



# Everyday Temple Activities

## Kailasa Seattle

December 22 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 Sarvajnaapeetam – 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

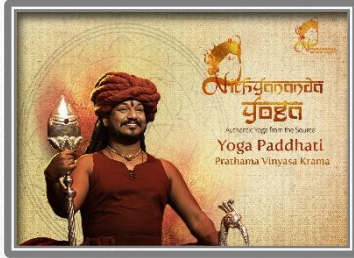
Sacred process of putting the deities to sleep

Today's activities were performed by Sri Priyabhakta, Ma Sunitha





## 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

3 new posts were created in FB, Instagram & Twitter – Reaching out with messages & teachings of HDH. These photos reached 80 people on Facebook. 2 pictures were edited today



### Nithya Dhyana Meditation

Consciousness Studies & Practices, conducted online Nithya Dhyana Meditation in the evening at 7pm PT. Meditation is conducted thrice a week (Tue, Wed & Thu) online for free at 7pm PT.

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



## 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