

## **20<sup>th</sup> March - Full Moon Puja and havan**

Prem Namaste, Vanakkum, Hare Krsna, Jai Shree Krsna, Jai Shree Raam

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DO NOTE:- All times indicated below, associated with the start or end of a religious day are in 24-hour format.

**Full Moon Begins on the 20<sup>th</sup> @ 07h14 and ends on the 21<sup>st</sup> @ 03h41**

**Full Moon night will fall on the 20<sup>th</sup>. Full Moon will rule the 20<sup>th</sup>**

### **Fasting On Purnima**

Us Hindus consider, the full moon day, (Purnima) sacred as it's a day that Lord Vishnu presides over. Some Hindus (health permitting) observe a fast on this day, or at any rate take only light food in the night. A Human Being is composed of about 60% liquid and 40% solid. You may wonder how? Well, blood is liquid, is it not? The Moon has an effect on the sea, making the tides rise or fall. In the same way, the Moon also has an effect on the liquid content in humans. The above results in a person becoming tense and irritable. That is how the term 'lunatic' came into being. 'luna' means 'moon' in latin. Lunatic means 'insane'. Our great Sages and Rishi's, knew how to combat the evil effects on human behavior during the full moon and new moon days. They found that light food on these days would lower the acidic content in our system, which helps human beings to retain their mental balance. By fasting or taking light food the whole system is given a rest. By praying a person would not allow his/her emotions to run wild. When the system is at rest psychologically also there is rest in a person. He/she feels comfortable physically and psychologically and will not be prone to irritation and outburst of temper. Fasting creates remarkable endurance in a person, a special feeling of empathy and a sense of equality between the rich and the poor. Fasting occasionally, is key to good health.

**HOW TO OBSERVE A FULL MOON FAST:-** On this day many don't consume white grains and observe a fast starting from sunrise without salt or without water depending on ones capabilities and health until the evening when the moon is sighted. For Moon times in your area in South Africa please visit this website <http://www.saaao.ac.za/public-info/sun-moon-stars/> . Some offer milk and water on a plant while viewing the Moon. After performing this act then the devotee consumes solid food with salt.

Because Lord Vishnu rules Purnima day, the most auspicious **Shree Satya Narayana Vrata Puja** is the most apted puja to perform on this day. And the times to perform this sacred puja is given above. The D.I.Y Shree Satya Narayana Vrata Puja proper with Havan is given on our website DIPIKA. Ctrl-Click (**HERE**) to access this article.

### **The Maha-Mritunjaya Havan performed on Full Moon**

The Maha Mritunjaya havan is a very simple yet extremely powerful havan. This havan should preferably be performed on Purnima (full moon) when auspiciousness is at maximum. After having a bath, wear clean clothes. Prepare about a medium size bowl of sweet rice. Then add about 200 g of Black sesame (til) seeds, cut about a stand of kush grass into very small pieces (if you don't have Kush grass not to worry), add 100g of vegetable or butter ghee and finally add to the sweet rice. Mix all these ingredients together.

Place wood in the havan kund (which should already have a little sand in it. The reason for this is so that the ghee does not leak out.) Take a little Ganga water and sip it three times chanting "Om Vishnu". I recommend that those who are sitting down for the havan chant the very auspicious Hanuman Chalisa. Then place camphor on the wood and light it. Thereafter invite Lord Vishnu and the devis and devas to the havan by saying "O Lord Vishnu, Sarva Devis and Devas I \_\_\_\_\_(your name) invite you all to this auspicious havan.

Now start the offerings by the chanting the Mritunjaya mantra, which is, as ff: -

"Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam  
urvaa-rooka-miva bandha-naam mryor mooksheeya maamritaat Om" swaahaa

Offer the sweet rice after you say Om (the second Om above) and chant swaahaa. Do this for 108 x's. Once this is complete ask Lord Vishnu and all the devi and devas for forgiveness for any mistakes that was committed during the havan and chant the Maha Mantra " Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare " 21 times to atlay for any mistakes committed during the havan. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes.

**Requirements for the Havan:-** One packet havan wood; 100g ghee; 200g black til; One small bowl sweet rice, one strand of kush grass, havan kund, 2 blocks of camphor.

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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

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