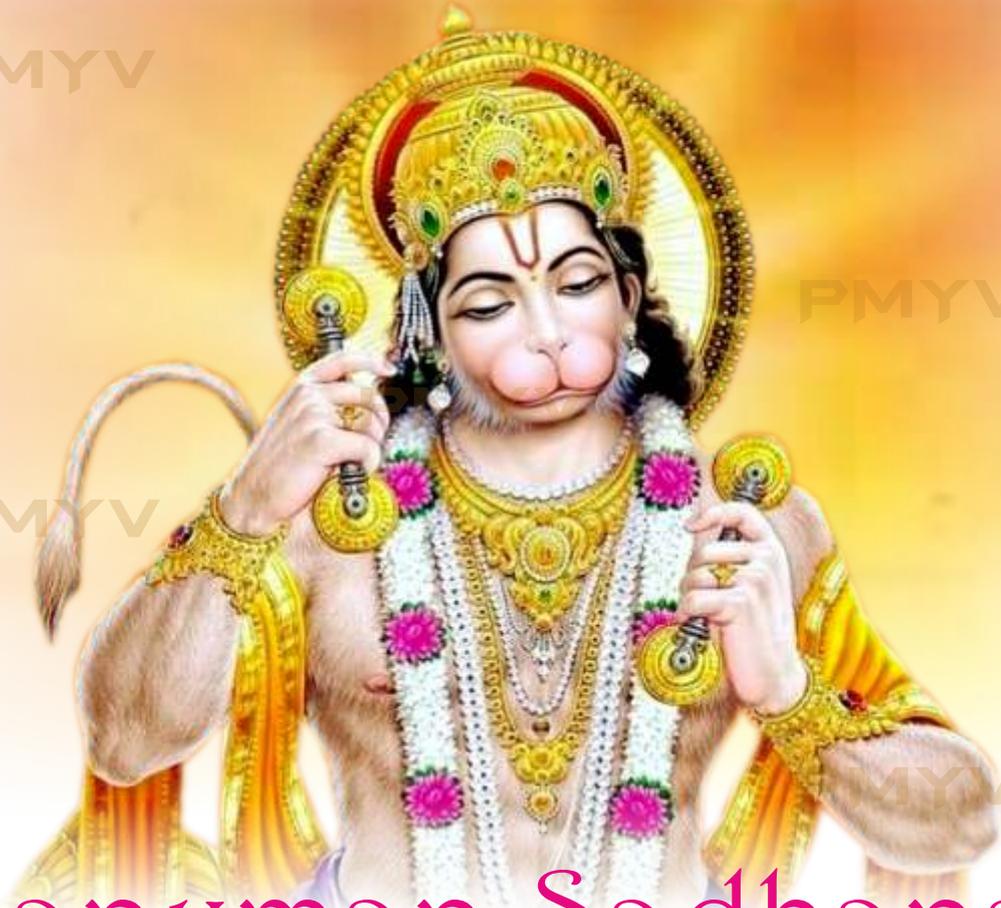


Hanuman Jayanti

16-Apr

Chatirya Purnima



Hanuman Sadhana

Nasaya Roga Hare Sab Peera

Lord Hanuman is the epitome of devotion towards **His Guru**. He was an incarnation of **Lord Shiva** and was thus a divine being, yet He chose to spend his entire life in serving his Guru, **Lord Ram**. There is no second example in entire history which can parallel this devotion and love towards the Guru and because of the boons from Lord Ram, he became more **famous** and revered than Lord Ram across the entire globe.

An incident is mentioned in **Purans** which explains the above understanding. Once Lord Ram reached to **Rameshwaram** and wanted to worship **Lord Shiva**. For this, He requested Lord Hanuman to search for an appropriate **Shiva Linga**. However, as Lord Hanuman didn't bring the Shiva Linga within the auspicious duration, Lord Ram created a Shiva Linga with sand and performed His worship.

When Lord Hanuman reached back by pleasing Lord Shiva with his **penance** and obtaining the Shiva Linga directly from Him, he was dejected to find that Lord had already completed His **worship**.

When Lord Ram found out that Hanuman was feeling sad about not reaching on time, He blessed Lord Hanuman by saying that the Shiva Linga brought by him will also be placed at **Rameshwaram** and it will be called as **Hanumadeeshwar Shivalinga**. He also blessed him that until a person doesn't worship Hanumadeeshwar Shivalinga prior to worshipping Rameshwar Shivalinga, the person will not gain any merit. As a result of this boon, even today it is a custom to first worship Hanumadeeshwar Shivalinga prior to worshipping Rameshwar Shivalinga.

With passage of time, the boon of Lord Ram wasn't confined to just the Shivalinga but it got imbibed in the **life of Lord Hanuman**. As a result of this, considering it as a ritual, people started to worship Lord Hanuman prior to worshipping Lord Ram and this understanding is true even today. In **Skand Puran**, Lord Ram clearly mentions that every **karma** performed by me is your karma and all your karmas are my karmas.

The essence of Lord Hanuman is humongous, and His worship procedures assimilates several meanings. Worshipping Lord Hanuman means directly worshipping Lord Shiva too as Lord Hanuman is an incarnation of Lord Shiva. This is the prime reason why He is so **strong** and **impressive**. There are several ways to please Lord Hanuman, however, if the person tries to please Him via **Sadhanas**, the person is bound to get blessed with **health, fearlessness, fortune** and **all sorts of positive energies**. There is no better Sadhana than **Hanuman Sadhana** to get rid of any **disease** or **misfortune**. Any one who wishes to assimilate the divine powers of Lord Hanuman should sit in **Vajrasana** and chant the mantra "**Hum**" with full intensity for just five minutes. Practicing this regularly helps a person to obtain a divine aura around oneself within a short span of time.

Several **Sadhanas** related to Lord Hanuman has been mentioned in **Shastras** considering various aspects of life. This is an example of how many virtues He can provide to His **Sadhaks**. Whether it is **fear of enemies, or fear of evil spirits or fear of anything unknown**, there is a **Sadhana of Lord Hanuman** for that. Out of these hundreds of procedures, there is also an unfailing Sadhana related to getting rid of any **deadly disease** and regaining the health. It is even a fact that **Tulsidas**, the person who created **Ramcharitmanas**, once had an intolerable pain in his hand and to get rid of it he created a verse "**Hanuman Bahuk**" and got rid of this pain.

One doesn't need to say much about **Lord Hanuman** as He is the most widely worshiped Lord. We can see His temples at every place around us, may it be a small village or big metropolitan city. The reason behind this is Lord Hanuman blesses all His devotees with power, intellect, wisdom and a peaceful mind. He can also diminish the ill effect of Lord Saturn and is thus worshiped by people going through the Saturn's ill phase in life. 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 the **Sadhana** procedure of Lord Hanuman and see how the efforts start bringing the **positive results** that you have always wanted in life.

Sadhana Procedure:

This Sadhana must be performed on the favourite day of **Lord Hanuman, Tuesday**. One needs **mantra energized Lord Hanuman picture, mantra energized coral rosary and mantra energized Lord Hanuman yantra** for this Sadhana. If the **Sadhak** is too ill, then someone else can perform this Sadhana on behalf of the sick person. Take a bath during night around **10:00 pm** and get into fresh red clothes and sit on a red mat facing North. Take a **wooden plank** and cover it with a fresh red cloth. Place a picture of revered **Gurudev** and worship Him with **vermillion, rice grains, flowers etc**. Chant one round of Guru mantra and pray for success in the **Sadhana**.

Next make a mound of rice grains dyed in red colour and place the **Yantra** over it and offer a big sized **red colour flower** on it. Offer sacred food which is a mixture of pure ghee and jaggery on to the yantra. One must take due care that no fragrant items should be used in the Sadhana and must maintain celibacy during the Sadhana duration. This Sadhana is a **3 days** Sadhana and it is recommended to only consume milk and fruits, sleep on the floor and talk as less as possible during these days.

Worship the Yantra and light oil lamp and incense and then chant one round of below mantra with the rosary.

Mantra

॥ **Om Namoh Bhagawate Aanjaneyaaya
Mahaabalaaya Swaaha** ॥

॥ **ॐ नमो भगवते आञ्जनेयाय
महाबलाय स्वाहा** ॥

Sleep on the floor at the worship place after chanting the mantra and do this for next **three days**. Wear the rosary after three days and donate the **Yantra** along with some money to some poor people or at **Lord Hanuman temple**. The person gets relieved from the **disease** even if the **sickness** is caused due to some **evil spirit**.

Sadhana Article ₹750/-