

Sadhguru Sannidhi Pada Yantra

About Sannidhi, Preparing the Space, Set-Up, and Maintenance

Sadhguru Sannidhi is a consecrated space, a live temple throbbing with an atmosphere for devotion and Grace. The establishment of a Sannidhi creates a powerful energy within one's home that significantly enhances one's progress on the spiritual path. If maintained with a certain discipline, the Sannidhi has a miraculous impact on the internal and external wellbeing of all who come within its sphere, thus extending the spiritual possibility to those around as well.

Each Sannidhi is energized by a Sadhguru Sannidhi Pada Yantra, a sacred form, particularly designed by Sadhguru to generate a supportive energy situation for one's inner growth. The possibility of establishing such a space in one's home is an extraordinary blessing from Sadhguru. It is an invaluable opportunity to always be in the Presence of the Master.

COMMON QUESTIONS ABOUT SANNIDHI

- ***What is the Yantra composed of? What are the dimensions of the Yantra? How much does it weigh?*** *Sadhguru Sannidhi is a brass yantra bearing an impression of Sadhguru's feet – it is called a "pada yantra". The kit includes the brass Sannidhi Pada Yantra (21" long x 14" deep x 2.25" high). (The long edge of the yantra faces forward); a framed image of Sadhguru (25.5" wide x 25.5" high), a white shawl, a brass oil lamp (this lamp must be used only with the Sannidhi), arul pathiram (a sacred copper bowl), and a brass Sannidhi Guru Pooja set. The Yantra is very light in weight, weighing only a few pounds. The most recent Sannidhis have a sutra tied around the Padam. The original versions of the Sannidhi have a vastram or silk cloth draped on Sadhguru's photo. You should have only the sutra or vastram designed for your version of the Padam. You should not change from one to the other, nor should you have both.*
- ***I know that there is a weekly pooja required once the Sannidhi is established in a space. What is the pooja for? Why pooja? How does this pooja affect the Sannidhi or what change or stability does the pooja bring to Sannidhi?*** *Once in a week and on Purnima (full moon) and Amavasya (new moon) days, we do a Sannidhi Guru Pooja for the Sannidhi. It is an invocation to the Grace of the Great Masters. It is an opportunity for a person to have this Grace available to him in the space they live in. The energies of Sannidhi require maintenance. This simple process of Guru Pooja will ensure that the atmosphere around the Sannidhi remains "as it is" forever.*
- ***Is there a limited lifetime for the Sannidhi? If yes, what is it? How so?*** *If maintained properly with lighting the lamp and the weekly Sannidhi Guru Pooja process, the Sannidhi will be alive forever. If regular maintenance is not done, or if any physical damage occurs to the Pada Yantra, the energies of the Sannidhi may dissipate over a period of time.*

SANNIDHI SET-UP:

It is best to set-up the Sannidhi in its own space, ideally in its own room dedicated for your yoga practice and meditation. All other activities such as eating, talking on the phone, working on the computer, should happen away from the Sannidhi space. It is also best if you do not sleep in the same space as the Sannidhi. If, due to space, you must use that area for sleeping, keep the Sannidhi and sleeping area separated as much as possible.

- **Is it acceptable to have it in the living room/bedroom/pooja room/kitchen or in closed cupboards?** It is recommended to have a separate room. If you don't have an extra room, creating space in another room is okay. It is best to choose a space that is clean and quiet without other kinds of activities. If the Sannidhi is sharing a room where other activities are present, it is best to purchase or construct a low cabinet for the Sannidhi where it can be closed when the lamp is unlit and other activity is taking place.
- **What distance should you leave around the Yantra if it is sharing a room?** Leave a minimum of five to seven feet space for the Yantra alone without any other activity.
- **What about quiet activities like reading or studying?** It is best to avoid all other activities in the Sannidhi space. It is best to use the space for yoga practices only. If there is no other choice, it is okay.
- **Is there a minimum dimension required for the room which holds the Sannidhi?** The space should be big enough to do all of your yoga practices.
- **Is it important which level of the house the Sannidhi is placed? Is a basement (below ground), second floor, or attic space okay?** Any level of the house is okay as long as the space is clean and maintained with a certain sanctity.
- **Can the Yantra be placed on a stone or elevated platform? If so, what is the required height?** The Yantra is to be placed on the floor or low platform on a white cloth or on a white cloth inside a low cabinet. Please note that Sadhguru's picture will sit on the Yantra – a cabinet to hold the Sannidhi set will need interior space that is a minimum of 27.5" long (front) x 16" deep x ~28" high.
- **Can other deities' or swamis' photos/ parents (passed on) be kept in the Sannidhi?** Only Sadhguru's photos are recommended, but as many as three photos of other deities or Gurus are okay. (Images of Dhyanalinga, Linga Bhairavi, and other such photos are ok.)
- If you move to a new house is consecration required in the new house too?** No.
- **What if the room requires renovation or repair, can the Sannidhi be moved and put back?** Yes, if necessary. Try to minimize the handling and movement of the Sannidhi as much as possible.
- **Can the Linga Bhairavi Yantra and Sannidhi be kept in the same room?** Yes.
- **Can the Dhyanalinga Yantra be in that space also?** Yes.
- **Is there an ideal way to keep the yantras in relationship to each other and the directional orientation of the room (i.e. north-south, east-west walls)?** They should be kept next to each other.
- **Can there be another oil lamp in the room?** Yes, but not necessary. The copper Sannidhi lamp that comes with the Sannidhi should be the only lamp used with/on the Sannidhi Yantra.

CARING AND MAINTAINING THE SANNIDHI'S ENERGIES:

Once the Sannidhi has been installed, it is an enormous blessing for anyone who comes within its sphere, whether they are aware or unaware of its influence. **The Sannidhi should not be moved from its place once it has been installed.**

It is very important to maintain the sanctity of the Sannidhi, the Sannidhi items, and the atmosphere/surroundings of the Sannidhi. Please take care to keep the Sannidhi and its space clean, peaceful and beautiful. Maintain the sanctity of the bowl and sacred cloth. Do not move the Sannidhi Yantra or the other items (arul pathiram, vastram) from the place where they are kept on the Sannidhi. **Take care to maintain the sanctity of thought, speech, and action in the Sannidhi space.**

Your Isha practice needs to happen in the Sannidhi space at least once each day. The Sannidhi lamp and dhoopam (incense) should be lit twice daily, in the morning at 6:15 am and again in the evening at 6:15 pm. The oil lamp should be filled either with sesame oil (gingelly oil) or ghee. **Offer flowers on the Sadhguru Padam each day.**

The Sannidhi Guru Pooja should be performed Monday evening from 6:15 pm - 6:50 pm each week as well as at 6:15 pm on Amavasya (new moon) and Purnima (full moon). If you are unavailable on Monday during a given week, the Sannidhi Guru Pooja can be performed on Sunday from 6:15 pm - 6:50 pm instead. No other days are a suitable substitute. Total time for process including setup and cleanup is between 1.5hrs to 2hrs. Sannidhi Guru Pooja Guidelines sheet will be provided during program with timing and details of the Sannidhi Pooja process.

The person performing the Sannidhi Guru Pooja must be ready and seated **10 minutes prior (no later than 6:05pm)**. Wear the shawl (provided after the initiation) to perform the Sannidhi Guru Pooja. **Only the copper/brass Sannidhi lamp should be lit during the Sannidhi Guru Pooja process.**

Those who have a Sadhguru Sannidhi in their home are encouraged to invite other meditators to participate in the Sannidhi Guru Pooja process when possible. It is very beneficial for others to participate in the process. Please invite guests to come a minimum of 30 minutes ahead of time – let your guests know that they must be seated in silence with eyes closed a minimum of 10 minutes prior to the scheduled time. (Example: 6:05 pm for a 6:15 start) No one can come or go from the Sannidhi space after that time. This condition is very important. (If someone is running late for any reason, they can come and sit in another room of the house and meditate in the Sannidhi space once the process is completed.)

Anyone may take vibhuti from the Padam. (It is important that the vibhuti added to the Padam come from Isha Institute US or India and not another shrine or ashram) After performing the Sannidhi Guru Pooja, guests who have come can do their practices in the Sannidhi space. (Those who are doing their practices prior to Guru Pooja must finish before 6 pm.)

GUIDELINES FOR THOSE CARING FOR THE SANNIDHI:

- Maintain your regular, daily practices.
- Bathe twice each day (for ladies, hair wash is not needed)
- For at least 20 minutes each day, look upon everything as being a mother to the world, with that emotion.
- Those who are maintaining a Sadhguru Sannidhi must be aware of deception in their lives that affect others. If you tell a lie that affects another human being, chant “Brahmananda Swarupa” a minimum of 21 times.

COMMON QUESTIONS ABOUT CARING FOR THE SANNIDHI

- How often do I need to clean the Sannidhi, the Sannidhi oil lamp, and the Pooja set? The Sannidhi Pada Yantra can be wiped with a soft, dry cloth where it sits. This cloth should not be used for any other purpose. The oil lamp should be cleaned as needed, once it starts looking tarnished or dirty. The copper/brass Guru Pooja set should be cleaned each time prior to performing the Guru Pooja. Both the lamp and pooja set can be cleaned with either tamarind and salt or lemon juice and salt.

When washing the Guru Pooja lamp, should I light another lamp or using an electric lamp is fine? It is not necessary to light another lamp while the oil lamp is being cleaned. (It is required to light the lamp only in the morning and evening in the Sannidhi. The lamp could be cleaned at another time during the day.)

- Can I launder/change the cloth underneath the Padam? If so, how and how often? Yes, keep at least two cloths just for this purpose and rotate them. Place the Padam on the cloth or a clean surface nearby while you are changing it. You may change it whenever it is looking dusty or dirty, but keep in mind that it is best to move the Yantra as little as possible.
- Can the arul vastram (sacred cloth around Sadhguru’s picture) be laundered or changed? It cannot be laundered, but you can order a fresh vastram for your yantra. If it becomes damaged or soiled and needs to be replaced, you can purchase another one through Isha Shoppe by requesting a unique link for Sannidhi recipients. This Vastram is only on the older Sannidhi’s – newer ones come with a Sutra tied around the Padam.
- How do I replace the Sutra around the Padam if it becomes damaged or withered? If it becomes damaged and needs to be replaced, you can purchase another through Isha Shoppe by requesting a unique link for Sannidhi recipients. While replacing the Sutra, the Padam should only be handled/touched using a clean white cloth.
- Can the photo be replaced? Yes, however only with the photo version that is designated for the Yantra. The original versions of the Sannidhi have a different photo. Meditators can replace the photo with the newer version by purchasing them through Isha Shoppe.

- Can the Chandanam paste be replaced? *Yes*. If it has worn off, pure sandalwood paste can be used.
- How do I clean the shawl worn for the Sannidhi Guru Pooja process? The shawl has gone through a certain process and should not ever be washed or laundered. Wrap it in a cloth cover and keep it next to the Yantra. If it becomes damaged or soiled and needs to be replaced, you can purchase another through Isha Shoppe by requesting a unique link for Sannidhi recipients.
- I am often home later in the evening than 6:15 pm. Can I light the lamp at a later time? Can someone else in the house light the lamp for me even if they are a non-meditator? *Yes*, ask someone else to light the lamp for you, if possible. Otherwise, keep a small electric bulb in place of the oil lamp while you are not there.
- What if I'm traveling away from home and am unable to perform Guru Pooja during Mondays, Sundays, Amavasya or Purnima days – what should be done? It is very important to consistently maintain the practice of the Sannidhi Guru Pooja. If on occasion you are away on vacation or out of the country, it is best to have another person come and care for the Sannidhi. An electric bulb should be kept in place of the oil lamp when no one is home at the proper time. If traveling for longer duration, the Yantra should be covered with white cotton or white silk cloth and an electric bulb can be kept in place with an automatic timer to be turned on during the proper time. No need to cover the photo.
- Who can perform the Sannidhi Process? Only meditators who have gone through Guru Pooja program with Isha and have gone through the Sannidhi initiation process can conduct the Sannidhi Process on Mondays, Sundays, Amavasya, and Purnima. Others can light the lamp and offer flowers or fruit.
- **What is the procedure to be followed during solar or lunar eclipses?**
 - During full and partial solar and lunar eclipses, the entire Yantra should either be covered in neem leaves or a turmeric-dyed cloth (soak a white cotton cloth in water mixed with turmeric and ensure it is fully dry before placing it on the Yantra).
 - If the eclipse is not visible from your city, you need not cover it.
 - Do not do your daily process during the eclipse. It can be done before or after.
 - The lamp can be lit during the eclipse.
 - If you are traveling at the time of an eclipse, you can cover the Yantra with a turmeric cloth before leaving, in place of the white cloth.
 - Afterwards you can bury or burn the leaves or cloth.
 - If you wish to, you can keep the turmeric cloth and reuse it for future eclipses.
 - Please eat a minimum of 4 hours before eclipse – you should be in empty stomach condition for the duration of eclipse.
- What is the procedure to be followed in case of a death in the meditator's house? (i.e. There is a tradition of lamps not being lit.) What should be done? Maintain the Sannidhi as usual including lighting the lamp and performing the Sannidhi Guru Pooja at the proper times.
- Should the person maintaining the Sannidhi follow a vegetarian diet? There are no special dietary requirements for those maintaining the Sannidhi.
- What happens when the person who is trained to maintain the Sannidhi dies – what should be done? The Sannidhi should be returned to Isha Foundation.

GURU POOJA/YOGA PRACTICES

- Should the Sadhguru Sannidhi Pooja be done only at 6:15 pm every Monday or Sunday? **Yes.**
- Can the daily Sanskrit Guru Pooja be practiced at Sannidhi? **Yes.**

What is the timing for Guru Pooja on other days (other than Mondays, Sundays, Amavasya and Pournami)? ***It is best to practice your daily Guru Pooja during presence time in the evening at 6:15 pm***

*Does it matter which Pooja set I use for my Sannidhi? I have more than one. **You should use one pooja set consistently for any poojas done at the Sannidhi.***

- Can I play the Guru Paduka Stotram chant at other times than during the Sannidhi Guru Pooja? No. It is important that the Guru Paduka Stotram only be practiced during the Sannidhi Guru Pooja process performed on Monday/Sunday evening, Purnima and Amavasya.
- While doing Guru Pooja at other times is it necessary to wear the vastram (white shawl provided)? No. It should be worn only for the Sannidhi Guru Pooja process performed on Monday/Sunday evening, Purnima and Amavasya.
- Should the lights be switched off only during consecration or even at other times daily? It is beneficial to practice by the light of the oil lamp only, but it is only required during the Sannidhi Guru Pooja process performed on Monday/Sunday evening, Purnima and Amavasya.
- Can anyone meditate and do yoga practices in the Sannidhi space even if they have not done the class? Yes.
- Can other bhajans, chants or poojas be practiced in the Sannidhi space? (Ex: Can we do you Jain pooja also in that space?) The Sannidhi has been consecrated by Sadhguru in a certain way. It is important not to do other poojas, bhajans or mantras in the Sannidhi space. Having a separate pooja room for those other practices is ok.
- Can women be involved in the consecration or perform Sannidhi Guru Pooja during menstruation? Yes.
- How do you perform the oath taking if nobody else is present other than the person performing Sannidhi Guru Pooja? You do the oath taking yourself, but no announcement is needed.