

## What prayers to do when a loved one is in hospital or ill

This topic has been on my mind for a long time now and recently the requests from people have gotten more frequent hence I decided to compile an article like this. I pray that the information below will save many lives in the future. We pray to our Divine Mother Sarasvati for her blessings in compiling this article. Jai Hind...

**(1)** Firstly my advice is when anyone is sick is to perform the Go-Daan puja. Go means a cow and daan means gift. So **Go-daan** is the gifting of a cow to a Brahmin. We have been lead to believe for many years that we only perform this puja when someone is about to die. This is a gross misunderstanding. This is a once off puja and should be performed at the earliest in one's life as Lord Vishnu explains to Shree Garudaji in the Garuda Purana "If a thing (the Cow) is gifted its efficacy is increased 1000 fold, if a healthy man makes this gift. If a sick man makes the gift its efficacy is only a 100 fold. If the son gifts something on behalf of the dead, the gift is indirect and its efficacy is rendered as normal. Hence gifts should be made by one's own self. After death whom will care to gift it for him. If men understand this auspicious advice it bestows benefit on them."

You should request your family priest/a Brahmin to perform this prayer on an auspicious day. There are 8 items that must be gifted to a brahmin by the person who is ill; viz. 25 g of sesame seeds (til), A small piece of iron, a small piece of gold, A roll of raw cotton, 500 g of rough salt, Navadhan, A little sand in a bank packet, and an ornament cow.

If the Go-daan has been performed for the person that is ill then this step should be disregarded...

**(2)** Secondly chant the Maha Mritunjaya Mantra 108 times morning, midday and evening.

**"Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam  
urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaat Om"**.

If you don't know how to chant this mantra then the video of this mantra is given on our website [www.dipika.org.za](http://www.dipika.org.za) ... Now before you start hold a cup (which has half water) in your left hand. With your right hand chant the above mantra on the Rudraksha mala. When you finished chanting the first mantra blow into the water. You do this 108 times meaning every time you chant one mantra blow into that water and you blow 108 times into the water in total. This water is now blessed, infused and surcharged with the Maha Mritunjaya mantra. After this is done the ill person must drink this blessed water. Do this 3 times a day if possible if its not possible then once a day... Of course the person who is ill should do this but if the ill person can't then anyone else can do this on behalf of the ill person. Try to chant the mantra near the ill person so that the ill person can hear the mantra being chanted. Do this procedure daily until the person gets better. After the person has recovered contact your Priest/Pundit and perform a puja to Lord Shiva for assisting in the healing process of the ill person. Gratitude is something that's extremely important and thanking Lord Shiva for his assistance is the right thing to do.

**The benefits of the Maha Mritunjaya mantra:-** The Maha-Mrityunjaya Mantra means "the great death-conquering mantra", also called the Tryambakam Mantra, is a verse of the Rigveda (RV 7.59.12). It is addressed to Tryambaka "the three-eyed one", an epithet of Rudra (Lord Shiva).

**The Translation of the Maha Mritunjaya mantra:-** We Meditate on the Three-eyed reality which nourishes and increases the sweet fullness of life. Like a cucumber from its stem may we be separated ("liberated"), not from immortality but from death.

**(3)** Chant or hear the Hanuman Chalisa 11 times a day. This is my number one remedy for all pangs in life. If you don't know how to chant the Hanuman Chalisa then the video is given on our website [www.dipika.org.za](http://www.dipika.org.za)... I prefer the chanting be performed in the morning (but in the afternoon is fine as well), since one is fresh and it's much easier to concentrate. After bathing and wearing fresh clean clothes, sit at your prayer place in front of a Hanumanji picture/Deity. Firstly pray to Shree Ganesh to remove all the obstacles in your prayer to Shree Hanumanji and then pray to Srimati Sarasvati Devi to help you pronounce the mantras correctly since Ma is the goddess of speech.

(Before the prayer starts make sure that you have either 1 flower or 11 flowers if it's possible. Red would be nice but if you cannot get red flowers, marigold will do just fine. Please wash the flower/s.) Before you commence with the Chalisa light an incense or lamp and offer it seven times around the photo/picture of Shree Hanumanji and then pray to Shree Hanumanji and ask our Superhero for what you want – and in this case the improvement of health of ill person. Shree Hanumanji is extremely merciful and giving, so if you please him then anything is possible. Now one can chant the Hanuman Chalisa. It would be best if the ill person chants the Chalisa but if this is not possible then a family member/friends can chant the Chalisa near the ill person so that the ill person can hear the Chalisa being chanted. On the completion of every recitation of the Chalisa offer either a few petals (if one has one flower) or one full flower to the lotus feet of Shree Hanumanji. Chanting the Chalisa 11 times normally takes most devotees who know the Chalisa approximately 45 minutes. After one has chanted the Chalisa 11 times then one should chant the Maha mantra a minimum of three times to end.

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

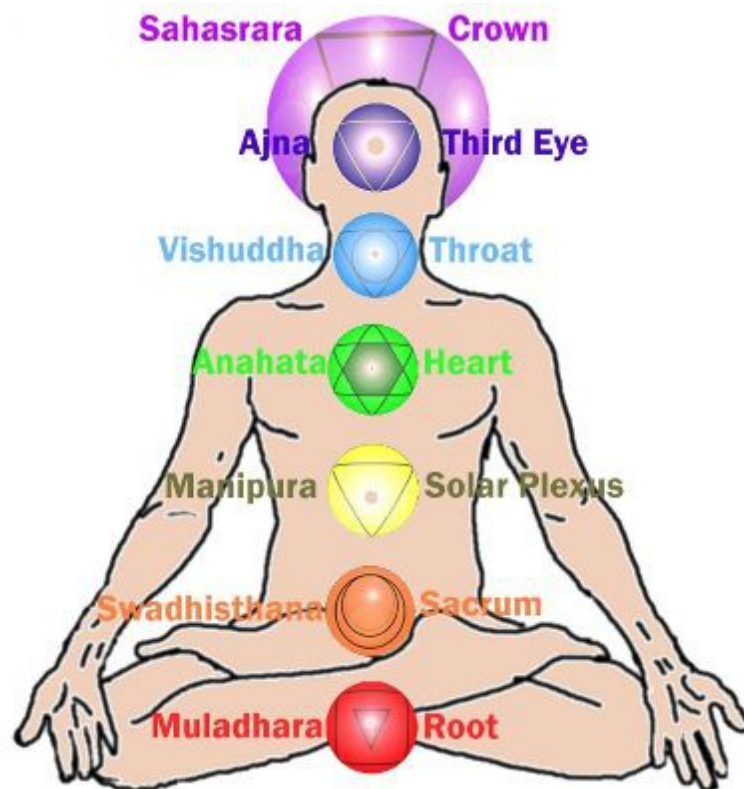
Hare Rama Hare Rama Rama Rama Hare Hare.

Once again pray to Shree Hanumanji and then offer your obeisances (i.e. bow down) - with your forehead touching the ground). Do this daily if possible. Of course the person who is ill should do this but if the ill person can't then anyone else can do this on behalf of the ill person. Do this procedure until the person gets better. After the person has recovered contact your Priest/Pundit and perform a puja to Shree Hanumanji for assisting in the healing of the ill person. Gratitude is something that's extremely important and thanking Shree Hanumanji for his assistance is the right thing to do.

So by chanting Hanumanji's Chalisa daily from above gives the following benefits:-

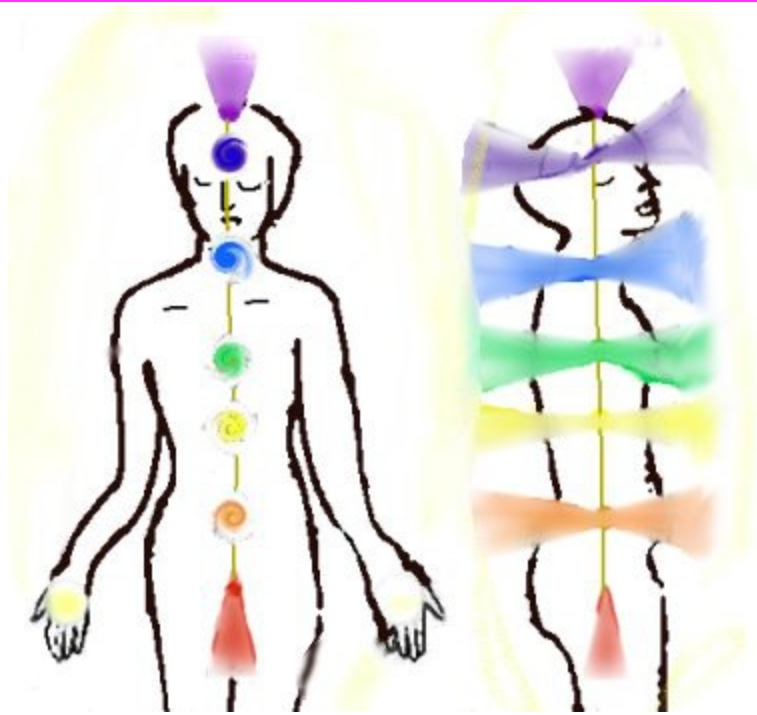
- \* The benefits are unlimited, unbelievable and beyond comparable just by chanting or listening to Shree Hanumanji's Chalisa. It gives benefits in all spheres of life whether it is mentally, physically, spiritually, worldly or any other. By the daily chanting of Shree Hanumanji's Chalisa, the devotee get rewards of his/her deed and all kinds of wishes whether it is small or large get fulfilled. Whether the wish is related with worldly, emotional, physical, spiritual, financial, relation-related etc. with the regular and continuous recitation of this amazing Chalisa, gives you the blessings and grace of glorious powers and the life of the person filled with happiness and contentment.
- \* It also cures the minute ailments and health problems like head-ache, insomnia, tension, stress, depression etc.
- \* It increases the will-power of the person and gives optimistic perspective towards life. The person also feels emotionally strong and stable.
- \* Helps in maintaining good health. It will also give the ability to bear physical pain when one is injured.
- \* Gives relief from all sorts of difficulties and pains.

(4) When a person is hospitalised or ill this is an indication from one's body that one's physical body is suffering - circulation is affected, energy lacking and chakras unbalanced. There are hundreds of chakras in the human body but these 7 are considered to be the most important. Therefore we should seek crystal stones which help stabilise and rebalance one's physical and emotional self helps to quicken the healing process.



### The 7 main chakra points in one's body

The 7 main chakras begin at the base of the spine and finish at the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body, and work through it. Each chakra vibrates or rotates at a different speed. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest speed. Each chakra is stimulated by its own and complimentary colour, and a range of gemstones for specific uses. The chakra colours are of the rainbow; red, orange, yellow, green, blue, indigo, and violet. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, or stress. If the chakras are not balanced, or if the energies are blocked, the basic life force will be slowed down. The individual will feel listless, tired, out of sorts, depressed and thus illness sets in. Not only will physical bodily functions be affected so diseases may manifest, but the thought processes and the mind may also be affected. A negative attitude, fear, doubt, etc. may preoccupy the individual. A constant balance between the chakras promotes health and a sense of well being. If the chakras are opened too much, a person could literally short circuit themselves with too much universal energy going through the body. If the chakras are closed, this does not allow for the universal energy to flow through them properly which may also lead to dis-ease.



As already mentioned any imbalances that exist within any chakra may have profound effects upon either our physical or emotional bodies. We are able to use our quartz crystals and gemstones to re-balance all our chakric centers and once the chakra has been properly balanced then our body will gradually return to normal. The reason why crystals and gemstones are wonderful and powerful healing tools are because of what science calls it's "piezoelectric effect". (You can see this effect in the modern quartz watches). Crystals and gemstones respond to the electricity that is coursing through our body, and if the energy is sluggish, the constant electrical vibrations of the stones will help to harmonize, balance, and stimulate these energies.

Many crystal stores sell a "Chakra Balancing Kit" which has all the stones needed like below. The kit shows where to place each stone on the body.



Remember that crystals are gifts from Mother Earth to heal and help us humans in our life. Crystals are conductors of energy. They carry the energy of other people who have used them or touched them. It is important for one to first cleanse the crystal and program them for their use before using them. So now cleanse the crystal of any unwanted vibrations and energies that come from other people handling the crystals during its mining, packing, transportation, unpacking and display before it has actually reached you. Crystals tend to take on energy indiscriminately and like wearing someone else's clothing, you can feel

what's not the right energy for you. I recommend using a salt water soak for your crystals. In a deep bowl add water and some rough salt and place the crystals in the bowl for a period of about 12 hours. After about 12 hours take out the crystals and wash them and leave the crystals out in the Sun for about half hour to dry. Sunlight re-charges crystals with ultraviolet light, sometimes called light radiation.

Sometimes, a crystal can be a "sleeper", and needs to know it is going to be used for healing or meditative purposes. Making a spiritual connection with the crystal helps to activate it, to awaken its consciousness. You can activate your crystal through an initiation ritual, by holding it, rolling it quickly back and forth in your hands, sleeping with it, gazing at it, washing it and generally handling it. To awaken its consciousness through ritual, offer some sage, or just agarbatti and indicate your intent for use of the crystal (e.g. for healing). This event marks the initiation of the crystal and makes an energy connection with the person using the crystal. Remember to fully recharge your crystal after you've been handling it for activation purposes.

Why do we want to program our crystals?. Each crystal has its own mission, or its own programming for healing or meditation. There is a blank database in each crystal. This database sometimes gets filled up with unconscious instructions from people handling the crystal, unaware they are projecting energy thought forms that are picked up and stored by the crystal. So, we will want to be sure that the database is empty of any unknown programming first. When we add our set of instructions. The crystal will then resonate with those instructions, amplifying, broadcasting, and projecting the new set of energy patterns to ourselves or others as directed.

Hold the crystal in your dominant hand (right hand if right-handed) and clear your mind of unrelated thoughts. Start to focus on your intention for the programming of your crystal. Focus on your intention for your crystal by saying "I now program you crystal to only do good, and to heal, give strength, positivity and better health." You can add more words to what I have given. Once you start using crystals, they need to be cleansed regularly like once a week as crystals store good and bad energy.

Jaspers are great healing stones and are known as the "supreme nurturers". All types of Jaspers are known for their stabilising and balancing affects, ability to clear electromagnetic and environmental pollutions, radiation... supporting the circulatory and digestive areas of the body are jaspers main physical qualities. Jaspers sustain and support one through times of stress and brings tranquillity and wholeness of one's body. Jasper stones provides protection and absorbs negative energy. It balances yin and yang. Provides courage to assertively tackle problems. It supports during prolonged illness and re-energises the body.

In times of hospitalisation the best advice is to place a medium size crystal near the ill person for a prolonged period so that the energies of the crystal can radiate healing energies to that person. Jaspers' subtle energies work best if given time, so for recovery periods, a Pendant or a crystal rosary, which can be kept on or around the body all the time would be more suitable.



### Red Jaspers

Other ways to balance your chakras in your body are having a salt water soak in your bath tub when you feel drained out, going to the beach and having a swim in the salt water and breathing in the sea breeze, this is one of the simplest and easiest ways to balance your chakras... You will feel rather light headed after a while, this is good because then your chakras are getting balanced and lastly be with other positive minded people. Stay away from the “energy-sapping vampire like people”....

#### **(5) White Light Visualization**

The white light that I am talking about here is the brahmajyoti—spiritual effulgence of the Supreme Lord Shree Krsna. So when the healing is performed it's Lord Krishna that's providing the healing light which is from His own body.

What you need to do is sit on a chair next to the ill person.

**Grounding exercise:-** Sit on a chair with both feet on floor. Take 3 deep breaths, releasing any tension that you feel on each out breath then breathe normally. Visualize that the roots are growing out of the soles of your feet down into the ground. You must hear the roots penetrating deep into the centre of the earth. Know that they are growing and multiplying and imagine that energy from the earth is being sent up the roots into your feet and is filling your entire body with white light. Visualize that the energy flowing in with each breath until your entire body is full with light. Now turn your attention to the ill person. Visualize pure white light coursing freely like a liquid down through each of the seven main spiritual chakra centers (given on Page 3). As each chakra is completely filled with white light move on to the next chakra. As the liquid white light courses into each chakra use your awakening perception to inhale breath into that chakra. As you perform this visualization the chakras will become warm and in due time hot.

Visualize the white light coursing like a liquid through the crown chakra.

Visualize white light coursing like a liquid through the third eye.

Visualize white light coursing like a liquid through the throat chakra.

Visualize white light coursing like a liquid through the heart chakra.

Visualize white light coursing like a liquid through the solar plexus chakra.

Visualize white light coursing like a liquid through the spleen chakra the sexual centre

Visualize white light coursing like a liquid through the root chakra.



**Note:** Most people haven't done this before, so take time to practice this feel and become intuitively aware of the vibration. The white light has a smooth languid sensation as it courses freely through each chakra. By now all your chakra centers are full and they should all be blended into each other, with an influx of white light. Then the ill person will feel so much better after this.

#### **(6) Healing with Essential Oils and Aromatherapy.**

A popular alternative medicine therapy, aromatherapy or essential oil therapy is a natural, gentle treatment that can be used as an adjunct and sometimes as an alternative to the many conventional pharmaceutical medications that people use. These oils have the potential to reduce our reliance on these pharmaceuticals and exposure to their bad side-effects.

**LAVENDER:-** Lavender is the all-rounder of oils. If you don't know what to use, then lavender is a good start. It is a soft, herbaceous scent that adds body to a blend. For the skin lavender helps abscesses, acne, allergies, athlete's feet and fungal infections, boils, bruises, burns, cold sores, cuts, dermatitis, eczema, hives, inflammations, insect bites and stings, lice, psoriasis, rashes, ringworm, scabies, scars, shingles, stretch-marks, sunburns and wounds.

Helps in circulation, muscles and joints aches and pains, helps reduce cellulite, heart palpitations, high blood pressure, Lumbago, reduces swelling and pain, relaxes tight muscles, joint pain, rheumatism, and sprains.

Helps in respiratory Asthma (when associated with emotional trauma), bronchitis, coughs, colds, congestion, flu, laryngitis, throat infections, whooping cough, and sinus infections.

Helps in digestion colic, improves digestion, nausea, gas, and is soothing to the intestines.

Helps in the nervous system, balances the emotions, it's calming and uplifting. It just makes you feel better. It also helps with convulsions and epilepsy, delusions, depression, insomnia, headaches and migraines, nervous tension, trembling, panic, relaxing, stress, shock, and vertigo. It even helps with PMS.

Lavender can be used neat or straight from the bottle. Most essential oils aren't safe to use this way. But as with other essential oils you can also use it with carrier oils. Always know the safety of the essential oils you use. Essential oils have different dilutions.

**TEA TREE OIL:-** Tea Tree Oil (also known as Melaleuca) is a natural antibacterial disinfectant that was commonly used as a general antiseptic. More recently, the scientific community has confirmed that Tea Tree Oil has tremendous medicinal benefits. Tea Tree Oil has wonderful properties that makes it a popular natural agent for curing all three types of infectious organisms: fungus, bacteria, and virus. More importantly, it is known to effectively fight a number of infections that are resistant to some antibiotics. Therefore, Tea Tree Oil is an excellent natural remedy for hundreds of bacterial and fungal skin ailments such as acne, abscess, oily skin, blisters, sun burns, athlete's foot, warts, herpes, insect bites, rashes, dandruff and other minor wounds and irritations. Studies have shown that Tea Tree Oil also treats respiratory problems ranging from common sore throats, coughs and runny nose to severe conditions such as asthma, tuberculosis, and bronchitis. The anti-viral properties of the oil fight many common infectious diseases such as chicken pox, shingles and measles, flu, cold sores and verrucae. It also strengthens the body's immune system, which is often weakened by stress, illness, or by the use of antibiotics and other drugs. It can also be used as a mouth wash, since it is highly effective in healing oral candidiasis (a fungal infection of mouth and throat).

How to use the above two incredible oils. I would humbly suggest the following

Purchase Lavender and Tea Tree pure essential oils from any good pharmacy or alternative health shops. Also purchase a carrier oil. I would suggest Sweet Almond Carrier Oil, as well as an oil burner like below and place near the ill person. In the oil burner add about 10 drops of the Sweet Almond carrier oil and then 3 drops each of the Lavender and Tea Tree Oil as well. Light the tea-light candle and then the smoke from these oils will permeate around the area of the sick person and lift the vibrations thus making the healing process faster.





**(7)** Affirmations are one of the best ways to feel good and get better quickly... saying affirmations like

“ Every day in every way I am now getting better and better in health”.

“ I am healthy and whole”.

“ My strong body has fully recovered and healed “.

“ I am miraculously cured by the touch of God's Divine Hand ”.

“ God has healed my body and in return, I will forever praise His name ”.

Be Positive:- It is medically proven that a positive outlook considerably improves one's health. So be careful what you think and what you say. Never criticise yourself or others, acknowledge your negative thoughts and then release them, for they are no longer part of your life. Replace those thoughts with positive self-nurturing ones.

**DISCLAIMER 1:-** Do note that the information given above is given with good faith. Dipika's free services are not intended to be a substitute for any medical care. The information above is intended for general education purposes and should not be relied upon as a substitute for professional and/or medical advice.

**DISCLAIMER 2:-** Do note that Dipika is not affiliated to any Hindu group or organization. We at Dipika choose to remain an independent repository of spiritual advice. We appreciate that there are variances between organisations and humbly request that if our views differ from yours that you respect our decision not to conform to the prescripts of your particular organisation. We remain committed to spiritual advice which is based on scripture.

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 to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind... Jai Shree Radha Krsna.

Please do visit our Website to receive more  
free information about our beautiful culture

[www.dipika.org.za](http://www.dipika.org.za)

Compiled for the upliftment of Sanathan Dharma

Narottam das & Arjun Nandlal

Email [info@dipika.org.za](mailto:info@dipika.org.za)