



Everyday Temple Activities

Kailasa Seattle

December 13 2020



Offering Gratitude at the feet of HDH

Nithyanandam!

This is Hariharan Karur Subramanian presenting the Nithya Sandesha Patrika, at the feet of the Supreme Pontiff of Hinduism Jagadguru Mahasannidhanam HDH Bhagavan Nithyananda Paramashivam, along with the department leads from Seattle Sarvajnapeetam – Nithyanandeshwara Hindu Temple and Consciousness Studies & Practices

Bowing down at your lotus feet Swamiji!



Kailasa Seattle – Garbha Mandir Activities



Morning Suprabatham

Sacred process of waking up the deities



Pratyaksha Pada Puja

Offering gratitude to HDH Nithyananda Paramashivam

Offered in the evening

Naivedhyam

Morning - Offered to Moolavar

Evening – Offered to Swamiji & Moolavar



Palliare

Sacred process of putting the deities to sleep

Today's activities were performed by Ma Priyabhaktananda, Ma Kalpana & Parantapa



Kailasa Seattle – Enriching Activities



Nithyananda Yoga

Consciousness Studies & Practices, conducted online yoga in the morning at 5am PT. Yoga is conducted everyday online for free at 5am PT.



Social Media Enriching

4 new post was created in FB, Instagram & Twitter – Reaching out with messages & teachings of HDH. These photos reached 87 people on Facebook. 2 pictures were edited today



Online Gurukul

Online Gurukul was conducted today, where kids from west coast USA participated. 7 kids participated in today's session. This session happens every Sunday at 11am PT

Today's activities were performed by Ma Daniella, Ma Nandhini & Ma Priyabhakta⁴



Offering Gratitude at the feet of HDH

Offering gratitude at the lotus feet of HDH Nithyananda Paramashivam for empowering us by giving the opportunities to grow and expand.

Dhanyavadaha