

NEW GUIDELINES FOR VISITS TO SRI SAKTHI AMMA'S PEEDAM

'LADIES HOLIDAY'

Updated August 2018

Amma has advised not to do puja at home during 'ladies holiday'.

Chanting is allowed, but no puja.

Amma said, it's "detoxification happening monthly in our body. And these are discharged through the monthly periods for women."

She mentioned "even the cloth worn during those days - if it is over holy basil plant - the plant can wither or die.'. Tulsi is very sensitive to these energies.

When asked how the detox happens for men, She said, "men usually shave - it's through their beard. Those days men used to shave once a month!"

It makes sense then to give rest to the body during the monthly detox time. It's also a time when the body is very sensitive.

When visiting Amma's Peedam, during your 'holiday time', please follow the new rules:

The first 2 days

No going to any temple or any pooka or even walk around the Star Path, Ghoshala or food seva. Literally rest in Kamala Nivas.

Day 3 & 4

Can attend Amma's pooka ONLY in Shanti Mandapam.
NO going around temples in Peedam or Sri Puram and other pooja, yagam, yantra pooja or to Sri Bhavan or Sakthi Bhavani.

Day 5

Can go to temples but no seva inside temples.
Walk around Star path and food seva allowed.

Day 6

Allowed everywhere

These are the new rules and we hope and request all follow these guidelines.

Om Namō Narayni