

**Shree Hanuman ji'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.

***** Kindly email info@dipika.org.za or contact your family/local priest for the starting dates for this years 40-41 days Hanuman's vrat *****

For ladies, if continuity would seem to be a problem, then read Dipika's article on Menstruation

<http://dipika.org.za/wp-content/uploads/2015/04/Hinduism-s-views-on-Menstruation.pdf> 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 40th / 41st day. Daily pray to Shree Hanumanji to fulfill your desires on what you wrote on that page.

Before the prayer proper starts do make sure that you have either one flower or 11 flowers if it is possible. Red coloured flowers would be the preferred colour but if you cannot procure red flowers then marigold will do just fine. Please wash the flowers and dry them.

Now one commences with the chanting of the Shree Hanumanji's Chalisa. 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 well approximately 45 minutes. After one has chanted the Chalisa 11 times then one should chant the Maha mantra a minimum of three times. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. So naturally the question would be why? At the end of any puja the chanting of the Maha-mantra negates any mistakes or shortcoming of the chanting of the chalisa mantras.

Once again pray to Shree Hanumanji and then offer your obeisance's (i.e. bow down - with your forehead touching the ground).

Many perform this vrat for 40 or 41 days and on the 41st day a havan is performed to conclude the vrat glorifying Shree Hanumanji.

How to perform your D.I.Y. Shree Hanuman-ji's Havan

The devotee should have a bath and put on clean clothes before proceeding to the puja place. Have all the requirements for the Puja and the havan arranged on a tray.

Sit facing East or North.

Recite the following *mantra*:

*(Om) apavitrah pavitro va sarvavastham gato 'pi va
yah smaret pundarikaksam sa bahyabhyantarah suchih*

Sip water from the palm of the right hand, chant

Chant *om kesavaya namah* and sip water from the *brahma-tirtha* (the base of the thumb) of your right hand.

Chant *om narayanaya namah* and sip water from the *brahma-tirtha* of the right hand.

Chant *om madhavaya namah* and sip water from the *brahma-tirtha* of the right hand.

Oh just say "Om Vishnu" and sip the water three times.

Say in English "O Lord Krishna on this day, of Chaitra Purnima Shukla Paksha, I (take your name), I am performing my Hanuman prayers.

Take a betel leaf, betel nut, rice and flowers and pray to Shree Ganeshji "Om ganapataye aavaahayaamee sthapayamee" and keep on the bedi. Offer Lord Ganesh incense, lamp, flowers and some sweet rice and then betel leaf and then finally lamp. Then offer Lord Ganesh his favourite food viz. kheer (sweet rice), sugar candy and laddus.

Take a betel leaf, betel nut, rice and flowers and pray to Shree Hanumanji "Om hanumate aavaahayaamee sthapayamee" and keep on the bedi. Offer Lord Hanumanji incense, lamp, flowers and some sweet rice Rhot, panjari and then betel leaf and then finally lamp.

Take another betel leaf, betel nut, rice and flowers and pray to Lord Vishnu "Om Vishnave bhagavan aavaahayaamee sthapayamee" and keep on the bedi. Then offer Him incense, lamp, flowers and some sweet rice and then betel leaf and then finally lamp.

NOW CHANT 10 CHALISA'S. THE LAST ONE YOU PERFORM THE HAVAN BELOW.

HAVAN

At every swaaha offer samaghree or ghee.

Om ganapataye swaaha x 3

Om grinih sooryaaya swaaha x 3

Om som somaaya swaaha x 3

Om ang angaarkaaya swaaha x 3

Om bum budhaaya swaaha x 3

Om brim brihaspataye swaahaa x 3
Om shum shukraaya swaahaa x 3
Om sham shanaish-charaaya swaahaa x 3
Om ram raahave swaahaa x 3
Om kem ketave swaahaa x 3

Om aim hreem kleem chaamun daayai vich chai swaahaa x 9

"Om trayam bakkam ya jaa-mahe sugan-dhim pushti-wardhanam urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaat Om swaahaa". x 11

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-ye swaahaa x 1
Om Anjanisunuh-ye swaahaa x 1
Om Vaayuputra-ye swaahaa x 1
Om Mahabalaha-ye swaahaa x 1
Om Rameshtaha-ye swaahaa x 1
Om Phalguna Sakhaha-ye swaahaa x 1
Om Pingaaksha-ye swaahaa x 1
Om Amita vikra maha-ye swaahaa x 1
Om Udhdhi kramanas chaiva-ye swaahaa x 1
Om Seetasokavinasakaha-ye swaahaa x 1
Om Lakshmana prana data-ye swaahaa x 1
Om Dasa grivasya darpaha-ye 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 CHANT BEFORE THE HAVAN

om shareeng hareeng kaleeng hareeng shri maha lakshmiyai swaahaa X 21

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 allay for any mistakes committed during the havan.

Finally Purna-Ahuti. Place two purees on top of each other, place the balance of the samaghr̥ee on top of these, on top of this place a betel leaf, a betel nut, some white rice, a few drops of ghee and place whole into the fire while chanting "Om sarvam vai poornam swaahaa"

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. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes. And chant the maha mantra to end.

Requirements for the Havan: One packet havan wood; 100g ghee; 100g til; One small bowl sweet rice, sweets, one strand of kush grass, havan kund, 2 blocks of camphor, 6 betel leaves, 6 betel nuts, incense, lamp, flowers, 200g white rice, matches.

I have been told and from my own personal experience that by performing this vrat (observance) so-call miracles has happened. These so many true and almost unbelievable occurrences that only a devotee of the Lord and of Shri Hanumanji would believe. By performing this vrat Sri Hanumanji will surely grant your desire. But if you perform this vrat half hearted and expect something or miracles then you are mistaken. Please read the story on faith below.

A story on faith

A widow from a poor village in Bengal did not have enough money to pay for her son's bus fare, and so when the boy started going to school, he would have to walk through the forest all on his own. In order to reassure him, she said: "Don't be afraid of the forest, my son. Ask your God Krishna to go with you. He will hear your prayer." The boy followed his mother's suggestion and Krishna duly appeared and from then on accompanied him to school every day. When it was his teacher's birthday, the boy asked his mother for some money in order to buy him a present. "We haven't money, son. Ask your brother Krishna to get you a present." The following day, the boy explained his problem to Krishna, who gave him a jug of milk. The boy proudly handed the milk to the teacher, but the other boys' presents were far superior and the teacher didn't even notice his. "Take that jug of milk to the kitchen", said the teacher to an assistant. The assistant did as he was told. However when he tried to empty the jug, he found that it immediately filled up again on its own accord. He immediately informed the teacher, who was amazed and asked the boy "Where did you get that jug and how does it manage to stay full all the time?" "Krishna, the God of the forest, gave it to me." The teacher, the students and the assistant started laughing. "There are no gods in the forest, that's pure superstition," said the teacher. "If he exists, let's all go and see him." The whole group set off. The boy started calling for Krishna, but he did not appear. The boy made a desperate appeal. "Brother Krishna, my teacher wants to see you. Please show yourself!" At that moment, a voice emerged from the forest and echoed through the city

and was heard by everyone. "How can he possibly want to see me, my son? He doesn't even believe I exist"

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