ।
अत्र स्नानानि दानानि भोजनानि व्रतानि च ॥ २८ ॥

तिलधेनुं हिरण्यं च रजतं भूमिवाससी ।
गोप्रदानानि कुर्वन्ति सर्वभावेन नारद ॥ २९ ॥

In this month, thirty three Devatas are present together. Oh Sage Narada! people perform all these rites now, with full devotion. Snana, Daana, feeding, holy rites, the various daanas of cow made of gingelly seeds, gold, silver, plots of land, garments and cows. (Sloka 28, 29).

तानि दानानि दत्तानि गृह्णन्ति विधिवत् सुराः ।
यत्किञ्च दत्तं विप्रेन्द्र तपश्चैव तथा कृतम् ॥ ३० ॥
तदक्षय्यफलं प्रोक्तं विष्णुना प्रभविष्णुना ।
पापानां मोक्षणं चैव कार्तिके मासि शस्यते ॥ ३१ ॥

Devatas duly accept these danas. Whatever dana is given and the penance that is performed in Karthika Masa, relief from sins and give inexhaustible merit (Akshayya Phala), said by Sri Vishnu. (Sloka 30, 31).

तस्माद्यत्नेन विप्रेन्द्र कार्तिके मासि दीयते ।
यत्किञ्चित्कार्तिके दत्तं विष्णुमुद्दिश्य मानवैः ॥ ३२ ॥
तदक्षयं हि लभते अन्नदानं विशेषतः ।

Therefore, dana should be made with great care and effort. Oh Brahmana ! whatever given in the

month of Karthika, “**with Sri Vishnu in view**” (Vishnum-uddhishcha), especially the gift of cooked food, gives inexhaustible merit. (Sloka 32, 33).

Benefit Of Not Eating Others Food (Paraanna Varjita)

सम्प्राप्तं कार्तिकं दृष्ट्वा परान्नं यस्तु वर्जयेत् ।
दिनेदिनेऽतिकृच्छस्य फलं प्राप्नोत्ययत्नतः ॥

If a person does not take the other people's cooked food, then everyday he secures without difficulty, the benefit of the holy rite Ati-krichra. (Sloka 36).

Saligrama Puja and Lord's Remembrance Very Essential

कार्तिके मुनिशार्दूलशालिग्रामशिलार्चनम् ।
स्मरणं वासुदेवस्य कर्तव्यं पापभीरुणा ॥ ३९ ॥

Those who are afraid of sins, should perform Saligrama Puja and meditate (remember) the Lord Sri Vasudeva in the month of Karthika. (Sloka 39).

Physically Not Capable

नारद उवाच — Narada said:

अशक्तेन कथं कार्यं कार्तिकव्रतमुत्तमम् ।
येन तत्फलमाप्नोति तन्मे वद पितामह ॥ ४१ ॥

How is the excellent rite of Karthika to be performed by a weak person ? Oh Pitamaha ! tell me that whereby he too shall obtain its benefit. (Sloka 41).

ब्रह्मोवाच — Brahmaa said:

अशक्तस्तु यदा मर्त्यस्तदैवं व्रतमाचरेत् ।
अन्यस्मै द्रविणं दत्त्वा कारयेत् कार्तिकव्रतम् ॥ ४२ ॥

If a man is physically incapable, he should perform the Vrata in the following manner. He should give money to another person and make him perform the Karthika Vrata for himself (Sloka 42).

तस्मात् पुण्यं प्रगृहीत दानसङ्कल्पपूर्वकम् ।
द्रव्यदानेऽप्यशक्तश्चेद्यदा देवर्षिसत्तम ॥ ४३ ॥

He should take the merit from him by means of the rite of Dana Sankalpa, that is ceremonious pronouncement of religious gift. (Sloka 43).

Monetary Not Capable

तदा तेन प्रकर्तव्यं पानं तीर्थजलस्य च ।
तत्राप्यशक्तो यो मर्त्यस्तेन नित्यं हरेर्मुदा ॥ ४४ ॥

If a person is incapable of making monetary gifts, oh excellent one among the divine sages ! he should drink the water from the Tirtha (holy river or lake). (Sloka 44).

स्मरणं च प्रकर्तव्यं नाम्ना नियमपूर्वकम् ।
अखण्डितं तदा तेन कार्तिकव्रतजं फलम् ॥ ४५ ॥

If a person is incapable of doing that too, he should remember Sri Hari always with great happiness and joy and repeat the Lord's name with due observances. Then he will acquire the benefit of the Karthika Vrata. (Sloka 45).

1000 Cows Dana

विष्णुनामप्रबन्धानां गायनं विष्णुसन्निधौ ।
गो-सहस्र-प्रदानस्य फलमाप्नोति मानवः ॥ ४८ ॥

If literary compositions on Sri Vishnu's name are sung in the Sannidhaana of Sri Vishnu, that person obtains the benefit of the gift of a thousand cows.

Deepa Dana

अशक्तो दीपदानाय पददीपं प्रबोधयेत् ।
तस्य वा रक्षणं कुर्याद् वातादिभ्यः प्रयत्नतः ॥ ५३ ॥

If a person is incapable of gifting away a lamp (Deepa Dana), he should light other people's lamps. Or he should protect another man's lamp from the blowing winds, etc. (Sloka 53).

Do Not Lose Earlier Punya

एतादृशं कार्तिकं च अकृतेनैव यो नयेत् ।

पूर्व कृतस्य पुण्यस्य क्षयमाप्नोत्यसंशयम् ॥ ४० ॥

If a person spends Karthika Masa without doing anything meritorious, his merits (Punya) acquired earlier will certainly be destroyed. (Slo. 40).

As mentioned earlier let all the members in the house listen to these Purana Slokas and their meanings.

Those who want this Karthika Maasa Maahaatmya book, can contact the author Sri.T.S.Raghavendran, Coimbatore. His address and contact numbers are given at the beginning of this article.

Kindly share this with your child

Madi Snana

During daily Snana, at its concluding stage, keep a mug of water in hand. Think for one second the Ganga river. Utter “Ganga, Ganga” orally and if you pour that water during Snana, it is Madi-Snana. This much (this little) if the child learns in the house, the child will very easily understand Snana-Sankalpa. (Applicable for both boys and girls.)

Catch Hold of Karthika

A Month of Maha Punya

The fatherly Upadesa in Skanda Purana is: Karthika-month is very important and fruit-yeilding. Dont miss early morning Sankalpa-Snana in Karthika as also Deepa Dana in this month. Not only Skanda Purana; other works also speak high of Karthika Masa Snana.

Snana well before sunrise improves your Bala, Roopa, good name, Dharma-Chintana, Jnana, positive thoughts, health, feeling of well-being and longevity says Dharma Shastra:-

Balam, Roopam, Yasho, Dharmam,
Gyanam, Aa-yu-h, Sukham, Dhriti-h |
Aa-rog-yam, Param Aapnoti
Sam-yak Snaa-nena Maana-va-h ||

Sankalpa Snana

(Sankalpa, Snana Mantras are given in the previous pages.) This Sankala Snana is one way to get Divine Grace in life. Its effect and benefits become more sharp and powerful if the Snana is performed during Parva-kala; that is before Sunrise. Another way for Divine Grace is to offer Deepa-Dana during Karthika Masa.

Deepa Dana First To Lord With A Prayer

Place the Deepas in front of the Puja Box or in front of His picture and mentally offer it to the Lord first. (Offer Mantra-akshata, Pushpa at the Lord's feet and seek His permission.) Pray to Him for His Grace:-

स्नेहो दीपं यथा धृत्वा, सर्व-लोक-उपकारकः ।
तथा भवान् मम ज्ञानं, हृदि धारय सन्ततम् ॥

Deepa offers Upakaara to so many others. Such a Deepa, depends upon oil. "*Sneha*" here, in this Sloka, means oil. O Lord ! You are now appearing here in the form of flame. Just as the Deepa depends on the oil, I depend on You for Wisdom and Jnana. Please stay at my heart and grant me shining thoughts of Wisdom. Where there is Jnana, there is Ananda and rejoicings.

Method of Deepa Daana

Offer seat to the Brahmana. Let him sit facing East or North. Think of the Lord's presence in Brahmana and offer Mantra-Akshakshata on his head by chanting this Sloka:-

Namos-twanan-taaya Sahasra-moorthaye,
Sahasra-paadaakshi Shiroru-baahave ।
Sahasra-naamney Puru-shaaya Shaa-shwa-tey,
Sahasra-koti Yuga-dhaariney Nama-ha ।।

Place the lighted lamp in front of him. Then sit and do Aa-cha-mana and chant Sankalpa.

..... Evam Guna Viseshana Vishish-taayaam, Shubha-thithou, Bharatee-ramana Mukhya-praanaan-targata, Sree Kaartika-Damodara Prera-nayaa, Sree Kaartika-Damodara Preetyartham, Deepa-daanam Karishye.

With this Sankalpa, offer the Deepas to him with Tamabula-Dakshina+Tulasi chanting this sentence:-

इदं दीपदानं, सदक्षिणाकं, सतांबूलं, भारतीरमण मुख्यप्राणान्तर्गत श्री कार्तिक दामोदर प्रीतिं कामयमाना तुभ्यमहं संप्रददे । न मम । न मम । (Women say कामयमाना and Men say कामयमानः)

Let the Brahmana touch the lighted Deepa Paatra as a mark of accepting it and bless, uttering the words of blessings. Receive his blessings.

The Object of Deepa Dana

The Lord is to be seen in the flame of a Deepa. Deepa is the symbol of wisdom (Jnaana). Darkness represents ignorance (Ajnaana). Where there is Jnaana, there is Ananda. They both go together. Ignorance and suffering in life go together.

The object of Deepa-Daana is to make ourselves deserving for Jnana-cum-Ananda. Jnana and Ananda

are the personal properties of the Lord. Unless He chooses to give happiness to us, any amount of our own self-efforts will end in frustration. To make Lord choose us for His Grace, there are any number of methods. One method is to offer Deepa–Daana, says this Sloka in Skaanda Purana-

कार्तिके मासि - संप्राप्ते, स्नान, दानादिकं कुरु ।

दामोदरस्य प्रीत्यर्थं, दीपदानं तथा कुरु ॥

स्कान्दे (II - 7 - 17)

Snana, well before the dawn and to give Daanas are the special Vratas to be observed in the month of Karthika. Deepa Dana is to be given in Karthika to please Lord Sri Damodara, says the Sloka above.

In the same context, another Sloka says:-

कार्तिके दीपदानं तु, महापुण्य-फल-प्रदम् ।

Deepa - Dana is specially recommended in the month of Karthika. Not Deepa alone. The other items for Deepa can also be given; such as Bath-thi (wicks), Oil, Paatra for oil or Deepa–Paatra, says this Sloka:-

दीपार्थं वर्तिकां, तैलं, पात्रं वा यो ददाति हि ।

सहायं वाऽथ कुरुते, ददतां दीपं उत्तमम् ।

स तु मोक्षमवाप्नोति, नात्र कार्या विचारणा ॥

If unable to give Deepa-Dana personally, he/she can atleast help another who is doing it. Even this help will be equally rewarding, says the above Sloka.

Going still further, Dharma Shastra says that if one is unable to arrange a Devara Deepa himself / herself anywhere (either at home or in a temple etc.,) he/she can light the lamps kept by others and make it burning. This is also equally effective to bring all the benefits, says this Sloka:-

स्वस्यापि शक्ति-राहित्ये, परदीपं प्रबोधयेत् ।

सोऽपि तत्फलं आप्नोति, नात्र कार्या विचारणा ॥

Deepa – Daana saves one from the suffering of all kinds. And one will be blessed with children who will shine as Kula-deepas in the family, says this Sloka:-

कुर्याद् यो दीप-दानानि, नरकं स न गच्छति ।

तस्य वंशे प्रजायन्ते बालकाः कुल-दीपकाः ॥

Result Proportionate To The Effort

To give as Daana, the Deepa can be made of mud, or steel, copper, brass, silver or even made of gold, according to one's true status – cum – affordability. The reward comes proportionate to the effort with which it is offered.

Just as a farmer eagerly awaits the harvest season, devotees look forward to Karthika as a time to sow the seeds of devotion, prayer, and service, reaping abundant punya that uplifts both this life and the next. Truly, catching hold of Karthika is catching hold of Divine Grace.

Shani Pradosha

4th Oct. & 18th Oct. — Saturday

Pradosha — This day is considered ideal for the worship of Lord Shiva. When a Pradosha falls on a Saturday, it is called as **Shani Pradosha**. This day is considered more auspicious for worship of Lord Shiva and his darshan in Shiva Temple.

Since Shiva is the Mano-Abhimani Devata (in charge of our mind), Shiva's grace is very much essential in order to activate our mind in proper direction. Let us pray Lord Shiva to give Bhakti towards Sri Hari like oil-flow which is ever steady, unbroken and continuous (*'Taila-dhaare-yante'* Bhakti in Sri Hari.)

Rudra Deva is in 5th position in Taratamya :-
1. Vishnu 2. Mahalakshmi 3. Brahma, Vayu 4. Saraswati, Bharati 5. Garuda, Sesha, Rudra.

During Pradosha and Sivaratri:- Rudra & Chamaka, Shivastuti, etc. can be chanted. Songs on Rudra (Kailasa Vasa, etc.) can also be sung. Go to the Siva temples for worship.

Note: When we worship Shiva, we should worship him as Parama Vishnu-Bhakta and also remember his Antaryami Bharatee-ramana Mukhya-praanaantargata Sankarshna Roopi Vishnu.

Mahaa Parayana at Udupi

Lakshavrutti Harivayustuti Mantra Parayana Samiti (LHVSMPS) inviting all Madhwa Sajjanas & Mahilaas to attend the Mahaa Parayana at Udupi.

8th Nov. (Sat) — 7.30 A.M. to 12.30 P.M. Sri Sumadhwa Vijaya Parayana

9th Nov. (Sun) — 7.30 A.M. to 9.30 A.M. Sri Hari Vayustuti Parayana, 9.30 A.M. to 11.00 A.M. Madhwa Nama, Lakshmi Shobhane Parayana

Venue: Raajaangana, Sri Krishna Temple, Udupi.

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ALL ARE WELCOME

THULA SANKRAMANA

Oct. 17th — Friday

THULA SNANA

Oct. 18th to Nov. 16th

Surya takes 30 days to travel from one Raasi to next Raasi. When Surya enters into Thula Raasi, the 30 days (one month) period in Thula Raasi is called “**Thula Masa**”. (In Tamil, it is Ippasi month.) Daily Tula Snana (with Sankalpa) before Sun-rise brings bodily-health, mental peace and Atma-Tripathi. It is a thing to be experienced by yourself.

Cauveri Snana is visesha in Thula Masa.

Cauveri Mahima

The Puranic story goes on these lines: Devotees in countless number perform Punya Snana in Ganga, Yamuna and other rivers and leave their sins in these rivers. To wash off these sins, Ganga, Yamuna and other rivers come to Cauveri in Tula-Maasa, for their own purity; so goes the story in Cauveri-Maa-haat-mya.

To give strength for the above version, the popularly quoted Shastra Vachana is:-

त्रि-रात्रं जाह्नवी तीरे सद्यः पुनातु कावेरी

We become pure if we have Punya-Snana for 3-days in Ganga, whereas, one day Snana in Cauveri makes us pure. (सद्यः) *Sadya-h* means immediately.

Meaningful Cauvery Snana

Shastra suggests us to remember this Sloka when we do *Punya Snana* in Cauveri:-

नमस्ते तटितां मुख्ये, निगम, आगम-स्तुते ।
पाप-कायं पारिशुध्यं, आयु-रा-रोग्य-मेव च ।
सौभाग्यमपि, सन्तानं, ज्ञानं देहि मरुद्-वृधे ॥

Marud-Vridhe means Cauveri.

Standing in the river-water with folded hands, facing the flow, remember the meaning of the above Sloka:- “This Cauveri is an important Punya Nadhi in Bharata Desa. This river is so sacred that Vedas and Puranas glorifies the Mahima of this Cauveri (*Nigama-Aagama Stute*). My body is Paapa-Deha. O, Cauveri, you are so sacred. I pray, you grant me body-purity, Aayu-h, Aarogya, Sow-bhagya, Santhaana and Divine-Knowledge (*Jnana*).” With these thoughts in mind, immerse yourself in the water.

Cauveri Darshan

Concluding the day's Snana in the river, before

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returning home, have a grand Darshan of the Punya Nadhi. Pay your respects and gratitude to Cauveri and then leave the river bank. Stand there for a minute in an elevated spot on the river bank and look at the majesty of the great Cauveri. Admire how beautifully the flow is coming from far off Western horizon. Enjoy the pleasant sight of the tall trees on either side of the river, all along.

In the Eastern horizon, what a grand sight it presents! The huge size rising sun slowly coming up in the vast reddish expanse of the horizon. The entire atmosphere is so tempting, you would like to do Sandhya-vandana there in the river and offer Arghya to that Prat-yaksha Devata: Soorya.

Prayer to Cauvery

The Cauveri Stotra is:-

मरुद्-वृधे महादेवि, महाभागे मनोहरे ।
श्री कावेरि नमस्तुभ्यं मम पापं व्यपोहय ॥

Take leave of Cauveri and go home with this Stotra in mind. "O, Cauveri, I bow and offer my obeisance to you. Please destroy my sins."

Remember this Stotra whenever you happen to cross the river-bridge by Train, Bus or any vehicle.

Special Note:

If unable to go to Cauveri, the Shastra suggests that the devotee can still have a part of the benefits if he remembers Cauveri at the time of Snana, no matter, even if it be in bath-room in the house. Daily chant the above two Stotras mentioned above (नमस्ते तटितां मुख्ये & मरुद्-वृधे महादेवि) during Snana.

Mahalaya Paksha Gouna Kaala

18-10-2025 to 16-11-2025

If Mahalaya Paksha Shraddha could not be performed during Mahalaya Paksha this year, it can be done during the above said Thula Masa period. (When Soorya in Thula Raasi).

According to Nirnaya Sindhu Vakya (page 112), Pitrus wait till the end of Thula Maasa.

यावत् च कन्या-तुलयोः क्रमात् आस्ते दिवाकरः ।

शून्यं प्रेतपुरं तावत् वृश्चिकं यावत् आगतः ॥

If the waiting Pitrus do not get food and tila water even in the extended period, they, the heart - broken Pitrus go back in great grief of frustration and pain. It all come back as unbearable cursed life for the family members; say Dharma Shastra :-

वृश्चिके समति-क्रान्ते, पितरो देवतैः-सह ।

निःश्वास्य प्रति-गच्छन्ति शापं दत्वा सु-दारुणम् ॥

(*Ni.Sindhu. P.112*)

Hence, it is essential to perform Mahalaya Shraddha for the sake of family welfare.

Please Attend S.M.S.O. Sabha in December 2025

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Go-Vatsa Dwadashi

(Ashwina-Krishna-Dwadashi)

18th Oct. — Saturday

(Women also can do this Puja)



There are many ways to get Punya without much expenditure. One of them is to offer fodder to the cows and calves in the form of GO-POOJA. This can be done daily. Aswija Krishna Dwadashi is an important day to feed them. This Dwadashi is called “**Go-Vatsa Dwadashi**”. ‘Vatsa’ means calf.

Dwadashi comes one or two days before Deepavali. On this day, in the evening, perform Puja to cow and its calf and offer them plenty of fruits, green grass, raw rice, Bella, etc.

Sankalpa

Aachamana and Sankalpa, Evam-guna

Viseshana Visishtaayam, Shubha-thithow, Gavaantargata, Bharatee-ramana Mukhya-praanaantargata Sri Gopala Krishna: Preranaya, Sri Gopala Krishna: Preetyartham, Go Poojam Karishye.

If possible, bathe and perform alankara with flowers (or garland) to the cow and calf. If available, apply Gandha, Arisina, Kunkuma, Archana with Pushpa or Mantrakshata, Dhoopa, Deepa, Naivedya, Mangalarathi.

Arghya

Arghya means to drop handful of water mixed with Pushpa – Akshata in a bowl – either using both the palms jointly or by right palm only. There is Sampradaya to offer Arghya. This can be offered at the tail portion of the cow or in front of it. Arghya Mantra:- (Dharma Sindhu Page 89)

क्षीरोदार्णव संभूते, सुरासुर नमस्कृते ।
सर्वदेवमये मातः, गृहाणार्घ्यं नमो नमः ।

Ksheero-daarnava Sambhootey, Suraa-sura Namaskritey
Sarva-deva-maye Maata: Grihaanaarghyam Namō Nama:

The Cow is sacred because it came out from Ksheera Samudra when the Samudra was churned jointly by Devas and Asuras. Hence, the cow is worshipped by both the groups. “O Maata, all Devatas are present in your deha. Please accept this Arghya and my Namaskara to you.”

Offer them things like green grass / hay, rice, banana and other fruits, coconut kernels, jaggery, etc. If Puja/Arghya not possible, offer them plenty of things mentioned above.

Praarthana Mantra

सुरभि त्वं जगन्मातः, देवि विष्णुपदे स्थिता ।
 सर्वदेव-मये ग्रासं मया दत्तं इदं ग्रस ॥
 ततः सर्वमये देवि सर्व देवैः अलङ्कृते ।
 मातः मम अभिलषितं सफलं कुरु नन्दिनि ॥

Surabhi twam Jagan-Maatha: Devi Vishnu-pade Sthitaa |
 Sarva-deva-maye Graasam Mayaa Dattam Idam Grasa ||
 Thatha: Sarva-maye Devi Sarva Devai: Alankritey |
 Maata: Mama Abhi-la-shitam Saphalam Kuru Nandini ||

*O Jagan-Maata, you are very dear to the Lord.
 The Lord stands in you invisible. Please accept this
 grass, rice, etc. You are respected with all Devatas.
 O Maata, please fulfill my wishes.*

After the above Praarthana, Pushpaanjali to the cow and calf. Then Pradakshina and Namaskara.

Concluding Prayer

Anena, Gavaantargata, Bharatee-ramana
 Mukhya-praanaantargata Sri Gopala Krishna:
 Preeyataam. (Let Gopala Krishna be pleased with this
 Puja). Supreeto Varado Bhavatu. Sri
 Krishnaarpanamastu. Achamana.

For those who observe this day seriously as a Vrata, the stipulated Niyama is that on this day, they avoid food prepared with oil and also avoid milk, curd, butter-milk and ghee. Brahmacharya Vrata at night.

This pleases all the Devatas at a time, in one place and paves the way for peaceful life.

Feeding Cows In Mutts

One can also perform Go-Seva by feeding cows in Mutts. Devotees may personally offer bananas, leafy vegetables, rice, jaggery, and other items to the cows, or contribute through donations towards their care and service.

Pleasing The Cows and Lord

As mentioned earlier, feeding cows and calves daily is a simple and powerful way to receive God's grace without much expense. Even offering one or two bananas daily with devotion is enough to delight the cows and, in turn, please the Lord.

Chaturmasya Vrata is the best opportunity to keep our senses under our control. (Those who control the tongue will control everything.) All these for Bhagavad Preeti and to earn His Anugraha.

DEEPAVALI

19th & 20th Oct. — Sunday & Monday

(Aaswija Kri. Pak. Trayodasi & Chaturdasi)

Oil Bath at 5.15 a.m.

Jala-poorna-trayo-dashi (neeru-thumbu-vahabba) is on 19-10-2025 evening. Bathroom is cleaned for the next day early morning Deepavali. Vessels are washed and kept ready. In olden days, water used to be filled in the vessels. Now Electric Heater is used in most of the houses. In case Fire-wood is still used for heating, the traditional practice is :-

The vessel for heating the water is decorated with sunna and kunkuma. Mango leaves around the neck of the vessel. This is ‘Gangaa-laya’ in olden days. It became ‘Gangaala’. Even this is a forgotten name now. On Deepavali day, Ganga Devi is present in water everywhere for 2 hours before sun-rise. The Snana within that hour is “*Ganga-Snana*”, even if it is bucket-water in the bathroom. That is why we greet each other on that day with the words: “*have you had Ganga - Snana ?*”

Night Festival

The house is decorated with Deepa everywhere; inside, outside of the house, on the floor and on compound wall. Deepavali (Deepa + Aavali). Aavali means row of Deepas, kept one after the other, so pleasant to see. Deepa kept outside the house is called ‘**Aakaasa-Deepa**’. This invites Mangala Devatas inside our house.

Festival menu on previous night. It is offered first to Lord as Naivedya and then served to family members. It is our Kula Dharma, our family culture.

Before bed time, clean the Puja room with wet cloth and decorate with rangoli. The items needed for next morning are placed in the Puja room. Keep the new clothes on one side. On the other side, oil, etc. tamboola, arisina, kumkuma, fruits, flowers, etc. Keep them covered properly.

Arati To The Lord

Getting up at 4.00 am, completing morning obligations, lit Devara Deepa. The Yajamana in the house, changing his vastra, brings a little of hot water from the bathroom and keeps it for Puja. The simple Puja begins with Aachamana, and then Archana on Puja Box. Then Naivedya, offering to Lord all the items placed there the previous night. Then Mangalarathi. Ladies perform Kunkuma Arati. This Arati is kept reserved for performing Arati to members in the house. The hot water kept in Puja is then added to the water in the bathroom.

Arati To The Family Members

All the members in the house sit on a mat. Grandmother/mother applies Kumkuma Tilaka to each of them and gives tamboola. Singing (Arati) song, two of them perform Arati (used earlier for the Lord). It is a symbol of 'mangalakara' for the family. Dharma Shastra mentions this as '**Naaree-krita-neerajana**'.

'Enne Shastra'

Women, sing aashirvada songs. The elderly lady, using a flower, gently applies oil on the heads of each member thrice. After this, everyone returns back the tamboola and go for oil bath. This oil-bath (or *Abh-yanga* in hot water) is **"Ganga-Snana"**. It is completed before sun-rise. After sun-rise it is "not Ganga-Snana".

Receiving The New Vastra

The elderly Yajamana in the house, takes bath first. After Gopi-chandana Naama, he does Namaskara to the Lord and takes his new Vastra kept already in the Puja room. He wears the new vastra and offers Namaskara again and sits there. The other members in the family, after their oil bath, come one by one and sits in front of the Lord (before Puja Box). The Yajamana applies kumkuma to the new vastra. Placing it in a plate, along with Tamboola, he chants Ashirvada Mantra and offers it individually to each one in the family, with his blessings.

Ganga Water Prokshana

Apart from the sealed Ganga Thaali in the house, if spare Ganga water is available in a can, etc., take a small quantity in a sliver cup/vessel. Using a Pushpa, sprinkle the water on all the members in the family either before or after wearing new vastra.

YAMA TARPANA

20th Oct. — Monday

Dharma Shastra says:- Offer Yama Tarpana immediately after Abhyanga Snana (oil bath). But in our Sampradaya, we offer this Tarpana after Puja.

Even though it is called "Tarpana", actually it is Arghya to Yama Devata. Pavitra not necessary. If father is alive, this is to be offered with rice and water. Janivara in Savya. Others offer with Tila, in Apasavya or Savya.

Its Significance

1. Yama Tarpana is not like Pitru Tarpana; but Arghya, because Yama is a Devata (not our Pitru). Therefore we offer this as Arghya. That is the Tila-water flows down through our four fingers (not through the thumb). Hence no Palahara Niyama at night. This same principle even in Bhisma-Tarpana.

2. Yama resides in the South. For this reason we offer this Arghya facing South.

3. He is Pretha Adhi-pati. Therefore Tila is used.

4. If Devara Puja not possible, atleast Sandhyavandana and then Yama Tarpana. This mitigates 'Narakha-Bhaya', says Shastra.

Sankalpa (Facing East)

आचमनं, प्राणा-यामः, देश-कालौ संकीर्त्य, एवं गुण
विशेषण विशिष्टायां, शुभतिथौ, मम नरक-भय-निरास-द्वारा,
यमान्तर्गत, भारतीरमण मुख्यप्राणान्तर्गत श्री विष्णु प्रेरणया, श्री
विष्णु प्रीत्यर्थं, यमतर्पणं करिष्ये ॥ (Savya - if father alive;
Apasavya for others)

Facing South, offer Yama Tarpana.

Yama Tarpana Mantra

- | | |
|----------------------|--------------------------|
| 1. यमं तर्पयामि | 8. औदुंबरं तर्पयामि |
| 2. धर्मराजं तर्पयामि | 9. दध्नं तर्पयामि |
| 3. मृत्युं तर्पयामि | 10. नीलं तर्पयामि |
| 4. अन्तकं तर्पयामि | 11. परमेष्ठिनं तर्पयामि |
| 5. वैवस्वतं तर्पयामि | 12. वृकोदरं तर्पयामि |
| 6. कालं तर्पयामि | 13. चित्रं तर्पयामि |
| 7. सर्व-भूत-क्षयं ,, | 14. चित्रगुप्तं तर्पयामि |

At The End (Facing East)

अनेन तर्पणेन यमान्तर्गत, भारतीरमण मुख्यप्राणान्तर्गत
श्रीविष्णुः प्रीयताम् । सुप्रीतोवरदो भवतु ।

श्री कृष्णार्पणमस्तु ॥ (आचमनम्)

MAHALAKSHMI PUJA (KUBERA PUJA)

20th Oct. — Monday
(*In the evening*)

Near the Puja Box, decorate the picture of Sri Lakshmi Narayana. Beautify the house with a lot of deepas both inside and outside of the house. Keep the ornaments and coins in a plate and perform Puja to the same. Women can perform this Puja.

Sankalpa

आचमनं, प्राणायामः, देश-कालौ संकीर्त्य, एवं गुण विशेषण विशिष्टायां, शुभतिथौ, भारती रमण मुख्यप्राणान्तर्गत श्री लक्ष्मी नारायण प्रेरणया, श्री लक्ष्मी नारायण प्रीत्यर्थ, श्री महालक्ष्मी पूजां करिष्ये ॥

Now Puja to the ornaments and coins kept in the plate.

वस्त्रम् समर्पयामि, गन्धान् समर्पयामि, अक्षतान् समर्पयामि, हरिद्रा-कुङ्कुमं समर्पयामि, अलंकारान् समर्पयामि (Gajavastram) पुष्पाणि पूजयामि, Then Archana.

1. प्रकृत्यै नमः
2. विकृत्यै नमः

-
3. विद्यायै नमः
 4. विभूत्यै नमः
 5. सर्वभूतहितप्रदायै नमः
 6. लोकशोकनिवारिण्यै नमः
 7. नारायण समाश्रितायै नमः
 8. महालक्ष्म्यै नमः Similarly 108 Namavali.

Then, Dhoopa, Deepa, Naivedya and Mangalarati. Kunkuma Arati singing devara-namas. At the end, '*Krishnarpanamastu*'. Distribute Prasada, to everyone. Give Tamboola to the invitees. Divine Grace dawn on the members of the family by this Celebration if performed with full devotion.

Important

1. While performing Maha Lakshmi Puja, it is more important to know Her Mahima. She is more pleased if one performs Puja thinking a few of Her attributes and explaining them to children and others in the family.
 2. During the Puja, children and other members in the family should also be involved. All the members should participate in the Puja. This is our Kula Dharma. This surely brings Mahalakshmi's blessings and Her Antaryami Lord Sri Narayana's blessings on all the members of the family.
-

WHY YOU NEED This Magazine “Sri Madhwa Siddhanta” In The House ?

A grandfather or a grandmother is the best well-wisher of the family, with no expectations in return.

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