

# PLM Dolai Guide



## Instructions for Sponsors of Sri Lakshmi Hayagreevar Dolai/Tirumanjanam

By the Anugraham of our Acharyan, HH Srimat Abhinava Vageesha Brahmaantra Swatantra Parakala Maha Deshikan, [Parakala LakshmiHayagreeva Mission \(PLM\), USA](#) is conducting Sri Lakshmi Hayagreevar's [Dolai Sancharam in USA](#). Sri Lakshmi Hayagreeva Perumal and Parivaaram will visit various cities throughout the country, and grace our homes with Dolai and Tirumanjanam programs.

This manual provides brief guidelines for Dolai/Tirumanjanam hosts to help prepare for the event. Sri Parakala Matam has certain unique traditions followed during Tiruvaaradhanam. Therefore, even the devotees who have previous experience with hosting or organizing similar events, may find this information useful. Please contact the local coordinator of your city for any additional information.

## 1. Preparation

- **Invitation:** Invite friends and relatives to be join the function. Perumal is always longing to meet His devotees. If you are hosting a tirumanjanam, please invite some bhAgavtas who are able to recite the mandatory vedic and divya prabandham sections during the function. If you do not know any such bhAgavatas, please request the local co-ordinator for help.
- **Recitation:** Please encourage invitees to come prepared to take part in the recitation of stotrams/paasurams, sing devotional songs, etc. Enthusiastic participation by the assembled devotees will augment the spiritual atmosphere at the function. Recitals during tirumanjanam are somewhat structured. The dolai recitals are, however, unstructured for the most part and devotees are free to recite and sing in praise of Sriman Narayana and Mahalakshmi in any manner. **Appendix 'A'** lists the mandatory recitals as well as the most commonly recited stotras and paasurams. For downloadable pdf files of stotras in multiple Indian scripts, please see <http://www.parakalamatham.org/Gallery/Recital-Material> and [www.prapatti.com](http://www.prapatti.com).
- **Location:** Prepare a clutter-free area in your house for the function. We will bring tables to seat the Dolai, curtains, and other accessories for Tiruvaaraadhanam. Pick the location most convenient to hosts and guests – don't stress on constraints like direction Perumal should face, etc.

- **Required Items:** Please have all the items necessary for Dolai/Tirumanjanam program ready.
- **Punyaham:** Have puNyAhavAchanam water sprinkled in your house before Perumal enters your house. Normally, organizers will just bring the teertham will Perumal. But if you plan to cook for Perumal before He arrives, please contact the local coordinators to pick it up earlier.
- **Parking:** Have the closest parking spot reserved for the van carrying Perumal and Dolai items. Have a clear path from the parking spot to your house, free from footwear or any other clutter.
- **No Pets:** Please keep Pets away (and out of sight) from Dolai area and Kitchen.
- **Svagatam:** When Perumal and his parivaram arrive at your house, receive Him with Poorna-kumbham and Arathi. Playing Nadaswaram music is recommended.
- **Maintain sanctity:** Please advise participants to maintain a divine environment throughout the function. Do not eat/drink anything in front of Perumal. Please maintain (a short) distance from the Dolai arrangement and from the Aradhakar.
- **Enjoy:** Once Perumal arrives at your house, forget all else and enjoy his divine presence. Perumal out of His infinite mercy will ignore any omissions/commissions and only look at our love and devotion for Him.

## 2. Program

Morning Tirumanjanam	
8:00	Sri Lakshmi Hayagreeva Suprabhatham
8:15	Preparation for Tirumanjanam and Nityaanusandanam
9:00	Tirumanjanam
10:15	Alankaram (Terai closed) and Seva kaalam
11:30	Aradhanam, Mantra pushpam, Archana
11:45	Bhojyanam
12:00	Arati, Sattumurai, Acharya Sambhavanai
Afternoon Dolai	
2:30	Dolai setup
3:00	Aradhanam, Upachaarams, Archana
3:20	Seva Kalam
4:25	Upahara Nivedanam
4:30	Arati, Sattumurai, Acharya Sambhavanai
Evening Dolai	
6:00	Dolai Setup
6:30	Tiruvaaradhanam and Archana
6:50	Seva Kalam
8:00	Bhojyanam
8:15	Arati, Sattumurai, Acharya Sambhavanai

## 3. Pooja Items

### 3.1 Items required for Dolai

- Poorna Kumbham: A sombu with mango leaves (if available), and coconut (preferably with tuft)
- Fruits and flowers
- Optionally dry-fruits, nuts, kalkandu (unprocessed and unsalted)
- Beetle leaves, beetle nut, Agarbatti incense, wicks and camphor.
- Taligai for Perumal if evening aradhanam.
- Kumkum poo (Kesari), elakkai (cardemom), Paccha karporam, cloves -- small amounts for preparing the Teertham.
- Paper roll for cleaning.
- A small aluminium tray or bowl for the Aradhakar to wash his hands.

### 3.2 Additional items required for Tirumanjanam

#### 3.2.1 Punyahavachanam

- Sombu, mango leaves, and coconut (preferably with tuft) – can reuse from Poorna kumbham.
- Betel leaves, betel nuts, bananas and a few coins.
- Two whole pieces of Jaggery.

#### 3.2.2 Tirumanjanam

- Organic Whole Milk – ½ gallon (must be gelatin free).

Please keep the milk out of the fridge in a steel vessel soon enough to ensure that it comes to room temperature before Tirumanjanam. Don't boil/microwave the milk.

- Yogurt (made from organic whole milk) 10 ounces
- Honey 8 ounces
- Coconut water 8 ounces
- Turmeric powder 1 packet
- Sandalwood paste
- About \$10 in small change (coins) for Hiranya daanam
- Aluminum foil for use as liner.
- Large Aluminum tray or steel vessel to collect Tirumanjanam water
- Lime, rice flour, salt for Ekanta-snaanam after Tirumanjanam.

### 3.3 Notes

- Estimated cost of Pooja items is \$50 for Dolai and \$100 for Tirumanjanam
- Place the Pooja items in a place accessible to the Aradhakar and his helpers
- Please ensure purity of the Pooja items. For example, do not place them directly on the ground, on the dining table, or in porcelain vessels, etc.

### 3.4. Prasadam

- Devotees can offer the following items for Perumal's upahaaram at any time: Fruits, dry-fruits, nuts (unsalted/unroasted), kalkandu, yogurt, butter.
- During morning and evening Aradhanams, it is necessary to offer cooked food (taligai) for Perumal's Bhojanam. See Appendix 'B' for details.
- Certain restrictions apply to preparing taligai for Perumal, as described in **Appendix 'B'**. However, these restrictions should not prevent a devotee from hosting PerumAL's Dolai. Please contact the local co-ordinator for assistance if you have difficulty with the restrictions. The local coordinator can usually arrange for Perumal's Taligai to be prepared by a suitable person.
- Never bring cooked food from outside for offering to Perumal, unless specifically instructed to do so by the local coordinators.

### 3.5 Acharya Sambhavanai

We request hosts/participants to contribute yatha-shakti Sambhaavanai as part of the Dolai programs. Funds from Sambhaavanai are used for various educational and religious activities and construction/renovation activities at Parakala Matam branches in India. Sambhaavanai also helps cover the costs of conducting the Dolai tour.

- Suggested Sambhaavanai is \$250 for Dolai hosts and \$500 for Tirumanjanam hosts.
- Make checks payable to "PLM, USA"
- PLM is a tax exempt 501 c(3) non-profit charitable organization. Tax receipts for your contribution will be mailed at the year-end.
- Several companies including Microsoft, eBay and Oracle match contributions in money and volunteer effort made to PLM's educational and community programs. Please contact your employer about matching your Sambhaavanai contributions.

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# Appendix A: Syllabus

## A.1 Adhyayana Kaala Anusandhaanam

### Morning Tirumanjanam / Nityaaradhanam

Recite During	Syllabus	Saattumurai
Suprabhaatam	Haygreeva Praabodhaka Stuti	Mahanaarayanopanishat: Jnyaana Yajnam
Nityaanusandhaanam	Saranaagathi Gadyam Nyaasa Dashakam Tiruppallandu Tirupalliezucchi Tiruppavai Hayagreeva Stotram	Tiruppavai (last 2) Tiruppallandu Pillai Andaadi (last 2 + 1) Sambhaavana Kramam
Tirumanjanam	Taittiriyanopanishat Pancha Sooktam Neerattam	Deshikar Vaazhi Tirunaamam Jitanta Stotram Desikar Mangalam Parakala mata Taniyans (full, 2-20 abridged)
Sevaa Kaalam	Adaikkalapattu Pillai andaadi	<Stotra Paatam>
Tiruvaaradhanam	Mantra pushpam	

### Afternoon Dolai

Recite During	Syllabus	Saattumurai
Dolai Setup	Dashaavataara Stotram	Vedaahamentam ...
Laghu Tiruvaaradhanam	Hayagreeva Stotram	Peria Tirumozhi 3.1 (last 2)
Seva Kaalam	Tiruppallandu Peria tirumozhi 3.1 Pillai andaadi	Tiruppallandu Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam Desikar Mangalam Parakala mata Taniyans (1 + last 4)

### Evening Dolai / Nityaaradhanam

Recite During	Syllabus	Saattumurai
Dolai Setup	Vishnu Sahasranaamam	Vedaahamentam ...
Laghu Tiruvaaradhanam	Hayagreeva Stotram	Tiruvaimozhi (last 2)
Seva Kaalam	Tiruppallandu Poochoottal Kaappidal Senniyongu Amalanaadipiraan Kanninun Siruttambu Tiruvaimozhi (any pathikam) Pillai andaadi	Tiruppallandu Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam Desikar Mangalam Parakala mata Taniyans (1 + last 4) <Stotra Paatam>
Sayanam	Manikkam katti/Mannu pugazh	

## A.2 Anadhyayana Kaala Anusandhaanam

### Morning Tirumanjanam / Ijji Nityaaradhanam

Recite During	Syllabus	Saattumurai
Suprabhaatam	Sri Lakshmi Haygreeva Praabodhaka Stuti	Mahanaarayanopanishat: Jnyaana Yajnam
Nityaanusandhaanam	Sharanagathi Gadyam Nyasa Dashakam Nalayira Taniyans Hayagreeva Stotram	Tiruvaimozhi Taniyan (last) Ramanuja Noottandaadi Taniyan (last) Adaikkalapattu (last 2) Pillai Andaadi (last 2 + 1)
Tirumanjanam	Taittiriyanopanishat Pancha Sooktam	Sambhaavana Kramam Deshikar Vaazhi Tirunaamam
Sevaa Kaalam	Adaikkalapattu Pillai andaadi	Jitanta Stotram and Desikar Mangalam Parakala mata Taniyans (full, 2-20 abridged)
Tiruvaaradhanam	Mantra Pushpam	<Stotra Paatam>

### Maargazhi Special Aradhanam

Recite During	Syllabus	Saattumurai
Suprabhaatam	Sri Lakshmi Haygreeva Praabodhaka Stuti	Mahanaarayanopanishat: Jnyaana Yajnam
Nityaanusandhaanam	Sharanagathi Gadyam Nyasa Dashakam Podu, Tiruppallandu Taniyans TirupaLLlezucchi Tiruppavai	Tiruppavai (last 2) Tiruppavai (the day's paasuram) Prabandha Saaram (paasuram 10) "Kamalamudan Villiputtur ..." Andal Vaazi TN Deshikar Vaazhi Tirunaamam
Snaanasanam	Pancha Sooktam	Jitanta Stotram
Tiruvaaradhanam	Hayagreeva Stotram Goda Stuti Mantra Pushpam	Desikar Mangalam Parakala mata Taniyans (full, 2-20 abridged) <Stotra Paatam>

### Evening Dolai/Tiruvaaradhanam

Recite During	Syllabus	Saattumurai
Dolai Setup	Vishnu Sahasranaamam	Vedaahamentam ...
Laghu Tiruvaaradhanam	Hayagreeva Stotram	Deshikar Prabandham
Seva Kaalam	Deshikar Prabandham (any) Pillai andaadi	Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam Desikar Mangalam Parakala mata Taniyans (1 + last 4) <Stotra Paatam>
Sayanam	Taalaattu songs	

### A.3 Recitation on Special Days

Tiruvonam	MahaNarayanopanishat, Koil Tiruvaimozhi, Ramanuja Noottandaadi, Adaikalapattu, Adhikaara Sangraham, Prabandha Saaram, Pillai Andaadi
Tiruvaadirai	Raamaanuja Noottandaadi, Yatiraja Saptati
Pooram	Nacchiyar Tirumozhi, Goda Stuti
Punarpoosam	Perumal Tirumozhi, Raghuveera Gadyam
Ekadashi	Bhagavat Dhyana Sopanam
Rohini	Gopala vimshati
Revathi	Amalanaadipiraan

### A.4 Notes

- The above syllabus specifies mandatory recitation during Hayagreevar's Tiruvaradhanam, and should be followed to the best effort possible.
- Veda portions should be recited only by those who've had Bramhopadesam.
- Desikar mangalam:
  - Only "Sarvatantra swatantrAya" verse to be recited twice
  - The verse "Ghantaa Vrishaachalapate: ..." to be recited between "Bhadrapada masa ..." and "Sashanka chakra ..." verses of Saptathi Ratna maalikai
- Pillai Andaadi is recited in the afternoon/evening if there is a special event like Dolai.
- Taittiriyaam is recited on Tirumanjanam days, in the following order: Taittiriyaopanishat, Narayana-Vishnu-Sri-Bhu-NiLa suktams, Neeraattam and finally Purusha Sooktam,
- Koyil Tiruvoimozhi should include "Oru Nayagam" (4.1)
- Syllabus will differ on special occasions like Azhwar/Acharya Tirunakshatrams. The local coordinator will advise you about any changes.
- It is a practice in the Matam to recite Deshikar's Stotras during teertha viniyogam after Acharya Taniyans are recited. The following table may be used as a reference for Stotra patam.

Monday	Gopala Vimshati
Tuesday	Bhuu Stuti/Kamasikashtakam
Wednesday	Hayagreeva Stotram
Thursday	Yatiraja Saptati
Friday	Sri Stuti
Saturday	Daya Shatakam, Sudarshanaashtakam
Sunday	Goda Stuti, Raghuveera Gadyam
Any day	Dashavataara Stotram

- Additional recitation can be added during seva-kaalam per the host and participant's anubhavam, time permitting. Some suggestions are in Section 'A.5'.
- Recitation material in several languages can be downloaded from [www.prapatti.com](http://www.prapatti.com)

- Songs: Dolais are never complete without melodious devotional music by bhagavatas. Please advise participants to sing songs (only) in praise of Perumal and His parivaram.

## A.5 Seva Kalam: Suggestions for Recitation

<b>Total time to plan</b>	<b>Estimate (min)</b>
<b>Tirumanjanam</b>	<b>90</b>
<b>Dolai</b>	<b>60</b>
<b>Vedam</b>	
Narayanopanishat	10
Mahanarayanopanishat	60
Hayagriva Upanishat	10
Pancha suktam	25
<b>Divya Prabhandam</b>	
One pattu (Tiruvaaymozhi/Peria Tirumozhi/etc.)	60
Koil Thiruvaymozhi (includes OruNaayagam)	80
Ramanuja Nootrantaadi	45
Amalanaadipiraan	10
Tirumaalai	30
<b>Desikar Prabhandam</b>	
Adakalapattu	5
Adhikaara sangraham	20
Tiru Chinna maalai	15
Prabanda saaram	15
<b>Deshikar Stotramala</b>	
Hayagreeva stotram	10
Dasaavatara stotram	10
Sristuti	10
Bhustuti	10
Godhastuti	10
Garuda Dantakam	10
Sudarshana Ashtakam	10
Daya Satakam	40
Gopala Vimshati	10
Devanayaka Panchasat	25
Paduka Sahasram: Agra mani maala stotram	15
<b>Songs, dance, etc.</b>	<i>Fit to time</i>



# Appendix B: Prasaadam Preparation

During morning and evening Aradhanams, it is necessary to offer cooked food (taligai) for Perumal's Bhojanam. Certain protocols apply to prepare taligai for Perumal, as noted below.

## B.1 Required Taligai

The following items must be offered to Perumal during Tiruvaaradhanam everyday. Additional items can be offered yatha shakti.

- Morning
  - a. Suprabhatam: Lukewarm Milk (no other ingredients added)
  - b. Beginning of Tiruvaradhanam: Madhuparkam
  - c. Tirumanjanam: Pongal and Madhuparkam.
  - d. Bhojyanam: Rice, Dal, Tirukkannamudu, and Curd.
- Evening:
  - a. Beginning of Tiruvaradhanam: Madhuparkam
  - b. Bhojyanam: Curd Rice, Black Chana Dal Sundal, Madhuparkam.
  - c. Sayanam: Warm milk with honey, kunkuma poo (Kesari) and elakkai.

## B.2 Guidelines for Cooks

Devotees who perform Taligai Kainkaryam:

- Must have Samaashrayanam from a Srivaishnava Acharyan
- Must wear appropriate attire:
  - Men: Panchakaccham and Dvadasha Urdhva pundrams
  - Women: Madisar (saree must be full 9 yards) and Tiruman
- Must have Upanayanam or be married to someone who does.
- Must maintain Madi<sup>1</sup> (purity of body and mind) to their *best effort*:
  - Prepare madi vastrams (new or clean washed the clothes).
  - Take head bath, and wear Madi-vastrams.
  - Once in Madi, don't eat or contact impure items, or any person.
  - Constantly think about Perumal and His Bhagavatas, and nothing else.
  - If it is necessary, cooks may travel to the host's place after taking madi, in a sanctified vehicle that does not contain any vizupu items.

Taligai should generally be prepared in Perumal's Sannidhyam, wherever it will be offered to Him. However, this may not be practical in certain situations. In this case, the local coordinators may bring Taligai along with Perumal to be offered during Dolai.

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<sup>1</sup> A useful article to read on "Madi":

<http://ahobilamutt.org/us/data/pdf/SriAhobilaMuth-USA-Madi-Guidelines2014.pdf>

### B.3 Ingredients

This section provides a list of traditional items that are approved for use in Perumal's aradhanam and preparing Taligai for Neivedyam.

<b>Vegetables and Grains</b>	<b>Exceptions</b>
Coconut	
Raw Plantain (Vazhakkai, Vazhathandu, vazahipu)	Dvadashi, Festival days
Okra (Ladies Finger, Vendakkai)	Festival days
Purple Brinjal (Eggplant, Kathrikkai)	Dwadashi, Ashtami, Masa pirappu, Amavasyai
Beans, Cluster Beans (Kothavaraikai)	
Snake Gourd (Podalunkkai)	Festival days
Bitter Melon ( Pavakkai)	Festival days
White Pumpkin (Pushinikkai)	
Avarakkai (Pandal)	
Pumpkin (Parangikkai)	
Sweet potatoes (sakarai valli kizhangu)	Festival days
Karamani Kai (Payaththangkai)	
Taro Root (Sepangkazhangu)	Festival days
Senai kizhangu (Elephant Yam)	Festival days
Cucumber (Vallerikkai)	
Green Capcicum (kodaimilakai)	
Nellikai ( Amla)	Tuesday, Friday, Sunday and nights
Ginger (Inji)	
Athikeerai	
Unsalted Dry Sundaikai, Manathkali, Veppam poo and Nelli Mulli	Festival days
Lemon & Lime	
Rice, Wheat	
Toor, Channa, Moong, Urad Dal	Items made primarily from Moong dal (ex: payasam) are not used on festival days. Pongal prepared on festival days (including for Tirumanjanam) must contain Turmeric.
Dry Beans: Channa (White/Black), Black eye peas, Lima beans, Kara mani, Horse gram	

<b>Spices</b>	<b>Exceptions</b>
Mustard, Cumin, Pepper, Salt, Curry leaves, Asafetida, Fenugreek seeds, Sesame seeds, Red chillies, Coriander seeds	Items made primarily from pepper and sesame seeds (ex: sesame-rice, pepper-rasam) are not used on festival days.

Cloves, Cardamom, Saffron, Nutmeg, Paccha Kalpuram	
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<b>Fruits, Dry Fruits, Nuts</b>
Banana (except Dvadashi), Apple, Pear, Mango, Grapes, Pineapple, Orange, Guava, Sappota (Chiki), Pomegranate, Whole Jack Fruit, Beetle leaves, beetle nuts.
Dates, Raisins, Cashews, Almond, Peanuts, Pista, Walnut – unsalted and unroasted. Kalkandu, Diamond sugar, Organic sugar, Honey, Jaggery

<b>Dairy</b>
Organic whole Milk, Yogurt, Butter (unsalted), Ghee. Please take care to ensure that dairy products don't contain gelatin.

<b>Flowers</b>
Rose, Jasmine, Mullai, Lotus, Samandhi, Sampangi, Shenbagam, Parijatham, ThAzhampoo, Manoranjitham, Magizhampoo, Mums, Carnation, and most flowers from your backyard can be used for Perumal. However, the following are prohibited: <ul style="list-style-type: none"> <li>● China rose and similar flowers with a “tongue”</li> <li>● Flowers without fragrance</li> <li>● Marigold and Crotons</li> <li>● Artificially colored flowers</li> </ul>

<b>Tulasi</b>
Tulasi is an essential ingredient for Perumal's Tiruvaaradhanam every day. Tulasi should only be plucked by a suitable Adhikaari on certain days with appropriate mantras. Tulasi bought from the store cannot be offered to Perumal, but can be used to decorate the Dolai.

Credits: This list is adapted from: <http://ahobilamutt.org/us/data/pdf/SriAhobilaMuth-USA-Madi-Guidelines2014.pdf> (page 3).

## B.4 Notes

- The above list is not exhaustive, but a known safe-list of permissible ingredients.
- Festival days: The above mentioned restrictions for festival days should be observed during:
  - All Dolai and Tirumanjanam functions
  - All Tiruvonam and Tiruvaadarai days
  - Yearly festivals, and Azhwar/Acharya varsha Tirunakshatrams
- Taligai must contain Salt where appropriate – including Tiruvonam days.
- Don't use frozen, canned, or store-cut vegetables or fruits for Perumal's taligai.
- Avoid using the Microwave.
- Don't use glass, plastic, porcelain, aluminum or hindalium containers for cooking or storing cooked food. Steel, brass, silver vessels are OK. Copper containers OK for water.

- If you have any difficulty in meeting the guidelines in this section, or have any questions/concerns, please contact your local co-ordinator for clarification and assistance.