Guru Purnima at Home

Sunday 18 July 2027

Short puja: about 15 minutes



Guru Purnima, on the full moon of Ashadha, honours Veda Vyasa and every teacher who guides us. Students visit their teachers, touch their feet, and offer flowers, fruit or a small gift. It is a lovely day for children to thank a music, dance or school teacher.

What you need

- Flowers and fruit for your teacher
- Rice, milk, sugar and cardamom for payasam
- A Vyasa or Guru picture, or your teacher's photo
- Incense and a lamp
- A new book to begin

Before the puja

- Clean the puja place and take a bath; wear fresh clothes.
- Set out a lamp, incense, flowers, turmeric, kumkum, rice and water.
- Read the story to the family before you begin.

Short puja, step by step

1. **Light the lamp** and say the lamp prayer, then pray to Ganesha.
2. **Set up.** Place a picture of Vyasa, Dakshinamurthy or your own guru, with flowers.
3. **Guru vandana.** Offer flowers and fruit while chanting.
4. **Vyasa puja.** Read a verse of the Bhagavad Gita or a page from a scripture.
5. **Thank your teachers.** Children visit or call their teachers, give a card and a flower, and touch their feet if that is your custom.
6. **Begin a study.** Start learning something new, a shloka, a raga or a chapter.
7. **Arati.** Wave the lamp, ask forgiveness for anything missed and share the prasada.

Prayers to chant

> शुभं करोति कल्याणम् आरोग्यं धनसम्पदः । शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ॥
>
> I bow to the light of the lamp, which brings goodness, health and wealth, and removes harmful thoughts.

> वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ । निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥
>
> O Lord with the curved trunk, shining like a million suns, remove the obstacles from all my work, always.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः । गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

The teacher is Brahma, Vishnu and Shiva; the teacher is the Supreme itself. Salutations to the teacher.

ॐ व्यासाय नमः ॥

Salutations to Vyasa, the first teacher.

ॐ प्राणाय स्वाहा । ॐ अपानाय स्वाहा । ॐ व्यानाय स्वाहा । ॐ उदानाय स्वाहा । ॐ समानाय स्वाहा ॥

Offering the food to the five breaths of life.

यानि कानि च पापानि जन्मान्तरकृतानि च । तानि तानि विनश्यन्ति प्रदक्षिण पदे पदे ॥

With every step around the altar, may all past wrongs fall away.

With children

- Make a thank-you card for a teacher: Fold the card in half.
- Tell the story of Guru Purnima before the puja.

A simple home guide from VedaVidesh. Every family and region has its own customs, so follow yours where they differ, and check a local panchanga for the exact time in your city. Dates are for India; abroad they can differ by a day. Members also get the full puja with every mantra.