

Roop Chaturdashi

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Kaamdeva Rati Sadhana

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Shambhuswayambhuharayo Harinekshanaanaam

Yenakriyanta Satatam Grihakarmadasah,

Vaachaagocharacharitravichatrataaya Tasmai Namo

Bhagwate Kusumaayodhaaya.

One who can't be expressed with voice due to His unique character, One who has captivated Lord Brahman-Vishnu-Mahesha to practice household through the beautiful eyes of Goddess Saraswati-Lakshmi-Parvati, we offer our prayers to that Kaamdeva.

Youth means **freshness**, it is similar to the **flower** that is about to **blossom**, one which attracts everyone's attention. The beauty that **this flower possess, definitely** makes us look at it twice. And what can be said if the same flower is also filled with fragrance. **Beauty** and **youth** is

something similar. Beauty is not just bound within fair skin or sharp features and youth too is far beyond young age. They are representation of various thought process that emerge through our bodies. No matter how much one tries to hide they, they find a way out and impress all

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those who remain in contact with such a person.

Life doesn't stop and days continue to elapse one after another. However, if the life is not filled with **freshness, love, attraction, happiness, pain** etc. then such a life is nothing else but a journey towards the cremation ground.

One can live this human life with **full joy** and for that one need to assimilate **God Kaamdev** and **Goddess Rati** in the life. It is important to understand that your life should be different from others as this is the only medium by which one can be easily identified within a huge crowd.

Anang Upanishad

Kaamdev is a **symbol of vitality** for **man** and **Rati** is the symbol of vitality for woman. A lot of texts have been created on this aspect which outweighs any other aspect of life. A lot of **poems, Tantra texts too speak** about this but there are very few places where the secret **Sadhana** related to **God Kaamdev** and **Goddess Rati** is provided.

It is not possible for every man and woman to be **beautiful right** from the time of birth. However, is there any **Sadhana** using which **Kaamdev** can reside within a man and **Rati** can reside within a woman so that their **powers continuously** keep the **person youthful, attractive and delighted** all the time?

Sadhana is the medium to obtain all that is not written in our fortune by the Lord. Presented below is **Kaamdev-Rati Sadhana** which is the essence of human life. If one removes sexual desire from a human being, then it is similar to **removing fragrance** from the **flower, removing its beauty** and **charm**. This desire is the fragrance of life, one must not consider it in a wrong way as it is the medium of existence of the human race.

Who should perform Kaamdev Rati Sadhana?

- ★ If you feel tired all the time and are full with negativities.
- ★ **When you are unable to impress others and you literally have to beg before others for even the smallest tasks.**
- ★ When you don't feel completeness in yourself or if there is a misunderstanding or lack of harmony in your married life.
- ★ When you want to attract someone, may it be a man or a woman.
- ★ When you are unable to impress your friends and relatives
- ★ **When you want to give a thrust to your work.**
- ★ When you are suffering from any disease.

- ★ When a lady feels no charm exists on her face and her life is filled with depression.
- ★ **When you are unable to find a life partner as per your own liking.**

Kaamdev-Rati Sadhana can be performed in all the above situations. **Roop Chaturdasi** is highly beneficial to attain **youth, beauty, fragrance, liveliness** and **happiness** in life. One must not keep any sort of hesitation in mind and perform this **Sadhana** to live a life full of **happiness, youthfulness, vitality** and **completeness**.

Presented below is a very secret and highly effective **Sadhana** of **Kaamdev-Rati** as it includes **worship** of all the eight forms of Kaamdev – **Kaam, Bham Sharer, Anang, Manmatha, BasantSakha, Smar, IkshuDhanurDhar and PushpaBaan**.

Sadhana Procedure:

One needs **Anang Yantra, RatiPreeti Mudrika, 8 Laghu Nariyal and Manjari Rosari** for this **Sadhana**. This **Sadhana** has a very simple procedure. This **Sadhana** can be tried by any person whether old or young, whether male or female, whosoever is desirous of attaining youthfulness in life. Take a bath and get in fresh clothes on the **Sadhana** day. Female **Sadhika** should keep their hair opened at their back and sit on a mat facing East. Take a wooden plank and cover it with a fresh cloth and place **a picture of SadGuruDev** on it and worship Him with **vermillion, flowers, unbroken rice grains** and seek His blessing for the success in the **Sadhana**. Then chant one round of **Guru Mantra**.

Next make eight mounds with rice grains and place one **Laghu Nariyal** on each mound, **each mound is a symbol of one of the eight forms of Kaamdev**. Next worship these forms one by one by offering the articles as mentioned after chanting the associated mantra.



- ▲ ***Om Kleem Kaamaaya Namah*** – offer camphor on first form
- ▲ ***Om Kleem BhasmaShareeraaya Namah*** – offer Gorochan on second form
- ▲ ***Om Kleem Anangaaya Namah*** – offer fragrance on third form
- ▲ ***Om Kleem Manthaaya Namah*** – offer agar on fourth form
- ▲ ***Om Kleem VasantSakhaaya Namah*** – offer vermillion on fifth form
- ▲ ***Om Kleem Smaraaya Namah*** – offer gooseberry on sixth form
- ▲ ***Om Kleem IkshuDhanurDharaaya Namah*** – offer sandalwood on seventh form
- ▲ ***Om Kleem PushpaBaanaaya Namah*** – offer flowers on eighth form

Thereafter take the **yantra** and the **mudrika** in a plate and bathe it with some water. Next **wipe dry the yantra** and **worship it** with some **vermillion, flowers, rice grains etc.** There is no need to light a lamp in this procedure, just light a fragrant incense stick.

Now chant **5 rounds** of the below mantra with the rosary.

Mantra

**|| Om Kaamdevaaya Vidmahe
PushpaBaanaaya Dheemahi Tanno
Anang Prachodyaat ||**
**॥ ऊँ कामदेवाय विद्महे पुष्पबाणाय धीमहि
तन्नो अनंग प्रचोदयात् ॥**

Offer some **flowers** onto the **yantra** after **mantra chanting** and pray to Lord **Kaamdev** and **Goddess Rati** to provide all sorts of **worldly pleasures in your life**. Request Lord Kaamdev to permanently stay within your body so that you may remain **young, energetic, beautiful, attractive** and **youthful**. **If possible, one must daily chant one round of the above mantra for the best results.**

Soon you will start noticing the change in behavior of people around you and your **magnetic aura** will continue to expand day after day. This will bring positive results in whatever field you are in and will certainly make you **successful** and **your life worth living**.

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