

## **Shree Hanumanji's 40/41 day vrat** **with puja and havan guidelines**



Sanatan Dharma's most revered and ultimate super-hero Shree Hanumanji is a great source of inspiration to us all in the sojourn of human life - to conquer our enemies by the construction of positive affirmative thoughts and impulses with an uber awesome celestial impact. There is a great joy in one's devotion to our Shree Hanumanji.

The 40 or 41 days vrat ritual is arguably THE most observed vrat of Shree Hanumanji devotees.

I would advise that one commence this special vrat puja on Saturday, or a Tuesday, a New Moon day or a Moola Nakshatra day.

For 2021 the 40/41 days vrat commences on the 17<sup>th</sup> / 18<sup>th</sup> March and ends on 26<sup>th</sup> April (Hanuman Jayanti)

For ladies, if continuity would seem to be a problem, then read [HERE](#) (Ctrl+click) Dipika's article on Menstruation and if one can/can't perform this vrat while in menstruation.

It's advisable that this prayer be performed in the morning 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 Shree Hanumanji picture/Deity. Firstly pray to Shree Ganesh to remove all the obstacles in your prayer to Shree Hanumanji and then pray to Srimati Saraswati Devi to help you pronounce the mantras correctly since Devi is the goddess of speech. Now, while facing the photo/murti of Shree Hanumanji, offer (in a

clockwise direction) three agarbattis (incense) seven times around Shree Hanumanji, then offer camphor lamp seven times around, and finally a flower to please the Lord.

I would also suggest that you write all the things you desire from Shree Hanumanji on a piece of paper (eg. an A4 page) {one should try to be realistic and take this seriously, as opposed to praying for things on a whim}. Fold this page a few times and then place it in between your palms of your hands and pray to Shree Hanumanji - praying that what you wrote on the page will be fulfilled by his grace, ask for your heart's desire - surely at the end of the stipulated time, you will be rewarded with your heart's desire. Now leave this page by Shree Hanumanji deity or picture and a R10. Use this money when you are buying things for the puja you are going to perform on the 40<sup>th</sup> / 41<sup>st</sup> day. Daily pray to Shree Hanumanji to fulfill your desires on what you wrote on that page.

## **Hanuman-ji's Puja Proper**

Provided below is a very simple D.I.Y. Hanumanji 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.

On the chosen day the observer of puja must first bathe and wear fresh clean 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, 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 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).

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. 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 English day, English month (like January) and place (like Durban) where you performing this prayer, I (state your name and surname) am performing my (state what puja you doing) 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 one betel leaf, on top of that betel leaf place one betel nut, few grains of rice and few 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 seven 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 seven 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.

**NAVAGRAHA PUJA:-** Then take another betel leaf, on top of that betel leaf place 1 betel nut, few grains of rice and few flower petals and pray to 9 Planets chanting their mantra...

"Om Aim Hreem Kleem Navagraha devata namah aa-vaa-hayaa-mee sthaapa-yamee,  
Om Navagraha devata-ye namah",

And then place the betel leaf (and its ingredients) on the banana leaf next to Lord Ganesh. Do note the tip of the betel leaf should be facing you. Now offer the Navagraha's four drops of water, chandan dot, sprinkle rice and then flower petals, offer one stick of incense (turn the incense around the lamp seven 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 Navagraha's Betel leaf seven 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 the Navagraha's's betel leaf and then finally offer the clay lamp (seven times around the murti) to end.

**HANUMANJI'S PUJA:-** Take one betel leaf, on top of that betel leaf place one betel nut, few grains of rice and few flower petals and pray to Shree Hanumanji chanting his mantra. "Om hanumate aavaahayaamee sthapayamee" and keep on the bedi.

And then place the betel leaf (and its ingredients) on the banana in front of Hanumanji's murti/picture. Do note the tip of the betel leaf should be facing you. Now offer Hanumanji's four drops of water, chandan dot, sprinkle a little sindhur powder, sprinkle rice and then flower petals, offer a Tulsi leaf, offer one stick of incense (turn the incense around the murti/picture seven 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 seven 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 Hanumanji's betel leaf and then finally offer the clay lamp (seven 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.

**LAKSHMI PUJA:-** Then take another betel leaf, on top of that betel leaf place 1 betel nut, few grains of rice and few flower petals and pray to Mother Lakshmi chanting Her mantra...

“Om Shreeng mahaa lakshma-yai namah aa-vaa-hayaa-mee sthaapa-yamee, Om  
Shree Lakshmi devi-yai 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 Mother Lakshmi four drops of water, chandan dot, sprinkle rice and then flower petals, offer one stick of incense (turn the incense around the lamp seventimes 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 lamp 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 Mother Lakshmi's betel leaf and then finally offer the clay lamp (seven times around the murti) to end.

**VISHNU PUJA:-** Then take another betel leaf, on top of that betel leaf place 1 betel nut, few grains of rice and few 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 seven 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 seven 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 (seven times around the murti) to end. The havan proper now commences.

## **D.I.Y Hanumanji Havan**

### **For the Havan proper:-**

On your tray you should have the following:- One packet havan wood; 100g Navadhan (9 grains), 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, three pieces of Sandalwood sticks.

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, wheat, Til, one Tsp of sweet rice, Guggal, Gur, barley, Lobhan, two 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 (light 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 seven 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 seven 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 (seven times around the fire) to end.

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

Take three 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 Sooryaaya swaahaa x 3

Om Chandraaya swaahaa x 3

Om Bhaumaaya swaahaa x 3

Om Budhaaya swaahaa x 3

Om Guruve swaahaa x 3

Om Shukraaya swaahaa x 3

Om Shanaish-charaaya swaahaa x 3

Om Raahave swaahaa x 3

Om Ketve swaahaa x 3

Om aim hreem kleem chaamun-daayai vich-chai swaahaa x 3

OM SHIVAYA = swaahaa x 1

OM MAHESHVARAYA = swaahaa x 1

OM SARVAYA = swaahaa x 1

OM UGRAYA = swaahaa x 1

OM KAPALINE = swaahaa x 1

OM BHIMAYA = swaahaa x 1

OM SADASHIVAYA = swaahaa x 1

OM VIRABHADRAYA = swaahaa x 1

OM MRITUNJAYAYA = swaahaa x 1

OM RUDRAYA = swaahaa x 1

OM BHUTAPATAYE = swaahaa x 1

OM MAHADEVAYA = swaahaa x 1

Om Hanuman = swaahaa x 1

Om Anjanisunuh = swaahaa x 1

Om Vaayuputra = swaahaa x 1

Om Mahabalaha = swaahaa x 1

Om Rameshtaha = swaahaa x 1

Om Phalguna Sakhaha = swaahaa x 1

Om Pingaaksha = swaahaa x 1

Om Amitavikramaha = swaahaa x 1

Om Udhdhikramanaschaiva = swaahaa x 1  
Om Seetasokavinasakaha = swaahaa x 1  
Om Lakshmana prana data = swaahaa x 1  
Om Dasagrivasya darpaha = swaahaa x 1

NOW CHANT THE HANUMAN CHALISA. FOR EVERY END OF MANTRA SAY SWAAHAA AND OFFER GRAINS... ONLY DO THIS FOR ONE CHALISA. THE OTHER 10 CHALISA'S CHANT BEFORE THE HAVAN

Om Shreem Mahaa-lakshmi-yai swaahaa X 1

Om Vishnave swaahaa X 1

Sprinkle water around the havan kund three times.

Offer samaghee 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 samaghee 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 swaahaa"

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

**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 four 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 Ganesha, the Nine Planets, Shree Hanumanji, Mother Lakshmi and 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 samaghee in the 4 corners of your yard... This is DIPIKA'S stance on taking care of Mother Earth. Jai Hind.

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Compiled for the upliftment of Sanatan Dharma  
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