

## More info on Mangal-deva and D.I.Y. Mangal Graha Shanti Puja

### Fasting for the propitiation of the MARS PLANET – MANGALA-DEVA.



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There are many ways to nullify a malefic planet and fasting is one of the most effective and easiest methods of propitiation of a particular planet and in this case **MANGALA-DEVA**.

The Advantages to be gained from a Tuesday (Mangal) Fast – helps in /aids with /success in/with...:- Freedom from infections, good health, victory over your enemies, blessed with a child, stability, prevention from heart diseases, prosperity, ownership of land, house and vehicle benefits.

The Lords to be worshipped while fasting on a Tuesday:- Shree Hanumanji, Mother Gauri (Parvati), Mother Kali, Mother Durga.

One should commence the Mangala-deva Vrata Fast on a Tuesday for the protection from the malefic effects of the Mars Deity and it should be observed during the Mars transit, major period, or his sub-period. Do note that you only observe a fast/vrata if your birth chart indicates that the Mars Deity is currently maleficly affecting you. This, the astrologer whom you sought help from, will be able to advise you further with. (DO NOT USE INTERNET SITES FOR THIS – It's much more intricate than what many perceive.)

Puja Rituals... Fasting on Tuesday for Mars (Mangaladeva):- The fasting for Mars should commence on a Tuesday falling in Shukla Paksha (bright half of the lunar moon). The minimum number of **consecutive** Tuesdays that you should observe this saltless fast is 21 and the maximum is 45 Tuesdays. Salt based foods cannot be consumed while fasting on Tuesdays.

**You should start your fast from (2018 DATES):-**

JANUARY:- 23, 30,  
FEBRUARY:- 20, 27  
MARCH:- 20, 27  
APRIL:- 17, 24  
MAY:- ---  
JUNE:- 19, 26  
JULY:- 17, 24  
AUGUST:- 14, 21  
SEPTEMBER:- 11, 18  
OCTOBER:- 16, 23  
NOVEMBER:- 13, 20  
DECEMBER:- 11, 18 ..... **FOR MARS.**

The number of fasts should be for 21 or 45 consecutive **TUESDAYS**.

This fast starts from sunrise **TUESDAYS** and ends sunrise the following morning.

On a Tuesday morning the observer of this fast must first bathe and wear fresh clean clothes. Then proceed to your prayer place where your Lord Hanumanji picture or Murti is at. \*\*\* “Have all the requirements for the Puja arranged beforehand on a tray”. Pour a little water into your hand from your small lota and sip it three times chanting "Om Vishnu" (Wash your hands after each Om Vishnu chant). Now wipe your hands. On a tray have the following, one incense, some red flowers, a clay lamp with camphor in it (which must be lit), small lota with (water mixed with milk), Sindhoor (in a small container), and a coconut. In a clockwise direction turn the tray (which has all the items) 7 times around Shree Hanumanji's Murti or picture and pray to Shree Hanumanji that you are protected by him at all times. Then chant the Hanumanji's Chalisa once, or the Hanumanji's Beeja mantra. “Aum aeem bhreem hanumate, shree raam dootaaaya namaha” X 108 - meaning: “We pray and offer our most humble obeisances to Shree Hanumanji, who is the greatest servant and messenger of Shree Raam.

To have the full benefits of the fast you should abstain from salt for the entire fasting day period. During the day one may of course feel hungry and below we have given a few delicious saltless recipes. “But strictly speaking on a Tuesday fast, Halwa made of wheat or other sweet dishes made from flour should be consumed”. I personally like interesting things to eat when observing a fast, so we have compiled quite a few interesting eats. Remember fasting don't have to be austere rather interesting.

\*\*\* During the day besides enjoying your eats, one should chant the Mars mantra to appease Lord Mangaladeva (Mars).

Just before sunset (or when you returned home from work) have a bath and put on clean clothes, and then proceed to your prayer place. For MARS wear RED clothes. Offer incense, lamp and flowers (7 times in a clockwise direction) to Mangaladeva's picture (**given above**) and recite the following mantra of **MARS (1 X 108 times)**. “Om ang angaarkaaya namah”

After the 21 weeks of Tuesday fasting a havan needs to be performed to conclude the fast.

\*\*\* The Mangaladeva's D.I.Y. Puja and Havan is provided below.

**N.B. When I say that you must fast for 21 or 45 consecutive weeks it must be consecutive weeks otherwise you have to restart all over again with the fasting... If you are a female and have your monthly periods you can still continue with the fast.**

**The only time you must stop the fast is if there is a close family death...**

After the Mangaladeva Puja and Mangaladeva Havan is completed it's advised to donate:- 200g Lentils, 200g Sugar, 200g ghee, One metre red cloth, 200g Wheat, 200g Sugar candy, 1 small copper lota, 1 coconut and Cash (according to your means - even if it's SA R10) and donate the items to a Priest or a Poor Person, 50 MINUTES BEFORE SUNSET ON YOUR FINAL 21ST TUESDAY FAST.

(Do note if the priest is a fussy person then I would rather suggest donating the items to a person who would really appreciate it - i.e. a poor person).

### **Remedial measures - mantras**

Brihat-Paraashara-Horaa-Shastra

Chapter 84. Remedial Measures from the Malevolence of Grahas

Verse 1. "Maitreya said. O Venerable Sage! Please describe for the good of mankind the remedial measures for appeasement of the malevolent Grahas."

Verse 2. "The Sage replied. I have already described the names and characteristic features and qualities of the Grahas. Joys and sorrows of all the creatures in the world are dependent on these Grahas. Therefore persons desirous of peace, wealth and prosperity, rainfall, good health and longevity should worship the Grahas (by prayers, recitation of Mantras, charity etc.)."

Verses 17-20. "The Mantras of all the Grahas and the prescribed number of their recitation are given below. The recitation of Mantras should be done after worshipping the Grahas, as indicated in verses 15-16. Graha Mantra prescribed number: Surya 7000, Chandra 11000, Mangal 11000, Budha 9000, Guru 19000, Shukra 16000, Shani 23000, Rahu 18000, Ketu 17000."

Verses 26-27. "The Graha, who is the cause of adverse effects to a person at any time, should be handled by worship and appeasing (of the benevolent ones), because Lord Brahma has blessed the Grahas with the boon "Do good to the person, who worships you". And the development and progress and downfall of the people and the creation and destruction of the universe are all under the administration and authority of the Grahas. Therefore they are most venerable."

### **Chanting mantras for the propitiation of the MARS PLANET - MANGAL-DEVA.**

There are many ways to nullify a malefic planet and chanting one of these methods for propitiation of a particular planet and in this case **MANGAL-DEVA**.

\*\*\* This is for those devotees who cannot observe a **SALT-LESS FAST**.

**The Advantages to be gained by chanting Mangal-deva's mantra on a TUESDAY:-** Freedom from infections, good health, victory over your enemies, blessed with a child, stability, prevention from heart diseases, prosperity, ownership of land, house and vehicle benefits.

**The Deity to be worshipped:-** Mangal-deva

One should commence chanting Mangaldeva's Mantra on a Tuesday for the protection from the malefic effects of the Mars Deity and it should be chanted during the Mars transit, major period, or his sub-period. Do note that you only chant this mantra if your birth chart indicates that the Mars Deity is currently malefically affecting you. This, the astrologer whom you sought help from, will be able to advise you further with. **(DO NOT USE INTERNET SITES FOR THIS** – It's much more intricate than what many perceive.)

**Chanting Procedure for Mars (Mangal-deva):-** The commencement for the Mars Mantra chanting should commence on a Tuesday falling in Shukla Paksha (bright half of the lunar moon).

**You should start your fast from (2018 DATES):-**

JANUARY:- 23, 30,  
FEBRUARY:- 20, 27  
MARCH:- 20, 27  
APRIL:- 17, 24  
MAY:- ---  
JUNE:- 19, 26  
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AUGUST:- 14, 21  
SEPTEMBER:- 11, 18  
OCTOBER:- 16, 23  
NOVEMBER:- 13, 20  
DECEMBER:- 11, 18 ..... **FOR MARS.**

On the Tuesday morning the observer of this chanting procedure must first bathe and then wear fresh clean red coloured clothes. Then proceed to your prayer place where your Lord Hanumanji picture or Murti is at. \*\*\* “Have all the requirements for the Puja arranged beforehand on a tray”. Pour a little water into your hand from your small lota and sip it three times chanting "Om Vishnu" (Wash your hands after each Om Vishnu chant). Now wipe your hands. On a tray have the following, one incense, some red flowers, a clay lamp with camphor in it (which must be lit), small lota with (water mixed with milk), Sindhoor (in a small container), and a coconut. In a clockwise direction turn the tray (which has all the items) 7 times around Shree Hanumanji's Murti or picture and pray to Shree Hanumanji that you are protected by him at all times. Then chant the Hanumanji's Chalisa once.

Then proceed with your prayers to Mangal-deva. Also beforehand make sure you have a set of 108 mala beads. I would humbly advise to use the Rudraksha Mala beads. (Rudraksha beads are very useful and keeps the blood pressure of the person who wears it normal and makes him/her virile. It is also useful in the development of one's intellectual faculty. It renders mental peace to the person and benefits in business and trade).

\*\*\* “Have all the requirements for the Puja arranged beforehand on a tray”. On a tray have the following, one incense (which should be lit), some reddish coloured flowers, a clay lamp with camphor in it (which must be lit), sweet rice in a small bowl, and 3 types of fruits (red coloured apple, banana, orange). In a clockwise direction turn the tray (which has all the items) 7 times around Lord Mangal-deva to be kind and merciful to you and bless you for chanting his \*\*\* Beeja Mantra.

\*\*\* (Beeja mantra is a seed (Beej) when sown grows into a fruitful tree. There are various Beej Mantras which are an important part of Mantras and each Beej mantra has its own power and when mixed with mantras adds extra power to the traits of that mantra).

### **Mangal-deva's Beeja Mantra**

**Om Kraam Kreem Kraum Saha Bhaumaaya Namah X 11,000**

**(Meaning:- I offer my most humble obeisances to the Mars Deity -  
Mangaldeva)**

So the above mantra is now chanted. If we divide 11,000 by 108 we get almost 102 rounds. When I chanted the above mantra (and I was not rushing and chanting the mantra) it took

me around 5 minutes to complete one round of 108 mantras so this will make chanting 20 rounds will take me approximately one hour and 45 minutes of continued chanting.

Depending on the speed **(DO NOT RUSH AND CHANT THE MANTRA MAKE SURE EVERY WORD IS CLEARLY PRONOUNCED)** on how you chant the mantra you can divide the 11,000 mantras over a period of say FIVE (5) Tuesdays. But the issue here is that if you chant say 20 X 108 = 2160 Mangaldeva's Beeja Mantras, the following Tuesday you cannot chant less than 2160. So again if you chant say 2160 mantras (20 rounds of Mala) for 4 Tuesdays that gives us 8640 mantras chanted or 80 rounds of Mala, then on the final Tuesday (which will be the 5<sup>th</sup> Tuesday) chant 2360 mantras which is just under 22 rounds of Mala which makes 11,000 mantras in total. Do note that the 11,000 mantras must be completed within 21 consecutive Tuesdays, otherwise it has to be restarted all over again. If you can, you can chant the entire 11,000 mantras on one day. But it's not very easy to complete almost 102 rounds or 11,000 mantras of chanting in one day. Also note if you have to urgently visit to the loo, you need to remove the clothes you wearing and after relieving yourself you need to have a bath and then wear the clothes again. You can also drink water in between the mantras, just wash your hands with the water from the lota and then resume chanting. You can also have a 5 minute break between each round if you are tired.

After the 11,000 mantras has been chanted a Mangal-deva's Puja and Havan needs to be performed to conclude the Mantra chanting procedure.

\*\*\* The Mangaldeva's D.I.Y. Puja and Havan is provided below.

After the Mangaldeva Puja and Mangaldeva Havan is completed it's advised to donate:- 200g red Lentils, 200g Sugar, 200g ghee, One metre red cloth, 200g Wheat, 200g Sugar candy, 1 small copper lota, 1 coconut and Cash (according to your means - even if it's SA R10) and donate the items to a Priest or a Poor Person, 50 MINUTES BEFORE SUNSET ON YOUR FINAL TUESDAY CHANTING.

(Do note if the priest is a fussy person then I would rather suggest donating the items to a person who would really appreciate it - i.e. a poor person).

## **DIY Mars (Mangal-graha) Shanti Puja.**

Provided below is a very simple D.I.Y. Mangal Graha Shanti puja proper. One will say hmmm, this is very easy and will it work, aren't I supposed to be engaging the services of a priest, etc. The whole idea about creating DIPIKA is to make my fellow humans self sufficient, and only be dependent on is the Supreme Lord Himself. Whether one performs an elaborate prayer or a simple prayer all that really matters is the faith that one contributes to that prayer... Another point to note is that many who seek my help and advice, are generally financially distraught, hence I am making everything simple and very cost effective.

After one completes one's Mangal salt-less fast for 21 Tuesdays or Mangal-graha mantra discipline one needs to culminate the preceding disciplines by performing a Mangal-Graha Homam (Havan/Yajna).

This Homam (Havan/Yajna) should be performed on a **TUESDAY** between sunrise – 08h59 OR 10h31 – 13h29 OR 15h01 – 17H00. The duration of the puja is approximately half an hour.

On a Tuesday the observer of the fast or chanting procedure must first bathe and wear fresh clean red coloured clothes, thereafter proceed to your prayer place. Have all the

requirements for the Puja and the havan arranged beforehand on a tray.

**For the Puja proper:-**

On your tray you should have the following:- 1 large tray (to place all your puja items on that tray), 1 large rectangular tray, 1 banana leaf the size of your rectangular tray, 1 small Ganesh murti/picture, the laminated picture of Mangal-deva picture, a laminated picture of Lord Vishnu picture, small bowl of sweet rice (use the same bowl for the havan), a small lota/chumbu/cup add water with a small spoon, 5 incense sticks, one incense holder, 2 blocks of camphor, 1 box matches, a small clay lamp which should be placed on a saucer, 10 betel leaves, 10 round betel nuts, 200g white rice, small bowl of red flower petals, 1 small hand towel, make one Kusha ring with kusha grass, 50g chandan powder (on a saucer and add water to make a paste). On a saucer keep a small clay lamp add, some ghee and a wick). Also make sure you have a set of 108 mala beads.

Place tray on the floor, and then place the banana leaf on top of the rectangular tray - (this is your bedi), place on the banana leaf the Lord Ganesh Murti and next to Lord Ganesh place the Mangal-deva picture. Place the clay lamp which is on a saucer (and which has the ghee and wick) next to Lord Ganesh, and on the lamp's right hand side place Lord Vishnu's picture. Now sit facing East or North. Pour a little water into your hand from your small lota and sip it three times chanting "Om Vishnu" (Wash your hands after each Om Vishnu chant). Now wipe your hands. Anoint your third eye (the place between your eyebrows) with a chandan dot, place your kusha ring on your ring finger of your right hand.

Next take 1 betel leaf, on top of that betel leaf add some red flower petals and some rice and say in English "O Supreme Lord on this day (state the Vedic date (like pratipat), English month (like January) and place (like Durban) where you performing this prayer – this information you will obtain by clicking [{HERE}](#)), I (state your name and surname) am performing my Mangal-graha Shanti Prayers. (Do note if you prefer having the correct Vedic names for the above then you have to consult and ask your pundit). Leave the betel leaf, flower petals and rice on the banana leaf by Lord Ganesh.

**GANESH PUJA:-** Take 1 betel leaf, on top of that betel leaf place 1 betel nut, few grains of rice and few red flower petals and pray to Shree Ganeshji chanting his mantra...

“Om ganapati devata aa-vaa-hayaa-mee sthaapa-yamee, Om ganapataye namah”

And then place the betel leaf (and its ingredients) on the banana in front of Lord Ganesh's murti/picture. Do note the tip of the betel leaf should be facing you. Now offer Lord Ganesh 4 drops of water, chandan dot, sprinkle rice and then flower petals, offer one stick of incense (turn the incense around the murti/picture 7 times in a clockwise direction, and place in the incense holder, next offer the clay lamp on a saucer (which has a small piece of camphor in it, light it) and turn the lamp around the murti/picture 7 times in a clockwise direction, offer a spoon of sweet rice on the betel leaf and then place a betel leaf with a betel-nut next to Lord Ganesh's betel leaf and then finally offer the clay lamp (7 times around the murti) to end.

**MANGALDEVA PUJA:-** Then take another betel leaf, on top of that betel leaf place 1 betel nut, few grains of rice and few red flower petals and pray to Mangal-deva chanting his mantra... “Om Bhauma devata aa-vaa-hayaa-mee sthaapa-yaamee, Om Bhauma-devaya namah”, and then place the betel leaf (and its ingredients) on the banana leaf in front of Lord Mangal-deva's picture. Do note the tip of the betel leaf should be facing you. Now offer Lord Mangal-deva 4 drops of water, chandan dot, sprinkle rice and then flower petals, offer one stick of incense (turn the incense around the murti/picture 7 times in a clockwise direction, and place in the incense holder, next offer the clay lamp on a saucer (which has a



small piece of camphor in it, light it) and turn the lamp around the murti/picture 7 times in a clockwise direction, offer a spoon of sweet rice on the betel leaf and then place a betel leaf with a betel-nut next to Lord Mangal-deva's betel leaf and then finally offer the clay lamp (7 times around the murti) to end.

Light the wick of the clay lamp which is on a saucer (and which has the ghee and wick). Once lit pray to Mother Lakshmi for Her blessings for your puja.

**VISHNU PUJA:-** Then take another betel leaf, on top of that betel leaf place 1 betel nut, few grains of rice and few red flower petals and pray to Lord Vishnu chanting His mantra...

“Om Vishnu bhagavaan aa-vaa-hayaa-mee sthaapa-yamee, Om Vish-nave namah”, And then place the betel leaf (and its ingredients) on the banana leaf in front of Lord Vishnu's picture. Do note the tip of the betel leaf should be facing you. Now offer Lord Vishnu 4 drops of water, chandan dot, sprinkle rice and then flower petals, offer one stick of incense (turn the incense around the murti/picture 7 times in a clockwise direction, and place in the incense holder, next offer the clay lamp on a saucer (which has a small piece of camphor in it, light it) and turn the lamp around the murti/picture 7 times in a clockwise direction, offer a spoon of sweet rice on the betel leaf and then place a betel leaf with a betel-nut next to Lord Vishnu's betel leaf and then finally offer the clay lamp (7 times around the murti) to end. The havan proper now commences.

### **HOMAM (HAVAN/HAVAN)**

**For the Havan proper:-**

On your tray you should have the following:- One packet havan wood; 100g Navadhan (9 grains), 100g red lentils (masoor dhal), 100g sugar candy, 100g wheat (Hindi-Gehu//Tamil-Godhumai), 100g \*\*\* {Guggal} (a brown-ish resin), 100g \*\*\* {Gur/Jaggery}, 100g of Lobhan (Samarani), 100g Til; 100g Barley (Jau) grains, a medium size bowl for the havan samaghree ingredients, 100g ghee in a small bowl with a Table spoon, 3 pieces of Sandalwood sticks.

\*\*\* (If you don't know what “Guggal” and “Gur/Jaggery” is please press “CTRL and enter” above (on the aforementioned words) – for a detailed explanation)

The Havan kund should be place on a metal rectangular tray. Place 4 equal length Kusha (Kush grass/Darbha grass) on the outside of the four sides of the kund, add about 3 hands-full of clean sand in the havan kund (this is done so that the ghee wouldn't leak from the Kund), place the wood neatly in the kund. On top of the wood sprinkle some red sindhur powder.

Now in your samaghree bowl add the remaining white rice (that you have from the puja), the Navadhan, Til, 1 Tsp of sweet rice, Guggal, red lentils, sugar candy, wheat, Gur, barley, Lobhan, 2 Tsp's of ghee... Mix the ingredients well. This is your Havan samaghree, I would advise to refrain from adding the ready made(store-bought) havan samaghree as these days that samaghree is just powder and mass produced.

Place a camphor tablet on a table spoon and kindle the camphor tablet and place in the havan kund while you chant “Om Bhoor Bhuvah Swaahaa”, repeat twice more times i.e. two more camphor tablets.

When the fire is nicely alight, put your two palms together and pray to Agni-deva inviting Agni-deva to enter into the kund and kindly accept the grains that you will be offering shortly, chanting... “Om Agni-devata aa-vaa-hayaa-mee sthaapa-yamee, Om Agni-deva namah”.

Now offer one stick of incense (turn the incense around the fire 7 times in a clockwise direction, and place in the fire, next offer the clay lamp on a saucer (which has a small piece of camphor in it, light it) and turn the lamp around the fire 7 times in a clockwise direction, offer a spoon of sweet rice on the betel leaf into the fire, offer some flower petals into the fire and then finally offer the clay lamp (7 times around the fire) to end.

Next sprinkle, water around the havan kund 3 times in a clockwise direction.

Take 3 pieces of Sandalwood sticks, dip the three sticks in the ghee, and then offer one stick into the fire while chanting "Om Bhoor swaahaa", the second stick with the mantra "Om bhuvah swaahaa" and the third and final stick with the mantra "Om svah swaahaa"...

Place the havan samaghree bowl in front of you. Do remember that at every swaahaa offer samaghree and/or ghee. Now you can commence with the Havan proper...

**Chant:-**

Om ganapataye swaahaa x 1

Om agnaye swaahaa x 1

Om somaya swaahaa x 1

Om praja-pata-ye swaahaa x 1

Om indraya swaahaa x 1

Om bhuh swaahaa x 1

Om bhoovah swaahaa x 1

Om svah swaahaa x 1

Om bhoor bhuvah svah swaahaa x 1

Om Hraam Hreem Hraum Saha Sooryaaya swaahaa x 9

Om Shraam Shreem Shraum Saha Chandraaya swaahaa x 9

Om Kraam Kreem Kraum Saha Bhaumaaya swaahaa x 108 (you use the 108 mala beads for keeping track the number of mantras chanted)

Om Braam Breem Braum Saha Budhaaya swaahaa x 9

Om Graam Greem Graum Saha Guruve swaahaa x 9

Om Draam Dreem Draum Saha Shukraaya swaahaa x 9

Om Praam Preem Praum Saha Shanaish-charaaya swaahaa x 9

Om Bhraam Bhreem Bhraum Saha Raahave swaahaa x 9

Om Shraam Shreem Shraum Saha Ketve swaahaa x 9

Om aim hreem kleem chaamun-daayai vich-chai swaahaa x 9

Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam  
urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaata swaahaa x 11

Om Hanumate swaahaa x 1

Om Shreem Mahaa-lakshmi-yai swaahaa X 1

Om Vishnave swaahaa X 1

Sprinkle water around the havan kund three times.

Offer samaghree 21 times with the Maha Mantra " Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare " to atone for any mistakes committed during the havan.



Lastly – **the final offerings (Purna-Ahuti):-** Place the remaining betel leaves on a tray and on that betel leaves place the balance of the samaghree on top of the leaves, on top of this place the rest of the betel nuts, some ghee and chant the following mantra

“Om sarvam vai poornam swaaha”

And place this in the middle of the fire. Offer the rest of the ghee into the fire.

You can now chant the Mangaldeva Aarti. The Mangaldeva Aarti is given on this NAVAGRAHA sub-menu... Hmm can't find it (ctrl+click [HERE](#)).

**Shanti Paath Mantras:-** Put your two palms together in the Namaste position... and chant...

Om Dyauh Shanti  
Ranta-riksha Gwam Shanti  
Prithvi Shanti Rapah Shanti  
Rosha-dhayah Shanti  
Vanas Patayah Shanti  
Vishva Devah Shanti  
Brahma Shanti Sarva Gwam Shanti  
Shanti Reva Shanti Sama Shanti Redhi  
Om Shanti Shanti Shanti Om

Now take the 4 kusha grass around the Kund and your kusha grass ring and mix with the final remains of the ghee in the ghee bowl and offer into the fire.

Once this is complete, kindly request Lord Mangaldeva, Lord Ganesha, Lord Vishnu and the rest of the Devi's and Devas to forgive you for any shortcoming committed while you performed the puja and havan and then request them to kindly return to their divine abodes, and chant the Maha Mantra (above) once to end. Bow down to the bedi and havan kund.

**A word of note:-** The puja items used in the puja above, put that into the havan kund and make sure everything is fully burnt and I would advise instead of disposing the remains into a local river, you should bury the burnt samaghree in the 4 corners of your yard... This is **DIPIKA'S** stance on taking care of Mother Earth. Jai Hind.

So the questions begs can one perform a Navagraha Shanti Puja and Homam (havan) on \*\*\* Ekadashi?

Yes that's fine as long as the food that is offered to Shree Ganesh is **non grain** foods i.o.w's don't offer the sweet rice mentioned in the puja use cut fruits instead. The grains that are offered into the fire are ultimately for Shree Vishnu.

\*\*\* Don't know what the Ekadashi fasting day is all about... click [HERE](#) to find out.

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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free

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Narottam das & Arjun Nandlal  
E-mail [info@dipika.org.za](mailto:info@dipika.org.za)