

27<sup>th</sup> April

# Hanuman Jayanti



*Manojavam Maruta Tulya Vegam,  
Jitendriyam Buddhi Mataam Varishtham  
Vaataatmajam Vaanara Yooth Mukhyam,  
Shree Raama Dootam Sharnam Prapadye*

*Let me pray to the one who is swift as thought, the one who is more powerful than the wind, the one who has conquered his senses, the one who is supreme among all intelligent beings, the son of the wind-God the commander of the army of forest creatures, Give me refuge, the messenger of Lord Rama, the incomparable Lord Hanuman. Please accept me and my prayers at your feet.*

Lord Hanuman doesn't need any special introduction and is the most widely worshiped Lord all across the globe. His temples can be seen at every place around us, may it be a small village or a metropolitan city. The reason behind Him being so popular is that **Lord Hanuman**

**blesses all His devotees with wisdom, strength, intelligence and a stress free life.** He is also the prime Lord who can safeguard His devotee from malefic results of Lord Saturn and is thus worshiped by all the people going through the ill phase of Saturn.

Along with this, He is the eradicator of all sorts of pain and sufferings. **Mere chanting Hanuman Chalisa brings a lot of positive outcome in the life of the devotee.** He is the one who is blessed with all eight siddhis and nine nidhis and can thus fulfill all the desires of His devotees.

Presented below are few small yet highly effective sadhanas of Lord Hanuman which should be performed by every individual to win over various **negative aspects of life.** **One not only just helps himself by performing the sadhana of Lord Hanuman, the person also becomes capable to help others and can thus serve the whole human society.** *The most prosperous day to start Hanuman sadhana is Hanuman Jayanti.* However, if due to any reason, the person is unable to accomplish the sadhana on this auspicious day, the person can start the sadhana from any Tuesday.

Important points to consider while performing **Hanuman sadhana are as mentioned below:**

1. One must maintain piousness and celibacy during sadhana duration. Sadhak must take a bath before starting the sadhana.
2. One must use **red colored** clothes (**mat, dothi**

**and cloth to cover the wooden plank).**

3. Use only **Rudraksh** or **Corel rosary** in the sadhana.
4. Offered food must be prepared with pure ghee.
5. Sadhana must be performed fixing one's sight on the yantra or article.
6. Mantra must be chanted aloud.
7. One must refrain from performing Lord Hanuman's sadhana to harm others. This can have bad impact on oneself.
8. Performing the sadhana considering oneself as the server of Lord Hanuman increases success rate.
9. Sadhana must be performed facing either South or East direction.
10. Hanuman sadhana can be perform at any time of day. However, one should perform the sadhana on same time each day.
11. Offer **red** or **yellow** colored **flowers** to the Lord. Also, the lamp and incense stick must remain lit during the entire sadhana duration.

Presented below are sadhanas of Lord Hanuman that can bring wonders to your life.

## Success in Work

Lord Hanuman is also the Lord who ensures that the life of His devotees remain trouble free and they gain success in their tasks. It has been seen that sometimes even with our best efforts, we are not able to complete our task or are not able to obtain the significant level of success compared to the amount of effort that we put into the task. Under such a situation, one must perform this procedure to appease Lord Hanuman and see how your efforts start bringing the positive results that you have always wanted in life.

### Sadhana Procedure:

One needs **Hanumat Yantra** for this procedure. Take a bath and get into fresh **red clothes** and sit on a red mat facing **South**. Take a **wooden plank** and **cover it** with a **red cloth**.

**Take a picture of Gurudev and worship Him with vermilion, rice grains, flowers** etc. Light an **oil lamp** and an **incense stick**. **Pray to Gurudev for success in the sadhana.**

Next take **Hanumat Yantra** and place it before Gurudev's picture. Speak out your wish and then chant the below mantra **51 times** for **21 days**.

### Mantra

॥ ॐ हनुमताये नमः ॥

॥ Om Hanumataye Namah ॥

This small procedure is good enough to get success in any task. Drop the yantra in a river or pond on the twenty first day.

*Sadhana Article 350/-*

## Become Mentally Strong:

It is very common to see that people feel afraid to do something new or to repeat something in which they have failed miserably. Another aspect is a mental blockage which we might have gained due to an accident or due to several unfortunate recurrence of the same thing around us. If we always try to frighten a child by saying that he or she will be put in a dark room where ghosts exist, the child eventually grows up with this mentality that ghosts reside at dark places and thus always remains frightened to enter into any dark room.

Such a situation can be overcome by the grace of Lord Hanuman who blesses His devotees and make them withstand any sorts of peril in life. Any illusion then no longer torments a person and thus such a person becomes confident in life. The person remains calm in any adverse situation and takes correct decisions in life. One can gain such a state in life by performing this small procedure related to Lord Hanuman.

### Sadhana Procedure:

One needs **Hanuman Mudrika** for this procedure. Perform this sadhana between **6 pm to 10 pm**. Take a bath and get into fresh **red clothes** and sit on a **red mat facing South**. Take

a wooden plank and cover it with a red cloth. Take a **picture of Gurudev** and worship Him with vermilion, rice grains, flowers etc. Light an oil lamp and an incense stick. Pray to Gurudev for success in the sadhana.

Next place **Hanuman Mudrika** in front of Gurudev's picture and chant the below mantra **21 times**.

### Mantra

**Om Hum Om Hum Om Hanumate Phat**

॥ ॐ हुं ॐ हुं ॐ हनुमते फट् ॥

Repeat the procedure for next 4 days (total 5 days). Wear the ring in any finger of your right hand on fifth day after completing the mantra chanting. Continue to wear it for next two months. Thereafter, offer it **Lord Hanuman** in any temple. This completes the sadhana procedure and you will find your confidence soaring high just like the sudden growth of a bamboo plant.

**Sadhana Articles 250/-**

## Winning over Enemies

A life full of enemies is nothing but a painful life. The person always remain afraid of being attacked by the enemies. The mind of such a person is always busy in thinking ways to safeguard oneself from the evil desires of the enemies. These enemies can be in any form like business competitors, your neighbors or any other person. One can get rid of such people by the grace of Lord Hanuman. Lord Hanuman is also known to demolish the enemies' pride and was a key person among those who destroyed Lord Ram's enemies. Presented below is a short yet highly effective sadhana of Lord Hanuman to pacify the enemies.

### Sadhana Procedure:

One needs **Hanumat Yantra** for this procedure. Take a bath and get into fresh **red clothes** and sit on a red mat facing South. Take a wooden plank and cover it with a **red cloth**. Take

a picture of Gurudev and worship Him with vermilion, rice grains, flowers etc. **Light an oil lamp** and an **incense stick**. **Pray to Gurudev for success in the sadhana**.

Next place **Hanumat Yantra** before Gurudev's picture and make marks with **sindoor** chanting the below mantra **26 times**. Then offer some jaggery before the yantra. Repeat the process for next **6 days** (total 7 days).

### Mantra

॥ मारकटेश महोत्साह सर्वशोकविनाशना  
शत्रून् संहार माम रक्ष श्रियाम दापय मे प्रभो ॥

॥ Markatesh Mahotsaah SarvaShokaVinashana, Shatrun  
Sanhar Maam Raksha Shriyam Daapya Me Prabho ॥

Drop the yantra in a river or pond on the twenty first day.

**Sadhana Article 310/-**