

**SHRI
SATHYANARAYANAYA
KATHA**

**WHAT IS THIS KATHA ABOUT
AND WHY WE DO IT?**

**“OM SHRI SATHYANARAYANAYA
NAMAH “**

Lord Krishna's teachings in Gita..



Lord Krishna says in Bhagavad Gita (Ch4.9) "One who knows My divine birth and activities will not be born again". *Sri Sathyanarayana katha is one such activity of the Lord, by studying which we have every chance of being liberated.* Sri Sathyanarayana katha forms a vital and integral part of this Satyanarayan Vrat pooja. Not listening to the katha will be a major loss.

Lord Krishna's teachings in Gita..



Repeatedly chanting the Lords name with love and hearing the stories to practice the morals in our life, will make us more and more interested in the Lord and His activities. As the Lord Himself says further in Gita (Ch9.14) **"The Mahaatmaas among devotees, always speak and sing My glories, and try with determination, to realize Me"**.

Chapter 1: The origins of this Katha



Chapter 1: The origins of this Katha

Shri Satya Naaraayan Kathaa begins with the concerns of Naarad Muni who is disturbed by the sufferings of people on earth due to their bad / evil actions. So Lord Vishnu recaps the teachings of Law of Karma to Narad. Our good actions like helping others reward us with fruits of various enjoyments on this earth. Equally the bad actions such as harming others will produce negatives fruits in the form of sufferings. At the time of such hardships we do not realize that it is our own past actions that are causing us the suffering today. Some actions bear fruit immediately while some actions take a long time before we can see the results of our actions. (Example: School exams have results in a short time but getting a High School Diploma takes 12 years before you get the Certificate, it cannot happen in one year).

Chapter 1 (contd): The origins of this Katha

It is necessary to understand that sufferings are also beneficial to the individual as they make one introspect, to reason out, why the sufferings have occurred. *The goal is to lead the individual to the higher spiritual planes, to end in merging with the highest divinity (param aatmaa).* All living beings are programmed to achieve this goal. The whole cosmos with all its contents – animate or inanimate are part of the param aatmaa and are set to merge in that aatmaa. Good actions quicken the process whilst bad actions resulting in various sufferings slow down the process – however that too, is to teach the individual the true goal of life.

Chapter 1 (contd): The origins of this Katha

Divine souls never ask God just to bless them only. Their actions always benefit others and society in general. The sufferings due to our bad actions can be quite prolonged. Bhagvaan Satya Naaraayan's Vrat / worship acts as a catalyst to overcome and end such prolonged suffering much quickly and augment peaceful divine life – showering the worshipper with his blessings. Mother Lakshmi confers her grace on the worshipper with the righteous wishes and aspirations of the worshipper being fulfilled. Such is the compassion of Bhagvaan Satya Naaraayan.

Chapter 1 (contd): The origins of this Katha

The Vrat should be done with love and faith. Chanting the name of GOD together with your friends is the main goal of the Vrat. The family or individual doing the Vrat is expected to follow a righteous / divine path of life. The individual must not harm others knowing that they are all part of the great divine being (param aatmaa) just like oneself. It also requires the worshipper to help others (do seva) in all walks of life. The worshipper should constantly try to go within and recognize the divine qualities of love, compassion and happiness.

Chapter 1 (contd): The origins of this Katha

It is important for the worshipper to know that all the possessions and wealth are the blessings of Bhagvaan. They need to be accepted from Bhagvaan as his grace (prasaadam). The worshipper must renounce all his worldly possessions to Bhagvaan, being aware that they are given to him for his life and more importantly to share with others in need. Everything in life needs to be accepted as Prasaadam of Bhagvaan. Show of wealth and ego are not pleasing to Bhagvaan. Bhagvaan requires from us true faith and devotion, which bring us very close to him and Mother Lakshmi.

Chapter 1 (contd): The origins of this Katha

All those attending the Pooja are given the Prasad with respect. The performers of the Pooja partake the Prasad with all, with humility, devotion and love so that all the negative feelings of hatred, jealousy and greed among all the gathered is thrown away. Thus the performer gets his wishes fulfilled.

END OF CHAPTER 1:

*“OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH”*



Chapter 2: Sri Lord Narayana tells Narada the further story

There was an old and poor Brahmin in the city of Kashi. He was a man of virtue and good character but was extremely poor. The lord came in the guise of an old Brahmin and inquired, "Tell me my friend, how can I help you?". The brahmin replied "I am an old and very poor man and I shall be grateful if you can tell me how to get rid of this poverty of mine which does not seem to leave me". The Lord replied "Do your actions with full love and devotion from now on and do this Vrata (fasting with devotion) and you will see a difference.

Chapter 2 (contd): Sri Lord Harayana tells Harada the further story

The poor man now desired to do this Vrata and pondering over these thoughts of the Lord, he went to bed. He could not sleep on account of these thoughts. Again in the morning he had same thoughts and he says to himself, "Whatever I earn today I shall use it to perform the Vrata". **The Lord does not want our material possessions, he is won by the genuineness of our feelings, so on that day the Brahmin got plenty of money and thus pleased, he took the necessary articles and performed the Vrata.**

Chapter 2 (contd): Sri Lord Harayana tells Harada the further story

He found lots of peace within and shared this Vrata with everybody in the village. Since he started doing his actions with love and faith he had good results and he did not ever have to ask (beg) from others.

MORAL: Do your actions with full love and devotion, which means do not do it with an attitude of inferiority or superiority, or with worries or doubts in your heart. LOVE GOD and thank him for everything you have and do your actions properly.

END OF CHAPTER 2:

*“OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH”*



Chapter 3: Suta Puranikji continues the story:

Once there was a good king. He was wedded to truth and sense-control. Everyday he used to go to the temple, worship the Lord, and distribute alms to the needy. **Once he was performing Sri Satyanarayana Vrata on the banks of a river.** At that time there came a merchant in a ship loaded with precious goods. He approached the king and was curious to know about the pooja and understand the reasons and fruits of performing it. **The king explained, "My friend, what we are doing is a Vrata called Sri Satyanarayana Pooja. We are worshipping Lord Narayana or Mahavishnu".**

Chapter 3 (contd): Suta Puranikji continues the story:

The merchant said, "Please tell me the details as to how to perform this Vrata, because I would like to have a child, as we have not been fortunate to have a child even after many years of marriage." The king told him about the Vrata in detail and the merchant returned home. He narrated it all to his wife and they took a resolution to perform this Vrata once they have a child.

Chapter 3 (contd): Suta Puranikji continues the story:

Sometime later his wife Lilavathi became pregnant and delivered a girl who was named Kalavathi. Lilavathi reminded her husband about the Vrata but he became quite casual and kept on postponing it. On Lilavathi's persuasion he convinced her that they would now perform the Pooja on the auspicious occasion of their daughter's wedding. Years went by and his daughter grew of age and was ready to be married. The merchant found a suitable groom and married his daughter off and in all the preparations and celebrations, again forgot to perform the Vrata.

Chapter 3 (contd): Suta Puranikji continues the story:

The merchant and his wife Lilavathi had not kept their promise they had given to the Lord twenty years ago. They had got into a habit of saying things and not following their promises. The merchant had all that he desired for but the merchant had forgotten to thank GOD and do good deeds of charity. The Lord now wanted to remind him.

Chapter 3 (contd): Suta Puranikji continues the story:

Law of Karma applies to all living beings. Due to all this bad karma their family had been doing it was now time to pay for the bad karmas and go through many difficulties. They saw a big loss in their business, they started getting health problems. The Merchants wife remembered that they are paying for their own bad deeds and so she took the first step of correcting it.

They decided to do the Satyanarayan Vrata and started following the rules of living righteously, slowly their conditions improved and they all could live happily again.

Chapter 3 (contd): Suta Puranikji continues the story:

MORAL: Promises are meant to be kept. Always keep your word. Think before talking and giving your word. Once you say something try your best to keep your word, do not become selfish and forget what you had told.

END OF CHAPTER 3:

*“OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH”*



Chapter 4: Sutaaji continues the story:

The merchant still was not able to give up his habit of lying. The merchant and his son-in-law were once returning from a business trip with a ship full of precious merchandise. *The Lord in order to test him again, comes in the form of an old Sanyaasi (Saint) and inquires as to what is the cargo in his ship.* **The merchant simply bluffs** and says that it contains only dried leaves. To this, the Sanyaasi smiles and says "Tathaasthu" (So be it). When the merchant goes back to the ship he finds that it now does contain dried leaves only. He gets a shock and falls down and when he regains his consciousness he realizes that these are doings of the Sanyaasi whom he had lied to earlier. He goes and finds the Sanyaasi and begs for forgiveness. The ever-merciful Lord again forgives him.

Chapter 4 (contd): Sutaji continues the story:

The merchant sends a messenger to Lilavathi his wife, to let her know that they are on their way home. Lilavathi, tells her daughter, Kalavathi to complete the Satyanarayana Pooja they were performing and goes ahead to receive them. Kalavathi does the Pooja, but in a hurry to meet her husband, she neglects to take care of feeding the guests.

Chapter 4 (contd): Sutaji continues the story:

She too reaches to see them and tells her husband that she had quickly wrapped up everything to meet him. **The merchant who has now learnt the importance of being truthful and keeping your given word, explains to his daughter that what you did is not a righteous action. It is important to complete the task in your hand and then run for other things.** After reaching home, the family worships and takes the Prasad together. Kalavathi also takes the Prasad with all faith and reverence. She personally carries the Prasad to all her friends and even distributes it amongst the other villagers.

Chapter 4 (contd): Sutaji continues the story:

MORAL: Do not ever lie even for the sake of just a quick thoughtless answer. Lying is a bad habit. Always complete any given task in the best manner and perform your actions with sincerity and faith.

END OF CHAPTER 4:

*“OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH”*



Chapter 5: The story of a good and righteous king who had to suffer because of false ego!!

Once, this king was returning from the forest. He rested for a while under a tree when he saw that a few yards away a small group of cowherd boys had gathered to perform Sri Satyanarayana Pooja. They did not have anything except their daily bread they were carrying, yet devotedly they were performing the Pooja. At the end of the Pooja, they offered the Prasad to the king who out of contempt and pride did not respect it and rudely left the place.

Chapter 5: The story of a good and righteous king who had to suffer because of false ego!!

GOD does not like when you start treating others badly. GOD exists in all and everybody's faith and love should be respected. The King was getting into the bad habit of feeling superior and this habit slowly caused him lots of suffering as years went by. *As his sufferings increased, and while he was contemplating he remembered to perform the Satyanarayan Vrat himself and this inspired him to live a righteous life.*

Chapter 5: The story of a good and righteous king who had to suffer because of false ego!!

Slowly and steadily he kept improving himself, to become humble and honest. He realized that *GOD is the controller of this world and every human being has GOD within.* His ego started to disappear and he became kind and learned to respect all. Thus his difficulties went away.

Chapter 5: The story of a good and righteous king who had to suffer because of false ego!!

Sutaji now tells the Rishis that this Vrata is specially effective in Kaliyuga. This Lord of Lord is called Ishwara, Sri Satyanarayana and by many other names. He alone has taken many names and forms. *Law of Karma applies to all, no one can escape from it, prayers help us to gain wisdom if the rituals and prayers are done with proper attitude. One who takes the effort to follow the righteous path of Honesty, Hard work and Kindness, and does the Vrat by fasting on the full moon, being grateful to GOD and remembering GOD with love on that day, and reads the stories to re emphasize the morals of life and then eats the Saatvik food served to GOD; such a devotee will be bestowed with wisdom and grace of GOD.*

END OF CHAPTER 5:

*“OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH
OM SHRI SATHYANARAYANAYA NAMAH”*

