

Vishnupati - 17th August 2022 - The Day of Lord Vishnu



Vishnupati: The Day of Shree Vishnu Consciousness

Vishnupati is the day for total immersion into Shree Vishnu Devotion. It is the time when Lord Vishnu performs miraculous deeds for the benefit of the universe. His boundless compassion is much more accessible than usual at this time. The great saints and Sadhus work harder than usual in elevating souls, which makes the spiritual progress much easier than usual. The great saints and sadhus know how important these times are and have imparted that knowledge to us. The significant celestial events or miracles that occurred during these timings carry an important lesson in evolution of human consciousness. The powerful energy that is associated with this event is amazing and has life changing benefits. There are four Vishnupati days in a year and by performing pujas, mantras, etc you will be strengthened by Lord Vishnu's divine power directly during these four days a year.

Lord Vishnu is the one who pervades the entire Universe. As per our Vedic scriptures, Shree Vishnu is the "Preserving/Maintenance Deity" among the Trinity (of Lords Brahma, Vishnu and Shiva) who symbolizes the energy of maintenance and sustenance. Vishnupati is a highly favourable day for Lord Vishnu and devoting sincere prayers on this auspicious day grants you with everything you need for your welfare on this planet.

Vishnupati only occurs 4 times a year when the Sun enters into a 'fixed' sign (Hindi = rashi). These 4 fixed signs are Aquarius (Kumbha), Taurus (Vrishabha), Leo (Simha/Singh) and Scorpio (Vrishchak). Interestingly, according to Vedic time cycle, each Vishnupati has a unique celestial configuration which repeats every 60 years.

Each unique celestial configuration lends itself for a specific benefit to be available and accessed by all who observe the event.

Every one of us should try to observe and celebrate Vishnupati wholeheartedly - this will be a great opportunity to improve one's finances, heighten one's celebration of beauty and refine one's consciousness for better things in life!

Each Vishnupati is Unique, how so? Read below...

Sun Enters Leo (17th August in South Africa)

The Sun enters Leo (Simha Sankranti) on August 17th (Wednesday). The most auspicious times (Punya-kaalam) on the 16th August to observe this period is between 01h30 – 10h30 (It's a 9 hour window period).

Lord Vishnu's Energy for Prosperity and Peace of Mind.

More About This Unique Vishnupati Transit

The Sun's placement with Leo in this period will bring about things connected with the mind and the active intellect and also the Sun gives peace of mind, clarity, relief from griefs or sorrows, relaxation within the mind as well as authoritative power.

How to observe this 9 hour window period:

Of course many won't be waking up at 01h30 in the morning, many will wake up around 05h00-06h00. Once you have awakened and taken a bath you can perform any (or all) of the given advice below. There are so many ways to observe the nine hour window period of Vishnupati... and we have given quite a few methods as well, you can perform one to as many you can perform below. Of course on this day vegetarian food should be consumed. There is no need for a 24 hour saltless fast, however I recommend you observe a dry fast from 01h30 – 10h30. Thereafter you can consume vegetarian foods with salt.

1) *** You can chant the most simple yet most powerful of all mantras - the Maha Mantra as many times as you can chant... Of course the more the better in this window period...

“Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare“

2) *** You can chant the Gayatri Mantra for Lord Vishnu as many times as you like.
Aum Narayanaye Vidmahe, Vasudavaye Dhimahi, Tanno Vishnu Prachodayat"

3) *** You can perform the Shree Satyanarayan Puja. The Puja proper for this is given on www.dipika.org.za (or Ctrl-click (**HERE**) to go directly to the article on **DIPIKA**)

4) *** You can perform the Shree Vishnu Puja.

In the morning of the puja proper, after having a bath, you should wear fresh clothes. Then at your prayer place, sprinkle water to purify the place. Then sprinkle Ata (flour) on a clean board/tile (or see what you can use – use your discretion). This is called a mandala/bedi (a place where the prayer is going to be performed.). Place a Lord Ganesh Murti or Picture on the Bedi and next to the picture of Lord Ganesh, place a picture of Lord Vishnu (you can use the picture given above). And next to the picture of Lord Vishnu on the right side when you are facing the picture, place your Lakshmi Lamp. We have supplied a picture of how this should look.



Sit facing East or North by the Bedi...

Take a little water from a clean cup using a teaspoon. Each time put a little water in your hand palm and sip 3 times chanting “OM VISHNU”. Now wash your hands one last time. Then take a little rice and flower petals and say in English “O Lord Vishnu on this day (which ever day you are performing the puja), month (which ever month you are performing the puja), your name, I am performing this Vishnu Puja to praise, honour and worship You. Please accept my prayer to You”.

Now leave this down on the bedi.

Take a betel leaf, betel nut, rice and flower petals and pray and chant to Shree Ganeshji “Om ganapataye aavaahayaamee sthapayamee” and keep on the bedi. Pray to Lord Ganesh to remove all obstacles in the path of your prayers to Lord Vishnu. Offer Lord Ganesh incense, lamp, flowers and some cut fruit and then one betel leaf + nut and then finally lamp. Lord Vishnu is now invoked and worshipped via the picture. Take another betel leaf, betel nut, rice and flower petals and pray to Lord Vishnu.

“Om shree vishnu bhagavan aavaahayaamee sthapayamee”

“Om swagatam su swagatam - Om shree vishnu bhagavan namah”

And place in front of the Picture of Lord Vishnu on the bedi. Pray to Lord Vishnu asking the Lord to please be present and accept your prayers. Now garland the Picture (optional).

1) Then offer Lord Vishnu the following items (on the betel leaf) four drops of water, three drops of Panchamrit (the ingredients are given below)...

2) Offer flower or flower petals. (Pushpam = flowers)
Om idam pushpam – Om shree Vishnu bhagavan namah

3) Offer incense (Dhoopam = incense)
Om tato dhoopam aghraa-payaami – Om shree Vishnu bhagavan namah

4) Offer lamp (a piece of camphor in a clay lamp) (Deepam = lamp)
Om prat-yaksha deepam darshayaami – Om shree Vishnu bhagavan namah

You offer the above items by turning the items seven times around the picture.

(Offer Shiro (this is given below on how to prepare it) - Naivedyam = food)

5) Om naivedyam samar-payaami – Om shree Vishnu bhagavan namah

You can also place a small lota of milk next to the picture of Lord Vishnu.

6) Offer prayers for forgiveness

Om yaani kaani cha paapaani janmaantara kritaanee cha, taani sarvaani vinashyanti
pradakshinaa pade pade //

Then offer your personal prayers to Lord Vishnu. Ask the Lord for whatever you want and Lord Vishnu being so merciful will grant what you desire. But be careful what you desire for...

5) * You can perform the Shree Vishnu Havan after the Vishnu Puja Proper.**

Now you are ready to start with the havan.

On a tile place the havan kund. Place four pieces of kusha grass on the four sides of the kund. Place some sand in the kund so that the ghee when added wont leak out of the kund and mess the floor. Then light the pieces of camphor to start the fire and place in the havan kund... Place some wood in the havan kund now... You can add more camphor in the kund...

Chant the mantra Om Agni Devtaa bhyo Namah

Offer a Tulsi Twig into the fire. (This is optional).

Now we start the havan... every time “swaahaa” is chanted, offer Samaghree or ghee into the fire.

Om ganapataye swaahaa X 1

Om griniher sooryaaya swaahaa X 1

Om som somaaya swaahaa X 1

Om ang angaarkaaya swaahaa X 1

Om bum budhaaya swaahaa X 1

Om brim brihaspataye swaahaa X 1

Om shum shukraaya swaahaa X 1

Om sham shanaish-charaaya swaahaa X 1

Om ram raahave swaahaa X 1

Om kem ketave swaahaa X 1

Om aim hreem kleem chaamun daayai vich chai swaahaa X 1

“Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam urvaa-rooka-miva bandha-
naam mrityor mooksheeya maamritaat Om swaahaa ”. X 1

Om Hanumate swaahaa X 1

Om shree maha lakshmiyai swaahaa X 9

Om Vishnu bhagavaan swaahaa X 9 or 21, 64 or 108 times.

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 atlay for any mistakes
committed during the havan.

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

You can chant (or play on a CD/cassette player) the Shree Vishnu Aarti. On a thari place some
flower petals and place a clay lamp with a wick in it, light it and turn around the whole Bedi
until the Aarti is completed. Once this is complete ask Lord Vishnu and all the Devi's and
Deva's for forgiveness for any mistakes that was committed during the havan and. Then

request Lord Vishnu and the Devi's and Deva's to kindly return to their abodes. And chant the Maha Mantra once to end.

Requirements for the Havan:

1 havan kund and a metal rectangular tray to keep the kund on it, 4 x 10 inch Kush (Darbha) grass for the 4 sides of the havan kund, 1 packet firewood (cut to size of the havan kund); 100g ghee; 1 box matches, one medium size bowl for the Samaghree. 100g Til; 100g Jaw, 200g navadhan, 1 Tsp sugar, 200g white rice, 50g of lobhan.

How to make Panchamrit/Charanamrita for Lord Vishnu:

In a standard size cup add 3/4 cup milk, 2 Tsps of yoghurt (maas), 1 Tsp of Sugar, 1 tsp honey, a drop of ghee. Mix this well and that's your Panchamrit/Charanamrita. You can add some coconut water and cut fruits like banana, apple, pear etc. This is optional.

How to make Shiro (Prashadam for Lord Vishnu):

- 1 cup Semolina.
- 1 cup Sugar.
- 1 cup Butter Ghee.
- 3 cups Milk (Boiled).
- 1 tablespoon elachie powder (cardamom). {optional}
- 1/2 cup blanched almonds cut into thin strips. {optional}
- 1/4 cup blanched pistachio cut into thin strips. {optional}
- 1/4 cup cashew-nuts. {optional}

Shiro

How to prepare the Shiro as an offering for Lord Vishnu:

Add 1 cup Semolina and 1 cup Butter Ghee in a pan and roast it over slow flame while stirring the mixture continuously. After a little while add the sugar and milk to the roasted semolina and stir continuously on a slow flame. After some time the milk and sugar will merge with the semolina. The next items are optional but we are preparing this offering for the Lord so our Lord deserves the best don't you think? You can now add the almonds, pistachio, cashew-nuts and elachie powder and once again stir for a few more minutes and the Shiro is now ready to be offered to Shree Vishnu Bhagavan.

Puja list for the Shree Vishnu Puja

- 1 picture of Lord Vishnu (use the picture in this article)
- 1 flower garland for the picture of Lord Vishnu (optional)
- 1 picture or small murti of Lord Ganesh
- 1 flower garland for the picture of Lord Ganesh (optional)
- 1 cup of water + tsp for achaman (sipping of water at the beginning of the puja)
- Your Lakshmi Lamp
- 100g white rice (uncooked)
- 1 clay or brass lamp as the Lamp offering
- 1 small lota/cup of milk to be placed by Lord Vishnu's picture.
- 1 small bowl of cut fruits (for example apple, pear and banana)
- 3 blocks of camphor
- 1 small dish of flowers
- 1 packet incense
- 3 tharis
- 7 betel leaves
- 7 round betel nuts
- 1 box matches

2 purees (optional)

For the Panchamrit/charanamrita:

3/4 cup milk,

2 Tsps of yoghurt (maas)

1 Tsp of Sugar

1 tsp honey

a drop of ghee.

You may add coconut water and cut fruits like banana, apple, pear etc. This is optional.

For Prashadam (Naivedyam) – Shiro:

1 cup Semolina, 1 cup Sugar.

1 cup Ghee.

3 cups Milk (Boiled).

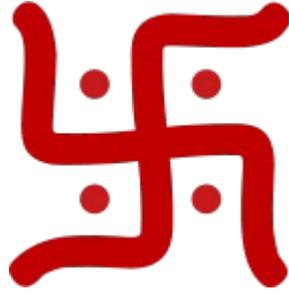
1 table spoon elachie powder (cardamom). {optional}

1/2 cup blanched badam (almonds) cut into thin strips. {optional}

1/4 cup blanched pista (pistachio) cut into thin strips. {optional}

1/4 cup kaju (cashew-nuts). {optional}

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Compiled for the upliftment of Sanatan Dharma
Narottam Das & Arjun Nandlal

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E-mail info@dipika.org.za

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