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## Guidelines for Teejri Pooja



Lord Shiva with his consort Parvati

<p><b>Timing of the festival</b> Teejri falls normally on the 3<sup>rd</sup> day after the full moon falling in August (month of Shrawan).</p> <p><b>Who observes Teejri and why is this observed?</b> Married Hindu women pray and keep a fast for the health of their husband while unmarried girls/ women who have reached puberty may pray for marital bliss. If you are of ill health you should consult your doctor before fasting.</p> <p><b>What is the story behind Teejri?</b> According to the holy books the Goddess Parvati fasted and prayed fervently for the great Lord Shiva to become her spouse. Touched by her devotion, he took her for his wife. Goddess Parvati, in gratitude, sent her emissary to preach and disseminate this religious fasting among mortal women, promising prosperity and longevity with their family. Thus was born the festival of Teej.</p> <p>The observer beautifies herself adorning her body with ornaments, dresses in bright colours and decorates her hands and feet with mehndi/ henna. Moving with the times, rituals have indeed changed, but here is a guideline of what may typically happen on the day of celebration.</p>	<p><b>Essential Equipment &amp; Ingredients</b></p> <p><b>Mehndi</b> for decorating your hands (you can buy this ready made or make it yourself)</p> <p><b>1 silver thali (plate)</b> <b>diya (lamp)</b> <b>matches</b> <b>oil to power your diya</b> <b>cotton wool for the wick</b> <b>teaspoon</b> <b>fresh flowers</b> <b>fruit</b> <b>earth and/ or grass</b> <b>milk</b> <b>sugared water</b> <b>plain water</b> <b>silver or gold coins</b> <b>atto (flour)</b> <b>little katori (bowl)</b> <b>sindoor/ kum kum (vermilion)</b> <b>agarbatti (incense sticks)</b> <b>cotton sheet</b> <b>two chairs</b> <b>Mithai (Indian sweets)</b></p>
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## A TYPICAL DAY ON THE FESTIVAL OF TEEJ

3 – 4am, before dawn, eat something, toast & tea, or a little sweet mithai. The day ahead will mean no substantial food so it is important to eat something at this time.

Have a bath/ shower. You can go back to sleep.

12 o'clock pooja can be done as late as 7pmish. Many women sing Om Jai Jagdish aarti. You need to have prepared your usual pooja thali and lit agarbattis (atleast two) or a diya. After this eat some fruit and little mithai. You can drink sherbet (sugared rosewater). Some women are very strict with the fast and do not eat nor drink.

No more food after this. Keep your fast.

Mehndi can be applied on hands and feet. If you are conscious of your appearance then apply a very small design but make a little effort.

Have another bath/ shower in the early evening.  
Prepare your thali (plate offering) with grass and earth. Take some flour and put it into the katori adding some kum kum, coins (do not use copper) sugared water and agarbatti. Add any symbol that evokes God. It could be a miniature symbol of Lord Ganesh for example.

Make the pingo/ jhula (swing).

To do this you can simply take cotton sheet and tie this between 2 chairs. See the picture attached if you need help where a small table has been upturned and used to make the swing.

The thali with all the ingredients need to rest in the swing securely.

You now rock the swing 3 times and recite:

**'Teejri re teejri tu lodi pehnje raaj bhag(a) saah ma lodiya pehnje suhaaga bhag sa'.**

Roughly translated this means:

*'On Teejri Festival may you enjoy with your husband & clan and so I may too share the same luck with my husband'.*

## **TEEJ JI KATHA**

**Teej ji Katha** (the story of Teej) is now read by the Eldest female of the house. A very rough phonetic English translation from Sindhi has been given too.

**LAKSHMICHAND NALE HIKRO SETH DHANI AIN DHARMATMA HO**

Once upon a time there was a man called Lakshmichand

**HUNAKHE HIKRI KANYA AE BA PUTTA HUA**

He had one daughter and two sons

**HUNA PEHNJE KANYA JO VIVAH DOORDESH ME KARAYO HO**

He had got his daughter married in a far away land

**HUNA BAI PUTTA ANYA NANDDAA HUA**

Both his sons were still young

**SETH LAKSHMICHAND KHE YAGNA KARAR JO VICHAR THIYO. UNA LAYE BRAHMAN  
KHA**

Mr.Lakshmichand wished to do Yagna, and so a Brahman was called in

**MAHURAT KADAE PEHENJE BINI PUTTAN KHE PEHENJE KANYA KHE VATHI ACHAR  
LAYE MOKLIO**

to find out an auspicious day. He then sent both his sons to fetch his daughter

**BAI BHAURA PEHNJE BHERA JE GHAR PAUTA AE HUNA KHE GADJI VATHI VANYAR  
CHAYO, PARA UNAN JE BHERA KHE TEEJRI JO VIRT HO.**

Both brothers reached their sister's house with the intention to take her with them, but she had kept the Teejri fast

**JIYE TA BHAURAN KHE TEEJRI JE BARE ME KHABAR KONA HUI, HIK BHAV VAR TE  
CHARI KARE PEHNJE BHERA KHE THALI DEKHARE CHAYO 'DIS CHAND NIKTO  
THAI'**

Unaware of the significance of Teejri, one of the brother's got on a tree and showed his sister a thali - a round metal plate - and told her 'See, the moon is out'

**RUPWANTI THALI KHE CHAND SAMJHI ARG DEI BHOJAN KAYO AE VIRT TORIYO.  
VIRT JE BANG THAR JE KARE, RUPWANTI TO MURS GEHRI NIND ME HALI VIYO.**

Rupwanti, thinking that the thali was the moon, offered her prayers and had her dinner, thus breaking her fast. Since the fast was wrongly broken, her husband fell into a very deep sleep

**JADE RUPWANTI KHE KUCHH BHI SAMJARME KONA PIYO ACHE, UNAN JE  
BHAURAN UNA KHE SABH SACH BUDAYO.**

In order for Rupwanti to understand what was going on her brothers confessed to her what they had done

**RUPWANTI PEHNJE SUHAAG KHE GOD ME SUMARE SAJO SAAL SEVA AE PUJA  
KANDI RAHI.**

Rupwanti laid her husband on her lap and for a whole year kept praying and doing seva

**VARI JADE SAWAN JO MEHNO AYO, TADE TEEJRI JO VIRT RAKHI RAAT JO  
CHANDRAMA KHE KACHE KHEER ME KHAND VIJI ARG DINAI.**

The following year, during the month of Sawan - according to the Western calendar is around the month of August - she kept the Teejri fast, and at night offered the moon her prayers and uncooked milk with sugar

**JADE BACHAL KHEER PEHNJE MURS JE VAAT ME VIDAI, TADE UNAJO MURS  
CHAAK CHANNO BHALO THI VIYO.**

When she fed her husband the remaining milk, he woke up and became well

**JEKO BH PREMI SACHE NISCHAYE SAN TEEJRI JO VIRT RAKHI KATHA PREM SA  
PARANDHO YA BUDANDHO, HUNANJU SABH MANOKAMNAUN SIDH SAKAR  
THINDIYUN.**

Whenever a lover, with a clean and true heart keeps Teejri's fast and reads or listens lovingly to Teejri's story, all his/her wishes will be accepted

## **CAN YOU SEE THE MOON?**

When you have seen a good view of the moon you can now make an offering to it. This is an offering to Chandrama. To do this

Place on your thali a steel glass, with a mixture of milk  
Place another glass which just contains water  
Add money to the thali (no copper coins) you can light an agarbatti too  
Offer to Chandrama

Sprinkle sugared pani (water).

Now recite:

**' Teejri aye khumbra vesa kare (Teejri comes with luck) aayon jo  
goryon (for you I will offer you a jug of milk) lotu kheer bare".**

The pooja is now complete. You can reflect on the day and now eat your meal and relax. In some household the in-laws give the women gifts. This is a beautiful pooja, which points to the sanctity of the relationship between two individuals. It also underscores the power and belief Hindus have in a woman's prayer and blessing. A photo gallery has been attached below. You will notice how similar it is to Karwa Chauth. Visit <http://www.karwachauth.com> to read more about this festival.

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**Application of Mehndi**



**Thali offerings**



**Rosewater**



**A typical pingo/ swing**



**Inside the swing**



**The swing is rocked 3 times**



**Teej ji Katha is recited by an elder**