

More info on Surya-deva and D.I.Y. Surya Graha Shanti Puja
Fasting for the propitiation of the SUN PLANET - SURYADEVA.



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 SURYADEVA.

The Advantages to be gained from a Surya Fast - helps in /aids with /success in/with:- Recovery of eye problems, victory over enemies, blessed with a child, renewed energy, recoveries from skin diseases, good fortune, good health and fulfilment of one's desires...

The Deities to be worshipped while fasting on a Sunday:- Suryadeva and Lord Narayana.

One should commence the Suryadeva Vrata Fast on a Sunday for the protection from the malefic effects of the Sun Deity and it should be observed during the Sun's transit, major period, or his sub-period. Do note that you only observe a fast/vrata if your birth chart indicates that the Sun 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.)

Puja Rituals... Fasting on Sundays for the Sun (Suryadeva): The fasting for the Sun should commence on a Sunday falling in Shukla Paksha (bright half of the lunar moon). The minimum number of consecutive Sundays that you should observe this saltless fast is 12 or 30 Sundays and the maximum is 52 Sundays. Salt based foods cannot be consumed while fasting on Sundays.

***** Kindly email info@dipika.org.za or your family/local priest for the starting dates for this years SUN (Sunday) fast dates *****

The number of fasts should be for 12 (or 30 or 52) consecutive SUNDAYS.
This fast starts from sunrise SUNDAYS and ends sunrise the following morning.

On the Sunday morning after bathing you should offer a lota of water to Surya Narayana. In the lota add a few grains of white rice, little red chandan powder and red flowers petals. Red is the colour of Sunday and red flowers are offered to Surya. Stand in front of the Sun and stretch your arms forward and block the Sun with the lota. Close your eyes and visualize that you are offering him incense, lamp and flower petals. Now literally offer the water - still with your eyes closed on Suryadevas' feet. Now open your eyes. Pray to the Lord to remove any obstacles on your path for your upcoming fast. (Do Note:- if the morning weather is cloudy still visualise the entire process as if the Sun is really out)

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 Sunday fast, Roti made of wheat, wheat bran, sugar, Halwa or any other sweet dish 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 hear to the Aditya Hridayam, (<http://www.youtube.com/watch?v=De-VJhtnjXE>) recited by the great sage Agastya Muni to Lord Raam on this day to appease Lord Suryadeva.

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 THE SUN wear RED clothes. Offer incense, lamp and flowers (7 times in a clockwise direction) to Suryadeva's picture (given above) and recite the following mantra of THE SUN (5 X 108 times). "Om ghrini sooryaaya namah"

After the 12 weeks of Sunday fasting a havan needs to be performed to conclude the fast.

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

N.B. When I say that you must fast for 12, 30 or 52 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 Suryadeva Puja and Suryadeva Havan is completed it's advised to donate: 200g Wheat, 500g Cake wheat flour, 200g Sugar, One metre Red cloth, a few red coloured flowers, one coconut, some sweets and Cash (according to your means - even if it's ZAR R10) and donate the items to a Priest or a Poor Person, AT ***DAWN (AFTER YOUR PUJA) ON YOUR FINAL 12TH SUNDAY 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).

*** DAWN: is the time that marks the beginning of the twilight before sunrise. It is recognized by the presence of weak sunlight, while the sun itself is still below the horizon. Dawn should not be confused with sunrise, which is the moment when the leading edge of the sun itself appears above the horizon.

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 SUN PLANET - SOORYA-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 SOORYA-DEVA.

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

The Advantages to be gained by chanting Suryadeva's mantra on a SUNDAY:- Recovery of eye problems, victory over enemies, blessed with a child, renewed energy, recoveries from skin diseases, good fortune, good health and fulfilment of one's desires...

The Deity to be worshipped:- Suryadeva.

One should commence the Suryadeva's Mantra chanting on a Sunday for the protection from the malefic effects of the Sun Deity and it should be chanted during the Sun's transit, major period, or his sub-period. Do note that you only chant this mantra if your birth chart indicates that the Sun 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 the Sun (Surya-deva):- The commencement for the Sun's Mantra chanting should commence on a Sunday falling in Shukla Paksha (bright half of the lunar moon).

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On the Sunday morning the observer of this chanting procedure must first bathe and wear fresh clean Red coloured clothes. Then you should offer a lota of water to Surya Narayana. In the lota add a few grains of white rice, little red chandan powder and red flowers petals. Red is the colour of Sunday and red flowers are offered to Surya. Stand in front of the Sun and stretch your arms forward and block the Sun with the lota. Close your eyes and visualize that you are offering him incense, lamp and flower petals. Now literally offer the water - still with your eyes closed on Suryadevas' feet. Now open your eyes. Pray to the Lord to remove any obstacles on your path for your upcoming chanting of His mantras. (Do Note:- if the morning weather is cloudy still visualise the entire process as if the Sun is really out)

Then proceed to your prayer place where your Surya Deva's picture is at. 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 uses 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 apple, banana, orange). In a clockwise direction turn the tray (which has all the items) 7 times around Lord Suryadeva 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).

Suryadeva's Beeja Mantra

Om Hraam Hreem Hraum Saha Sooryaaya Namah X 7000

(Meaning:- I offer my most humble obeisances to the Sun Deity - Suryadeva)

So the above mantra is now chanted. If we divide 7000 by 108 we get almost 65 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 7000 mantras over a period of say three Sundays. But the issue here is that if you chant say 20 X 108 = 2160 Suryadeva's Beeja Mantras, the following Sunday you cannot chant less than 2160. So again if you chant say 2160 mantras on the first Sunday then the next Sunday you chant again 2160 and then the final Sunday chant 2680 which makes 7000 mantras in total. Do note that the 7000 mantras must be completed within 12 consecutive Sundays, otherwise it has to be restarted all over again. If you can, you can chant the entire 7000 mantras on one day. But it's not very easy to complete almost 65 rounds or 7000 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 7000 mantras has been chanted a Surya-deva's Puja and Havan needs to be performed to conclude the Mantra chanting procedure.

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

*** During the day besides enjoying your eats, one should hear to the Aditya Hridayam, (<http://www.youtube.com/watch?v=De-VJhtnjXE>) recited by the great sage Agastya Muni to Lord Raam on this day to appease Lord Suryadeva.

After the Suryadeva Puja and Suryadeva Havan is completed it's advised to donate:- 200g Wheat, 500g Cake wheat flour, 200g Sugar, One metre Red cloth, a few red coloured flowers, one coconut, some sweets and Cash (according to your means - even if it's SA R10) and donate the items to a Priest or a Poor Person, AT ***DAWN (AFTER YOUR PUJA AND HAVAN).

(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).

*** DAWN:- is the time that marks the beginning of the twilight before sunrise. It is recognized by the presence of weak sunlight, while the sun itself is still below the horizon. Dawn should not be confused with sunrise, which is the moment when the leading edge of the sun itself appears above the horizon.

DIY Sun (Suryagraha) Shanti Puja.

Provided below is a very simple D.I.Y. Surya 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 Surya salt-less fast for 10 Sundays or Surya-graha mantra discipline one needs to culminate the preceding disciplines by performing a Surya-Graha Homam (Havan/Yajna).

This Homam (Havan/Yajna) should be performed on a SUNDAY between 08h00 - 12h00 OR 13H30 - 17H00. The duration of the puja is approximately half an hour.

On the Sunday 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 Surya-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 Surya-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 Surya-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.

SURYADEVA 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 Surya-deva chanting his mantra... "Om sooryaa devata aa-vaa-hayaa-mee sthaapa-yaamee, Om sooryaaya namah",

And then place the betel leaf (and its ingredients) on the banana leaf in front of Lord Surya-deva's picture. Do note the tip of the betel leaf should be facing you. Now offer Lord Surya-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 Surya-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)

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, 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, wheat, Til, 1 Tsp of sweet rice, Guggal, 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 (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 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 108 (you use the 108 mala beads for keeping track the number of mantras chanted)

Om Shraam Shreem Shraum Saha Chandraaya swaahaa x 9

Om Kraam Kreem Kraum Saha Bhaumaaya swaahaa x 9

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 mriytor mooksheeya maamritaam 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 swaahaa"

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

You can now chant the Surya Aarti. The Surya 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 Suryadeva, 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 DIPKA'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 (http://dipika.org.za/?page_id=191) 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 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 Shree Radha Krsna.

Compiled for the upliftment of Sanatan Dharma
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