

A Unit of **SRI DANVANTRI AROGYA PEEDAM** - Walajapet, Vellore District







Right Time Right Solutions

DANVANTRI MOOLA MANTHRAM

Om Namo Bhagavathe Vasudevaaya Danvantraye Amrutha kalasa hasthaaya Sarva Aamaya vinaashanaaya Triloka naathaya, Sri Maha Vishnave namaha

Published by:

KOMALAVALLI PUBLICATIONS

Ananthalai Madura, Kilpudupet, Walajapet-632513 Vellore District, Tamil Nadu, India.

 $Ph: 0-04172-230033,\ 292133,\ 292433. Cell: 94433\ 30203$ $email: danvantripeedam@gmail.com\ /\ website: www.danvantri.$

org.www.dhanvantripeedam.com

Book Title : **RIGHT TIME RIGHT SOLUTIONS**

Author : Nalini Padmanabhan

© : Author

First Edition December 2012

Pages : 192

Price : Donation

Published by : KOMALAVALLI PUBLICATIONS

Sri Danvanthiri Arokya Peedam, Ananthalai Madhura, Keelputhupet,

Walajapet - 632 513.

Ph: 04172 - 230033, 292133, 292433,

Mobile :94433 30203

Layout by : M.Mariappan

Book Compiled : VISHNU GRAPHICS.,

Chennai - 600 118.

NO ONE IS PERMITTED TO COPY OR TRANSLATE TO ANY OTHER LANGUAGE THE CONTENTS OF THIS BOOK OR PART THEREOF IN ANY FORM WITHOUT THE WRITTEN PERMISSION OF THE AUTHOR

CONTENTS

| S.No. | Homam Names | Page |
|-------|-----------------------------------|------|
| | Introduction to Homam | 10 |
| | Homams | 12 |
| | The Complete Guide to Fire Ritual | 13 |
| 1. | Aayushya Homam | 20 |
| 2. | Annapoorani Homam | 22 |
| 3. | Anushya Devi Homam | 23 |
| 4. | Ashta Naaga Garudar Homam | 25 |
| 5. | Aswamedha Yagam | 26 |
| 6. | Athri Maharishi Homam | 34 |
| 7. | Avahanti Homam | 36 |
| 8. | Ayyappan Homam | 40 |
| 9. | Bagalamukhi Homam | 41 |
| 10. | Baratha Matha Homam | 42 |
| 11. | Bhadrakali Sahasranama Homam | 42 |
| 12. | Bhairavi Homam | 43 |
| 13. | Bhoo Varaha Homam | 46 |
| 14. | Bhuvaneshwari Homam | 47 |
| 15. | Chinnamastika Homam | 48 |
| 16. | Dattatreya Homam | 51 |
| 17. | Dhakshinamurthy Homam | 52 |
| 18. | Dhanvantri Homam | 53 |
| 19. | Dhumavati Homam | 54 |
| 20. | Durga Homam | 57 |
| 21. | Durga Sooktha Homam | 59 |
| 22. | Gajalakshmi Homam | 60 |
| 23. | Ganesha Homam | 60 |
| 24. | Garbarakshambigai Homam | 62 |
| 25. | Hanuman Homam | 64 |

Healing Touch | iii |

Sri Danvantri Arogya Peedam

| 26. | Hayagreeva Homam | 65 |
|-----|--|-----|
| 27. | Indrakshi Homam | 66 |
| 28. | Jupiter Homam | 67 |
| 29. | Kalabhairava Homam | 68 |
| 30. | Kalachakkaram Homam | 69 |
| 31. | Kalasarpa Dosa Nivarthy Homam | 71 |
| 32. | Kamadenu Homam | 74 |
| 33. | Kamala Devi Homam | 75 |
| 34. | Kanakdhara Homam | 76 |
| 35. | Kanchi Maha Periyava (Guru) Homam | 77 |
| 36. | Karuppa Swamy Homam | 77 |
| 37. | Katyayani Homam | 80 |
| 38. | Ketu Homam | 82 |
| 39. | Kukuta Homam | 83 |
| 40. | Kuzhandhai Aanandha Maha Swamigal (Guru) Homam | 84 |
| 41. | Laghu Rudra Homam | 86 |
| 42. | Lakshmi Homam | 88 |
| 43. | Lakshmi Kubera Homam | 89 |
| 44. | Lakshmi Narasimha Homam | 91 |
| 45. | Lakshmi Narayana Homam | 92 |
| 46. | Lalitha Homam | 94 |
| 47. | Maha Avatar Babaji (Guru) Homam | 94 |
| 48. | Maha Ganapathi Homam | 95 |
| 49. | Maha Kali Homam | 98 |
| 50. | Maha Sudharshana Homam | 98 |
| 51. | Mahan Vallalar (Guru) Homam | 101 |
| 52. | Mangala Gauri Homam | 101 |
| 53. | Manyu Suktam Homam | 103 |
| 54. | Mars Homam | 105 |
| 55. | Matangi Homam | 105 |

| iv | Healing Touch

Sri Danvantri Arogya Peedam

| 56. | Mercury Homa | 106 |
|-----|-----------------------------|-----|
| 57. | Moola Nakshatra Homam | 107 |
| 58. | Moon Homam | 109 |
| 59. | Mrutyunjaya Homam | 110 |
| 60. | Muneeswarar Homam | 112 |
| 61. | Muruga Homa | 113 |
| 62. | Nakshatra Homam | 115 |
| 63. | Nakshatra Shanthi Homam | 116 |
| 64. | Navadurga Homam | 117 |
| 65. | Navagraha Homam | 120 |
| 66. | Navakanni Homam | 122 |
| 67. | Navavarna Pooja & Homam | 123 |
| 68. | Pattabhisheka Ramar Homam | 124 |
| 69. | Pitru Dosha Nivarthi Homam | 125 |
| 70. | Pratyangira Devi Homam | 128 |
| 71. | Pushpa Homam | 129 |
| 72. | Rahu And Kethu Shanti Homam | 130 |
| 73. | Rahu Homam | 131 |
| 74. | Rudra Homam | 132 |
| 75. | Sani Santhi Homam | 134 |
| 76. | Santhana Gopala Homam | 134 |
| 77. | Saraswathi Homam | 135 |
| 78. | Sathakshari Homam | 137 |
| 79. | Saturn Homam | 137 |
| 80. | Sharaba Homam | 139 |
| 81. | Shirdi Sai Baba Homam | 140 |
| 82. | Shiva Homam | 141 |
| 83. | Shiva-Shakti (Shiva-Durga) | 142 |
| 84. | Shri Vidhya Homam | 143 |
| 85. | Sidhargal Homam - 468 | 144 |
| | | |

Healing Touch | v |

Sri Danvantri Arogya Peedam

| 86. | Sree Chakra Maha Homam | 146 |
|------|--|-----|
| 87. | Sri Chandi Homam | 149 |
| 88. | Sri Shoolini Durga Homam | 150 |
| 89. | Sri Gayathri Homam | 151 |
| 90. | Sri Kaarthya Veeryaarjuna Homam | 152 |
| 91. | Sri Purusha Sooktha Homam | 153 |
| 92. | Sri Rayar Ragavendra (Guru) HoMam | 154 |
| 93. | Sri Seshadri Swamigal (Guru) Homam | 154 |
| 94. | Sri Suktha Homam | 155 |
| 95. | Sri Vaasavi Kannika Parameshwari Homam | 156 |
| 96. | Srimati Tulasi Devi Homam | 157 |
| 97. | Sun Homam | 159 |
| 98. | Swarna Akarshana Bhairava Homam | 160 |
| 99. | Swathi Homam | 162 |
| 100. | Swayamvara Parvathi Homam | 163 |
| 101. | Tara Homam | 164 |
| 102. | Thila Homam | 167 |
| 103. | Tripura Sundari Homam | 169 |
| 104. | Uma Maheshwara Homam | 170 |
| 105. | Vedanta Desikar (Guru) Homam | 172 |
| 106. | Venus Homam | 173 |
| 107. | Viraja Homam | 174 |
| | Havan | 176 |
| | Homam Benifits | 178 |
| | Mantras | 180 |
| | Homam - Methods | 182 |
| | Types of Homams | 190 |

| vi | Healing Touch

Editor Speak

A **homam** is a sacrificial fire ritual sanctified by the Vedas and has been practiced in Bharata Varsha (Bharata's country now known as India) from time immemorial. Performing a Homam or participating in the sacrificial sacred fire ceremony, frees one of many travails and tribulations mentally and physically, no matter if one is performing it or just participating in a Homam performed by others.

Every form of deity in the Hindu pantheon of Gods is symbolically represented by specific Vedic slokas and each such deity can be worshipped by a prescribed Homam ritual. Each deity, when invoked through fervent recitation of prescribed slokas and/or performing prescribed Homam rituals, confers specific benefits on the performer. For example, Lord Ganapathi when worshipped through recitation of appropriate slokas or Homam will remove all obstacles in the contemplated task for which His Grace is being invoked. Similarly, Goddess Saraswathi and /or Lord Hayagreeva would confer knowledge and wisdom. Goddess Chamundi, when invoked through appropriate Homam rituals, would confer victory over all evil forces and shower all kinds of material and spiritual prosperity on the performer and his kith and kin. Homam to Lord Varuna which when performed with fervor will bring rain to parched earth. Goddess Annapoorani, when invoked through Annapoorani Homam, would bless earth with super abundance of food grains.

Vedas have strictly and very elaborately prescribed as to how each such Homam ritual is to be performed. At the same time, the Vedas have also given tailor-made simple solutions suiting the economic capacity of the performer. In doing such rituals, whether elaborately or in a simple form, Vedas have enjoined on the Kartha (Performer) that they need to carry out the same through the active

Healing Touch | vii |

mediation of Vedic scholars who have attained mastery in relevant branch of Vedic rites and giving ritualistic offerings as prescribed in those rites at appropriate stages of performance of the Homam.

These Homams need to be performed based on astrological prescriptions by analysing the birth charts of individuals and prescribing, in performance of a particular Homam in propitiation of certain deity who will confer on the native (Kartha) certain sought-after benefits.

Taking into consideration the best time to perform the Homam as per the day's Hora schedule and the time that should go well to solve the problems as per the Kartha's birth chart, the experts then recommend the type of Homam and the auspicious day and time for performing it.

Vedic scholars perform the Homam rites in the most authentic way, not missing out on a single divine step to perform it, as the art of Homam lies in the art of performing it. We follow every edict of these rituals in our Danvantri Arogya Peedam, a unique concept in the Hindu philosophy of life, in Kilpudupet, Walajapet, Vellore.

With this noble purpose in mind and in the service of Humanity, we have prepared an anthology of a bevy of Homams for a pantheon of Hindu gods which we perform in our Holy Peetam day in day out for the welfare of all living creatures in this Universe created by the Almighty God and we dedicate the same in the service of all believers in the pantheistic philosophy of Sanathana Dharma epitomized by the Slogan: 'Sarve Janah Sukhino Bhavanthu' (May all the people in the world be happy and peaceful).

With Blessings From Nalini Padmanabhan Chartered Accountant

FORWARD

Dear Friends

We the family of doctors visiting Sri Danvantri Arogya Peedam since 2 years and participating in various Homas conducted at this peedam find a Tremendous improvement to our physical, emotional, mental and spirrtual health.

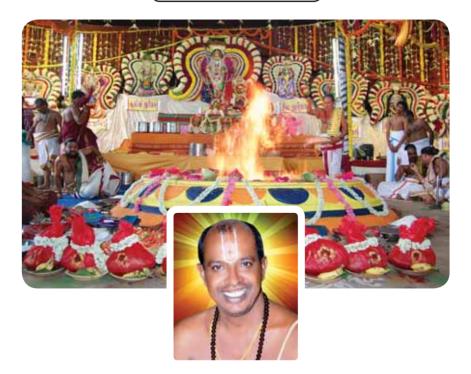
The Homas helped us in our personal well being and also we could find a vast improvement in the inter personal relationship and improvement in the economic and social field also. As one of the benefactor of Homas conducted at Danvantri Arogya Peedam, We would sincerely recommend all the devotees visiting Danvantri Arogya Peedam to Read this Book which gives a detailed description of various Homas and its Benefits and to participate in the Homas and have a physical, mental, emotional, economical, social and spiritual well being.

We wish all the devotees attending this temple eternal peace, joy and happiness.

Yours

Dr. R.Rangarajan (MD Anaesthesiology) Dr. K.Viswaja (MD Pathology) Dr. K.Satish Sreenivas (MD Radio Therapy) Dr. Divyambika (MD Oral Medicine)

Healing Touch | ix |



Introduction to Homam

Homams are pujas performed for a particular deity by invoking Agni - the God of fire.

It is said that when Lord Brahma (the creator among the Trinity) created man, he also created "Homam" for man's livelihood and his attainment of spiritual desires. The fundamental premise of Homam is derived from the Vedams, although, according to "Purusha Sooktham", it is the other way around - Vedams originated from Homam! Any how, Vedams and Homam are eternal truths having neither beginning nor end, and are "Apourusheyam" (divine, not the creation of humans). Karmam (work or action) is an integral part of living. Right and wrong Karmams can hardly be discerned by human intellect, and has to be guided by knowledge. Vedams,

| 10 | Healing Touch

indeed, contain the highest form of knowledge. The singular goal of Vedam is to guide man through the correct path. And Homam forms the essence of all the Karmams prescribed in the Vedams.

The goal of all Homams is the prosperity of the people at large by energizing and protecting the environment. The Sun is considered as the main source of energy supply, and fire is considered as a representation of the Sun's energy. According to the ancient texts on Homam, any offer to Fire as a god, is actually an offer to Sun. Any such offer is either to enrich energy in the environment or to destroy the undesirable elements in the environment, and thus, in both ways, environment is protected. Attaching divine nature to such rituals (like Homam) induced people to practice them. Thus, the ancient texts proclaim that "Such Vaidika Karmams are result-oriented, and meant to lead to Sreyass or spiritual attainments".

Performing the Homam Ritual

Each Homam is performed strictly according to scriptures. These are conducted by fully learned and experienced vedic scholars. The ingredients recquired for these homams are different for each homams. Each homam is performed after praying (Shankalpa) for the specific relief / benefit desired for each individual. After each homam, pundits are fed with vedic prayers.

Research for Herbal Therapy, Astrology Therapy, Vedic Science Therapy, Traditional Therapy, Art and Science Therapy, Homa Therapy, Astronomy Therapy, Mantra Therapy, Music Therapy, Yoga and Meditation Therapy, Body-Mind Psychotherapy, Ecotherapy/Nature Therapy, Emotion Focused Therapy, Healing Touch, Holistic Psychotherapy

Warming Regards Sri Muralidara Swamigal

Healing Touch | 11 |



HOMAMS

Homams are powerful ancient fire rituals that have been performed in India (Bharata Desam) by the Vedic sages for over 10 millennia. Sri Krishna in Bhagavad Gita quotes, "This creation is a Yagna". Yagna also means sacrifice and by this he meant that creation is an eternal flow of birth and death, it is a sacrifice where one's death gives way for the birth of another, continuously and something gets sacrificed for something to arise. This is how the Vedas, interpret the creation and in the purview of the Vedas, the homa is but a miniature model of this Universal Sacrifice.

Homas derived from Vedas contains the highest form of knowledge and ditilled Wisdom. The singular goal of Veda is to guide man through the correct path, and Homas form the essence of all the Karmas prescribed in the Vedas.

| 12 | Healing Touch

The Complete Guide to Learn the Steps Involved in a Fire Ritual

Homa is a Sanskrit word, which refers to any kind of "ritual in offerings" that is made into a consecrated fireplace. It can also be referred to as Homam / havan. Homas are an important religious practice in Hinduism, where they are a part of most of the ceremonies, in all creeds and castes.

During a Homa, various rituals are performed successively in order to trigger various positive energies and also to generate creative vibrations sensation during the Homa. Some of these rituals are common and must be practised before any fire ritual. After these rituals are executed, the main Homa would instigate; wherein the rituals differ depending on which deity you want to invoke. The common rituals for all Homas are described below.

Why Fire Rituals?

A Homa can help you get well, have good relationships, find a virtuous partner, have children and it may even remove bad karma or negative aspects in a horoscope or with Vastu...

An essential part of the fire ritual is the spiritual connection the devotee crafts with the divine. Most often that contact is made possible through an external object: a facet of nature, a figurine, a vessel, a painting of God and soon.

The Almighty is then invited to participate and propitiate by chanting mantras. There are a lot of standard procedures in a fire ritual and they are designed to invoke the devotional aspect of the devotee – of worship and devoutness. It is essential that one spotlessly cleans all the Pooja items: the lamps, the idol, the fruits offered as Prasad, and make the necessary arrangements.

Healing Touch | 13 |

Steps to Perform a Homa:

1. Pavitra Dharanam

At the start of the Homa, the performer as well as the other people who are participating in the Homa, pray for the cleansing of their heart and soul and seek divine blessings of their ancestors and other divine beings.

Having prayed thus, they wear a ring made of Darbha grass, on the ring finger of their right hand, which is known to repel negative energies.

2.Achamaniyam

Specially made vessels called Panchapatras are set aside filled with water. (Note: during a Homa, iron or steel vessels are not to be used because of their low spiritual energies. Silver, copper, or a mixture of 5 metals is best preferred.) Water is taken with the left hand with a special copper spoon called "udraneeya" on to the cavity of the right palm and sipped three times chanting the names of Lord Vishnu. This practice is to purify one's body and mind and is then followed by "siromarjanam" wherein the performers of the ritual take water in the udraneeya and sprinkle water on their own heads with their right thumb. The mantra chanted here means, "Whatever be the state of my body; sacred or unsacred, by the very chanting of the divine names, I sanctify this body of mine in order to obtain auspicious energies."

One must make sure the Achamaniyam must be performed facing the east or the north and never facing the west or the south.

The following twelve names of the Lord should be uttered, touching each limb of the body with a particular finger (the priests will specify upon the finger to be used). This signifies that all the senses are dedicated to the service of God. When the senses are made introspective instead of going outwards to the external

| 14 | Healing Touch

objects, the natural bliss of the soul will be manifested. The names to be chanted are:

Kesava / Narayana / Madhava / Govinda / Vishnu / Madhusoodhana / Trivikrama / Vamana / Sridhara / Hrishikesa Padmanabha / Damodara

3. Ganapati Prarthana/ Mahaganapathy Pooja

In the Hindu scriptures, the elephant headed God, Ganesha is always worshipped in the beginning of any ritual, and for his blessings to ensure that the whole procedure would move smoothly unhindered by any external obstacles (Vignas) at any stage. Lord Ganesha is invoked into a conical figure made by mixing turmeric powder and water. Turmeric is considered very propitious and auspicious and is therefore used to represent Lord Ganesha. Thereafter, a method of worship involving sixteen steps is performed to please Lord Ganesha. This is called "Shodashopachara" Pooja. All these steps are symbolical representations of the various forms of expressing reverence like offering the deity a golden throne to be seated, washing his feet, washing his hands, offering him water to drink, ceremonial bathing with sacred waters, offering new clothes, anointing him with sandal paste and other perfumes, adorning of jewels, worshipping with flowers, offering of fragrant incense, lighting the lamp, offering food, fruits and sweet drinks, chanting his praises, offering Aarthi and finally prostrating to him and seeking his blessings.

Prayer to be chanted while praying to Lord Ganesha:

"Suklam Baradharam Vishnum Sashivarnam Chaturbhujam Prasanna vadanam Dhyayet Sarva Vighnoposhantaye"

4. Kalasha (Sacred Pot) Pooja

This is a very important step towards the Homa, for it is here that we invoke the main deity of the Homa. If it is a Subramanya Homa, Lord Muruga is invoked; and in a Kala Bhairava Homa, Lord Kala

Healing Touch | 15 |

Bhairava is invoked. The deity is invoked, energized and adored in the Kalasha, which is a sacred copper pot filled with water. A coconut is placed over the Kalasha surrounded by 5 or 7 mango leaves. This Kalasha is further decorated with flowers and a cloth is swathed over it. It is then placed facing the North-Eastern corner of the Homa or the sacrificial pit.

The significance of Kalasha is that it absorbs all the positive energies generated during the Homa. The divine water (with immense healing powers) in the Kalasha is then sprinkled upon and distributed to the participants at the conclusion of the Homa.

5. Sankalpa / Declaration of intent

The Sankalpa is the most important part in a Homa. The entire ritual is carried along with the strong will and wish of the participants. Each Homa is performed for a definite purpose; and it is this purpose that the performer and participants clearly hold within their minds as they take Sankalpa.

It is at this time that the participants of the sacred Fire Ritual get to pray for their wishes like "God, grant me with power, knowledge and riches", "Let the Almighty bless me with a good married life and a well matching spouse", and so on...

6. Avahanam / Welcoming the Deity

Avahanam is that stage of the Homa; wherein the Lord is formally and ritualistically invited to the premises of the Homa. Mantras are chanted to invite that particular Deity with immense dedication and godliness.

7. Agni Pratishtapanam and Dhyanam

Here, the sacrificial pit is sanctified by chanting mantras, even before the Fire God Agni is invoked. Sticks from selected trees are only used for Homas. Mostly, the sticks (Samidh) of the Pipal tree are used.

| 16 | Healing Touch

Amidst mantra chanting, the performer gently blows the red-hot Samidh and the fire mounts up. Thereafter, ghee (clarified butter) is offered and the participants meditate upon Lord Agni. The success of a Homa very much depends upon how the participants relate to the fire god Agni, because he serves as the medium between this mortal world and the other mystical worlds.

It is at this stage that the main deity; may it be Lord Siva, Vishnu, Muruga, Ganapathy, Hanuman or so are meditated upon. The priests will make sure that the Homa is being performed abiding to the ancient scripts and conventions. Flowers are offered at each invocation of a new mantra; usually signifying the glorification of the Lord's attributes!

8. Namaskaram / Obeisance

The denial of one's ego and surrender is part of the ritual as the devotee does a full Namaskaram (prostrating in front of the Homa pit).

9. Naivedyam / Offering Food

Towards the end of the Homa, Naivedyam is offered to the Lord. Usually it includes a Payasam (kheer), cooked rice, and other savories prepared for the holy function.

This is symbolically offered to the Lord first and only after this part of the ceremony do people consume the food.

10. Aarthi / Offering of Lights

The aarthi is the final part of a Pooja where in a camphor is lit and waved to the idol of the deity to the accompaniment of the brass bell. After it waved in the direction of the idols, all the members of the family take turns to almost touch the flame with deep reverence.

11.Purnahuti / Conclusion

The Homa is concluded with a Purnahuti, Aarthi and offering the Thamboolam to Lord Agni. While the priests continue with the

Healing Touch | 17 |

last of the mantras, the fire in the pit calms down and turns into a gentle flame.

12. Visarjana / Dismissal-farewell.

Just as we so ritualistically and formally invited the God to the premises; we thank him for blessing us and also bid him on his farewell back to his abodes.

Thereby, we conclude to say that a Homa is an act of complete surrender and reverence to the Lord in which people may opt to pray for their welfare or for the world's as well.

Below mentioned are the extra steps which might / might not be performed in a Homa. One must also note that the steps in a homa can vary depending upon the purpose or the deity invoked.

1.Pradakshinam / Circumambulation

Pradakshinam consists of circling around the deity and the Fire trench used for worship. The performers and participants go round the Fire pit three times in the clockwise direction and prostrate in front of the Homa pit.

2.Abhishekam / Bathing God's idol

An "Abhishekam" is conducted by priests, and is a holy ritual ablution amidst the chanting of mantras. Usually, offerings such as milk, yogurt, ghee, honey, Sesame oil, rosewater, sandalwood paste are poured, among other offerings depending on the type of Abhishekam being performed.

3. Dhoopam / Incense Offering

A rich stream of scented smoke that is lit for the duration of the Pooja is offered to the deity of the homa. It is said that the fragrance induces or compels the mind of the devotee towards the holiness of the Homa.

| 18 | Healing Touch

4.Deepam / Offering Lighted Lamp

A well decorated lamp lit on its five sides with five wicks is offered to the Deity of the Homa.

5.Archana / Chanting holy names

Similar to pooja is archana. Archana and pooja are the same spiritual offerings except that archanas are performed at temples and during Homas. A devotee will make offerings like fruits, flowers, coconut, beetle leaves etc. The devotee will then receive the food offerings back in the form of prasad or blessings from the Deity.





Healing Touch | 19 |

Aayushya Homam

(For increasing your life span and leading a robust life)

Why Ayushya Homam?

Ayush Homam or Aayushya Homam is a benign Vedic ritual that is performed to appease Ayushya Devatha for leading a long, healthy and happy life. Ayushya Homam has the power to cure both physical and mental illness and avoid untimely death.



Who is Avushva Devatha?

Ayushya means life or age, and Devatha is God or divine being. Ayushya Devatha is the embodiment of life or longevity.

Benefits and Significance of Ayushya Homam

The great sage Bhodhyana, who is believed to be the direct disciple of Veda Vyasa, explains the significance of Ayushya Homam in his Bhodhyana Sutras. According to which, Ayushya Homam is a great boon for living a long, hale and healthy life. Also, while performing Ayushya Homam the seven revered chiranjeevis or immortals of the Indian mysticism are invoked to beget their grace and blessings.

Enhancing longevity and well being

The ancient Vedic sages have understood the importance of longevity and well being and have devised many tools and techniques to lead a long life. Ayushya Homam is one such technique, which has the power to add more years to your life so that you can perform all your worldly duties to utmost satisfaction. This can be achieved by conducting Ayushya Homam once in every year.

| 20 | Healing Touch

Supercharges your new born kids

Ayushya Homam is very beneficial for children if you perform the Homam on their first birth anniversary based on their Birth Stars. This Homam has the special attribute to remove the impressions of the previous births. Thereby, the negative effects of the poorva janma karma (deeds of past life) are eliminated and your child becomes well receptive to enjoy the present life without carrying the burden of the past. This by itself uplifts and energises your child to lead a healthy and long life.

Healing health problems and mental disorders

Performing Ayushya Homam has a tremendous effect on your health and mind. Ayushya Homam can cure serious health ailments and mental disorders. Ayushya Homam activates certain energy centres in the body, which has a soothing effect on the mind. This serves as a remedy to those who are mentally troubled.

For children who are suffering from illness, Ayushya Homam serves as an effective boon to relieve them from their sickness. If they are not relieved of their illness, Ayushya Homam should be performed every month until they are cured, which will eventually happen.

Prevents untimely death

In today's fast paced world, the reasons for untimely deaths are many; fatal accidents, natural calamities, self-destructive habits, suicides and many more. Even combinations of certain planets in your natal chart can cause such unfortunate events. Conducting Ayushya Homam shall prevent and avoid such undesirable happenings in your life.

Ideal days to conduct Ayushya Homam

Ayushya Homam must be performed on your birthdays based on your Nakshatra (Star)—not according to the english calendar. The

Healing Touch | 21 |

timings preferred are Bhrama Murtham or any other auspicious

Annapoorani Homam



Once Goddess Parvati was told by her consort Shiva that the world is an illusion and that food is a part of this illusion called maya.

The Divine Mother who is worshipped as the manifestation of all material things, including food, became angry. To demonstrate the importance of her manifestation of all that is material she disappeared from the world.

Her disappearance brought time to a standstill and the earth became barren. There was no food to be found anywhere and all the beings suffered from the pangs of hunger.

Seeing all the suffering, Mother Parvati was filled with compassion and reappeared in Kasi and set up a Kitchen. Hearing about her return, Shiva ran to her and presented his bowl in alms saying, "Now I realise that the material world, like the spirit, cannot be dismissed as an illusion." Parvati smiled and fed Shiva with her own hands.

Since then Parvati is worshipped as Annapurna, the Goddess of Nourishment.

Epithets

Annapurna has many names. The Annapurna Sahasranam presents her one thousand names and the Annapurna Shatanama Stotram contains 108 of her names. She is variously described as:

| 22 | Healing Touch

- She who is full, complete and perfect with food and grains
- She who gives nourishment
- She who is the strength of Shiva
- She who is the grantor of knowledge
- She who takes away all fear
- She who is the Supreme welfare
- She who manifests truth and efficiency
- She who is beyond Maya
- She who is the cause of creation and dissolution
- She who is adi sakthi

Iconography

Physically, Annapurna is described as holding a golden ladle adorned with various kinds of jewels in her right hand and a vessel full of delicious porridge in her left. She is seated on a throne. In some depictions, Lord Shiva is shown standing to her right with a begging bowl, begging her for alms.

Anushya Devi Homam

Trinity test of Anasuya

Once trinity decided to test the chastity of Anasuya. They came to Anasuyaa's house as Brahmins and request for food with the condition that she has to serve it nude. Anasuyaa with much hesitation agreed to that. In turn she used her pativrita shakti to convert the Brahmins into child and offered them food without any dress. Trinity could revert back to their original form only after



she did herself on the request of gods. Trinity blessed them with three sons being sons: Dattatreya, Chandraatri and Durvasa.

Healing Touch | 23 |

- Atri made a great tapascharya on the riksha kulaparvat (kula mountain) because of which the whole world started burning. Brahma-Vishnu-Mahesha were impressed with him and asked him what he wants. For which Atri asked them to be his children (or have children like them). So Atri and Anusuya had 3 sons namely, Soma or Chandra (the Moon) from Brahma, Dattatreya from Vishnu and sage Duryasa from Shiya.
- In Brahma Purana, Atri asked for the 3 sons and one daughter. So he had Chandra, Dattatreya, Durvas as sons and Shubhatreyi as daughter from Anusuya.
- A Brahmin named Kaushik was staving in a town called Pratishthaan. He used to go to a whore in spite of being a Brahmin and having a devoted wife. Later he suffred from Leprosy and was thrown out by the whore. Then he came back to his wife who accepted him still. However, he still did not care for the wife, and was thinking about the whore all the time. One day he asked his wife to take him to that whore. In that town, by mistake the sage Mandavya had been spiked instead of the real thief and he was lying on the spike in the forest. While walking through the deep forest in the night, Kaushik happened to hit his leg by mistake to Mandavya sage who cursed him to death before the sunrise. To stop the curse, Kaushik's wife with her powers stopped the Sunrise which created havoc. Then gods went to Brahma who in turn went to Anusuya and asked her to convince Kaushik's wife to allow the sunrise. She convinced Kaushik's wife and brought back Kaushik to life after the sunrise. Gods were very happy with Anusuya and she had the trio born to her.
- Rahu had masked the Sun and whole Earth was in the dark.
 Then Atri got the Sun out of Rahu's hands and lighted the

| 24 | Healing Touch

- Earth. The gods were happy and then Shiva and Vishnu were born as Durvas and Dattatreya to Atri-Anusuya.
- Sage Narada praised Anusuya very much making the wives of Brahma-Vishnu-Shiva jealous of Anusuya. They requested their husbands to go and break her "pativrata" vrata (being loyal to husband all the time). They went to Anusuya as guests when Atri was not there at home and asked her to serve them food (lunch) without wearing clothes. She agreed and remembering her husband put the water on their converting them to 3 babies. Here the 3 goddesses were waiting for their husbands to come back and eventually arrived at the scene to find that their husbands have been converted to babies. They repented and by the request of Anusuya the three Gods decided to be born as her 3 sons.

Ashta Naaga Garudar Homam

Garuda is the Pakshi Raja, the king of birds. Garuda is the vehicle of Lord Vishnu and also that of Lord Danvantri. He stands guard at the entrance to the main deity. The Ashta Naga Garuda has been installed at the entrance and is believed to relieve snake poisons, besides other poisons as well. Being a vehicle himself, Garuda is believed to protect one from accidents.

Symbolically, the question to introspect on whether the devotee has released the undermining poisons of the mind before his audience with Lord Danvantri.



Healing Touch | 25 |

Aswamedha Yagam



What is Aswamedha Yaga?

Who is authorized to perform this ceremony? And its subsequent rewards:

"Ithihasa says the performer of Aswamedha Yaga kills the Horse as in the case of a sacrifice, oblates its parts in the sacred-fire and the remains of its brain

takes in treating it as Holy food".

Yaga, which is also known as Yagna finally culminates in Yoga (to join with). Before proceeding further I want to make it clear an important aspect of the two terms Yaga and Yoga. Yaga is an outward act. Yoga is an inward course of action. Its exterior appears to be quite but hides inexplicable inner process. In ancient times kings who flawlessly ruled this land like Sri Rama used to perform this kind of sacraments. At the time of closing the ceremony they used to sacrifice an animal (Horse that is selected under certain guidelines and exclusively nominated to use as sacrificed) to propitiate Gods. According to scripts and their related commentaries it is done in anticipation of wealth, health, all worldly pleasures and Heavenly life after death. But at a later stage some sects came out openly with their harsh critics on Vedas. They have claimed that Vedas have advocated ritualistic performances like Aswamedha Yaga involving huge animal sacrifices, hence deserved for condemnation.

The Etiology: Investigation that is related to the 'Cause of condemnation'.

There is some sense behind their criticism if one takes the animal sacrifice in to account. At the same time if one precisely tries from the bottom of his heart to comprehend the hidden truths behind such implementations, he convincingly arrives to understand the

| **26** | Healing Touch

hidden philosophical surprises. While exercising our efforts in seeking the truth one must be cautious to see his wisdom is not put out of action so as to be able to seek a priceless Truth that encrusted the idea or scheme of Aswamedha Yaga. Because of its rigid incomprehensiveness certain sects have failed to appreciate the concept of Aswamedha Yaga (Yoga). My intention in this research is to bring out the mysterious secrets those are so far out-of-sight. I sincerely put my efforts to get the concept of Aswamedha Yaga cleared from all misapprehensions.

Prior to the discussion on this subject I would like to express in simple terms about the characteristic of Aswamedha. Ithihasa says the performer of Aswamedha Yaga kills a Horse as in the case of a sacrifice, oblates its parts in the sacred-fire, and the remains of its brain takes in treating it as Holy.

The mandatory qualifications of the performer

It is ordained to such Kings who have intellectual honesty (practice of Satyam in their practical life) and achieved perfection in their physical behavior, mental attitude and intellectual evolution of their life. In other words, kings who have a highly developed intellectual ability to think, reason, and understand, especially in combination with wide knowledge are alone entitled to perform the Aswamedha Yaga, that too after successful declaration of his provincial right of ruling on the entire land of ancient India. The great epic Mahabharata says that Pandavas conquered not only the ancient India but beyond its borders up to Gandhar Kingdom (the present Afghanistan), up to Cambodia (Kingdom of Cambhoja Raja) and performed this Yaga.

The scheme of Aswamedha Yaga

The king who performs this Yaga selects a horse according to the rules laid down in Vedas and regally decorates it with certain cautions displayed on it. Thereupon, he lets the horse loose to

Healing Touch | 27 |

stroll freely. For its protection, he keeps a large number of Army behind it to follow. Wherever the Royal horse goes it represents the authority of the king and that area falls under the control of the king. If the horse enters in neighboring kingdoms its ruler has two options. He can capture the horse in which case he has to fight the king as the act of confinement becomes a challenge thrown on the owner of the horse. The second option is he lets the horse move freely accepting the authority of its owner. If no one dares to detain the horse it is reckoned that they accepted the authority of the owner of the horse, and their entire land fall under the regime of the owner of the horse-the king. After the set period of one year the Royal horse returns to its kingdom.

The mechanism of Aswamedha Yaga

From now onwards the ritualistic performance of Aswamedha Yaga begins. Under the supervision of Ceremonial Priest Committee, following the guidelines given in scripts, they set up its sacred fire. When all formalities of the Yaga (external process) are over the Chief Priest reciting holy mantras asks the Queen to kill the Royal horse. The queen kills the horse and leaves its body on the ground near the sacred fire. When the day's function is over priest spreads a mat on the ground and asks the Queen to sleep on the mat beside the dead body of the horse. The Queen sleeps the whole night near the dead body of the horse. The King also sleeps separately in his palace. The following day, in the middle of the recitation of Holy Mantras, King oblates the flesh of the horse in the sacred fire as a gift offered to Gods. He takes in its brain treating it as a Holy food. The entire body of the horse (that exhibited its Royal representation throughout its tour) excluding its brain (Medha) goes as a gift (sacrifice) to Gods. The significant aspect of Aswamedha Yaga that was specifically designed to Kings, which was not carefully analyzed through proper perceptions, totally revolves around this portion of the Yaga.

| 28 | Healing Touch

Philosophical significance

Now, I try to analyze the conceptual arrangements of its hidden logical imports those are so skillfully drawn out by the revered Rishis of Yore. Eventually, it is to enable the performer of Aswamedha Yaga to decisively embark on his Ferry-of-Samsara for a safe spiritual voyage to achieve final freedom from births and deaths. But, how the Rishi, who is the architect of Aswamedha Yaga, prepares the great king to unfold himself from the influence of Maya (Samsara) is not that easy to understand. Further, such of these intrinsic philosophical canons are intricately abridged and wisely archived in Symbols. Aswamedha is one of the alphabetically symbolized presentations. Further, it is deliberated to make the King to comprehend what exactly is meant by renunciation of action (Karma Sanyasa), and by performance of right action (Yoga).

As such it is important to employee our shrewd commonsense to understand what the revered Rishi architected and placed before us. It is a sacred performance in the name of Aswamedha Yaga. It is intended for the final fulfillment of the performer. It not only bequeaths all material gains and worldly pleasures in a single stroke, but confers spiritual fruition in his life to achieve redemption.

Spiritual terms do have a tendency. They sound behind thick layers of various interpretations and commentaries that they gather in the passage of time. One must appropriately employee his sound intellectual aptitude to learn to study various procedures so that he would be able to give new meanings in old terms.

The well-run symbolical expressions

The word Aswa is used to identify Horse. The revered Rishis of Vedas systematically designed with a logical approach to bring Symbolical expressions in to play wherever and whenever they felt it necessary. Here we have three words, Aswa, Medha and Yagna.

Healing Touch | 29 |

Aswa + Medha + Yaga; Aswa should be taken for mind which is the fastest in speed. Medha is intellect. Yaga is the performance of Yoga. The meaning of Yoga is 'to join'. Therefore, Aswamedha Yaga means to dissolve the Mind in intellect or Budhi. When the mind is dissolved in Budhi he relinquishes himself from all worldly confusions and sorrows. It asks the performer to act according to the best discretion of his Budhi. Finally it prepares him for his final journey to such supernal world where once reached will not come back to Earth

Rishi who engineered the technique of Aswamedha Yaga teaches its hidden fundamental philosophical values and virtues to the King in such a way explaining 'Hi King, your Royal horse toured the entire land representing your regional authority and brought you virtue and fame ultimately left the world since you have sacrificed it. Even so, you have gifted away your entire regime to Gods by way of sacrifice. One day your Queen who slept the whole night by the side of the dead body of the horse will also similarly leave this world. He learned King! Know all these are mortal and subjected to never ending changes. Even the Heaven also is of time. Therefore, have dispassion on all these worldly pleasures as they are finite in nature. Detach yourself from the world of Samsara and retire to forests to introspect on the Self-Luminous flame glowing within your heart and achieve redemption.

If we wisely look through the above perspectives, Aswamedha Yaga is not only a mere outward act but an inward intellectual process. It also explains about the aftermath of one's death to the performer who almost conquered the world, so that his mind loses its grip on the worldly pleasures. He achieves perfect detachment from his kingly pleasures. He rationally reaches to his inward final destination: the animal man ends and the Godman arise.

| 30 | Healing Touch

Varuna Japa Puja Homam

Varuna, Guardian of Cosmic Justice, Lord of the Sky, was once the most revered and powerful deity known to Vedic India. Indra may have been stronger, and the greater hero, with more panache and derring-do, but when it came to ultimate principles, there was no doubt as to who was the great god who sustained the universe. Varuna was a dual god known as Mitra-Varuna, the former ruling the day and the latter the night, but slowly the names became synonyms. Scholars are agreed that Varuna was a sky god like Ouranos; indeed the two names are derived from the same linguistic root. From this elevated position of observation, it was natural for Varuna to become the great Observer of Deeds and punish those that were transgressions of, not the Law, but Ritha, Cosmic Order. The hymns in praise of Varuna are some of the most exalted known to man in any culture. So it is a great surprise that Varuna-worship declined in the catastrophic manner that it finally did. Most Hindus today know him as a minor godling with some power over the waters, not as the great arbiter of justice and order in the cosmos

His initial myths are all archetypal in nature. They also link up with the mythology of other cultures in a manner that would not be true of later stories. Varuna is credited with finding the sun, hidden in the cosmic waters and setting it in the sky. He also parts the earth and the sky, a creation myth most famous in Egyptian myth as the story of Geb and Nut. He is praised as the king of kings, the first emperor concept in the mind of the Aryans, the one responsible for making it rain. This aspect of kingship would become an inseparable part of Indian culture, the acid test for good rule was if the rains came in time and plentifully. If they did not, then ergo, the king had failed to rule well. He is praised as the great magician too, who strides through space and measures apart the earth with the sun as with a measuring stick. Which also

Healing Touch | 31 |

tells something about the technological level of the society that worshipped him.

The hymns rise to a pitch of exaltation when they contemplate the splendor of Varuna, for he is a god who never does a mean or dubious action, unlike Indra, who was always in the grip of his Hero's Destiny and couldn't care less how he attained it. He is "the victory in swift horses, milk in the dawn cows (meaning the essence of light = wisdom, as the word 'go' meant both cow and light) intelligence in the hearts of men and fire in the waters." He is the great friend of man, as the word Mitra literally means 'friend', and he severely punishes all transgressions against friendship. It is a unique note in Indian culture, obsessed as it is with family and deeply suspicious of friends. The loss of the Vedic Weltanschauung really lessened the minds in many ways.

But most of all is Varuna feared as a just judge. For Varuna was entirely without sentiment when it came to transgressions against Ritha. Even his best friend, the sage Vashistha, felt the anger of Varuna flare against him for his wrongdoing. Like generations of mankind to come after him, Vasistha offered remarkably familiar mea culpa. "The mischief was not done of my own free will, O Varuna; wine anger, dice or carelessness led me astray. Even sleep does not avert evil. I would serve the generous god and be free from sin." It is clearly understood that repentance and service to Varuna washes away the sins attracted. It is also clearly understood that there is no use trying to fool Varuna about what you have been up to. "Wherever two together plot, and deem they are alone, King Varuna is there, a third, and all their schemes are known." For liars are especially reserved the dread punishment of the Varuna Pasha, the noose of Varuna. He is the god who is able to prolong life, so it seems only logical to assume that he can cut it short too.

One of his other abilities must have ensured him a long run of popularity, the granting of sons. In later myths this takes a nasty turn and nothing could signify better the dwindled stature of the great god. Harishchandra, King of the Ikshavakus, wishes a son and heir and foolishly promises Varuna that if a boy were granted him, he would sacrifice it to the god. The son was born, and Harishchandra began to suffer from lapses of memory. The angry god afflicted him with dropsy. A compromise was reached with the aid of Vashistha who was the king's guru. A substitute would be acceptable, provided he was consciously willing to be so slaughtered for reasons of state.

A middle son of a brahmana, named Shunashepa was found who did so agree. He was disgusted with his parents who were partial to his siblings and wanted to end it all while at the same time securing his family's fortunes, thus doing his duty and leaving them with a burden of guilt that must have been very soothing to his harrowed nerves. Vashistha's great rival, Vishwamitra, 'the friend of the world', and a strangled memory of the original Mitra-Varuna compassion, chances upon this ghastly situation and he teaches the boy some hymns in praise of Varuna to be recited on the chopping block. They so delight the god that he forgoes his dues and exalts Shunashepa above all men. This story is such an outrage upon the Vedic Varuna that I was almost tempted to let it be, but it says a lot as to what men do to gods they no longer worship. Varuna should have reached for his noose and dragged the creators of this disgusting tale off to perdition.

In later myths Varuna is described as the Lord of the Waters. This is a focus on his powers of inducing dropsy, as well as the Vedic description of him as the god who satisfies the thirst of his followers. He is described as being in the midst of the celestial waters as well as being a sky god, a juxtaposition possible only in one spot. Varuna's power over the water as well as the geographical conjunction of ocean waters with the sky at the horizon made sure that his watery aspect would remain, even when his people cast him down from the sky. His names like Jalapati, 'Ruler of Waters'

Healing Touch | 33 |

and Yadapti, 'Lord of Aquatic Animals' reflect this changed reality. In an almost forgotten throwback to this Vedic statue he is also called, Prachetas, 'the wise'. Varuna is rarely depicted in images or paintings, but when it is done he is always in the erect posture of perfection, the atibhanga posture, with a noose in his hand. He rides a makara, a fabulous animal with the head and front legs of an antelope and the body and tail of a fish. Best of all, he is supposed to live in a house with a thousand doors, as he is always accessible to man. The cosmic friend still has a little place in the imagination of his people.

Athri Maharishi Homam



Brahmarshi Atri

Atri Gotra is from the lineage of Brahmarshi Atri and Anasuya Devi. Brahmarshi Atri is the seer of the fifth mandala (book) of the Rigveda. He had many sons, including Datta, Durvasa and Soma who are the incarnations of the Divine Trinity Brahma, Vishnu and Rudra respectively. The trimurti channeled through Brahmarsi Atri when they granted

boons to his wife Devi Anusuya for helping the Sun to rise in the east everyday. Soma is called Chandratreya or Chandratre, and Durvasa is Krishnatreya or Krishnatre. Somatreya (Chandra) established the Someshwara Jyotirlinga, used to overcome all kinds of passion. Dattatreya, as the incarnation of Brahma, has the power to cause any species to continue.

A Sapta Rishi

He is among the Sapta Rishi (seven luminous or eternal sages in the sky) symbolized by the great bear and the seven stars around

| 34 | Healing Touch

it. Named Megrez in Latin. The star is also considered as δ (Delta) or the 4th star in the Great Bear constellation.

Seer of Rig Veda

He is the seer of the fifth Mandala (Book 5) of the Rig Veda. He had many sons and disciples who have also contributed in the compilation of the Rig Veda and other Vedic texts.

His life

Atri maharishi is one of the ten sons of Creator Brahma and first of the Saptha Rishis, created by just the will of the Almighty and therefore designated as a Maanasa-putras. There were ten of these. Atri's wife is Anasuya or Anusiya devi, a daughter of Kardama Prajapati and an embodiment of chastity.

His Main Role in Mahabharata

He had a close connection with Mahabharatha. We all know that Drona was made the head of the Kaurava army after Bhisma's fall. Dronacharya fought ferociously. The wounded and the dead soldiers was thousands. Their cry of pain rented the skies. Blood flowed on the battle field. Dead bodies got piled up and provided the food for the birds of prey. In this carnage which went beyond all human estimation, Drona stood like a mad hero of demonic proportion.

Sage Atri was very worried because if Drona continued this he would cause destruction and human misery beyond proportions, Atri and Gowthama came to the battle field along with their five of their companions. It was at this time Dharmaraja had shouted at the instance of Sri Krishna saying that Ashwathama was killed. This put Drona off completely. He lost all hope in his life. He became mad with anger. This sent danger signal all around.

Sage Atri felt sad for him and talked to him in a friendly manner, consoling him, Dear friend, all along you have done everything

Healing Touch | 35 |

against Dharma. This war you are engaged in is the best proof. It is enough and stop it. Stop this carnage. You are a good man. This act is not in tune with your status. You are a scholar of Vedanta par excellence. You have been a Brahman and you have got to practice dharma. This cruel act does not befit you. Give up your weapons, fix your mind in our glorious Sanathana Dharma. I am sorry, you have wielded the most terrible Brahmastra on the innocent soldiers! Put an end to your meaningless killing.'

When Atri said that, Dronacharya decided to give up his arms and stop killing. He drove away his anger, jealousy, and sense of revenge and his heart became pure. He sat in a yogic posture and started to meditate amidst the cries of pain, killing, flow of blood on the battle field. He concentrated on Lord Vishnu and closed his eyes and never opened them again until he left his body and started his journey towards the lord. Hence Sage Atri's kind nature helped save him.

Avahanti Homam



Significance of the Avahanti Homam Mantras

The Taittiriya Upanishad is one of the older, "primary" Upanishads commented upon by Shankara. The Taittiriya Upanishad is divided into three sections or vallis, the Siksha Valli, the Brahmananda Valli and the Bhrigu Valli. Each Valli further subdivided into anuvakas or verses.

The "Avahanti homam" is in Sikshavalli. The fourth anuvaka consists of mantras and rituals to be done by those who aspire for Divine Knowledge (Medha Kama) and Wealth (Shree Kama). It is performed by the Acharya to ensure that disciples come to learn from him without any hindrance.

| 36 | Healing Touch

The mantram recited during the Avahanti homam maybe understood in four parts.

- I. Medha Prarthanai (Prayer for Knowledge)
- II. Dhanam Prarthanai (Prayer for Prosperity)
- III. Shiksha Prarthanai (Prayer to spread knowledge that has been gained)

IV. Saadhya Prarthanai (Ultimate prayer for attaining Moksha)

I. Medha Prarthanai: performed through japam

First, the Almighty is invoked as the Omkara and the praises on the Omkara are showered. This is followed by the prayer asking specifically for six boons.

- 1. **Medha** The retention power. Before the Almighty is asked for knowledge, one prays for the ability to retain the knowledge that will be imparted. What purpose is that knowledge which cannot be retained? Medha is the strength for knowledge.
- 2. **Gyanam** The Athma Gyanam. Now we seek the knowledge of realizing the athma. We would be more prepared to receive this Gyanam since we now have the retention power. We pray that we posses the athma gyanam.
- 3. **Shareera Arogyam** Good health. Why would one ask for such worldly needs while we are seeking higher planes of spirituality? We pray that this body, (that is our instrument) is a friend to the athma in achieving the goal of spiritual attainment. If the body fails to cooperate in the spiritual journey, the purpose of Saadhana is lost. Hence we pray to the Almighty that good health is bestowed upon us so that we are able to fulfill our spiritual journey without health related obstacles.

Healing Touch | 37 |

- 4. **Madhura vaak** Speech that is sweet as honey. To the newly initiated seeker, we pray for the Almighty's blessings to control our speech and be only a source of good words and not hurt anyone by means of words. To the elevated seeker, this is a prayer to the Almighty that we may be blessed with the effective communication with the Almighty or our Guru seeking answers to our questions to gain clarity.
- 5. **Shravanam** Effective hearing ability. Here we pray to the Almighty that we are given the opportunity to repeatedly hear the Shastras so that with every chance we are able to gain further knowledge with full involvement until the point where our mind is without any doubts.
- 6. **Gopaya** Save and retain. As in the first boon where we ask for the ability to retain, here again we seek the blessings of the Almighty to be able to retain all that has been gained through the Sadhana.

Along with these boons, in this part, the prayer says: O Almighty in the form of Omkara, you are the shield and protector of the Brahman. Ironically here it adds that the Ishwara (Almighty) in all beings is hidden to us because of "Medha" of the worldly knowledge. Through these statements, it reminds us to get past the worldly medha and try to attain Athma Gyana.

II. Dhana Prarthanai- Prayer for Prosperity- performed through homam.

By making several offerings in the homam chanting SwahaA one is praying for the various kinds of wealth such as garments, food and water, cattle and different kinds of animals (which were the symbol of prosperity several years ago). But the key part here is the placement of this prayer in the entire order of the Shlokas.

It says that: O Almighty shower me with all these symbols of prosperity after I have gained the culture to behave according

| 38 | Healing Touch

to your ways and attaining the knowledge that wealth is only a means.

III. Shiksha Prarthanai- Prayer to spread the knowledge

Here, we pray to Iswara, the Almighty, to bless us with the ability to share our knowledge. In the case of an Acharya or Guru, we pray that the right kind of followers and students are led to the Guru. In this verse the teacher prays that "As water flows from high land to low land, as months join to become year, let good disciples come to me from everywhere."

There are two examples given in the sholkas to describe the kind of students who should follow the Guru.

Example: Almighty, bless me with students just as how the water flows downwards/southwards- naturally and with force. Let it be a natural process for the students to come to me so that I may impart the knowledge that I have gained onto them so that they in turn can spread the knowledge further.

IV. Saadhya Prarthanai- The ULTIMATE prayer for THE UNION with the Almighty.

This is also called Jeeva Iswara Aikhyam Prarthanai. Of what use is Saadhana (hard work/exercise) which does not lead us to the Saadhyam (the ultimate goal)? We should not get lost in the achievement of all that we have prayed for in the first three stages of this Prarthanai. The ultimate purpose of our prayer is to merge with the Almighty, which is expressed in this portion of the shloka. Here we demand to the Almighty: Allow me to enter you and Thou shall enter me so that I see what you see and we see as.

Healing Touch | 39 |

Ayyappan Homam

When multiple energies occupy a complex and new energies are to be located, it is vital to balance these energies. So when the Ashta Mangala Bhairavar was to be consecrated in a denoted space, it became imperative that the space occupied by Danvatri/Vinayakar at the entrance had to be relocated. Vinayakar — Danvantri was moved appropriately and the space originally occupied by the idol fell vacant. To overcome the sense emptiness that Swamigal experienced



at that moment he placed an 'akanda deepam' in the space. Just as he initiated the lamp and closed his eyes, an image of Lord Ayyappan flooded him. Realising that Ayyapan too presents Himself to his devotees as the 'makara jothi' he decided to have an Ayyappan idol installed in the space.

He decided also that it would be consecrated the same day as the Ashtanga Mangala Bhairavar. Heading right away to Kumbakonam, he ordered the idol, completed the karikolam and had it consecrated all within three days!!! Lord Ayyappan is venerated by devotees of all faiths. In all humility, irrespective of age,gender,class or caste, anyone who wears the beads of commitment around their neck is honoured and respected for undertaking the vow to visit Sabarimalai. Both these are indeed strong tenets of Lifeology.

| 40 | Healing Touch

Bagalamukhi Homam



It is said that Offering of Puja and homa to Devi Bagala Mukhi acts like a weapon to stop your enemy from doing a harm against you. It is also believed that by offering Puja and Homa to Ma Bagalamukhi somebody can get a relief from legal problems; he/she can get rid of being the victim of an adverse incidents; can avoid the possibility of accidents, blood shed and even an anticipated unnatural Death

It is believed that to win over ENEMIES, Baglamukhi can act as a perfect weapon SHE

DESTROYS YOUR ALL SORTS OF ENEMIES. Devi Bagalamukhi paralyze enemy's speech, She can destroy an enemy's intellect, destroys enemy's mal-intention for doing wrong things and doing of Harm against someone. She has the power to Remove of the effect of Black Magic. Offering of Puja and Homa to Devi BagalaMukhi may treat your enemies well by destroying their sense of Mischief against you and making them friendlier to you and saving you from the effect of Black Magic and Evils eye. To get the victory in a legal issues, offering of Puja and Homa to Ma Bagala Mukhi may play a really very Vital Role.

You may go for this Homa or Homam for combating or Removing the effect of Black Magic, getting rid of evils eyes and acquiring Victory, success and prosperity in lives and to destroy your ENEMY.

Healing Touch | 41 |

Baratha Matha Homam

As the conception of Bhārat Mātā predates The partition of India, she is intended to represent "Aryavarta", the motherland of Hinduism in Hindu nationalism, not merely restricted to the secular Republic of India, and Bhārat Mātā remains a symbol of the "vision of a unified motherland" in Hindu nationalist thought. A Bhārat Mātā temple in Haridwar was built by in 1983 by Vishwa Hindu Parishad (VHP).



The depiction of India as a Hindu goddess implies that it is not just the patriotic but also the religious duty of all Indians to participate in the nationalist struggle to defend the nation. The motto Bharat Mata ki Jai' ("Victory for Mother India")

Bhadrakali Sahasranama Homam

Bhadrakali Sahasranama Homam with 1135 Nama (names) of Sri Bhadrakali uses ghee, red flowers, black pepper, Sea sum, Gingili seed, cooked rice, etc. This is very powerful for eliminating an enemy's evil wishes. This neutralizes and eliminates an evil wish or thought directed against us and makes an enemy think favorable or pleasing thoughts about us.



| 42 | Healing Touch

Bhairavi Homam



Goddess Ma bhairavi maintains the sixth significant position among all the ten Dus Mahavidya's. Ma Bhairavi is also known as Tripura-Bhairavi, Bala Bhairavi or Kala-Bhairavi. She is an incarnation of learning and reasoning, bravery and blessings carrying a compassionate and kind smile on her face

Bhairavi mata is represented graphically as the consort of Bhairava, referred as Shubmkari. She is beneficial to people with moral excellence and dreadful for people possessing negative qualities. Creation and destruction is the phenomena of nature which exists everywhere in the form of bhairavi. Bhairavi is the controlling goddess of this crumbling world. The tantrik sadhna of tripur bhairavi is beneficial for exercising control over sensual desires and for individuals overall spiritual growth.

Benefit of Ma Bhairavi in tantra

In tantra sadhna of Dus Mahavidya sadhaks consider Ma Bhairavi to give immediate results and person gets blessed with child, gets rid of events causing distress or pain, Family Happiness, Peace of Mind. This Sadhna evokes innumerable advantages for all round financial prosperity and stability, blesses with long life. The results are realised instantly after the accomplishment of the Sadhna.

The aspirant sadhak, having perfected Bhairavi Sadhna get all Ashtsidhis, after which he progresses spiritually and gets the physical energy or intensity to master all Supernatural practices and techniques. The goddess also blesses her sadhak to dwell on with learning, reasoning, expressive and persuasive speech.

Healing Touch | 43 |

Those who bear Tripura Bhairavi Yantra and worship it with complete devotion and true belief are bestowed with safety and happiness. Such people are blessed with expressive and persuasive speech. Those with Tripura Bhairavi Yantra always remain under the protective sight of the deity and have safe journeys. Bearing Tripura Bhairavi Yantra also fades away all the negative energies, fears, uncertainties, nervousness and malefic spirits.

Tripur Bhairavi takes care of all circumstances which could cause fear, tensions, worries, accidents and disrepute. The methods for the worship of Tripura-Bhairavi have been described in the sacred texts for the attainment of victory over the sensual desires and all round development. Beneficial for...birth of child, Family Happiness, Peace at home, Peace of Mind.

Goddess Bhairavi Significance in Tantra

Sadhna of Mata Bhairavi requires proper initiation by an able teacher (Guru) but yet one can attain her blessings by other means of worship. Goddess Bhairavi is pleased by chanting mantras, doing worship either on the image, or by the help of Yantras (mystical diagrams) and by certain rituals and offerings etc. Ones goddess Bhairavi is pleased then all the aspirations of man gets fulfilled. Ma gives undestructible Supernatural practices and techniques to the sadhak along with a quality of spirit that enables sadhak to face danger without fear.

Maa Bhairavi Puja Importance

Mata Bhairavi protects a person from the following:

- fear
- tensions
- worries
- accidents
- disrepute

| 44 | Healing Touch

- negative energies
- uncertainties
- nervousness
- malefic spirits
- Protects a person from akaal mrityu

Astrological significance of dusmahavidya Mata Bhairavi puja

Mata bhairavi is the presiding goddess of individuals lagna house in the horoscope/kundli. She purifies and protects the body, mind, soul and other attributes which are associated with the individuals lagna. Tantrik pujan of mata bhairavi removes the lagna dosha and is carried out for lagna shuddhi.

Persons going through the main and sub period of lagna rashi or lagna graha (mahadasha and antardasha) or having malefic effect of that lagna rashi or lagna graha are suggested to carry out vamtantra Dusmahavidya tantrik Mata bhairavi puja. This puja is to be done to mitigate evil effects of lagna dosha.

Dusmahavidya Maa Bhairavi in awakening of kundalini

Kundalini yoga is a spiritual practice and as such spirituality is contagious. Mantra is chanted (vibrated) to assure the purest inner guidance during the practice of kundalini yoga.

Bhairavi is associated with the concept of being a yogini as female adept or an aspirant student of tantra as well as for the awakening of the kundalini – spiritual energy. "Bhairavi" means "Terror," or "awe-inspiring," so the one who has achieved the state of Bhairavi, is beyond the fear of death, and therefore awesome.

The Dus Mahavidya bhairavi mantra is for awakening the aagya chakra. On friday morning if we meditate praying bhairavi and practice the chant of bhairavi mata mantra aagya chakra is awakened.

Healing Touch | 45 |

Bhairavi mantra

"HRING"

"HASAIN HASA KARIM HASAIN".

Vamtantra also initiate tantrik mantra to the individuals who seek to learn tantra and for tantra beginners, after proper initiation by sidha tantrik Guru. Everyone is inspired to do the maximum number of Japa of bhairavi mantra "HASAIN HASA KARIM HASAIN" meditating on Bhairavi ma.

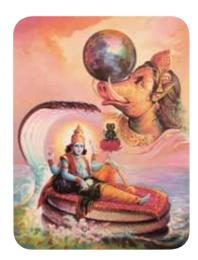
Before chanting the mantras the shri Bhairavi Yantra should be properly powerised and worshipped. Minimum recitation of the mantra should be 1008 times. Any desire gets fulfilled by the chanting of above mentioned mantra for 1,25,000 times and by worshipping the Yantra.

Bhoo Varaha Homam

(Make your Living Space your Lucky charisma)

Why Bhoo Varaha homam?

Everything that takes place in your life has a luck factor enabled to it. Luck sometimes plays a major role in many of your accomplishments. Right from your living space till things you must contain a positive vibe/luck enhanced to it, so that you can prosper well in life. Bhoo Varaha Homam is dedicated to Lord Varah, an incarnation of Vishnu who can introduce luck factor in your life.



| 46 | Healing Touch

Who is Lord Varaha?

Lord Varaha, the incarnation of Lord Vishnu is the authority of the earth (Bhoo), and he can introduce the factor called in your living space. Add the embellishment of luck to your life with his blessings!

Benefits and Significance

You will attain the blessings of Lord Varaha who will bless your living space and things around you with divinity, so that luck carries you places. Also, manier times, a Bhoo Varaha homam is conducted in newly owned lands and properties so that the protector of the land—Lord Varaha, blesses the space and the native with sheer positivity and luck all around!

Bhuvaneshwari Homam

(Bid Goodbye to Sorrow and Hues of Life!)



Goddess Bhuvaneshwari, an incarnation of Shakthi made her presence to erase the problems of the human race. She blesses human lives with the following:

- Eternal Happiness
- Relief from sorrows of life
- Peace of mind and prosperity
- Rescue from health ailments
- Peace, health and prosperity

What is done in Bhuvaneshwari Homa?

Goddess Bhuvaneshwari is decorated with grand attire and is offered sweets as Prasad. Sacred rhythms and vedic syllables are chanted to this Goddess to make her presence feel, on which she grants the blessings to her devotees.

Healing Touch | 47 |

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Goddess Bhuvaneshwari is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Bhuvaneshwari Homa – Swab the sorrows!

If you perform this Homa, you will be blessed with a peaceful and serene life, which is a dream to many others! You will be blessed to swab away sorrows and a clear pathway beautifully decorated with peace will be shown to you and your living starts there!

Chhinnamastika Homam

Goddess Ma Chhinnamastika maintains the fifth significant position among all the ten Dus Mahavidya's. Chhinnamasta "She whose head is severed", often spelled Chinnamasta and also called

Chhinnamastika or Prachanda Chandika is one of the ten Tantric goddesses and an aspect of tantric Devi marked by extreme and violent energy. The self-beheaded goddess holds her own severed head in one hand, a stout sword with a curved blade and



thick back in another. Three jets of blood gush forth in a sudden stream out of her bleeding neck and are drunk by her severed head and two attendants known as Dakini and Varnani. Chhinnamasta is usually represented graphically by sketch standing on a copulating couple. She symbolizes both aspects of Devi: a life-giver and a life-taker.

Benefit of Ma Chhinnamastika in tantra

In tantra sadhna of Dus Mahavidya sadhaks consider Ma Chhinnamastika to give immediate results and person gets blessed with child, gets rid of events causing distress or pain, Overcomes the state of having little or no money or no material possessions. This Sadhna evokes innumerable advantages for all round financial prosperity and stability, blesses with long life. The results are realised instantly after the accomplishment of the Sadhna.

The aspirant sadhak, having perfected Ma Chinnamasta Sadhna get all Ashtsidhis, after which he progresses spiritually and gets the physical energy or intensity to master all Supernatural practices and techniques. The goddess also blesses her sadhak to dwell on with knowledge, satisfaction, victory, health and wealth.

Significance of Ma Chhinnamastika Sadhana

Sadhna of Mata Chhinnamastika requires proper initiation by an able teacher (Guru) but yet one can attain her blessings by other means of worship. Goddess Chhinnamastika is pleased by chanting mantras, doing worship either on the image, or by the help of Yantras (mystical diagrams) and by certain rituals and offerings etc. Ones goddess Chinnamasta is pleased then all the aspirations of man gets fulfilled. Ma gives undestructible Supernatural practices and techniques to the sadhak along with financial prosperity.

Maa Chhinnamastika Puja Benefits

Mata Chhinnamastika puja protects a person from the following:

Healing Touch | 49 |

- social, financial and physical instance of misfortune
- state of difficulty
- childlessness
- Debt and poverty
- misguided mind
- Protects a person from akaal mrityu
- malefic effects of rahu

Dus mahavidya Maa Chhinnamastika puja astrological significance

The following are Rahu doshas for which each individual requires immediate remedy to get relief from the suffering and agony created during these doshas.

- Period of Rahu (mahadasa or antardasa)
- Matibhrama Yoga (misguided or deluded thinking)

Persons going through the main and sub period of Rahu (mahadasha and antardasha) or having malefic Rahu are suggested to carry out vamtantra Dusmahavidya tantrik Mata Chhinnamastika puja. This puja is to be done to mitigate evil effects of Rahu dosha.

To get rid from misery and annoyance from above mentioned causes vamtantra suggest to go for the Dusmahavidya tantrik Chhinnamastika puja to obtain knowledge, satisfaction, victory, health and wealth.

Dusmahavidya Maa Chhinnamastika in awakening of kundalini

Kundalini yoga is a spiritual practice and as such spirituality is contagious. Mantra is chanted (vibrated) to assure the purest inner guidance during the practice of kundalini yoga. Chhinnamasta is associated with the concept of self-sacrifice as well as the awakening of the kundalini – spiritual energy.

"Shed your ego (symbolising head) to awaken your kundalini shakti for complete awakening and control of kundalini shakti.

| 50 | Healing Touch

Chinnamasta is shown with three streams of blood flowing out of her neck - they represent the threemain naadis (Sushumna, Ida and Pingala)". The Dus Mahavidya Chhinnamastika mantra is for awakening the mooladhara chakra. On saturday morning if we meditate praying Chhinnamastika and practice the chant of Chhinnamastika mata mantra mooladhara chakra is awakened

Chhinnamastika Maa Mantra

"Srim hrim klim aim Vajravairocaniye hum hum phat svaha".

Vamtantra also initiate tantrik mantra to the individuals who seek to learn tantra and for tantra beginners, after proper initiation by sidha tantrik Guru. Everyone is inspired to do the maximum number of Japa of Chhinnamastika mantra "Srim hrim klim aim Vajravairocaniye hum hum phat svaha" meditating on Chhinnamastika ma

Before chanting the mantras the shri Chhinnamastika Yantra should be properly powerised and worshipped. Minimum recitation of the mantra should be 1008 times.

Dattatreya Homam

Dattatreya was the son of the great sage Atri and his wife Anusuya, one of the paragons of chastity in Hindu Mythology. He was the



originator of certain magical rites and the creator of Soma plant. He was a teacher of non-Aryan people. Association with people of all strata and objects of pleasure made him more impure. But learning and enlightenment has made him so pure that nothing can ever stain him. Being the incarnation of the trinity, he is shown to have three heads, four hands and

Healing Touch | 51 |

accompanied by four dogs of different colors representing the four Vedas.

Worshipping Dattatreya confers great Material benefits, worldly pleasures, wealth and intelligence, having the qualities of trinty, Brahma, Vishnu and Shiva.

Dhakshinamurthy Homam

Lord Guru is also called Brahaspathi due to his excellence in education and fine arts. Jupiter is considered to be the teacher of the mankind who governs religion and spiritualism. It has been proven astrologically that Jupiter is the planet of Success. Jupiter is the other term for excellence; he is the teacher, the priest, and the crusader of life. Lord Jupiter represents the higher mind, the vision of truth, optimism, indulgence, wisdom, and desire. Jupiter is the only planet that is empowered to nullify any affliction that is caused by the other planets



around. It is said that if Jupiter blesses a person; it would nullify millions of negative influences

Succeed in all your endeavors

- Turn out to be an inspiration to your friends and siblings
- Set for yourself a standardized living
- Evolve to be pragmatic and concrete
- Understand and maximize your imaginative potential
- Get loaded with the source of knowledge

| 52 | Healing Touch

Dhanvantri Homam



Why Dhanvantri Homam?

Dhanvantri Homam will encircle you with positive vibrations and shield you against all health disorders. This powerful Homa will be a remedy to all your illnesses. If health ailments are your worries, then this Homa is the spiritual therapy to cure it!

Dhanvantri Homa and the Deity

Lord Dhanvantri is the chief deity of this powerful Homa. He is the Divine Physician who is an incarnation of Lord Vishnu. He appeared during the Churning of the Cosmic Ocean of Milk with nectar to rejuvenate the Celestial beings. Let this divine Homa nourish you with robust health and long life!

Speciality of Dhanvantri Homa

This Homa is performed to invoke the blessings of Lord Danvantri to put an end to all your health problems. This is the only way to absorb the energy bestowed by the Divine Physician.

When performing the Homa, 108 medicinal herbs are offered into the sacrificial fire. This emits medicinal properties all across the air, thereby alleviating all your physical ailments!

Recommended Timings for Dhanvantri Homa

Ekadashi Tithi is the best time to conduct this auspicious Homa. Also, Guru and Budha Horas are recommended.

Mantra for Dhanvantri Homa

"Om Hreem Dhanvantari Mahavishnave Namah"

Healing Touch | 53 |

Benefits of Dhanvantri Homa

- Powerful remedy for all your diseases
- If the Homa is performed once in a year, it will lessen your health problems

Danvantri Homa invigorates the lives of:

- People who suffer from incurable diseases
- People who are victims of physical sufferings

Dhumavati Homam

Goddess Ma Dhumavati maintains the seventh significant position among all the ten Dus Mahavidya's. She is often described in words or sketch as an old and ugly widow. Goddess Dhumavati's sketch depicts an old woman causing extreme terror and tormented by great thirst and hunger. She is associated with things considered inauspicious and unattractive and is considered to posses' great powers. The goddess is depicted to ride on a horseless chariot or riding a crow, usually in a cremation ground in the Chaturmas period.



Dhumavati is said to provide evidence for or stand as proof of cosmic dissolution and is "the state of nonexistence" that exists before creation and after dissolution. Ma Dhumavati's sahastranaam (thousand-name hymn) relates her both positive and negative aspects. She is personification of the tamas gun which creates lust and ignorance. Ma teaches the sadhak to penetrate deep emotionally and intellectually to seek the inner truths of life. She expresses warmth and affectionate feeling & bestows boons.

| 54 | Healing Touch

Benefit of Maa Dhoomayati in tantra

In tantra sadhna of Dus Mahavidya sadhaks consider Ma Dhumavati to give immediate results and person is protected from all sorts of black magic, sadness, sorrow, dreadful diseases, tragedy, poverty etc. This Sadhna evokes innumerable advantages for all round financial prosperity and stability, blesses with long life. The results are realised instantly after the accomplishment of the Sadhna.

The aspirant sadhak, having perfected Ma Dhumavati get all Ashtsidhis, after which he progresses spiritually and gets the physical energy or intensity to resque from all troubles, gets all the desires fufilled. The goddess also blesses her sadhak with ultimate knowledge and takes to the path of salvation (moksha).

Mata Dhumavati Significance

Sadhna of Mata Dhumavati requires proper initiation by an able teacher (Guru) but yet one can attain her blessings by other means of worship. Goddess Dhumavati is pleased by chanting mantras, doing worship either on the image, or by the help of Yantras (mystical diagrams) and by certain rituals and offerings etc. Ones goddess Dhumavati is pleased then all the aspirations of man gets fulfilled. Ma gives undestructible Supernatural practices and techniques to the sadhak who wish to defeat their foes. Sadhna of Ma Dhumavati is considered ideal for bachelors, widows and for those who wish to renounce worldly and materialistic pursuits and instead dedicate their entire life towards spiritual pursuits.

Maa Dhoomavati Puja Benefit

Mata Dhoomavati puja protects a person from the following:

- black magic
- curse done by others

Healing Touch | 55 |

- sadness
- grieve
- great loss and misfortune
- widowhood
- death of children
- disease
- poverty

Shatkarma Prayog By Dus Mahavidya Ma Dhumavati

The biggest benefit in tantric anusthan of dus mahavidya dhoomavati poojan conducted by vamtantra sadhaks is to obtain the success in the various forms of shatkarma tantrik prayog (Shantikaran, Vashikaran, Uchatan, Videshan, Stambhan etc).

Dusmahavidya Mata Dhumavati puja astrological significance

Ma Dhumavati puja is done for Malefic period of ketu or its mahadasa or antardasa for which affected individual requires immediate remedy to get relief from the suffering and agony created.

Persons going through the main and sub period of ketu (mahadasha and antardasha) or having malefic ketu are suggested to carry out vamtantra Dusmahavidya tantrik Ma Dhumavati puja. This puja is done to mitigate evil effects of ketu dosha. She is recommended for 'ketu afflictions' which can be understood as needed to overcome powerful obstacles, hinderances and ill-fortune.

Dusmahavidya Maa Dhumavati in awakening of kundalini

Kundalini yoga is a spiritual practice and as such spirituality is contagious. Mantra is chanted (vibrated) to assure the purest inner guidance during the practice of kundalini yoga.

| 56 | Healing Touch

Ma Dhumavati is associated with the concept to move along the spiritual path to attain liberation for the awakening of kundalini. "Dhumavati" means "Terror," or "awe-inspiring," so the one who has achieved the state of is beyond the fear of death, and therefore awesome.

The Dus Mahavidya Dhumavati mantra is for awakening the kundalini chakra. On saturday morning if we meditate praying Ma dhumavati and practice the chant of Dhumavati mata mantra kundalini chakra is awakened

Dhumavati mantra

"Om Dhum Dhum Dhumavati Swaha".

Vamtantra also initiate tantrik mantra to the individuals who seek to learn tantra and for tantra beginners, after proper initiation by sidha tantrik Guru. Everyone is inspired to do the maximum number of Japa of Ma Dhumavati mantra "Om Dhum Dhum Dhumavati Swaha" meditating on Dhumavati ma.

Before chanting the mantras the shri Dhumavati Yantra should be properly powerised and worshipped. Minimum recitation of the mantra should be 1008 times. Any desire gets fulfilled by the chanting of above mentioned mantra for 1,25,000 times and by worshipping the Yantra.

Durga Homam

(Your Stepping Stones to Success)

Why Durga Homa?

To get rid of dating/marital related issues, pray to Goddess Durga, who has the power to bless you with a trouble-free life form marital and relationship



Healing Touch | 57 |

issues. Conducting Poojas and archanas to her will help invoke her blessings for your trouble-free relationship in the life ahead.

Durga Homa and the Deity

Goddess Durga represents the power of the Supreme Being that preserves moral order and righteousness in the creation. The Sanskrit word Durga means a fort or a place that is protected and thus difficult to reach. Durga, also called Divine Mother, protects mankind from evil and misery by destroying evil forces such as selfishness, jealousy, prejudice, hatred, anger and ego.

Speciality of Durga Homa

Her aggressiveness unchains you from all negative forces. Durga, in Sanskrit means "She who is incomprehensible or difficult to reach". Goddess Durga is a form of Shakti worshiped for her gracious as well as terrifying aspect. Being the Mother of the Universe, she represents the infinite power of the universe and is a symbol of a female dynamism. The manifestation of Goddess Durga is said to emerge from her formless essence and the two are inseparable!

Goddess Durga exists eternally, always abiding in her own sweet nature and inhabits the hearts and minds of her ecstatic devotees. As Shakti power, she shapes, nurtures, and dissolves names and forms, while as subtle spiritual energy called Kundalini, She lights the lotuses of the seven centers of awareness in the sacred human body. Goddess Durga killed a powerful demon and all his great commanders. When demonic forces create imbalance, all the Gods unite becoming one divine force called Shakti or Durga.

Recommended Timings for Durga Homa

Shukra or Guru Horas are preferable to perform the Durga Homa. The Rahu Kalam in these Horas is considered to be even more special.

| 58 | Healing Touch

Mantra for Durga Homa

"Om Dum Durge Rakshini Rakshini Namah"

Benefits of Durga Homa

- Relief from relationship problems
- A dynamic and blessed life for the women race
- Protection from life threats
- Success in all your endeavors
- Attaining spiritual and material blessings

Durga Homa invigorates the lives of:

- People who are suffering from negative impacts on their lives
- Woman who wish for the longevity of their spouse
- Women who wish for a happy and contented life
- · People who want to get rid of hitches in their lives
- People who are suffering from the ill effects of black magic etc.

Durga Sooktha Homam

Sri Durga Devi is worshiped with 16 types of offerings, and then 108 namavalies (names) are chanted with red flowers.

During the Homam, Durga Sookta will be chanted. Cooked rice, Ghee, and Special Twigs are used to perform this Homam.

Friday or Tuesday are very auspicious days for performing the Durga Sookta. his Homam



is highly recommended for success in life and to avoid bad dreams. It also brings forth a peaceful of Mind and good health.

Healing Touch | 59 |

Gajalakshmi Homam

Listening to the radio one day, Swamigal heard Lord Danvantri being called pandithar and Vaidya Raja. Thaayaar was referred to as Vaidya Lakshmi, who is Gajalakshmi.



All the yantras (geometric confi gurations) required for healing in this centre are positioned behind the idol of Gajalakshmi. Vaidyalakshmi refers to her roles as a lady doctor and a mother.

The panchaloga Thaayar idol was installed first, along with the Maha Meru and a Dhanaakarshana Yantra. Another name of Gajalakshmi is Vedavalli. Swamigal's mother's name was Vedavalli, and Swamigal felt that his mother was guiding him with messages. These were the sentiments he felt when he installed Thaayar Gajalakshmi.

Ganesha Laghu Homam

(Crown Yourself with Good Luck)



Why Ganesha Homa?

Ganesha Homa will curb all the impediments that come on your way of success. This powerful Homa will bring in luck and prosperity for you. You will be flooded with happiness and success all around!

Ganesha Homa and the Deity

Lord Ganesha is the chief deity of this powerful Homa. He is considered the 'God of

| 60 | Healing Touch

Luck' and he blesses his devotees with smooth success in all their endeavors!

Speciality of Ganesha Homa

Before beginning any new venture or anything afresh, Ganesha Homa is recommended to keep away from obstacles. The Homa energizes your potential to achieve victory. If you suffer from losses, long to start a new business or invest in a good career; Ganesha Homa is the apt solution to choose.

Recommended Timings for Ganesha Homa

The Chaturthi Tithi is the most recommended Tithi for performing Ganesha Homa

Mantra for Ganesha Homa

"Om Glam Glaum Gam Ganapataye Namah"

Benefits of Ganesha Homa

- Done to achieve the desired or planned objective
- Ganesha Homa prospers the lives of:
- Businessmen who aim for victory in their new ventures and business
- People who suffer from losses
- Investors who invest in a new venture

Healing Touch | 61 |

Garbarakshambigai Homam

(For preventing pregnancy complications, ensuring safe delivery and begetting children)

Why Garbarakshambigai Homam?

Garbarakshambigai Homam is an invaluable Vedic ritual that invokes the most compassionate and protective Goddess Garbarakshambigai for avoiding miscarriages during pregnancy, ensuring safe delivery and bestowing children. Garbarakshambigai Homam also bestows you with a good life partner and a happy married life.



Who is Garbarakshambigai?

Garbarakshambigai is a divine manifestation of Parvathi Devi, the consort of Lord Shiva, and the embodiment of motherhood. Garba means womb. Raksh means protection. Ambigai means Goddess or Devi. Garbarakshambigai literally means the Goddess who protects the womb. Parvathi Devi incarnated as Garbarakshambigai to protect a child in the womb of Her devotee who was cursed by a sage. Since then, Garbarakshambigai has been protecting expectant mothers and blessing couples with healthy children.

Benefits and significance of Garbarakshambigai Homam

Garbarakshambigai Homam is considered to be the powerful way to seek the blessings and grace of the Devi. For centuries, Garbarakshambigai has been known for bestowing couples with children and ensuring safe delivery. Garbarakshambigai slokas and mantras chanted during the Homam evoke the maternal love of Parvathi Devi so that She takes utmost care of Her devotees—right from protecting the child in their womb to ensuring safe delivery.

| 62 | Healing Touch

Begetting a healthy child

Garbarakshambigai Homam is a priceless boon to couples who long for an offspring. None but only a mother could understand the joy, the blessings and the complications of being a mother. That is why Garbarakshambigai is the most sought after Goddess for progeny. And Garbarakshambigai Homam is second to none to fulfill your motherly desires.

Avoiding miscarriages and pregnancy problems

True to Her name, Garbarakshambigai has the special power to ensure good health and well being of the expectant mothers. Performing Garbarakshambigai Homam will make Devi's blessings easily available to the pregnant mothers. Also, Garbarakshambigai Homam eliminates the Doshas caused due to the planetary positions.

Finding your perfect life partner

Well, if you are at an early stage of life and searching for a life partner, Garbarakshambigai Homam can help you find your soulmate. Performing Garbarakshambigai Homam and offering prayers to Devi will fulfill your wish of finding your dream partner. Also, Garbarakshambigai Homam can quicken the process of marriage that are delayed due to any Doshas.

Ideal days to conduct Garbarakshambigai Homam

Performing Garbarakshambigai Homam on Panchami Thithi is considered to be highly beneficial.

Assistance from Sri Danvantri Peedam

Our expert Vedic Purohits at Sri Danvantri Peedam can help you perform Garbarakshambigai Homam and win the love and affection of Garbarakshambigai for fulfilling your longing to parent a child and lead a happy married life.

Healing Touch [63]

Hanuman Homam

(Get Divine Protection!)

Why Hanuman Homam?

Hanuman, also known as Anjaneya or Maruti is said to be the divine body guard and most pious devotee of Rama. He has a power to solve all your problems if you let him know that you confide in him for all your problems of life! This divine protector can keep away every hassle from your way, making your life a cake walk!



Who is Lord Hanuman

Lord Hanuman, the most pious devotee and follower of Lord Rama in the eternal world is believed to be the ever existing protector for the human race. When approached humbly and deep heartedly he can make your life the most cherishable one ever. All your health struggles and life problems will come to an end if you pray to him and invoke his presence in your living space. He can also keep you away from the evil eye casting issues and other evil powers that approach you—he is very powerful in his form!

Benefits and Significance

Being the most secured human being in the world will be the first benefit you attain on sincerely praying to Lord Hanuman. Protection against anything evil and negative is guaranteed with success in the lane of life!

| 64 | Healing Touch

Hayagreeva Homam

(For Memory, Concentration and Success in Studies)



In Hinduism, Hayagriva is also considered an Avatar of Vishnu. He is worshipped as the God of knowledge and wisdom, with a human body and a horse's head, brilliant white in color, with white garments and seated on a white lotus. Symbolically, the story represents the triumph of pure knowledge, guided by the hand of God, over the demonic forces of passion and darkness

Hayagriva is a very important deity in the Vaishnava tradition. His blessings are sought when beginning study of both sacred and secular subjects. Special worship is conducted on the day of the full moon in August (Sravana-Paurnami) (his avatara-dina) and on Mahanavami, the ninth day of the Navaratri festival.

The Hayagreeva Homam is performed by the chanting of the mantras contained in the Hayagreeva Suktam and with the repitition of the moola mantra of Lord Hayagreeva. The benefits of performing this homam are - improvement in memory, concentration, success in knowledge ventures, studies, education and careers related to education, removal of ignorance, tamas, laziness, inertia. This homam is particularly recommended for students, teachers, researchers and spiritual seekers who wish to gain the grace of Lord Hayagreeva.

The prasadam box sent to you will contain homa sesham (raksha), kumkumam, sacred thread (raksha), photo of the deity and kalkandu sugar prasadam.

Healing Touch | 65 |

Indrakshi Homam

Goddess Indrakshi, also known as the Lion woman goddess, incarnated on this divine earth to bless her devotees with the following:

- Keeping you away from enemies
- Blessing you with peace and happiness
- Increasing your financial gains
- Keeping you away from the ill effects caused by unfavorable planets
- Health, wealth and prosperity



What is done in Indrakshi Homa?

In Indrakshi Homa, the goddess is invoked with the rhythmical chanting of mantras and slokas meant for her. There are many steps that are performed authentically to invoke the Goddess. She is dressed in grand attire, decorated with flowers and jewels and given the most divine look. She is then invigorated with mantras and pleased with the devotion of her devotees. Ultimately, she then blesses her devotees with their wishes.

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed

| 66 | Healing Touch

that Lord Indrakshi Homa is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Indrakshi Homa – Say Hello to a Trouble Free Future!

If you perform this Homa, you will be blessed with peace, serenity and protection from enemies. All your spiritual and material benefits will be accomplished and granted by Goddess Indrakshi herself. You are also bound to erase all negative effects from unfavorable planets and glide through your life like a cakewalk!

Jupiter Homam

(Your Stepping Stones to Success)

Why Jupiter Homa?

Jupiter is considered to be the teacher of the mankind who governs religion and spiritualism. It has been proven astrologically that Jupiter is the planet of Success. Jupiter is the other term for excellence; he is the teacher, the priest, and the crusader of life. Lord Jupiter represents the higher mind, the vision of truth, optimism, indulgence, wisdom, and desire.

Jupiter is the only planet that is empowered to nullify any affliction that is caused by the other planets around. It



is said that if Jupiter blesses a person; it would nullify millions of negative influences.

Healing Touch | 67 |

Now, you know why you have to catch hold of Planet Jupiter; the Guru to abolish all the negative influences and dire time you underwent for so long!

Jupiter Homa and the Deity

Jupiter blesses you with education and knowledge.

Recommended Timings for Jupiter Homa

Guru Hora during the Thursdays is preferable Horas to conduct Jupiter Homas.

Mantra for Jupiter Homa

Om jhram jhreem jroum sah gurave namah

Benefits of Jupiter Homa

- Succeed in all your endeavors
- Turn out to be an inspiration to your friends and siblings
- Set for yourself a standardized living
- Evolve to be pragmatic and concrete
- Understand and maximize your imaginative potential
- Get loaded with the source of knowledge

Kalabhairava Homam

(Control Time)



Why Kalabhairava homam?

Time and tide wait for none goes the saying. Controlling time and maintain punctuality is a lacking birth quality for many. Kala Bhairava blesses you with the power of controlling the factor called time and incidents that take place in your life.

| 68 | Healing Touch

Who is Kalabhairava?

Kala Bhairava also called the keeper of time is the lord who controls the time and incidents that take place in the human's life. The divine Kala Bhairava stands for Kala—the time period and Bhairava, the keeper of time.

Benefits and Significance

You will attain the sheer power to control the time and the incidents that take place in your life with the blessings of Kala Bhairava. He blesses you with the divine power of predicting things that are to happen and to avoid mishaps by controlling time!

Kalachakkaram Homam

The Kaala Chakram has been instituted with specific plants for the 9 planets, 12 zodiac signs and the 27 stars, totalling 48 species of plants. The wheel of time takes us on a roller coaster of happiness, fear and doubt and then back



again. This space is dedicated to all the people of the world, represented by the 27 stars and their corresponding plant, animal and bird.

It has the 27 stars circumscribing the 12 zodiac signs, which in turn circumscribe the 9 planets. Thus the wheel of time brings into one's perception the entire universe that aff ects us on Earth.

When you circum-ambulate the wheel of time and ask for good times, you are willy nilly asking for good times for the entire universe!! One connects to the universe here to integrate energies that will reduce the distress caused by star-related ailments. The circum-ambulation is done in sets of 3, one set at the minimum or

Healing Touch [69]

9, 12, 27, 36, or 48. The number 48 is significant in that it denotes a mandalam - the time to establish cell memory.

The Kaala Chakra seems to embody many a philosophy stated as the tenets of Lifeology. For instance, the roots of the 12 representative trees have, over time, intertwined and yet exist each with their own identity.

Why can't humans live with this togetherness even while retaining their own identity? If every human decides to plant the tree of his or her birth star, the earth will be aff orested without difficulty. 'Nature worship is as sanctifying as idol worship', says the Swamigal.

These plants have been nurtured from the sapling stage, worshipped, pruned and the trimmings are consigned to the fi re in the homa kundam, amidst the chanting of Vedic mantras for global welfare. The holy ash therefrom is distributed as medicine for diff erent types of illnesses. Thus the plants render themselves valuable for human welfare. Gnanaguru Dr. Sri Muralidhara Swamigal asks, "Why can't man?

With the blessings of Gnanaguru Dr. Sri Muralidhara Swamigal, a special pooja is done on Tuesdays at rahu kaalam (3.00 to 4.30 P.M.) as the presiding energies of the 27 stars are receptive to one's attention at that time. Rahu kaalam is believed the most efficacious time for any atonement poojas. Right in the centre of the wheel stands Lord Hanuman, with the life-giving herbsanjeevani, to disburse His healing energies.

Unique feature

This space depicts the Kaala Chakra with all the 9 planets, 12 zodiac signs, and the 27 stars so that one necessarily includes the universe and all of mankind in seeking blessings for global welfare. It also relieves star-related ailments.

| 70 | Healing Touch

Kalasarpa Dosa Nivarthy Homam



What is Kaal sarp Yog?

Kaalsarp is a Yog, when all the planets come in between the axis of Rahu and Ketu. People having Kaalsarp yog in their horoscope face lot many hardships and obstacles to achieve their name, fame and rise in thier respective carreer fields. Even the best efforts produces no result or

effect and overall growth is stalled.

Planetary postion of kaalsarp yog

Persons suffering Kaalsarp Yog are not equally affected. The disposition of the planets, signs in twelve houses, strength of the houses and the planets and many other such points leave unfailing effect on the native. So, one need not be afraid of hearing of Kaalsarp Yog but at the same time need to get the proper knowledge of their horoscope analysed by a good Astrologer so that he may take remedial measures thereof without any delay.

Positive effect of kaalsarp yog

Many People having Kaalsarp Yog have reached to the highest stage of development in terms of wealth, prestige and power, despite facing distractions therefore one should not lose heart and keep on making efforts and step up for his all-round progress. If Kaalsarp Yog are visible to be causing damage beyond use or repair, the remedial measures can be performed for the same to be nullified. Performing remedial rituals and performances mentioned in the epics, one can get rid of the adverse affects of Kaalsarp by which life can be made much easier and comfortable.

Healing Touch | 71 |

Problems due to Kaalsarp dosh

Kaal sarpa dosha creates lots of problems and undesirable effects on individual, some of them are listed below:

I'll Effect of kaalsarp on health & mind

Kaalsarp dosh creates undesirable effects on persons health and mind making them physically unsound or diseased. Some of the impacts of kaalsarp dosh on individuals are:-

lack of Mental peace, loss of confidence and memory, unnecessary stress and strain, insenstivity, irresponsibility, personality disorders and wandering thinking power. It makes a person emotionally unstable causing difficulty in coping with personal relationships. Kaalsarp dosha leads to persistent bodily disorders or disease and is more likely to cause prolonged illness of self or any family member. Thus a person will be devoid of good health.

I'll effect of kaalsarp on Education & Career

Constantly unsuccessful in examination, failure to acquire good education or a new course in school/college/university. It retards motivation and learning for higher studies, effort that does not accomplish its intended purpose, lack of success and loses consistently in education & career. Recurrent Loss of job, hinderance and obstruction in promotion and destruction of career.

I'll effect of Kaalsarp dosha on Love and marriage

Failure in love life, betrayal by trusted friend, partner, or spouse. Kaalsarpyogainhoroscope will adversely affect his/her relationship with the spouse or beloved. Delay in marriage, strained Married Life, neither expressive of nor exciting sexual love or romance for good sexual life, Infertility (Problem in conceiving a baby), repeated miscarriages, defective putra yog, disharmony between couple, divorce are some of the malefic effects of kaalsarp dosha.

| 72 | Healing Touch

I'll effect of Kaalsarp dosha on Prosperity & Wealth

Lack financial prosperity and stability, enormous debt that pushes a person to extreme poverty, obstacles in functioning of business, facing hinderance in getting monetary benefits, problems in aquiring and retaining ancestral wealth.

Detection and analysis of kaal sarp dosha

Persons affected by this kaalsarp dosha face many obstacles in their life. From childhood to oldage to achieve their goals they face many problems related to health, education, career, marriage, finance, social and other important aspects from time to time .

If you are Experiencing discontent with your business, or suffering from various ailments marked by causing sadness or sorrow then you may be under the influence of kaalsarp dosha according to vamtantra and you need to take blessings of lord Shiva and nag devta.

Benefit of kaal sarp puja

To get rid from misery and annoyance caused by kaal sarp dosha in kundli vamtantra suggest to go for the kaal sarp dosha nivaran puja conducted by us to get immediate relief and feel comfort from disappointment & misfortune.

By doing kaalsarp dosha nivaran pooja all the above mentioned ill effects are minimized and fruitful results are obtained alongwith procuring the blessings of ancestors. Childless couples and persons when perform this pooja are benefitted to a great extent.

Kaal Sarp Remedial Action

Tantrik Kaalsarp shanti puja

Kaal sarpa shanti pooja is specifically suitable for Success in Business or Career , Protection from Evils and Enemies. This ceremony is performed by 2 sadhaks (brahmin) as per the prescribed rituals by

Healing Touch | 73 |

offering clothes and food, etc and blessings are sought. After that it is customary to do poor feeding. We give lunch to the 108/1008 poor people. We conduct both types of offerings for maximum benefit. We perform kaalsarp dosha nivaran pooja at Garhmukteshwar (ganga river) and apart from this we also organise special Kaal sarp offerings at four holy places: Pushkar, Gaya, Haridwar, sangam (allahabad) and Kurukshetra.

Kamadenu Homam



The concept of the sacred cow as a giver of abundance is common in the Hindu school of thought. In today's context, we need to show compassion to all forms of life (jeeva karunyam), and not be exploitative for selfi sh ends. The Goshaala demonstrates this philosophy. To cater to the needs of the

Goshala, agathikeerai (sesbania grandi flora) and grass are grown. Feeding this to the cows is believed to get rid of negative karmas of one's past lives.

The cow is representative of the much revered celestial cow Kamadhenu, giver of abundance in the Hindu pantheon. The benefit of nurturing a cow is the same as worshipping Kamadhenu. The cow's products are not only an integral part of the food served here, but also used for medicinal purposes.

Any food made at the peedam is therefore veritably an equivalent of the Divine nectar (amrutham) which wipes out diseases.

| 74 | Healing Touch

Kamala Devi Homam

(Let your Life Blossom!)



Goddess Kamala Devi, a very subtle and divine feminine form helps in the development of human race with the following:

- Knowledge and wisdom in life
- Enhancing your artistic skills
- Blessing you with creativity and passion
- Obstacle free life
- Fertility and evergreen life
- Natural and serene beauty
- Peace, health and prosperity

What is done in Kamala Devi Homa?

Goddess Kamala Devi who appears to the devotees as seated on the lotus flower, blossoms the life of others when sacred rhythms and chants are recited and dedicated to her. She is dressed in grand attire, decorated with flowers and jewels and offered Prasad. Priests chant her divine name in multiples of hundreds and make her presence feel, who thereby blossoms your life like the lotus she is seated on!

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed

Healing Touch | 75 |

that Goddess Kamala Devi is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Kamala Devi Homa—Let your Life Blossom like the Lotus!

If you perform this Homa, your life which seemed so struggled and tough will blossom out like a lotus flower teaching you the right way to live very peacefully!

Kanakdhara Homam



As the Hindu legend goes, the first Kanakdhara mantra was recited by Adi Shankara. He was a sage who wandered door to door and asked for alms. While doing this course, he once visited a house of a poor lady who was too poor to give Shankara anything in the name of alms. She had a piece of fruit in her house and she gave it to Shankara. So

great was the goodness of that lady. Shankara was very pleased with this but at the same he was moved to see the poor plight of that lady. He then recited kamadhara Mantra and the lady was returned with hundreds of golden fruits. Thus, Kanakdhara Yagya blesses one with wealth and prosperity.

| 76 | Healing Touch

Kanchi Maha Periyava (Guru) Homam



Several years ago, when Swamigal was a young lad, he visited the Maha Periyavar at Kancheepuram and sought his blessings. Swamigal went there again after a lapse of 10 years. The Maha Periyavar blessed him, saying many blessings would come his way. He decided to install Kanchi Maha Periyavar in honor of this experience.

Chandru, a prime disciple of Kanchi Periyava, came personally to conduct the bhoomi pooja for this installation.

Karuppa Swamy Homam

One can also choose one's Birth Star day

He is the form of Neela Megham or the storm that your world clean, to clear the way for blue skies and help you lead a happy and peaceful life.



The power and divinity of all 4 gods namely Kala Bhairaya, Narasimha,

Veerabhadra and Rudra is combined together in the form of Karuppa Swamy. He in no time can uproot the evil and ensures justice and bring self- discipline among his believers.

Neela Megaham means clouds that are heavy with water that cleanse the world with rain and it paves way to a clear sky which is symbolically said to us.

Healing Touch | 77 |

Depiction of Karuppa Swamy

Karuppa Swamy, is worshiped as a Guardian, who remains in the outskirts of the village. He rides on a white horse with a big machete on his hand. He diminishes all the hardships in life. He is rumored to cripple those who dare to steal a grain from an honest farmer

He does not stop with this but also protects the people from evil eye, curses, black magic, jealousy, negative forces that causes adverse effect on their health. He protects their wealth too.

Karuppa Swamy, a quick problem solver, helps to reduce people's hard life and makes it easily for them!

He is the Divine Guardian who protects people from 'evil eye', curses, black magic, jealousy or any such things that may adversely affect their health, wealth and happiness.

Shatrusamhara Homam

Our priest service comes with a powerful Homa of Lord Subramanian in order to protect us from harass of enemies and evil forces.

Significance

Lord Subramanya is the youngest son of Lord Shiva and goddess Parvathi. He is considered as god of love but at the same time a fierce to enemies. He never fails to instill fear in the heart of negative people and harmful entities.

Lord Subramanya of Vedic times

According to Rig Veda Lord Subramanya is considered as the overwhelming power. Moreover the sage Veda Vyas wrote Skanda Purana and Sangam Tamil Literature speaks of the Lord's six abodes.

| 78 | Healing Touch

Benefits of Shatrusamhara Homam

This Homa gives a person joy and authority. It protects and prevents one from evil eyes, curses of gods, planets and ancestors. It further enhances family relationship, removes dullness, fear, mental block, frees one from debts, helps to cure fatal diseases, bestows progeny; give good health and six Siddhis.

Om Kartikeyaya Vidmahe Shakti Hastaya Dhimahi Tanna Skanda Prachodayat

This Mantra is an armor which protects us from our enemies and gives courage to face them.

Recommended to

- One who constantly face Enemies (military and police person)
- One in Political Field
- Business Competitors
- Possessed with Black Magic, Eevil Eyes and Spirits
- Ancestral Cruses
- Suffering with Chronic Disease
- And for protection from Negative Forces

Legend

Penance of Goddess Parvathi on Shiva got her married to Him. The purpose of marriage is to create lord Muruga and to kill the demon Surapadma. Lord Shiva took a form with six faces and from each third eye of the six faces, a fire spark came out. He asked the Gods of fire and wind to carry the sparks to River Ganges. Later Ganga took it to Sarvana pond. This six fire spark transformed into six beautiful babies who were nurtured by six Karthigai maids. Muruga has twelve hands but one face as Mother Parvathi merged

Healing Touch | 79 |

the six faces into one. He is also known as Kumaran, Mayilvaganan, Kaangeyan, Velayuthan, Gugan etc.

The demon Surapadma created terror to all gods. So, Lord Shiva decided to destroy him through Muruga. Muruga obtained 11 weapons and a Vel or spear from Shiva and Parvathi to vanquish the demon. He then fought for ten days, at Thiruchendur. Soorapadman took the form of a big mango tree which was split by the spear of Muruga and the two halves turned into a peacock (vehicle) and a cock (on flag) respectively.

People also conduct 'Poorna Kriya' on the Amavasyas which is generally related with the birth of twins thus bringing contentment and peace in their life.

Katyayani Homam

(Get to Ring your Wedding Bells!)



Goddess Katyayani, an incarnation of Shakthi imbibed her presence in human beings' life to bless the race with the following:

- Blessing the woman gender for a prosperous and timely marriage
- Blessing the newly wedded with children on time
- Negating Doshas or defects in one's horoscope
- Timely marriage of a girl
- Negating problems in the married life of the women folk
- Health, wealth and prosperity

| **80** | Healing Touch

What is done in Katyayani Homa?

The female Goddess, an invigoration of power and prowess helps the female gender in getting their lives settled and crossing the boundaries of hardships. She helps is negating the obstacles of marriage and in begetting children too. Katyayani is well decorated with all devotion, offered sweets and other Indian delicacies and is offered with flowers as well. Sacred priests then chant her mantra in the divine rhythm to invigorate her presence, on which she blesses her devotees with their wishes.

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Goddess Katyayani is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Katyayani Homa—Get your Wedding Bells Ringing!

If you perform this Homa, you will be negated of obstacles in your life and birth chart and therefore lead a beautiful and serene life, which others envy of!

Healing Touch | 81 |

Ketu Homam

(Your Stepping Stones to Success)



Why Ketu Homa?

Ketu is a Nodal planet. It does not own any sign in the natural zodiac. However, it acts as an agent for the owner of the sign in which it is places and also as an agent for the overlord of the star in which it is placed. Ketu when placed in a fiery signs would render a fierce nature and will exploit all subjects with an aggressive thirst of quest.

Often, Ketu is introverted, negating and detached. Ketu can bring positive or negative effects on your life, and this is completely dependent upon its positions in your birth chart! It is unique in the sense that it's always transiting retrograde, indicating Karma from previous lives.

Ketu Homa and the Deity

Ketu brings prosperity and negates bad effects, illnesses etc. He grants you good health, wealth and all round prosperity.

Recommended Timings for Ketu Homa

Ketu Homas can be conducted during Wednesdays and Sundays, especially in the mornings.

Mantra for Ketu Homa

"Om shram shreem shroum sah ketave namah"

Benefits of Ketu Homa

- Set your standards of living
- Swift across the road of difficulties
- Smell the roses of life
- Be the master of trades

| **82** | Healing Touch

Kukuta Homam

(Curb all your Negativity)

Why Kukuta Homa?

Muruga's divine rooster has the ability to destroy negativity and the ward off evil. It is not a very familiar Homa in India, but extremely powerful in nature, and should only be performed by sanctified and qualified priests.

Kukuta Homa and the Deity

The Kukuta (Rooster) Homa is a very powerful fire ritual done to invoke one of Lord Muruga's powerful mounts (the vehicle), the Rooster. The Kukuta Homa is the most powerful



way to destroy the negative elements in your life that keep you lethargic, unmotivated and "trapped" in debt, relationships and poor health.

Speciality of Kukuta Homa

Muruga has often played a major role in educating the humans about a higher life. He is basically a celestial warrior constantly involved in killing demons that prevent light from entering the earth plane. The flag of his army depicts a rooster. In the war, the demon Surapadma was split into two, and each half was granted a boon by Murugan. The halves thus turned into the peacock (his mount) and the rooster.

Recommended Timings for Kukuta Homa

Mars Hora and Shashti Tithis are recommended to perform Kukuta Homa.

Healing Touch [83]

Mantra for Kukuta Homa

"Om Saam Sum Sarvanabavaya Namah"

Benefits of Kukuta Homa

- Brings all-round success
- The energy of Kukuta destroys the negative elements
- The native gets freed of lethargy
- Unmotivated people will get a lime light to live in
- Conditions like 'trapped' in debt, relationships and poor health get alleviated
- Those who desire to win in all their endeavors
- Kukuta Homa invigorates the lives of:
- People who are suffering from negative impacts on their lives
- People who long to attain success in life
- People who wish to get rid of debts
- People who want to get rid of hitches in their lives

Kuzhandhai Aanandha Maha Swamigal (Guru) Homam



Across from Lord Hanuman, at the western end of the herbal garden, is the idol of Kuzhandhai Meenakshi Swamigal or Kuzhandhai Aanandhar. There is a fascinating story att ached to this avadootar.

In Madurai lived a couple who yearned for but had no children. They followed all the suggestions of wellintentioned

| 84 | Healing Touch

neighbours, friends, relatives and various astrologers, but to no avail. Finally they went to the Madurai Meenakshi temple. As we said earlier, in India we tend to have conversations with our Gods. We believe we get responses.

Goddess Meenakshi queried the couple, "Why are you going all over when I am here, at your doorstep?" The woman begged forgiveness and stated her wish, to which the Goddess replied: "I will give you a child." Thrilled at this, the couple off ered the Goddess their fi rst born if they were blessed with more than one child. In due course, divine-looking twins were born to them. They called them Rama and Lakshmana. To fulfi I their promise to Goddess Meenakshi, the parents went to the temple.

The pujari, however, refused to take the child, saying this was a temple not an orphanage. The couple then went to the Board of Trustees to plead their case, saying it was a vow they did not want to dishonour. The Board proposed that the baby be left overnight at Goddess Meenakshi's sanctum sanctorum, and if he were alive in the morning, they would accept the baby to be brought up in the temple. The couple agreed and the baby was left inside the sanctum sanctorum.

The next morning, the pujari opened the doors to find neither the baby nor the Meenakshi idol! There was great panic, and everyone tried to locate the baby and the idol. In the theppa kulam, they saw a child walking on the waters, his hand held out, as if someone were leading the child by the hand, showing him around. A litt le later, Meenakshi's idol was found elsewhere and restored to the sanctum. Pujas were conducted to reinstall her, and the baby was accepted to be brought up in the temple. This child came to be known as Kuzhandhai Aanandhar.

This child grew up to be an avadootar and people claim to have seen him att ain samadhi in four places, one of them being Nepal.

Healing Touch | 85 |

The idol here sports a cherubic face, and has Mother Meenakshi carved on his chest.

Meenakshi Kuzhandhai Aanandhar is the guru of the much revered Seshadri Swamigal.

Anecdote

While we were at the peedam we met a couple of siblings from Chennai whose grandfather, Parasurama Iyer, was a prime disciple of Kuzhandhai Aanandhar. Their mother had narrated to them a family lore, of how Kuzhandhai Aanandhar took on her father's malignant external cyst and attained samadhi three days later. The grandfather survived, disease-free.

Laghu Rudra Homam

(Swab your Negative Karma!)



Lord Shiva, the decider of Earth, revealed his divine form and presence to the world to help accomplish and make his devotees' dream come true. It is said that Lord Shiva grants to his devotees, whatever they ask for, no matter how complicated the wish is. He blesses you with the following:

- Blessings that you ask for
- Swabbing away of negative karmas and adding to your positivity
- Eternal Happiness
- Family well being
- Career satisfaction

| 86 | Healing Touch

- Leadership
- Successful in endeavors and
- Peace, health and prosperity

What is done in Rudram Chamakam Homa?

Rudram is the divine syllable or mantra that is dedicated and chanted to Lord Shiva. Lord Shiva is decorated with Bilva leaves, a kind of leave that divinity is said to outpour in. He is offered with Prasad. He is appeased with the chanting of Rudram by a group of sacred priests, with which his presence is felt and he ultimately blesses his devotees with what they ask for—sincerely!

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Lord Shiva is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Laghu Rudra Homa - Swab away your Negative Karmas!

If you perform this Homa, you will be blessed with whatever you ask for by Lord Shiva. Your deep and sincere prayers are but alone the only way to make your dreams come true by offering prayers to Lord Shiva!

Healing Touch | 87 |

Lakshmi Homam

(Drench yourself with Material Gains)



Why Lakshmi Homa?

Lakshmi Homa ensures you with material wealth in abundance. Goddess Lakshmi is the consort of Lord Vishnu, who also bestows his devotees with wealth and prosperity. When you yearn to overcome debts and financial difficulties, call upon the Goddess of riches and assets.

Lakshmi Homa and the Deity

Goddess Lakshmi is the chief deity of this bountiful Homa. You will find yourselves overflowing with abundant wealth and prosperity. There is nothing in this material world which is difficult to be procured by devotees of Goddess Lakshmi!

Speciality of Lakshmi Homa

The word 'Lakshmi' is derived from the Sanskrit word Laksme, meaning "goal." Lakshmi, therefore, represents the goal of life, which includes worldly as well as spiritual prosperity.

Recommended Timings for Lakshmi Homa

Lakshmi Homa can be done on Panchami and Ekadashi Tithis that fall on Fridays.

Mantra for Lakshmi Homa

"Om Shreem Hreem Shreem Mahalakshmi Namah"

Benefits of Lakshmi Homa

- Attain success, abundance of wealth, peace, and prosperity in life
- Removes blockages on the path of your success

| 88 | Healing Touch

- Negates losses in business & profession
- Removes scarcity of money
- Bestows with financial stability
- Brings peace at your home and workplace

One who performs this Homa every year will be showered with loads of riches and treasures of money!

The beneficiaries of Lakshmi Homa:

- People who aim to accumulate wealth
- Businessmen and married couple who want to overcome financial struggles
- For Sumangalis (married women) to lead a happy marital life

Lakshmi Kubera Homam

(For wealth, wealth and wealth!)

Why Lakshmi Kubera Homam?

Lakshmi Kubera Homam is performed to invoke Goddess Lakshmi Devi and Lord Kubera, the chief deities of this endowing ritual, for accumulating wealth, eliminating debts, solving financial troubles and gaining financial stability.

Who are Lakshmi Devi and Lord Kubera?

Lakshmi is the divine consort of Maha Vishnu and the Goddess of wealth and prosperity. Lord Kubera is the



divine treasurer of Lakshmi Devi's wealth. It is only through Lord

Healing Touch | 89 |

Kubera, Lakshmi Devi distributes Her wealth and riches to Her devotees.

Benefits and significance of Lakshmi Kubera Homam

Lakshmi Kubera Homam is a wonderful blessing to all those who are striving to prosper well in their material life. The chants, Lakshmi Devi Moola Mantra and Kubera Moola Mantra, accompanied during the ritual remove all the blockages that hinder your material growth and attracts wealth. The specialty of Lakshmi Kubera Homam is that the wealth you accumulate by performing this ritual will stay and grow with you.

Acquiring material growth and prosperity

Performing Lakshmi Kubera Homam will ensure that you will be financially successful and materially prosperous. This Homam will present you with new opportunities and legitimate ways to make money. So whatever be your profession or career, Lakshmi Kubera Homam will bring new avenues to multiply your income.

Eliminating your debts

There is nothing more stressful than not being able to pay off your loans. The reasons for debts may not always be the result of your actions in the present life. There could even be Karmic causes behind your financial obligations. Performing Lakshmi Kubera Homam can dissolve those Karmic issues and will drastically change your financial situation. Then, you too can pay off your debts and lead a stress-free life.

Leading a affluent life

Lakshmi Kubera Homam has the power to enable you to attract more wealth through legitimate means. Worshipping Lakshmi Devi along with Her deputy Kubera ensures that you will never get into any financial troubles and your bank balance will always be on the rise.

| 90 | Healing Touch

Ideal days to conduct Lakshmi Kubera Homam

Lakshmi Kubera Homam yields best results when performed on Fridays, Pournami days, Chaturthi, Chaturdasi, and Panchami Thithis

Lakshmi Narasimha Homam

Lord Lakshmi Narasimha is the 4th incarnation of Lord Vishnu. His incarnation was done on the earth plane to bless people from the following:

- Keeping you away from enemies
- Blessing you with peace and happiness
- Closing your debts
- Health, wealth and prosperity



What is done in Lakshmi Narasimha Homa?

In Lakshmi Narasimha, the fire place is ignited with divine fire and mantras (divine vowels and rhythms) to invoke the presence of Lord Lakshmi Narasimha. There are many steps that are performed authentically to invoke the fire and the lord out of it. It is strongly believed that Lord Lakshmi Narasimha blesses the native performing the Homa and the people present during the sacrificial fire, with whatever they ask for.

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

Healing Touch | 91 |

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Lord Lakshmi Narasimha is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Lakshmi Narasimha Homa—Bid a Farewell to your Enemies and Evil Eyes!

If you perform this Homa, you will be blessed with a health ailment free life. All your spiritual and material benefits will be accomplished and granted by Lord Lakshmi Narasimha himself. You are also bound to erase all your sins and proceed towards a sin free and uncomplicated future.

Lakshmi Narayana Homam

Drench yourself with Material Gains



Why Lakshmi Narayana Homa?

Lakshmi Narayana Homa ensures you with material wealth in abundance. Goddess Lakshmi is the consort of Lord Vishnu (Narayana), who also bestows his devotees with wealth and prosperity. When you yearn to overcome debts, financial difficulties and relationship issues, call upon the Gods of riches and assets.

| 92 | Healing Touch

Lakshmi Narayana Homa and the Deity

Lord Narayana (Vishnu) and his consort Goddess Lakshmi are the chief deities of this powerful Homa. You will feel empowered in terms of riches and prosperity.

Speciality of Lakshmi Narayana Homa

Goddess Lakshmi is the embodiment of wealth, whereas, Lord Narayana/Vishnu is the savior. While the Goddess of Wealth will grant you with boons of prosperity, material abundance, good luck, harmony and spiritual prosperity; Lord Narayana will protect your riches and save you from unforeseen financial obstacles!

Recommended Timings for Lakshmi Narayana Homa

The Pournami Tithis are the most recommended Tithis for performing Lakshmi Narayana Homa.

Mantra for Lakshmi Narayana Homa

"Om Shreem Kleem Lakshmi Narayana Namaha"

Benefits of Lakshmi Narayana Homa

- Relief from financial sufferings
- A boon for Riches
- An escape from financial threats
- Success in all your endeavors
- Attaining material blessings

Lakshmi Narayana Homa prospers the lives of:

- The financially disabled
- People who suffer from relationship issues
- People who yearn for riches and assets
- Professionals who aim for multitasking abilities
- People who want to recover from financial struggles
- People who yearn for protection from financial hurdles in the life to come

Healing Touch | 93 |

Performing this Homa once a year, bestows you with the power and supremacy to fulfill and accomplish financial success all through your life.

Sri Lalitha Homam



Lalitha Homam is performed for prosperity and to protect from fear . Fridays and Tuesdays are the auspicious for this Homam. Homam includes chanting the Great Lalitha Sahasra-Nama Mantra, offering the Ghee and boiled Raw rice, Athi chamatha , ithi chamatha and Peraal chamatha on the Holy fire. For prosperity, Save From fear, Friday and Tuesday are the auspicious days for do this Homam.

Maha Avatar Babaji (Guru) Homam



Maha Avatar Babaji is believed to be an incarnation of Lord Dakshinamoorty Himself. When Swamigal was planning this healing centre and performing the requisite homas he was given a photograph of Maha Avatar Babaji by a doctor friend.

Not knowing who this was he sought to ask, and was told that he was a powerful Himalayan Baba referred to as the Maha Avatar Babaji. Even as he held the picture he

felt drawn to the energy.

| 94 | Healing Touch

Another lady's visit brought him the divine message that Maha Avatar Babaji must be installed at the centre. Swamigal found that Babaji hailed from the south, and was the founder of the much sought after Kriya Yoga technique. Confirming his intentions from his usual Sugarar Nadi, he built a hall with a cave that had a mountainous exterior.

Nowhere else in the south is there a smiling Babaji seated in a cave-like architecture. In 100 days 100 homas were performed in the ashram, preceding the consecration of Babaji. Vallalar, Maha Periyava and Maha Avatar Babaji were all consecrated on same day.

Maha Ganapathi Homam

(For eradicating obstacles and ensuring success in all your endeavors!)

Why Maha Ganapthi Homam?

Maha Ganapathi Homam is a powerful Vedic ritual of invoking Lord Ganesha and offering prayers unto Him to beget His grace and blessings. Maha Ganapathi Homam is performed to eradicate all the hindrances in your path and grant success.

Who is Lord Ganpathi?

The immensely popular and widely adored Lord Ganesha is the son of Lord Shiva and Goddess Parvathi. As He is born to Goddess Parvathi, who is the



Healing Touch | 95 |

personification of Shakthi (energy), Lord Ganesha is considered to be the embodiment of all actions.

Benefits and significance of Maha Ganapathi Homam

Maha Ganapathi Homam ensures that the pursuit you undertake is successful and rewarding. As Lord Ganesha is considered to be the Lord of all beginnings, Maha Ganapathi Homam is performed even at the beginning of Homams dedicated to other deities.

Overcoming your hurdles

Before undertaking any endeavour if Lord Ganesha is worshipped and invoked with devotion and love, He helps you achieve the desired results without encountering any obstacles. This is the reason why Lord Ganesha is also known as Vigneshwara: Vigna means obstacles, Eshwara means Lord. Therefore, Vigneshwara is the Lord who removes all the obstacles.

If you face problems due to Ketu Dhasa or Bukthi, which usually happens for seven years, you can perform Maha Ganapathi Homam to nullify its ill-effects.

Ensuring victory in all your pursuits

The cause of impediments in your activities may not only result because of external sources but also because of your own Karma, which is nothing but your present or past deeds in this life or your previous life (or lives!). This may be the root cause for all the setbacks in your life and is very hard to discern with normal intellect.

Since Ganapathi is known for freeing you from your Karmic deeds and bondages, performing Maha Ganapathi Homam eliminates all the negative Karmas that hinder your activities. So Ganapathi Homam is highly recommended to ensure success in all your deeds—be it in your career, business, agriculture, education, family, or personal life.

| 96 | Healing Touch

For a student who is pursuing education, Maha Ganapathi Homam bestows Siddhi (actions become fruitful) and Buddhi (knowledge and wisdom). Even farmers before beginning cultivation can perform Maha Ganapathi Homam to produce good yields and also to prevent unexpected natural calamities during the cultivation period.

Improves your material and spiritual prosperity

According to Yoga Shasthras, Ganapathi is considered to be residing in the first chakra, known as Mooladhara, which is the base for all other six chakras in the human body. So performing Maha Ganapathi Homam will serve as a foundation for both your spiritual as well as material growth.

Maha Ganapathi Homam also bestows prosperity, health and well being when performed every year. For leading a life full of happiness and success, Maha Ganapathi Homam can be performed during marriages, house-warming ceremonies, and even on your birthdays.

Ideal days to conduct Maha Ganapthi Homam

Maha Ganapathi Homam must be performed early in the morning before sunrise. However, depending on the purpose, other timing may also be chosen. Maha Ganapathi Homam is highly rewarding when performed on Sankata Hara Chathurthi day, which is considered to be the most auspicious day for worshipping Lord Ganesha

Healing Touch | 97 |

Maha Kali Homam



Offering Homa to Devi Maha Kali removes Distress, Evil forces around you, blockage (that hinder your success), Blackmagic, Evil eyes on your family and bring Victory in your work and derive Success & peace in Life. Devi Kali or Mahakali - the Consort of Mahakal (Lord Shiva) is the Symbol of Strength who takes all the Pains of a devotee and gives

pleasures in return.

People go for Maha Kaali Homa for removing the fear, the effect of bad persons' evil forces or Black magic from their entire family. Also for bringing peace and happiness in their family or individually. To diminish our ego and all negative tendencies that hinder spiritual progress and material prosperity.

Maha Kali is the symbol of shakti (Strength). She is the consort of Lord Shiva. Thus the Mahakali Homa is also done for getting Strength and power in mind. This is the spiritual process that may remove your any sort of obstacles and derive Success & Victory in life.

Maha Sudharshana Homam

(For destroying enemies, warding off evil forces, healing health diseases and preventing accidents)



Why Maha Sudharshana Homam?

Maha Sudharshana Homam is an immensely potent Vedic ritual which invokes the grace and blessings of Lord Sudharshana, the chief deity of this Homam, to destroy your enemies, protect you from sorcery and evil spells, heal serious health disorders and prevent you from accidents and injuries.

| 98 | Healing Touch

Who is Lord Sudharshana?

Lord Sudharshana is none other than the divine manifestation of the extremely popular and unconquerable weapon, Sudharshana Chakram wielded by Maha Vishnu, the Supreme Lord, to demolish evil and establish righteousness.

Benefits of performing Maha Sudharshana Homam

Since Sudharshana Chakram is the powerful weapon of Maha Vishnu Himself, Sudharshana Homam helps you conquer all your known and unknown enemies who hinder your growth and success

Annihilates evil forces

When you become successful and prosper well in life, many people may try to overthrow you through cowardly means like pilli, soonyam, yeval (sorcery, voodoo) and other evil spells. Maha Sudharshana Homam prevents you from such evil forces and also annihilates them and acts as a protective shield in future. Therefore, Maha Sudharshana Homam is highly recommended to politicians, celebrities, criminal advocates, businessmen and all those who lead a public life and have to deal with strong hostility.

Bestows spiritual progress

Sudharshana means 'Divine Vision'. Sudharshana Chakram helps you gain the Divine Vision of Maha Vishnu, which can be obtained only after all the earthly desires are fulfilled.

Performing Maha Sudharshana Homam enables you to attain this highest goal of life as it makes you receive the blessings of Maha Vishnu Himself. That is why even the infamous asuras like Narakasura, Shishupala and Makara were all vanquished and at the same time liberated by the legendary Sudharshana Chakram

Healing Touch | 99 |

Speedy relief from health diseases and prevention of accidents/injuries

The constantly revolving nature of Sudharshana Chakram makes it unconquerable and powerful enough to heal severe health problems in no time. Once when a village was struck by an epidemic disease, Swami Desikan sought the grace and blessings of Lord Sudharshana by composing Sudharshana Ashtakam. Soon after he finished composing it, the people of the village were completely relieved and healed from the contagious disease.

When Sudharshana Chakram is invoked, it activates the spiritual energies in your body and creates tremendous positives vibrations. Hence, performing Maha Sudharshana Homam heals you from severe diseases, injuries and health ailments and empowers you with renewed vigour and high spiritual energy. This will naturally speed up your materialistic growth and prosperity. Also, Maha Sudharshana Homam creates a protective shield around you to prevent you from accidents and injuries.

Maha Sudharashana Homam is ideal for both sick persons as well as sportspersons. For the former, Sudharshana Chakram ensures speedy recovery and good health, whereas for the latter it grants vitality and strength, prevents injuries and ensures victory.

Ideal days to conduct Maha Sudharshana Homam

Maha Sudharshana Homam serves highly beneficial and effective when performed on the days special to Maha Vishnu. So Ekadasi, Dwadasi, and even Pournami (full moon) days, which come on Wednesday or Saturday is best recommended.

Moreover, performing one Maha Sudharshana Homam is equivalent of conducting ten homams dedicated to other demigods. Such powerful Maha Sudharshana Homam should be conducted with purity of thought, proper intonation and right pronunciation. Therefore, a learned Vedic scholar must be sought

| 100 | Healing Touch

for reaping the maximum benefits and goodness of Sudharshana Chakram

Mahan Vallalar (Guru) Homam

This saint is known as the Arutperunjothi Vallalar. During one of his travels, Swamigal saw a man selling maakal (soapstone) deepam. Realizing that it was the kind used by Vallalar, he stopped to buy one. It was the last lamp, aft er selling which the lamp seller would buy rice for his daily meal before he went home. Out of compassion, Swamigal decided to buy it off him.



Questions that flooded Swamigal's mind were - 'How come this unusual lamp was here, and that too just the last one? Is this a cue for me to bring Vallalar to Arogya Peedam? Was the lamp seller Vallalar himself? Was I the chosen one?' Thus Vallalar came to be installed among the saints at Arogya Peedam.

Mangala Gauri Homam

(Invite Auspiciousness to Erase Negativity!)

Goddess Mangala Gauri, an incarnation of Shakthi imbibed her presence in human beings' life to bless the race with the following:

- Blessing the woman gender for a prosperous married life
- Favoring the woman folk for a happy, peaceful and contended life



Healing Touch | 101 |

- Negating Doshas or defects in one's horoscope
- Negating problems in the married life of the women folk
- Erasing negativity in one's life
- Health, wealth and prosperity

What is done in Mangala Gauri Homa?

Mangala Gauri, the auspicious and celebrated Goddess is worshipped in a very divine and orthodox way. She is dressed up very well and decorated with flowers and offered sweets as Prasad. Sacred priests very religiously chant her mantras and slokas in order to make her presence feel, on which she blesses her devotees with their wishes.

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Goddess Mangala Gauri is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Mangala Gauri Homa—Invite Auspiciousness to Erase Negativity!

If you perform this Homa, you will be negated of obstacles in your life and birth chart and therefore lead a beautiful and serene life, which others envy of!

| 102 | Healing Touch

Manyu Suktam Homam

Manyu means anger and manyu suktham is prayer to the god of anger. As you rightly suggested, manyu represents Narasimha/Rudra or Hanuman. This suktham appears in the rig veda and does not specifically point to any deity.



Manyu suktham consists of two parts and the meanings of the suktham are centered around destruction of enemies. Madhvas

hold this suktham in high regard and commentaries have been written connecting Manyu with Narasimha. The first line of manyu suktham starts of with: yastehe manyo avidhad vajrasayaka meaning Oh God of anger with sharp nails....Madhavacharya's commentary on Mahabharata suggests that Bheema remembered Narsimha avatar by reciting this sukta while tearing apart Duryodhana.

Manyu suktham can be performed as a homa for removing of obstacles, removal of enmity and being popular/liked by all (vasi vashyam as the stanza reads).

The prayogam or usage can be directed towards any deity by a process known as samputikarana (or enveloping the veda mantra). The samputikarana is done by first choosing a deity who one believes to be the personification of anger or ferocity (Narasimha/ Hanuman/Rudra et al.) and reciting the deity's moola/bija mantra in sync with the suktham thus praying to the respective deity.

Healing Touch | 103 |

Mars Homam

(Your Stepping Stones to Success)



Why Mars Homa?

Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it, says Vincent Van Gogh about emotions and people. No other planet symbolizes emotions better than Mars.

In Vedic astrology, planet Mars is considered as a symbol of energy and vitality. Mars fires your emotions and triggers your passions, and powers your mental endeavors as well!

Mars Homa and the Deity

Mars showers prosperity and wealth.

Recommended Timings for Mars Homa

Any Auspicious Thithi that falls on Tuesdays and during Mars Horas is recommended to perform Mars Homa.

Mantra for Mars Homa

Om kram kreem kroum sah bhaumaya namah

Benefits of Mars Homa

- Control your health and comfort
- Explore an avenue to display your talents
- Cherish the moments of togetherness with your siblings
- Formulate your own courageous decisions
- Get showered with providential help

| 104 | Healing Touch

Matangi Homam

(Enhance your Knowledge and Wisdom!)

Goddess Matangi, an incarnation of Shakthi made her presence to erase the problems of the human race. She blesses human lives with the following:

- Knowledge and wisdom in life
- Enhancing your artistic skills
- Blessing you with creativity and passion
 - Peace, health and prosperity
 - Gaining control over enemies
 - Attract people to oneself

What is done in Matangi Homa?

Goddess Matangi is decorated with grand attire and is offered sweets as Prasad. Sacred rhythms and vedic syllables are chanted to this Goddess to make her presence feel, on which she grants the blessings to her devotees.

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the



Healing Touch | 105 |

gathering and the performer with all that they ask for. It is believed that Goddess Matangi is present all over virtually and blesses and grants your wishes in person!

What Will I Receive?

Matangi Homa-Get Blessed with Knowledge!

If you perform this Homa, you will be blessed with Knowledge and wisdom, the two essential assets of life. All that you dream about your career and skill sets will come true with full effectiveness and involvement in them!

Mercury Homam

(Your Stepping Stones to Success)



Why Mercury Homa?

Mercury concerns the mind, and your sign and house position influences the mysterious way you put it all together up there. It determines how you make sense of your world, formulate ideas and

share them with others. Your speech patterns, communication style, sense of humor, quickness of thought – all these are flavored by the position of your Mercury.

In the infinite variety of life, Mercury determines your fascinations, what kinds of puzzles you'll want to work out, where you'd like to focus your mind power. Mercury's influence on how you think can steer your career path, since you'll likely be drawn to areas in which your mind thrives and excels!

| 106 | Healing Touch

Mercury Homa and the Deity

Mercury is the planet of knowledge. He bestows you with wisdom and wealth and is ruled over by Lord Maha Vishnu.

Recommended Timings for Mercury Homa

Any Auspicious Thithi that falls on Wednesdays and during Mercury Horas is recommended to perform Mercury Homa.

Mantra for Mercury Homa

"Om bram breem broum sah budhaya namah"

Benefits of Mercury Homa

- · Succeed in rational and logical thinking
- Turn out to be quick, instinctive and inspirational
- Set for yourself an intuitive and emotional filter
- Evolve to be pragmatic and concrete
- Understand and maximize your imaginative potential
- Share your unique gift of expression

Moola Nakshatra Homam

Why Moola Nakshatra Homa?

When a girl is born under the Birth Star Moola, she introduces a strong energy into the household. Her parents need proper empowerment and remedy to adequately handle this hot star. This ritual can only be done if the daughter is under the age of 18/spinster.



Moola Nakshatra Homa and the Deity

The Star Moola is energized and called upon in this powerful Homa. The mysterious snake planet Ketu is the ruler of the Star

Healing Touch | 107 |

Moola. The deity of this Nakshatra is "Alakshmi"; the God of ill luck

Speciality of Moola Nakshatra Homa

The core of the ceremony involves bringing to the fore, the Nakshatra Moola by itself, to perform "Shanti"/soothing the planet. On performing this Homa, the native will be blessed with positivity that overrules the adversity. Also, the ruler Ketu and the Deity Alakshmi are appeased for well being.

Recommended Timings for Moola Nakshatra Homa

Moola Nakshatra Homa can be done during any auspicious Horas (Budha, Guru, or Shukra Hora) on the Moola star day.

Mantra for Moola Nakshatra Homa

"Om jhram jhreem jroum sah gurave namah"

Benefits of Moola Nakshatra Homa

- Empowerment for Parents of Moola Daughter
- Negates negative influences caused by the Star over the native
- Successful and prosperous life
- Alleviates ill effects from the marital life
- Increases marital harmony
- Helps accomplish endeavors that are undertaken
- Brings the "Luck Factor" into the native's life

Moola Nakshatra Homa brings benefits to:

- Girls born under the Birth Star Moola
- The parents of daughters who are born under Moola Nakshatra

| 108 | Healing Touch

Moon Homam

(Your Stepping Stones to Success)

Why Moon Homa?

The Moon not only soars up the ocean withhigh tides upon its attraction, but also soars up the deepest niche of your minds! Moon, the nearest cosmic neighbor to the Earth, wields her influence on every individual's existence.

Now, in this connection, astrological facts emerge that the Moon brings forth benefic or malefic influence on every one of us analogous to her natal position in your birth chart. Your emotional balance



and sensitivity are the reflection of the Moon's position in your chart.

Moon Homa and the Deity

Moon is the planet, who rules your mind and brings success. The Moon, at the time of your birth is found in a particular star, and that will be considered your Moon Sign.

Recommended Timings for Moon Homa

Chaturthi and Pournami Tithis that falls on Mondays and during the Moon Horas are recommended to perform Moon Homa.

Mantra for Moon Homa

"Om shram sreem shraum sah chandraya namah"

Benefits of Moon Homa

- Improve your self-worth
- Propitiate love, success, happiness and glory in your life

Healing Touch | 109 |

- Explore calmness and politeness within you
- Have a command over your health and fitness
- Safeguard yourself from the risk of ulcer, intestinal and other stomach problems

Mrutyunjaya Homam

(For conquering death, restoring health and preventing premature demises)



Why Mrityunjaya Homam?

Mrityunjaya Homam is a timeless Vedic ritual that is devoted to Lord Shiva, the chief deity of the homam, to achieve victory over your death, immunize your health ailments, avoid untimely demises and improve your spiritual growth.

Who is Mrityunjaya?

Mrityunjaya is another name of the mighty Lord Shiva. *Mrityu* literally means death, and *Jaya* is victory. Mrityunjaya is the one who has victory over death. Lord Shiva is called as Mrityunjaya because of His limitless power to conquer death.

Benefits and Significance of Mrityunjaya Homam.

Mrityunjaya Homam is performed by chanting the Maha Mrityunjaya (The Great Death Destroyer) mantra as described in the Rig Veda. This ancient mantra has the power to invoke three different aspects of Shiva: Rudra, Tryambaka and Mrityunjaya. Therefore, Mrityunjaya Homam serves as a life giver, health enhancer, energy booster and life protector.

| 110 | Healing Touch

Victory over your death

Markandeya, a devotee of Lord Shiva, was destined to die at an early age of sixteen. As he constantly invoked the blessings of Lord Shiva through Maha Mrityunjaya mantra, Markandeya was saved from his destined time of death and was endowed with eternal life. Mrityunjaya Homam is an effectual technique to appease Lord Shiva as Mritunjaya and win His abundant mercy and grace to overcome death.

Immunizes your health ailments

The most prominent offerings made while conducting Mrityunjaya Homam are Durva grass, sesame seeds, amrita herb, etc., which have high medicinal properties. So performing Mrityunjaya Homam relieves you from your health ailments and rejuvenates your body, mind and soul. This life-giver-homam is specially recommended for people suffering from terminal illness, accidents and other life threatening diseases as it improves their longevity and restores health. For aged-people in their death bed, Mrityunjaya Homam offers the possibility of extending their life time.

Prevents premature death

Mrityunjaya Homam is performed by chanting Maha Mrituynjaya Mantra, which creates divinely potent vibrations that secure you from all negative forces and danger and act as a protective shield. So, those who are likely to encounter untimely death due Graha Doshas (ill effects of certain planet combinations in your natal chart) or accidents, fatal diseases, etc., can immensely benefit from Mrityunjaya Homam as it destroys the root causes of such unfortunate happenings. Also, to overcome the fear of enemies and eliminate their ill-doings, Mrityunjaya Homam can be performed.

Accelerates your spiritual growth

Mrityunjaya Homam ignites the inner fire within you and eradicates the negative karma and its tendencies. This advances

Healing Touch | 111 |

your spiritual growth and makes you powerful and happy as you are freed from carrying the baggage of the past. Performing Mrityunjaya Homam once in every year can liberate you from the ocean of samsara (cycle of birth and death).

Ideal days to conduct Mrityunjaya Homam

Mrityunjaya Homam can be conducted on any auspicious hours or as recommended by your Astrologer.

Muneeswarar Homam



Enshrined in the herbal garden at the healing centre is Lord Muneeswarar. Muneeswarar emerged from the countenance of Lord Shiva in order to protect many souls from His wrath.

It is believed that every person must propitiate their kula deivam - family preceptors - before praying to anyone else. However, many families may not know their kula deivam. Praying to Lord Muneeswarar, the head of all kula deivams, in his role as protector

of souls, is on par with praying to the family preceptor.

Special Feature

Lord Muneeswarar directs the energies of one's family preceptor to help resolve internal issues and keep the family together. Trees dedicated to the abodes - 108 PLANTS DEDICATED TO PANCHA KARMA

The garden has the sthala vruksha (special trees ascribed to the specific energies) of each of the divine energies herein. "A garden is a space that must encompass all the 5 senses. The herbal garden at the peedam has rare trees which sanctify and purify the atmosphere."

| 112 | Healing Touch

Enshrined in this garden is Lord Muneeswarar. Every Sunday, 10 persons are fed at the Lord Muneeswarar abode even before the main deity is propitiated.

At the Arogya Danvantri Peedam, the garden is a symbol of an egalitarian society, which Swamigal encourages.

Muruga Homam

(Curb all your Negativity)

Why Muruga Homa?

To get rid of litigation and other legal issues, pray to the Lord Muruga/Subramaniya, who has the power to bless you with a trouble-free life from litigation issues. Conducting Poojas and archanas to him will help invoke his blessings for your trouble-free future ahead.



Muruga Homa and the Deity

'Muruga' literally means - The Beautiful

One. Where there is beauty, love shines, and where there is love, truth radiates. When we seek the truth, we get freedom. Lord Muruga is a symbol of eternal youth, wisdom and liberation. Muruga is the essence of the Trinity. 'Mu' stands for Mukunda (Vishnu), 'Ru' for Rudra (Shiva), and 'Ka' for Kamala (Brahma), therefore Muruga represents the three divine functions - creation, protection and destruction.

Speciality of Muruga Homa

Muruga is the Ruler of Pleiades Constellation. It is said that Pleiades will play as significant role in the evolution of planet earth. Lord

Healing Touch | 113 |

Muruga is the epitome of happiness and divine light. Whoever is devoted to him, he blesses them with a blissful body of light. Lord Muruga is the total giver of all aspects (beauty, wealth, authority, wisdom, progeny, vigor and valor) and fulfills all expectations in this materialistic world. He, when worshipped with utmost faith, will answer all your prayers. It is strongly believed that the Lord converses with his ardent devotees

Recommended Timings for Muruga Homa

Shashti Tithis that fall on Tuesdays are preferred to perform Muruga Homa.

Mantra for Muruga Homa

Om Saam Sum Sarvanabavaya Namah

Benefits of Muruga Homa

- Brings all-round success
- The energy of Lord Muruga destroys the negative elements
- Conditions like 'trapped' in debt, relationships and poor health get alleviated
- Those who desire to win in all their endeavors

Muruga Homa invigorates the lives of:

- People who are suffering from negative impacts on their lives
- People who long to attain success in life
- People who wish to get rid of debts
- People who want to get rid of hitches in their lives

| 114 | Healing Touch

Nakshatra Homam

A nakshatra is one of the 27 or 28 divisions of the sky, identified by the prominent stars in them, that the Moon passes through during its monthly cycle. Each represents a division of the ecliptic similar to the



zodiac. The mansion associated with a given date corresponds to the constellation which the Moon is passing through at that time. This is known as janma nakshatra. Janma Nakshatra determines your thinking pattern, nature and destiny. It also determines your instincts as well as the subconscious aspects of your personality. According to the Vedic astrology Nakshatra homa is very important and should be performed for the betterment of ones life.

We will perform homa on your auspicious occasion. It might be your Birthday, Marriage day or any other special occasion which you choose from your life.

"Navagraha Homa" will be performed on your auspicious occasion. This will be intimated before performing the homa.

Doing charity on their birthday or marriage day is a significant one as we can also contribute to the society. We are happy in introducing the new service as you will get a chance to serve the society. Receipt will be sent for the donations and all donations towards the Annadhanam is tax free under 80G.

Healing Touch | 115 |

Nakshatra Shanti Homam



Nakshatra shanti puja is performed every year on the birth nakshtra to give protection and better results throughout the year. Nakshatra puja comprises Ayushya homa (for longevity), Mrityunjaya homa (for good health and to get rid of chronic ailments), Navagraha Dosha/graha shanti puja, Sapta Chiranjeevi Puja/homa. Chiranjeevi means

the person who never dies. Ashwatthama, Bali, Vyasa, Hanumanan, Vibhisana, Parshuramasch and Kripa are called as sapta chiranjeevi. These are performed by sadhaks. Seeing nakshatra significance in our lives nakshatra puja should be conducted atleast once a year in your birth month on the day your janam nakshatra falls or every month on the day our nakshatra falls to get the maximum desired benefit.

Nakshatra Meaning

The Sanskrit word Nakshatra means "that which does not decay". A Nakshatra is one of the 27 sectors of the great circle representing the apparent annual path of the moon in the lunar planetary house system of Hindu astrology.

The 27 Nakshatras are represented as 27 equal segments of a circle, each covering 13 degrees 20 minutes. The sequence of the 27 Nakshatras begins with Ashvini Nakshatra in Mesha Rashi.

| 116 | Healing Touch

Navadurga Homam

NAVADURGA CHANDIKA HOMA is very efficacious for world peace and for fulfiling one's cherished desires and very effective to remove 'evil spells', known or unknown, sins, curses from ancestors or any other such ill effects, as a method of repentance.

Problems are a part and parcel of every human's life. But the big question is how to solve them? This is certainly not something which can be taught but calls for a divine intervention.



This divine intervention can be accessed by offering your fervent prayers to the remover of obstacles - Maa Durga. Also called Maa Chandi, she is the only solution to your question of "How to solve problems in life". The knowledge of this basic truth has helped innumerable devotees to manifest their desires instantaneously.

Goddess of present era (Kali Yuga) - It is believed that prayers and offerings to the invocated divinities in the 'sacred fire' bring prosperity to the nation. Maha Chandika Homa is the most mystical and cognitively powerful. It is performed by qualified priests for the benefit of individuals, the state or all sentient beings in general. The consecrated fire and invocated divinities are believed to have a powerful cleansing effect on the devotees - spiritually and psychologically.

There is a popular Puranic (mythological) saying that in this age of kali Yuga, Goddess Durga, in the form of Chandi Devi, respond immediately to the prayers of devotees.

Healing Touch | 117 |

By performing Homa rituals to Chandi Devi, all kinds of sufferings caused by hostile elements are eradicated for a nation and it's individuals. The hostile elements include curses, revenges by wandering spirits and invisible evil forces. New researches reveal that listening to Mantra sounds and breathing the smokes from Homam creates highly coherent brain functioning.

Maha Chandika Homa brings pride and recognition to a race or group. It brings health, wealth & prosperity, longevity, fertility and children, education & fame, success in married life, strength, fortune, and removal of fear and danger, victory and much more to everyone who participates in this ritual.

The ritual is performed for the purpose of destroying negative energies, detrimental thoughts and desires, and for the making of secular requests and blessings;

Gain the blessing of the supreme primordial Goddess with the divine technique of Chandika Homa:- A Chandika Homa is not an ordinary Homa and has to be performed by expert priests with years of experience in handling such a complex and powerful homa. The Chandika Homa is a very unique, rare and elaborate homa. Homa or fire sacrifice is an auspicious way of accessing the divinity within us and manifesting it externally. Fire, unlike earth (solid) and water (liquid), is the first element that is able to make an upward transition, defying as it were, gravity (representing our limitations and attachments). It is this elevating property of the fire – a manifestation of grace and compassion of the goddess - that allows the divine purpose of our lives to find expression and be manifest here and now. Sponsoring the Chandika Homa is an act of great merit and brings immense grace from the Divine Mother.

The Significance or benefits of a Chandika Homa are immense:

• It is an Anugraha (complete blessing) for all of those attending the Yagna

| 118 | Healing Touch

- The conduction of Chandika Homa brings about a good transformation in society
- It wards off ill effects of evil forces
- This Homa removes the malefic effects of all planets, especially Rahu & Ketu
- Chanting the Devi Mahatmyam and participating in a Chandika Yagnam by a person who is regular in his daily poojas (Nithya Karma) helps him to attain Devata Siddhi, Ishta Siddhi, Karya Siddhi, Mantra Siddhi. This is a secret disclosed with the intention that this message should reach humanity
- This Yagna satisfies all genuine wants of a devotee and finally grants salvation (Moksha).

Benefits

Homas - Homas are powerful ancient fire rituals that have been performed in India by the Vedic sages for over 5000 years. People go for Homa Puja and Aradhana with belief in mind of getting a faster spiritual effects or result like -

- To bring Success, Abundance, peace, prosperity in life
- To remove blockage on the path of your success
- To stop getting loss in Business & Profession
- To Remove scarcity of money
- To Bring Financial stability
- To bring peace at home (griha shanti) and Workplace
- For protection from evil forces, Black Magic and Miseries
- For getting progeny (own child)
- For speedy recovery from Illness
- For better education and Result.
- For Fulfilling your Desires

Healing Touch | 119 |

- To get married early.
- To improve family relations and Peace and harmony in the family

Navagraha Homam

(Your Stepping Stones to Success)



Why Navagraha Homa?

'Nava' means nine; 'Graha' means planets. As per Vedic Astrology, there are 9 planets that influence your lives. The position of planet at the time of your birth

will have an influence on your actions and reactions to different situations in your life. Your Life will have its own ups and downs. In cases where there is an improper planetary alignment, it is termed as "Dosha" or negative influence. With Navagraha Homa not only the Dosha, but also your soul will get benefited and blessed.

Navagraha Homa and the Deity

The Navagraha are the chief deities of this powerful Homa. The 9 chief planets are the sole reason for the happiness and adversities that take place in your life. The 9 planets are:

- Surya (The Sun): The Sun is the most powerful living God who bestows you with good health and prosperity
- Chandra (The Moon): Moon is the planet, who rules your mind and brings success. The Moon, at the time of your birth is found in a particular star, and that will be considered your Moon Sign.
- Kuja (Mars): Mars showers your prosperity and wealth.

| **120** | Healing Touch

- Bhudh (Mercury): Mercury is the planet of knowledge. He bestows you with wisdom and wealth and is ruled over by Lord Maha Vishnu.
- Guru (Jupiter): Jupiter blesses you with education and knowledge. He cures you from ailments and cleanses your negative emotions.
- Shukra (Venus): Venus showers the knowledge of art and music. He is the bestower of long life, wealth, happiness, children, property and good education. He is ruled by Goddess Lakshmi
- Shani (Saturn): Saturn ensures happiness. He is known to affect you adversely on occasions when he occupies certain positions in your horoscope. A prayer to him, especially on Saturdays, is said to mitigate your hardships. He is ruled by Lord Yama.
- Rahu (Ascending node of the Moon): Rahu makes your life stronger. He is instrumental in strengthening your power and converting even any enemy into your friend.
- Ketu (Descending node of the Moon): Ketu brings prosperity and negates bad effects, illnesses etc. He grants you good health, wealth and all round prosperity.

Speciality of Navagraha Homa

Navagraha Homa is conducted on the grounds of connecting to the cosmic intelligence through fire rituals and to bestow you with tremendous peace and success in life.

Recommended Timings for Navagraha Homa

Any auspicious Horas can be preferred to perform this special Planetary Homa.

Healing Touch | 121 |

Mantra for Navagraha Homa

"Namah Suryaaya Somaaya Mangalaaya Bhudhaaya-Cha Guru Shukra Saneebhyas-Cha Rahave Ketave Namah"

Benefits of Navagraha Homa

- Relief from sufferings and hitches in life
- Favorable situations in all your endeavors
- The luck factor will favor you a lot
- Blessings from all the 9 planets for a successful life with reduced depressions throughout

Navagraha Homa invigorates the lives of:

- People looking for opportunities to prove themselves
- Professionals who are yearning for a hike in their career
- Couple who wish for a happy married life
- Children who long to perform well in their academics
- Business people who aim to flourish in their business



Navakanni Homam

The nava kannikais are the conceptual children of the sage Atri and his wife Anusuya. These conceptual nava kannikais are: Brahmi, Raudri, Maheshwari, Vaishnavi, Shyamala, Yagnaroopini, Rajarajeshwari, Manonmani, and Kaumari. They have been consecrated to look after the health and well-being of young girls.

| 122 | Healing Touch

This installation came to Swamigal as a surprise. A stranger from abroad arrived at his doorstep declaring that certain olai chuvadi predictions had directed him to off er prayers to the nava kannis at Walajapet Danvantri healing centre. This was a message to Swamigal, he then installed the Nava Kannikais at once.

It so happened that a fig tree on the premises naturally grew like a trident. This was an indication that the tree housed the living energies of Atri Maharishi himself. He located the nava kannikais right below this tree. They are revered as guardians of the boundary and are worshipped prior to all other deities.



Navavarna Pooja & Homam

The Navavarana Puja is a long, complex ritual circumambulation of Sri Chakra, which ultimately operates to transform the character (and indeed, the very atomic vibrational frequencies) of the sadhika/sadhaka.

What are the nine varna's?

Navavarana refers to the nine avaranas, or enclosures, that constitute Sri Chakra. You can learn about them by studying the Khadgamala Stotram.

How and when it is to be performed?

The most important thing from a beginner's standpoint is to memorize the sequence in which the various shaktis or goddesses are situated; the order is essential but complicated, and you have

Healing Touch | 123 |

to know what you're doing and keep your head on straight to effectively perform the Homam Navavarana. It is a huge feat of concentration, memory, visualization and much more.

Again I would refer you to the Khadgamala Stotram, which you were just asking about a day or two ago. It was actually created as a technique for learning the Navavarana Homam and Puja sequences it's a mneumonic device! We chose to offer it to our members because it is also relatively compact: Once you've learned it, you can perform the entire Khadgamala in a half hour or so, and thereby gain -- so it is said -- virtually all the benefits of the full Navavarana Homam and Puja.

Pattabhisheka Ramar Homam



Lord Rama, in this shrine, is represented in royal style, during His pattabhishekam as the King of Ayodhya. Patt am in Tamil implies designation. conceptualized someone who could order others around to make things happen", says Swamigal, "and who bett er than a royal personage who is also divine, ordering you to do whatever it takes for you to be in good health!" The Patt abisheka Ramar depiction bestows

blessings on those who seek power, position and designation.

Healing Touch

Unique Feature

This is the first place to show Patt abhisheka Ramar with 14 idols sculpted on a single stone! Lord Rama's inclusion is to show that power and administration play a role in keeping people healthy (a very contemporary idea). Power can also bring illness through stress. Sri Rama bestows blessings on those aspiring to achieve powerful positions.

Pitru dosha Nivarthi homam

Pitru dosh appears in the Vedhantha Lifeology of a person due to the previous bad karmas of his forefathers. In simple terms, he has to pay for those actions by going through the suffering that has been decided for those karmic deeds. This will



continue until these karmic debts are cleared either by suffering or by the good deeds that have been done by the person who has the pitru dosha. It is just like a child inherits the assets and liabilities of his forefathers in this materialistic world, the results of past karmas are also passed on to the descedents.

Identify Pitru dosha in horoscope/kundli

The Pitru Dosha created in Vedhantha Lifeology is related to the Sins committed by ancestors. Appeasing deity of the relevant planet causing Pitru Dosha in horoscope of a person is must, to get rid of the problems originated due to them. Otherwise, the implications of Pitru Dosha will continue to reflect in the birth charts of ongoing generation.

Pitru dosh is reflected in our horoscope when 9th house is under influence of malefics planets or the lord of ninth house is anywhere placed in a malefic or retrograde position. Certain particular

Healing Touch | 125 |

planetary positions of sun, moon, jupiter, venus, saturn, rahu, ketu, mercury and their malefic or retrograde effect also causes this dosha in horoscope. Planets like sun, mars, saturn may be yoga kark forsome lagnas to induce Pitru dosha.

Once Pitru dosh is detected in kundli of the individual it should be immediately neutralised by conducting the Pitru dosh nivaran puja performed by vamtantra.

Problems caused due to Pitru dosha I'll Effect of Pitru dosh on health & mind

Pitru dosh creates undesirable effects on persons health and mind making them physically unsound or diseased. Some of the impacts of kaalsarp dosh on individuals are:-

Pitru dosha leads to persistent bodily disorders or disease and is more likely to cause prolonged illness of self or any family member. The family faces effects of evil spirit and BLACK MAGIC repeatedly. Thus a person will be devoid of good health.

I'll effect of Pitru dosh on Education & Career

Constantly unsuccessful in examination, It retards motivation and learning for higher studies, effort that does not accomplish its intended purpose, lack of success and loses consistently in education & career. Recurrent Loss of job, hinderance and obstruction in promotion and destruction of career.

I'll effect of Pitru dosha on Love and marriage

Pitru dosha will adversely affect his/her relationship with the spouse or beloved. Delay in marriage, strained Married Life, neither expressive of nor exciting sexual love or romance for good sexual life, Infertility (Problem in conceiving a baby), repeated miscarriages, death of children in their childhood, defective putra yog, disharmony between couple, extramarital affair, divorce are some of the malefic effects of Pitru dosha.

| **126** | Healing Touch

I'll effect of Pitru dosha on Prosperity & Wealth

lack financial prosperity and stability, enormous debt that pushes a person to extreme poverty, obstacles in functioning of business, facing hinderance in getting monetary benefits, problems in aquiring and retaining ancestral wealth.

Remedy for Pitru dosh

If any of the above ills or difficulties are having a deeply disquieting or disturbing effect, vamtantra suggest you to get Pitru Dosh Nivaran tantrik Puja performed at the earliest.

Pitru dosh puja

Performing Pitru dosh pooja for ancestors will bring good fortune to their descendants and thereby receiving positive energies for progress. The descendant also receives blessings from the Pitru/forefathers to help him materially. This can greatly help the individual to progress spiritually as the material obstacles or problems are eradicated. This Pitru puja by vamtantra is very powerful and effects on health and curing serious diseases. This is being done for getting recovery from chronic diseases and other body aliments. Those who are invariably suffering from any aliments shall get this tantrik Pitru dosh nivaran pooja done for early recovery.

This pooja is specifically suitable for Success in Business or Career, Protection from Evils and Enemies.

Healing Touch | 127 |

Pratyangira Devi Homam

(Curb all the Negative spells)



Why Pratyangira Devi Homa?

Pratyangira Devi Homa breaks the spell of evil forces and negativity. It will sweep away your misfortunes, health ailments, obstacles, rivalry and other bad spirits. Let the divinity of the Homa surround you with joy and peace forever!

Pratyangira Devi Homa and the Deity

Goddess Prathyangira Devi is the chief deity of this powerful Homa. The legends quote that the Goddess emerged out from the third eye of Lord Shiva to pacify Lord

Narasimha after he killed the demon king Hiranyakasipu. Her aggressiveness unchains you from all negative forces.

Speciality of Pratyangira Devi Homa

The Homa relieves you from evil eyes, physical ailments and mental traumas. If you feel your enemies are taking over your victory, this Homa is the recommended solution to conquer all your lost powers!

Recommended Timings for Pratyangira Devi Homa

Panchami, Ashtami, Pournami and Amavasya Tithis that fall on Fridays and Tuesdays is the most preferable time for this special Homa. Night times are the most chosen times to appease Goddess Pratyangira.

Mantra for Pratyangira Devi Homa

Pratyangare Ksham Hreem Hoom Phat Swaha

| 128 | Healing Touch

Benefits of Pratyangira Devi Homa

- Sufferings caused by hostile elements, accidents, evil eyes, and hardships are removed
- Protects you from evil effects of enemies
- Encircles you with positivity and destructs all the negative forces

Pratyangira Devi Homa sets in Positivity in the lives of:

- People who suffer from evil eye casting
- People who struggle with negativity in their lives
- Those who face hitches in all their endeavors

Pushpa Homam

'Sarvejahan sukhino bhavantu' says Vedas. We all do believe that God bestows all such health & wealth that an individual deserves basing on his past karmas. While totally believing on karma sidhanta and benefits derived from past



karmas, our Sages, Elders & Vedamurti Brahmans always pours on Aashirvadams.... Lokah Samastah Sukhino Bhavantu...

For such 'Welfare of All'... Loka Kalyanam.. Yagnas are prescribed to be performed desiring for such Loka Kalyanam. However, our daily domestic poojas / offerings are normally meant for individual or family well being. For such Loka Kalyanam purposes, we need to perform Yagnas, Yagas, Pratyeka Poojas as a Community. It is with such an intention of Loka Kalyanam that Special Poojas, etc., are performed at various Temples.

Healing Touch | 129 |

Rahu and Kethu Shanti Homam



What is a Rahu Kethu Shanti/Preethi Homa Rahu and Kethu Shanti Yagya

These havan/homa are done by well-read Agama Vedic Pandits. The Navagraha- Rahu, Ketu and Shani Preethi homam like any other that we do at astropeep in done in the Pure Agama vedic South Indian (Tamil) Bramhin way and has immense powers to protect the individual and please the malefic planetary influences during transits.

Your name, rasi, nakshatra, gotra are called out during the avahanam and sankalpam, and the best part is that we make video recordings and

send out photographs too. Before the actual pooja, we send you a mail telling you all the rituals that you need to observe at your end to preserve the sanctity and piousness of the event.

What does the Homam mean? Preparations and procedure What does the Havan include?

The costing will include, home/havan, building a live Vedi – for the Fire God, the Vedic bramhin fees, the donation/charity, Ahuti samagri (offerings to the fire god) the tamboolam Daan, dakshina, lunch to the bramhin, his vastra, food for charity, flowers, havan samagri, paan, coconut, Navagraha dhanya (9 types of grains- each for 1 planet), 9 colored vastra (cloth- atleast 1 meter each) for the 9 grahas (planets) to be put in the sacrificial fire, pure desi ghee, flowers, garlands, fruits, mango wood for havan, kalash sthapna, special charity to a dakot for shani related articles. Havan/Homa is done in the morning in Brahma Muhurta (auspicious time) with Ahutis to all 09 Planets and especially to Rahu, Ketu and your Nakshatra is particularly appeased.

| 130 | Healing Touch

The entire procedure will be videographed and we will share a link of the pooja with you on our private video channel. You will clearly hear the vedic bramhin call out your family name, your gotra, nakshatra, rashi and all those that you wish included and invoke the gods and grahas to come and bless you.

Rahu Homam

(Your Stepping Stones to Success)

Why Rahu Homa?

Rahu is a Nodal planet. It does not own any sign in the natural zodiac. However, it acts as an agent for the owner of the sign in which it is placed and also as an agent for the overlord of the star in which it is placed. Rahu when placed in fiery signs would render a fierce nature and will exploit all subjects with an aggressive thirst of quest.

Often, Rahu is extroverted, affirming, and ambitious. Rahu's transits show where someone is likely to expand, try new things and disperse their energy into materialistic pursuits.



Rahu Homa and the Deity

Rahu makes your life stronger. He is instrumental in strengthening your power and converting even any enemy into your friend.

Recommended Timings for Rahu Homa

The Rahu Kalams that fall on Saturdays and Sundays are the most suitable periods to conduct a Rahu Homa.

Healing Touch | 131 |

Mantra for Rahu Homa

Om bhram bhreem bhroum sah rahave namah

Benefits of Rahu Homa

- Go after the life you want and get it
- Take the life you have and improve it
- Take any circumstance you're in and make it work for you

Rudra Homam

(Curb all your Negativity)



Why Rudra Homa?

Rudra Homa is used to pacify and propitiate the nine planets, in order to increase their positive influence and neutralize the negative influence, and also to give you enlightenment with all the pleasures in the world.

Rudra Homa and the Deity

The Sri Rudram chant is an ancient Vedic hymn, and is the oldest example of a listing of various names of Lord

Siva. He is also often portrayed as the supreme ascetic with a passive and composed disposition. Through the chanting of Sri Rudram, Lord Siva's various attributes and aspects are invoked and worshipped.

Speciality of Rudra Homa

Shiva is Shakti or power; Shiva is the destroyer, the most powerful god of the Hindu pantheon and one of the godheads in the Hindu Trinity. Chanting the Rudram is considered to be of great benefit.

| 132 | Healing Touch

The Rudra Homa is resorted to in times of fear and concern. The powerful chant accompanying this ritual is a collection of about 82 mesmerizing suktas taken primarily from the Yajur Veda. Of these, 66 to 69 suktas are addressed directly to the divinity of Rudra.

Recommended Timings for Rudra Homa

Any auspicious Horas that fall on Mondays are most preferable to conduct Rudra Homa.

Mantra for Rudra Homa

"Jum Sah Sah Jum Jum Om Amrit-Mritunjayaaya Namah"

Benefits of Rudra Homa

- Hitch free life
- Relief from unwanted problems
- Relief from relationship issues
- Unity and cordial atmosphere at your work place and home, as well
- Clarity in thoughts and deeds
- Rudra Homa invigorates the lives of:
- People who are suffering from negative impacts on their lives
- People who long to attain success in life
- People who wish to get rid of debts
- People who want to get rid of hitches in their lives

Healing Touch | 133 |

Sani Santhi Homam



Special Puja for Shani Graha. For peace and happiness and to get rid of evil forces. It is said that if SHANI DEVA is in your favour then all your desires will be fulfilled because the effect of Shani Grah is such that it will steer you in all your activities which brings success. You may get an uninterrupted progress, particularly in your professional working life, if SHANI DEVA is satisfied with you. But if Shani Deva is not in your favour then each and every

point of your activities you will face trouble as a result your life may be full of distress and success is far ...far away of your reach. A successful man may start facing an immense negative effect in professional (even personal) life any time whenever the negative effect of SHANI DEVA come and fall on him/her. So the first thing is to keep Shani Deva always in your favour.

Santhana Gopala Homam



SANTHANA GOPALA HOMAM or PURUSHA SUKTHA HOMAM Dedicated to Lord Maha vishnu. None other than Lord Maha Vishnu himself bestowed knowledge of this homa on Sanatkumara, who in turn instructed this to sage Bodhayana. It is stated in the Suta Samhita.

Putrapradam Aputraanaam Jayadam Jayakaaminaam Bhuktidam Bhuktikaamaanaam Mokshadam Moksha Kaaminaam meaning those who wish progeny, success in endeavors, worldly enjoyment

| 134 | Healing Touch

and the final emancipation shall attain it by performing this.It is said that one attains this human birth by performing meritorious deeds in the past lives. In order to continue the lineage of ours it is necessary that we be blessed with healthy progeny. The Purusha sukta homa is said to be equal to the Putra kameshti yagna narrated in the Ramayana in providing healthy progeny to the performer. The hymn glorifies Lord Vishnu as the Purusha or the primordial being with innumerable heads, eyes and feet. The lord is depicted as the cause of all living beings. It further describes the manner in which different species occur from his various limbs. The hymns are sixteen in number.

Saraswathi Homam

(Career Enhancer)

Why Saraswathi Homa?

Saraswati Homa enhances the native's intelligence, memory power, logic and reasoning skills. It removes the impediments that block one's successful accomplishments in his/her academics. The powerful Homa stimulates the person's thirst for knowledge.



Saraswathi Homa and the Deity

Goddess Saraswati is the chief deity of this powerful Homa. She represents intelligence, memory power and other soft skills. She empowers her children with sharp intelligence and memory power. They remain unbeatable in whatever they undertake!

Speciality of Saraswathi Homa

The Homa energizes the native with all the necessary positive vibrations that alert the individual's senses and enhances his/her

Healing Touch | 135 |

skill sets. The native imbibes confidence and delivers the best in all their endeavors!

Recommended Timings for Saraswathi Homa

Panchami Tithis and Guru Horas that fall on Thursdays and Fridays are suitable timings to perform Saraswati Homa.

Mantra for Saraswathi Homa

Om Sam Soum Saraswatyai Namah

Benefits of Saraswathi Homa

- Gifts with sharp memory, intelligence, and communication skills
- Instills confidence in the individual to accomplish great success
- Energizes with the power to stand unique among the other thousands of people around
- Saraswati Homa energizes the lives of:
- Students who are high spirited and aiming for success in examinations
- Students who are less confident and want to improvise on their caliber
- Students who aim for smooth success in their endeavors

| 136 | Healing Touch

Sathakshari Homam

To seek the blessings of three Devathas-Veda Matha Sri Gayathri Devi, the father of the universe, Bhagavan Parameswara and the mother of universe Sri Devi Durgathis Homam is performed. Sathakshari mantra comprising 100 letters, (the 100 letterd Saraswathy Manthra) is a prayer to these trios. The eternal is worshipped in the form of Thrayambaka Sadasiva and Santhi Durga Parameswari. Sathakshari Homam



is performed on special occasions: birthday, just before major operations to relief from acute pain, Migraine etc. The offerings are: Sandal wood twigs, Red sandal Wood twigs, Boiled raw rice with ghee, Aravana Pyasam, Curd rice, honey, Thri moolm (jeera, Black Pepper and Indhuppu), Athi chamatha, ithi chamatha, Peraal chamatha, Chittamrutu, Kusham, Panchamrutham.

Saturn Homam

(Your Stepping Stones to Success)

Why Saturn Homa?

Saturn is the most dreadful planet among all the other planets. While he transits to your zodiac, he makes sure that he puts you through trials and tribulations. Even people, who had been successful all through their life, suffer significantly during their Saturn period. You must



know that all his rough attempts are merely to guide you on the perfect path of life.

Healing Touch | 137 |

It gets better still--your success is completely guaranteed. Not to worry, the Saturn God is concerned about your welfare only. He can bless you with both Good and Bad. Whether you face a good period or a bad period, this has nothing to do with Saturn, but exclusively with your horoscope. Only the planetary positions in your birth chart decide your future, unless you intervene. Saturn drags you towards the good and unique path of life, but in a harsher way.

Saturn Homa and the Deity

Saturn ensures happiness. He is known to affect you adversely on occasions when he occupies certain positions in your horoscope. A prayer to him, especially on Saturdays, is said to mitigate your hardships. He is ruled by Lord Yama.

Recommended Timings for Saturn Homa

Saturn Hora that falls during the Saturdays on any auspicious Thithi can be considered suitable to perform Saturn Homas.

Mantra for Saturn Homa

Om pram preem proum sah shanaischaraya namah

Benefits of Saturn Homa

- Get into the path of divinity, righteousness, God, compassion and humility
- Learn the principles of limitation, restriction, boundaries
- Catch hold of opportunities, practicality and reality
- Master your ambitions, career, authority
- Enhance your sense of duty, discipline and responsibility

| 138 | Healing Touch

Sharaba Homam

(Curb all your Negativity)

Why Sharaba Homam?

Sharaba Homa will pull you out from the circle of negativity. It will unknot all the evil tangles that hold you back from achieving victory! It will enhance your life with vigor and positivity.

Sharaba Homa and the Deity

Lord Sharaba is the chief deity of this powerful Homa. He is the incarnation of Lord Shiva. The Lord assaults all the curses and misfortunes that stand on your way!



Speciality of Sharaba Homa

The powerful Homa nullifies the negative vibrations that revolve around you, and blesses you with good fortune and success.

Recommended Timings for Sharaba Homa

Panchami and Thrayodashi Tithis that fall on Mondays; especially during the Rahu Kalams are considered perfectly suitable to perform Sharaba Homa.

Mantra for Sharaba Homa

Om Haam Sarabeeshaaya Namah

Benefits of Sharaba Homa

- Removes the impact of negative forces on your life
- Pathway of success is smoothened
- Brings in mental peace, happiness and unity in your family

Healing Touch | 139 |

Sharaba Homa enlightens the lives of

- Businessmen, politicians and administrators who struggle for success in their fields
- Sufferers of evil eye casting
- People who long for a hitch free life

Shirdi Sai Baba Homam

(Bid goodbye to health problems)



Why Shirdi Sai Baba homam?

Health is wealth goes the saying. Your health and physical fitness is your first and foremost asset that decided whether even you are fit for gathering other assets! Shirdi Sai Baba is the super power who can put an end to all your health struggles at once!

Who is Shirdi Sai Baba?

Sri Shirdi Sai Baba is the divine incarnation of the Lord himself who made his presence

feel on the earth to cure the problems of the human beings. There are many miracles said an unsaid that have happened to many people. He attained Moksha, a destiny to God when his purpose of incarnation was over. Still reinvigorating his presence will bless the native with a healthy life ahead.

Benefits and Significance

Medicines and medical treatments might cure your disease on a superficial level. A treatment works fine and cures a patient completely only when it works over the root of the problem and

| 140 | Healing Touch

not on the problem by itself. Shirdi Sai Baba is one such power who will get to the root of curing your diseases.

Shiva Homam

(Mahadeva, Maheshwar Shiva-Shambhu shankar Bhagwan)

Satyam - Shivam - Sundaram !! The ultimate truth of the universe is possesed by him the ultimate delightfulness is hidden in him the ultimate peace is associated with him. He is lord SHIVA. He is the god of this universe who gets satisfied very easily. He is the God who teaches us that the ultimate peace is hidden with a fact of sacrifice and self-meditation leaving all materialistic affinity.



Shiva Homam for improving the general health of body and mind, to remove all evil forces, to get uninterrupted physical and mental strength, to win over all hurdles, to overcome all dangerous, to deviate someone from a bad track to a good track, to get a peace in heart and mind, for a speedy recovery from illness before and after an operation.

Healing Touch | 141 |

Shiva-Shakti (SHIVA-DURGA)



Very Powerful Homa!! This Homa is meant for invoking the Power and Blessings of Lord Shiva and Devi Chandi together for removing crisis ...removing obstacles on the way of your life. SHIVA-SHAKTI - both are associated to each other ...inseparable ...is the symbol of the unification of Male and Female force together ...the symbol of LOVE. This Homam also gives 4 important aspects of

Life - Health, Wealth, Peace and Prosperity.

This Homam plays a vital role for building up a relation ...a better relation between a Man and a Woman. It keeps and improve a harmony in the marriage It is believed that Homa & Puja of Shiva-Shakti transmit the combination force, energy and blessings to a married couple to build a paradise at their own Home. For an unmarried couple this Homa makes the relationship between each other, much stronger.

Shiva-Shakti Homa is an important homa for removing obstacles and blockages which hinders your success & prosperity, and gives you your desired results. Shiva-Sakti homa removes any continuous problems, disturbances or distress which comes suddenly and then repeatedly and upset everything including mental peace totally.

Shiva-Durga or Shiva-Sakti Homa is also very effective to strengthen the relationship between man & woman of married and unmarried couple. This is really very effective to re-build a broken relationship. This Homa is very effective for those persons who still have not found or got a right Life partner or who is getting delayed in marriage. This Homam is also effective to bring back the Lost Love.

| 142 | Healing Touch

- This Homa is very effective for having a child for the couple having no children.
- Remember that Shiva-Shakti Homam is also believed to be very effective to Save you from an acute crisis even at the last stage.
- It's believed to be very useful to help integrate material and spiritual progress.

Shri Vidhya Homam

(Attract Everything!)

Shri Vidhya, the divine academic ruler helps to bless the human race with the following:

- Enhancing your artistic skills
- Blessing you with creativity and passion
- Obstacle free life
- Attracting people and surroundings in your favor
- Fertility and evergreen life
- Natural and serene beauty
- Peace, health and prosperity



Goddess Shri VIdhya is approached for academic and artistic skills. She is dressed in grand attire and offered Prasad and sweets. Priests chant her names and mantras in order to make her divine presence feel, on which she blesses the native with skills sets that they ask for!



Healing Touch | 143 |

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Goddess Shri Vidhya is present all over virtually and blesses and grants your wishes in person!

Sidhargal Homam - 468



Siddhars facilitate healing. They are semi-divine beings who sustain their earthy existence in a subtle form. They are available not only to heal people's karmic suff ering, but also fulfi I some divine purpose. They are known to absorb

incurable diseases suff ered by their devotees.

Siddhars can take in as food only what is given to them. They live in very trying circumstances, for they cannot ask, not even in the traditional unchavritt i method, whereby renunciates go from house to house asking for alms. In Kundalini Gnanam Jeeva Samadhi a siddhar is stated to be a person who is imbued with the eternal life force. In this concept, by spiritual practices, life is not allowed to go out of the body. The seed cells in the body do not get damaged. Such a person voluntarily stops gross-body functions aft

| 144 | Healing Touch

er the completion of his or her life's mission. As "unseen masters" or "invisible helpers" they guide the human race to reduce suff ering and to gain wisdom.

Why 468, we asked Swamigal. "One day, while I was travelling, my car broke down. I was stressed out and sat under a tree trying to meditate, when LIFEOLOGY Lifestyle Solutions Sri Danvantri Peedam 45 the driver asked for Rs. 500. I only had Rs. 468 with me. He needed more but that was all I had. The driver fi xed the car with the amount available, and we went on our way. The number seemed signifi cant to me. 468- add the digits and you get 4+6+8=18; 18=1+8=9. 9 is a powerful number in the Hindu school of thought."

In Swamigal's opinion, all siddhars residing anywhere in the 9 planets fall within the lineage of 18 primary siddhars. Hence the significance of this number!

'I have personally visited 320 Jeeva Samadhis and sought their blessings,' says Swamigal. Sand and stone from these samadhis have been placed under the pedestal where the lingams have been installed

In the large open space here that houses the 468 lingams symbolizing siddhars, devotees can buy a bott le of rose water and do an abhishekam for all or any of the siddhars. This water is imbibed as food by the siddhars for the day.

It is indeed a feat that the 468 siddhars were installed in a span of 15 days, beginning with Amavasya (New Moon day) and completed on the following Pournami (Full Moon day). Preceding this, the Adi Rudra Homam was performed.

Unique feature

This is the only place where 468 siddhars are brought together in the form of lingams.

Healing Touch | 145 |

Sree Chakra Maha Homam



Following are few of the benefits,

- 01. Prosperity in the business/career.
- 02. Success in legal disputes, if any.
- 03. Blessing of child vamsa vridhdhi
- 04. Peace of mind among couples be united and a solution to family disputes.
- 05. Leading a healthy life cure to existing disease and preventive measure to new diseases. Health will be rejunivated if it is because of black magic/evil nature/supposed power of doing harm by look.
- 06. Uninterrupted growth in studies may it be within or outside india.
- 07. Development in the construction of house if it is half way through. All causes will be removed so as to complete the construction.
- 08. Marriage of your daughter/son with the desired one
- 09. You will be blessed with ashta lakshmi and the required goal will be achieved
- 10. Relief from debts. You will receive the expected loan/ancestral property/help immediately.
- 11. Lord kuber will be at your beneficial place you will be guided with `sanga nidhi' and `padma nidhi' at your dwelling and office place.
- 12. Will be blessed to own a house/plot
- 13. All navagraha doshas will get removed. You will be blessed by the presence of navagrahas.

| 146 | Healing Touch

- 14. Immediately after completion of this yagna, you will be incontact with good people and friends, who will be helpful in your personal growth and social status.
- 15. Parents will be blessed with good health and cheers.
- 16. Your long dreams will be fulfiled by way of sixteen selvankal. Your children will lead a long wedded life.
- 17. Your bad dreams will vanish and will be replaced by good dreams. Your house will be secured by maha sudarshana chakkrathazhwar permanently.
- 18. Your whole family will be blessed by your kul-devtha for ever.
- 19. This pooja/yagna is being conducted for the welfare of all including small insects
- 20. Your enemy will meet destruction by the vibration of the srichakra yantra. You will be strengthened will new energy.
- 21. All disease will go away from you and will be blessed with a longer life.
- 22. Business loss will be stopped and will start growing
- 23. Persons around you whether in office or home will get benefit by this pooja/yagna
- 24. Accidents will be averted. You will achieve your goal without any hindrance.
- 25. Your children will get good memory power. They will pursue higher studies.
- 26. Your children and also their friends will get good position in life and will get married to the desired one.
- 27. Land owners will get good yielf from their field by the blessings of 'dhanya lakshmi'.

Healing Touch | 147 |

- 28. Hindrance on the days of full moon day, new moon day will get removed. Your enemies will be destroyed. Presence of vastu devtha will give you good results.
- 29. On completion of this pooja/yagna, lord sri maha vishnu will reside in your pooja place..
- 30. You will lead a united life with your wife
- 31. All persons who were responsible for the destruction in growth of your life will go away permanently.
- 32. You will find yourself lucky in your day to day life. You will get unexpected wealth and property.
- 33. You will achieve the desired position in your life may it be in the field of medical, engineering, legal or any other profession line.
- 34. If you are expecting, the delivery will be normal and the new born will be a blessed one
- 35. The work to be achieved (for which you are running), will be easier and successful.
- 36. You will be able to feel the presence of ambal in your spritual life
- 37. With the completion of this yagna/pooja, you will be blessed with eighteen sidhargal
- 38. All good things will happen and there will be an unexpected turning in your life.
- 39. You will have no re-birth and will get a heavenly abode with the blessings of lord dakshinamurthy.

| 148 | Healing Touch

Chandi Homam

(Bid Goodbye to the Evil)

Why Chandi Homam?

Chandi Homam is the most powerful and vigorous Homam of all Homams. Lord Chamundi/Chandi, another fierce form of Shakti evil destructor! Whatever is ill in your life—health, enemies or ill luck, she can fade away all your problems at once and for all. Ask the blessings of Goddess Shakti to lead the best life ever.



Who is Shakti?

Shakti si the consort of Lord Shiva and

represents herself in many ways—right from the subtle form till the most fierce form. When the natives and devotees seek her with a divine heart and for a true purpose, she will be there for your assistance.

Benefits and Significance

Chamundeshwari, the fierce form of Shakti can invigorate positivity into your life in the strongest form. Out of all Homams, this homam requires a lot of involvement, power and truthfulness to perform this Homam. It is strongly believed that she definitely comes out of the sacred fire in the virtual form that is lighted during the Homam to bless her devotee. You can feel her vibrations for sure!

Healing Touch | 149 |

Sri Durga Shoolini Homam



Durga Shoolini Homam is performed to ward off powerful evil influences. All purvanga homas/poojas like Ganapathi Homa, Navagraha Homa have to be performed. Durga Sapthasathi parayanam also might need to be performed. Goddess Shoolini Durga is invoked in a Kalasha and Homam is done by chanting the Shulini Durga maha mantra.

This Soolini Durga Homam helps one to get rid of mental/pshycological depression, remove fear/anxiety, cure diseases of the mind. It also protects one's factory/industry/organization from evil influences.

Sri Gayathri Homam

Sri Gayathri Homam is considered to be the purest among all the Homam and this Homam is generally done in favor of the city (or) village.

Gäyatrï bestows good health, vitality, longevity, wealth with grace, glorious success, co-operation, love, intellectual elevation and divine culmination of the self" can be verified by everybody by sincerely



practicing Gäyatri Sädhanä in day-to-day life with intrinsic faith...

When we take Mantra, Gayathri Mantra is said to be chief of all Mantras. While saying this Mantra, we not only get the blessing

| 150 | Healing Touch

of Sri Gayathri Devi but also get the blessings of Surya Devan.[The Sun God] And this mantra is equivalent to the rays of Suryan. These are the specialty and greatness, of Gayathri mantra .

Although all the mantras in Rigveda are the holy words of which none can be considered high or low in respect of power and potency, the Gayatri has a special place in the Vedic literature. The sage is Vishwamitra and the metre is Gayatri and the deity of the mantra is the most gracious one - Savita, the sun-god or the presiding deity of the sun.

By worshipping Sri Gayathri Devi and chanting the 24-word mantra, our life will be brightened; we get self-confidence, Tejas and betterment of health etc. Not only this, our sins are vanished and our life will be fully covered with joy and peace with lots of brightness. This Homam also Known as Sukritha Homam, by doing this Homam all sins that has done during this Janmam and Proova Janma will be vanished and we will be as fresh as a new born baby.

Perform this great Gayathri Homam and get the complete blessings of Sri Gayathri Devi .

"Om Bhoor bhuva Suvaha:Thath Savithoor Varenyam, Bargho Devasya Dheemahee; Dhiyoyo Na : Prachodayath."

Healing Touch | 151 |

Sri Kaarthya Veeryaarjuna Homam



This homa will be done for regain of missed or theft things. Procedure:

Eight materials are used.

Ghritha (Ghee)

Apamarga Samithu

Thila (Gingelly)

Sarshapa (Mustard)

Panchakavyam

Thandula (raw rice)

Pavasa (Milk porridge)

Ajya (Ghee)

126 times each are offered leading to a total of 1008 offerings. Based on affordability, the dhravyas could be decreased.

Karthiveeryarjuna manthra will be chanted during the homa.

Sri Purusha Sooktha Homam

Purusha Sukta Homam is performed for the purpose of getting rid of the complications duringpregnancy or for removing the obstacles in progeny. If there is a delay in progeny and when some complication arises, this puja is performed for getting



| **152** | Healing Touch

rid of the negativity. Purusha Sukta Puja is performed for healthy and intelligent chidren. This pooja is conducted by your name on your behalf, to beget a child. Those who are expecting, shall also perform this pooja for healthy & intelligent child.

Purusha Sukta Homam is dedicated to Lord Mahavishnu. None other than Lord Maha Vishnu himself bestowed knowledge of this homa on Sanatkumara, who in turn instructed this to sage Bodhayana.

In this homam Lord Vishnu in the form of Gopala Krishna is worshiped with tulasi leaves. First the recitals of the Purusha Sooktam is done. The Purusha Sookta is the Vedic mantra of Lord Vishnu and recited in most homams. This is followed by the recitation of the Santana Gopala moola mantra and the homam. This homam is a highly effective for those having problems conceiving and desire children. Those with children perform it for all round progress and benefit of children.

Sri Rayar Ragavendra (Guru) Homam



Sri Raghavendra is the founder pontiff of the Madhwa Peedam. Born in Bhuvanagiri, he att ained jeeva samaadhi in a Tulasi Brindhavanam at Mantralaya in the presence of several followers. At the Arogya Peedam he has been included in recognition of the rich heritage of gurus in this country.

Unique Feature

Never before has Sri Raghavendra been depicted with Kamadhenu, the celestial cow.

Healing Touch | 153 |

Anecdote

When Swamigal visited this mutt, a gentleman gifted him a crawling Krishna that had been worshipped in the family for over 250 years! This idol has been installed at the base of the Raghavendra idol.

Sri Seshadri Swamigal (Guru) Homam



This 19th century saint was called the 'Saint with a Golden Hand'. He was a contemporary of Sri Ramana Maharishi of Thiruvannamalai.

His miraculous touch is said to have cured many of those who came to him with devotion. His mystical powers give deliverance from all kinds of maladies. He is also revered as Sri Kuzhandhai Aanandhar's disciple.

Sri Suktha Homam

Shree Sukta Homam of Devi Lakshmi is a very powerful Homa which is highly recommended for removing Financial crisis, hardship and sufferings. This powerful Homa restores and retains Health, Wealth, Peace, Prosperity and Abundance in life and remove obstacles.

Sri sukta Homa of Devi Lakshmi is a major spiritual procedure for attaining of financial desires and prosperity. It removes misfortunes that creates poverty. The Auspicious Sri Suktha



| 154 | Healing Touch

Homam of Devi Maha Laxmi consists of Chanting of Powerful Hymns, thousand & thousand of Japas and hundreds of auspicious Yagna Ahutis with powerful mantras to bring down the power of Goddess laxmi in your favour which brings Health, Wealth, Peace & Prosperity in your family in your life. Sri Suktha Hoamam is very powerful Homa for eradicating personal or family's financial problems or even the Financial problems of an Organization. It really improves the personal financial condition as well as the financial condition of an organization too. It removes distress in a family and restore peace. It blesses with Good health too. It restore & retains the Peace, Happiness and prosperity in a family.

Shree or Sri means Elegance magnificence Devi Lakshmi. Sukta is the adoration with reverence through mantras. Sree Suktham or Sri Suktha is the adoration of Devi Lakshmi with mantras or Stotras. It is said that for adoration of Devi Lakshmi, there is no hymn equal to the Sri Sukta. These are Siddha Mantras or Stotras full of radiant mass of energy for invoking Goddess lakshmi or Laxmi Goddess of Fortune. In Sri Suktha Homa Devi Laxmi is addressed as the bestower of Wealth, abundance, fame, peace & prosperity and also and good health. She is also addressed to Drive away misfortune, poverty etc.

Shree Sukta Homam is also highly recommended for those who are in business. This auspicious Homa is capable enough to remove loss in business. It brings and also maintain the Financial Stability of an Organization. It fulfills the personal need of wealth and finance in your Life too.

Ideally Sree Shukta Homam procedure is to be continued for 3 consecutive days which comprises several time PUJAS, YAGNAS, JAPAS and MANY POWERFUL SECRET KRIYAS.

Healing Touch | 155 |

Sri Vaasavi Kannika Parameshwari Homam



Members of the Vysya (trading) community use this sacred space to celebrate special occasions such as the 60th, 70th and 80th birthdays.

Hence it is in deference to them that their presiding guardian angel Sri Vaasavi Kannika Parameshwari has taken residence here. Here She is presented in the Meenakshi form with a parrot and a lotus in Her hands

When Swamigal was visiting Pennukonda, where Sri Vaasavi Kannika Parameshwari gave herself to fire, he heard a voice say 'Naan unudan varatuma'? He wondered how he, who did not belong to the Vysya community, could take Her to his peedam. While he took this as a message, he realized he was privy to the conversation between Vaasavi Kannika Parameshwari and Lord Shiva. Swamigal was there on Mahasivaratri night and had the privilege of participating in the festival celebrations.

In honour of this, he was gift ed a Maragadha Lingam which he installed in the complex. He then decided to bring the idol of Vaasavi Kannika Parameshwari too.

Unique feature

It is only here that Sri Vasavi Kannika Parameshwari is housed in a Peedam

Special signifi cance

This energy protects people from natural disasters and facilitates in gett ing girls the right life partner.

| 156 | Healing Touch

Srimati Tulasi Devi Homam

Srimati Tulasi devi is one of the most exalted devotees of the Sri Krishna. All scriptures stress on the importance of getting the mercy of Tulasi devi if one has to make progress in the path of devotion. In the Skanda Purana it is said: 'Tulasi is auspicious in all respects. Simply by seeing, simply by touching, simply by remembering, simply by praying to, simply by bowing before, simply by hearing about or simply by sowing this tree, there is always auspiciousness. Anyone who comes in touch



with the Tulasi tree in the above-mentioned ways lives eternally in the Vaikuntha world."

Tulasi as the source of bhakti

The scriptures are full of pastimes that reveal the potency of Tulasi in developing devotion for the Lord.

The Srimad Bhagavatam talks about this pastime with the four Kumaras, the sons of Lord Brahma who were very much attached to the impersonal aspect of Godhead.

'When the breeze carrying the aroma of tulasi leaves and saffron from the lotus feet of the lotus-eyed Personality of Godhead entered through the nostrils into the hearts of those sages [the Kumaras], they experienced a change in both body and mind, even though they were attached to the impersonal Brahman understanding.'

Thus by simply smelling the fragrance of the Tulasi leaves the four Kumaras became pure devotees of the Lord.

In Caitanya lila Srila Advaita Acarya was very much disturbed to see the growth of irreligiosity. Therefore He decided to call for

Healing Touch | 157 |

the Personality of Godhead Krsna to descend by worshiping the Lord with tulasi leaves and the water of the Ganges. When Sri Krishna was please by this devotion He descended as Caitanya Mahaprabhu.

Haridasa Thakura a great devotee of Caitanya Mahaprabhu purified a prostitue who had come with the intention of seducing him with instructions to chant the holy name and worship Tulasi. She became so elevated by this service that even great Vaishnavas would come to get her mercy.

Glories of Tulasi devi

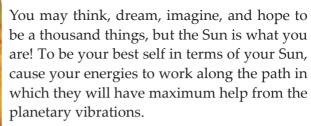
Quoting from the Gautamiya-tantra, the Hari-bhakti-vilasa states:

tulasi-dala-matrena jalasya culukena va vikrinite svam atmanam bhaktebhyo bhakta-vatsalah

Sun Homam

(Your Stepping Stones to Success)

Why Sun Homa?



The Sun embodies your conscious mind. He symbolizes your determination as well as

the ingenious life force in you! The Sun directs you, and can be considered as the chief person of your natal chart. It is rightly

| 158 | Healing Touch

said that Sun is the psychological bias which will dominate your actions.

Sun or Surya is considered to be the benefactor of life; the most dominant planet in astrological jargon as any planet placed with it gets combust. In Medical astrology, the Sun rules your brain!

Sun stands for power and authority. When one is deprived of happiness through termination of service, suspension or through opponents or diseases etc., worship of Sun through Surya Namashkar etc. is always advised.

Sun Homa and the Deity

The Sun is the most powerful living God who bestows you with good health and prosperity.

Recommended Timings for Sun Homa

Sapthami Tithis that fall during the Sundays; especially during the Sun Horas are considered apt to perform Sun Homa.

Mantra for Sun Homa

Om hram hreem hroum sah suryaya namah

Benefits of Sun Homa

- Dispel your karma
- Bring Happiness into your life
- Keep you away from financial crunches
- Dissolve mediocre life
- Give you power and energy
- Bring prosperity in your life and make your dreams come true!

Healing Touch | 159 |

Swarna Akarshana Bhairava Homam



Why Swarna Akarshana Bhairava Yantra?

Acquiring and accumulating wealth is a challenging task to you; when you are empowered with the necessary skill sets and the divine blessing, you will assault all the impediments that stand as blockages to you. Swarna Akarshana Bhairava is the God who can bless you with gold and other material wealth. His Yantra emits the divine energy

that would bless you with money, gold and other riches. It is the best divine remedy to heal your financial problems in life!

Speciality of Swarna Akarshana Bhairava Yantra

The word Swarna means Gold; upon worshipping Swarna Akarshana Bhairava you will be blessed with heaps of gold and money. Gold is personified as Goddess Lakshmi; hence, being blessed with gold symbolizes the entrance of the Goddess in your living space! Swarna Akarshana Bhairava Yantra contains those geometrical designs that invite the Goddess of wealth into your home or office.

Your sincere prayers to this Yantra will bring about positive returns to your hard work; you will reap money and luxuries in every walk of your life. Absorb the energy waves of the Yantra to accrue money and gold at your place forever

How to Use the Swarna Akarshana Bhairava Yantra?

Yantras are great cosmic conductors of energy, an antenna of Nature, a powerful tool for harmony, prosperity, success, good health, yoga and meditation! Yantras consist of a series of geometric patterns. The eyes and mind concentrate at the center of the yantra

| 160 | Healing Touch

to achieve higher levels of consciousness. Yantras are usually made out of copper.

- Place the Yantra facing the East or the North in a clean and sacred altar.
- Do not let other people touch the Yantra.
- Periodically wash the Yantra with rose water or milk. Then, rinse it with water and wipe it to dry. The Yantra's color may change over a period of time; however this does not dilute the power of the Yantra.
- Place rounded dots of sandalwood paste on the 4 corners and in the center of the Yantra.
- Light a candle or ghee lamp and an incense stick in front of the Yantra. You can offer fresh or dry fruits as Prasad, as well.
- Chant the Mantra above in front of the Yantra, preferably after showering.
- Swarna Akarshana Bhairava Yantra glorifies the lives of:
- People who wish to accumulate money and gold
- People who struggle to get relieved from financial problems
- People who desire to succeed in their investment plans
- People who wish to acquire properties
- People who know time is money and wish their time to be more productive
- People who seek to create surplus so as to be able to help others

Healing Touch | 161 |

Swathi Homam



Swati nakshatra is one of the twenty seven nakshatras according to Hindu astrological beliefs. This corresponds to the western star name Arcturus. This nakshatra is a symbol of creativity and art and freedom.

"Swati" which means purity or more precisely the pure first drop of rain, defines the characteristics of this star. The Sanskrit

word also means sword that indicates sharpness or talent as exhibited by the natives of this nakshatra. The nakshatra in fact spans through the constellation Scorpio. This arena is owned by the Lord Vayu and is also impacted by Rahu. As a result, both of these leave their effects on the nakshatra, imparting it attributes such as independence, spontaneity, complete freedom and restless behavior. The individuals are generally characterized by self confidence and immense knowledge that they possess.

Swayamvara Parvathi Homam

(Relish your Marital Harmony)

Why Swayamvara Parvathi Homa?



Goddess Parvathi represents virtue, fertility, and marital felicity, self-denial and power. Parvati is worshipped by women of all ages and is considered as an auspicious Goddess!

Swayamvara Parvathi Homa and the Deity

Goddess Parvathi; a representation of Shakti, and the Mother Goddess is the divine

| 162 | Healing Touch

consort of Lord Shiva and the main deity of this beneficial Homa. Swayamvara Parvati Homa is performed to appease Goddess Parvati - the Mother Goddess, for removing various obstacles that delay any marriage.

Speciality of Swayamvara Parvathi Homa

The worship of a chosen deity is indispensable for any person in attaining ones desires. Even though God is one, ancient seers have given us various forms of worship for the upliftment of ordinary mortals. Among these various forms of worships, most prominent is that of Shakti or the Divine Mother. The divine mother took the incarnation of Goddess Parvati Devi in order to get married to Lord Shiva. None other than Lord Shiva himself gave the Swayamvara Parvati Mantra to Goddess Parvati Devi. This enabled her to reunite with her divine consort. By performing the Swayamvara Parvati Homa, various obstacles that delay marriage are removed. The eligible bride or groom is blessed with suitable spouse.

Recommended Timings for Swayamvara Parvathi Homa

Panchami Tithis that fall on Fridays are considered auspicious to perform Swayamvara Parvathi Homa. You can also choose your Birth Star days to perform this holy Homa.

Mantra for Swayamvara Parvathi Homa

Om Hreem Swayamwara-Kala Paarvatyai Namah

Benefits of Swayamvara Parvathi Homa

- Removes obstacles for people seeking for the suitable bride or groom.
- Bestows with a happy married life.
- Gifts married women with a bountiful and meaningful life.

Healing Touch | 163 |

- Swayamvara Parvathi Homa blesses the lives of:
- People seeking the suitable bride/groom
- People who are yearning for happy moments in their marital life
- Women who are in search of Marital Happiness

Tara Homam



GoddessMaTaramaintains the second significant position among all the ten Dus Mahavidya's. Tara means "star" which symbolizes light. Tara as "light" guides, carries over, overcoming and conquering hurdels for acquiring knowledge, attainment of powerful speech and the qualities of learning.

Origin of Tara Mahavidya

The origin of Tara Mahavidya is associated with the Samudra Manthan (churning of the ocean). Lord Shiva became unconscious after drinking dangerous 'Halahala' (poison) coming out of samudra manthan. To recover him from this adverse situation, Tara Mata appeared in the form of mother and fed milk. Lord shiva gained conciousness and the poison was neutralised as maa absorbed the poison. Hence, Lord Shiva and Goddess Tara came to be known as 'Neelakantha' and 'Neela Saraswati' respectively. Due to the maternal instincts of maa tara she is known to be more approachable to the tantrik sadhaks to get all wishes fulfilled.

Dus Mahavidya Ma Tara Tantra sadhna

In tantra sadhna of Dus Mahavidya sadhaks consider ma tara to give immediate results to obtain knowledge, wisdom, power of speech,

| 164 | Healing Touch

pleasure and salvation. The aspirant sadhak, having perfected this Sadhna get all Ashtsidhis. This Sadhna evokes innumerable advantages for all round prosperity, expansion of business, name and fame, destruction of enemies which are realised instantly after the accomplishment of the Sadhna.

Sadhna of Tara ma requires proper initiation by an able teacher (Guru) but yet one can attain her blessings by other means of worship. Goddess Tara is pleased by chanting mantras, doing worship either on the image, or by the help of Yantras (mystical diagrams) and by certain rituals and offerings etc. Ones goddess Tara is pleased then all the aspirations of man gets fulfilled. Ma gives every materialistic prosperity to the sadhak and eliminates his enemies.

Ma Tara sadhna protects a person from the following

- planetary positions forming a markesha yoga
- enormous debt that pushes a person to extreme poverty
- obstacles in functioning of business etc
- lack of success and loses consistently in education & career
- obstruction in promotion and destruction of career
- social, financial and physical instance of misfortune
- unnecessary and unforeseen trouble resulting from an unfortunate event.
- from bad influence of planet Jupiter

Astrological significance of Dus Mahavidya Tara puja

The following are brihaspati (jupiter) doshas for which each individual requires immediate remedy to get relief from the suffering and agony created during these doshas.

- Period of malefic Jupiter (mahadasa or antardasa)
- Retrograde Jupiter
- Pitra Dosha

Healing Touch | 165 |

Persons going through the main and sub period of Jupiter (mahadasha and antardasha) or having malefic or retrograde Jupiter are suggested to carry out vamtantra Dusmahavidya tantrik Tara puja. This puja is to be done to mitigate evil effects of brihaspati (jupiter) dosha.

To get rid from misery and annoyance from above mentioned causes vamtantra suggest to go for the Dusmahavidya tantrik Tara puja to protect oneself from evil spirit, jaadu-tona, akaal mrityu and also from any eventuality.

Dus Mahavidya Maa Tara in awakening of kundalini

Kundalini yoga is a spiritual practice and as such spirituality is contagious. Mantra is chanted (vibrated) to assure the purest inner guidance during the practice of kundalini yoga.

The Dus Mahavidya tara panchakshari mantra is for awakening the mooladhar chakra. On sunday morning if we meditate praying surya deva being the adhidevata of this chakra and practice the chant of tara panchakshari mantra.

Besides its beej mantra being "lam" if the tara panchakshari mantra is chanted while meditating on sunday mornings remembering the sun or surya being the adhidevata of this chakra. With this practice, gradually Muladhara Chakra of the astral body will be opened and the Kundalini Shakti will start moving upwards travelling one by one across the Chakras.

Tara panchakshari Mantra

Vamtantra also initiate tantrik mantra on this night to the individuals who seek to learn tantra and for tantra beginners, after proper initiation by sidha tantrik Guru. Everyone is inspired to do the maximum number of Japa of Tara panchakshari mantra "Om hring sthring hum phat " meditating on Tara ma.

| 166 | Healing Touch

Before chanting the mantras the Tara Yantra should be properly powerised and worshipped. Minimum recitation of the mantra should be 1008 times

Thila Homam

Tribute to aspiring souls

This Homa is done for ancestral and those who died unnaturally. Here the mantra is not chanted as in the case of usual ancestor's death ceremony. It has to be done only once in life time unlike other death ceremony because we are not supposed to



disturb these souls who died an unnatural death.

Which soul needs our help

When death takes place either in maternal or in paternal family sides, a ceremony is done. When a baby dies it is buried. In some cases when any child or unmarried girl or boy dies unexpectedly or have unnatural death such as accidents, by drowning or by fire or by poisonous bite of deadly creatures, premature death, suicide of any sort or dies by a hit of a stone, killed by strangling the neck, killed by weapons, been attacked, died at time of delivery, died at time of menstruation, left home due to madness (in this case we donot know if they are alive or dead) are the dead soul, who awaits desperately to get free from the clutches of evil power or from hell.

Importance of this Homa

Thila Homa is done to such forefathers and others who died unnaturally. While they suffer in hell. They create unhappiness, a

Healing Touch | 167 |

lot of obstacles and troubles in our lives and remind us to relieve them from their unbearable sufferings. Thus this Thila Homa comes as a saviour to the dead souls.

Hindrances caused by dead souls

Such ancestors and others who died unnaturally in our family give troubles like delaying in settling down in a job, late marriage, delayed child birth, disobedient children or children giving troubles or suffer ailments, disharmony with family members and between couples, more unwanted expenditure then income, have legal proceedings & often occurance of accidents.

A right place to perform this Homa

This Homa must be done at Sethusheera i.e. Rameshwaram, as nothing can be more auspicious and powerful then this place. The priest performs death ceremony at home for others but they perform Thila Homa here to their ancestors and those died unnaturally. Some does it in Kerala but for the above said incidents the priest comes to Rameshwaram to perform a Thila Homa.

On the banks of Thambaraparani river at Azhwarthirunagari this Homa is done but the ashes is mixed in this holy sea water as the Vedas say that the soul of the dead can rest in peace or get salvation only here.

The Shastra further says that even if one of the family member carries this sin it will affect the rest of the members in spite of having a good future. So it is a must all the family members participate in performing this Homa because it is done only once in life time unlike the annual death ceremony of forefathers or monthly new moon ritual or any other auspicious Homa or Pooja which is done as one desires.

| 168 | Healing Touch

Thila Homa comes as a remedy to all

Such soul are said to be haunting and roaming in space and they give their ill wish to their children on earth. So the Shastra advice us a Thila Homa remedy that can give a soul peace and relieve it from the cluches of negative forces. Also this Homa helps a soul to find its way or have rebirth or is sent to the lotus feet of god.

Our expert priest service play a vital role

Amoung all types of ceremony for ancestors this Thila Home comes as a relief from our capable Priestservice who can drive away the sufferings of the dead souls through this powerful Homa chants and also can brings down good wishes, blessings for a happy, healthy and unhindered successful life from these alleviated souls.

Tripura Sundari Homam

(Let Beauty Accredit You!)

Goddess Tripura Sundari, the beautiful form of Shakthi incarnated on the earth plane to bless the human race with the following:

- Knowledge and wisdom in life
- Enhancing your artistic skills
- Blessing you with creativity and passion
- Obstacle free life
- Fertility and evergreen life
- Natural and serene beauty
- Peace, health and prosperity

What is done in Kamala De Tripura Sundari Homa?

Goddess Tripura Sundari is dressed in grand attire, decorated with flowers and jewels and offered Prasad. Priests chant her divine



Healing Touch | 169 |

name in multiples of hundreds and make her presence feel, who thereby blesses you with a beautiful life thereon!

Japas or mantras are recited accordingly for each Homa by a sacred group of priests who are authenticated, devoted and sincere. It is essential that a Japam (mantra) is spelled rightly for the right effect. And, our group of expert priests makes sure that they perform the Homa in the authentic and traditional way with the right syllable for the right effect!

It is known to spiritual people that at the end of every Homa, sacrificial ghee (clarified butter), clothes and other divine things are offered to the fire—Agni Devatha. Once the fire swallows all these divine offerings, it bestows the people assembled for the gathering and the performer with all that they ask for. It is believed that Goddess Tripura Sundari is present all over virtually and blesses and grants your wishes in person!

Uma Maheshwara Homam

(For fulfilling spousal desires, strengthening nuptial bond and endowing marital bliss)



Why Uma Maheshwara Homam?

Uma Maheshwara Homam invokes the infinite blessings of the revered divine couple, Lord Shiva and Goddess Parvathi, the chief deities of this beneficial Vedic ritual. Uma Maheshwara Homam is performed to ensure harmony between spouses, resolve discords in a relationship, revive the lost bond and bestow marital bliss.

| 170 | Healing Touch

Who is Uma Maheshwara?

Uma Maheshwara is the married form of God Shiva and Godess Parvathi, whose love for each other is legendary. The great poet Kalidasa narrates the uplifting courtship between Shiva and Parvathi in Kumarasambhava, a classic Sanskrit Literature. Like matter and energy, Shiva and Parvathi cannot exist without each other.

Benefits and Significance of Uma Maheshwara Homam

Uma Maheshwara Homam is performed to satisfy all your wishes, desires and pleasures that you seek in your married life. Shiva and Parvathi manifest themselves as Kameshwara (God of love) and Kameshwari (Goddess of love) to help you fulfill Kama (material pleasures) which is one of the most important aspects of Purusharta, the Vedic goal of a human being. Therefore, Uma Maheshwara Homam paves the way for you to seek other Purushartas, i.e., Dharma (righteousness in deeds), Artha (wealth, prosperity, glory) and Moksha (liberation).

Enhances your nuptial bond

Uma Maheshwara Homam strengthens the bond between husband and wife as it enhances all the aspects of a marriage life. Whenever you yearn forconjugal bliss in physical, emotional and planes ,performing, Uma Maheshwara Homam grants them all and ensures your married life is contented, joyful and prosperous.

Resolves discords in your relationship

If you feel you couldn't get along with your beloved like you once did or having constant troubles and problems in your married life, performing Uma Maheshwara Homam will heal the misunderstandings and rekindle your lost love for one another to assure a happy relationship. Because worshipping Uma Maheshwara removes the hindrances and negative forces like ego, anger and pride—the top most attributes that spoil a marriage.

Healing Touch | 171 |

Endows marital bliss

Uma Maheshwara is the blissful marital state that exists between Lord Shiva and Godess Parvathi. Performing Uma Maheshwara Homam confers the vibrant and ecstatic energies of Lord Shiva and Godess Parvathi and empowers you to experience the ultimate bliss of marital life. Also, Uma Maheshwara Homam grants long life, virility and prosperity.

Ideal days to conduct Uma Maheshwara Homam

To receive all the blessings of Uma Maheshwara Homam, the most preferred days are Tuesday and Friday. Performing this Homam on any auspicious hours will also yield the desired results. Also, the Pournami or full moon day that comes in the month of Karthika (Mid November to Mid December) is recommended.

For an everlasting happy married life, conducting Uma Maheshwara Homam every year, possibly on your marriage anniversaries, will be highly beneficial. Like with any other Homam, seeking a learned Vedic Purohits is strongly advised to gain all the boons that Uma Maheshwara Homam has to offer.

Vedanta Desikar (Guru) Homam



A venerated Vaishnava guru from the 13th century, Sri Vedanta Desikar was a polymath and is known for his scholarship and poetry. By the dictate of Lord Venkateswara and Thayaar Padmavathi, he was believed tohabe been born as the incarnation of the bell of Lord Venkateswara in Thirumala Hills. He has been placed along with Lord Hayagreevar.

| 172 | Healing Touch

Unique Feature

It is the only place where Lord Hayagreevar and Sri Vedanta Desikar are placed in the same space.

Benfits and significance of Vedanta DesikarHomam

Performing this Homam confers scholarship, educational excellence and masteyr over arts and crafts.

Venus Homam

(Your Stepping Stones to Success)

Why Venus Homa?

There is a popular phrase that states that the "Men are from Mars and the Women are from Venus". Women are the emerging power now and in the centuries to come. Venus governs the "Female" gender; whereas the Mars rules men. Today, women's economic and social participation is considered as a standard requirement for a nation's healthy democratic development.



Computers and other modern innovations, which are also governed by Venus, have gained importance in today's knowledge thirsty world. This change has lead to more luxury for the masses, fashion consciousness, and an increase of all over comforts, across the board, in all walks of life!

Venus Homa and the Deity

Venus showers the knowledge of art and music. He is the bestower of long life, wealth, happiness, children, property and good education. He is ruled by Goddess Lakshmi.

Healing Touch | 173 |

Recommended Timings for Venus Homa

Choose Venus Horas that fall on Fridays to perform the Venus Homa.

Mantra for Venus Homa

"Om dram dreem droum sah shukraya namah "

Benefits of Venus Homa

- Express love and relatedness
- Pamper yourself with values and social assistance
- Sparkle with art and beauty
- Be the master of creation and attraction
- Glow with luck and personal magnetism
- Explore loads of money and sensuality
- · Bond with energy and nurturing love
- Expertise harmony and integration

Viraja Homam



Viraja Homam is a core and very important component of the Sri Chakra Navavarana Puja. Its significance can be gauged from the following conversation Swamigal had with one of his disciples who was plagued with personal problems.

Disciple – "Swamigal, there are so many problems in my life that I simply feel down

and out. I sometimes wonder if life is even worth living any more. Everyday I have to somehow literally pick myself up to do things. I have no motivation to live whatsoever. What should I do?"

| 174 | Healing Touch

Swamigal – "Doing Navavarana Puja can be very helpful. It will help rejuvenate you physically, mentally and astrally."

Disciple – "Swamigal, I don't have the energy or the will to sit down for 2 hours to do an elaborate puja. I am finding it difficult to even survive!"

Swamigal – "I understand. I recommend you do the Viraja Homam daily. It is the single most important part of the Navavarana Puja. It will help you to reconnect with Devi both inside and outside. It will re-energize your astral body immensely. By daily practice of the Viraja Homam, you will shed your physical and mental maladies, and fill yourself at all levels by the Amrita or divine nectar. This state of divinity is always within us but our limited vision prevents us from experiencing it. Viraja Homam removes these limitations by an internal sacrifice where we witness the transmutation of our limited self into the limitless peace of the divine Self. You will be a floating buoy of peace unaffected by the turbulence of life. My blessings are with you."

Healing Touch | 175 |





Fire or agni is one of the five manifestations of life. In ceremonies like Wedding, birth, festivals etc., the fire is lit symbolizing the presence of God. Havan is a sacred fire ritual that accepts our offerings and sacrifice. The sacred fire acts as a link between human's consciousness and the cosmic consciousness. The fire also has the ability to convert the physical

components (offerings that symbolize the sacrifice into the fire) into the psychic components as offering to the deities presiding over the Havan.

Havan is an age-old sacred rituals to propitiate various deities using the sacred fire as a medium for the attainment of various wishes and boons in the materialistic and the spiritual worlds.

We do Havan to dispel the negative energies from our minds; to destroy negative life patterns; to annihilate negative effects and evils of others.

Havan also brings high energies into our minds and body thereby paving way for the positive thoughts, actions etc. to enter into our life. They help in re-vitalizing the three energies in our body (Vata, Pitta and Kapha) and help in maintaining the energy balance.

Havan also helps in propitiation of deities responsible for the attainment of various virtues and prosperity and help in fulfillment of materialistic and physical needs.

In short Havan does the following:

- 1. Invokes blessings and grace of God in our lives
- 2. Awakens our auspicious energies.

| 176 | Healing Touch

- 3. Cleanses our body and mind and
- 4. Cleanses the atmosphere.

How is Havan performed?

A clean place is selected for the Havan. Participants should shower, wear clean clothes and sit in easy postures. After prayers, fire is lit and Vedic Mantras are chanted and offerings are made to God. Singing of Bhajans symbolizes the end of the ceremony when Prasad is offered to the participants.

How often should we perform Havan?

To start with, each person should perform Havan at least once a year on their birthdays.

What items are needed for Havan?

Following is a sample list of items required. Additional items may be needed for special occasions. Puja and Havan Ceremony items can be supplied. These items are also available separately and can be shipped to your destination.

Pure Ghee 1/3 Lb.
 Havan Samigri one packet.
 Fresh Flowers.

3. Camphor few small tablets. 13. Home Made Prasaad or Ladoo

4. Cotton wool. 14. Kesar (Saffron).

5. Dry, clean, small size fire wood. 15. Uncooked rice (in a small plate).

6. Match Box. 16. One clean plate.

7. Napkins. 17. Mauli (Red Cotton Thread).

8. Glass with water. 18. Havan Kund.

9. Lota with water. 19. Kitchen Foil one Packet.

10. Long Spoon for Ghee. 20. One Coconut.

Healing Touch | 177 |



Homam Benifits

The benefits of performing each Homam is listed below. One can choose according to their present needss and conduct a suitable Homam as per Vedantha Lifeology Centre benefit from it:

- 01. **Asthra homam** Is performed during any danger to the nation, to aviod war and calamities.
- 02. **Ayushya homam** is performed during the Janma nakshatra birthdays to protect one from Navagraha transitional ill effects and to improve one's health and longivity.
- 03. **Mrithyunjaya homam** is performed to get rid of any health setbacks, when there is a fear for life through any poisonous insects, snaakes or reptiles etc.
- 05. **Santhana gopala homam** Done to develop progeny, for conceiving and child birth.
- 06. **Sri sudhasana homam** Victory over enemies, overall benefits in every respect and to get respite from any type of black magic.

| 178 | Healing Touch

- 07. **Unmaththa bairavar homam** To regain the lost properties and items.
- 08. **Sri subramanya moola manthra trisathi homam** to resolve property disputes and to win in court cases.
- 09. **Swarna mangala gowri homam** for quick settlement in married life and to get a suitable life partner.
- 10. Sri vasor dhara homam To get a very suitable Guru.
- 11. **Sri purusha sooktha & naaraayana sooktha homam** To get relief from business/industrial loss and gain control over money matters.
- 12. **Shannavathi homam** To get good co-operation and supportive brotherhood among siblings.
- 14. **Sri ashta lakshmi homam** To get success in busisness and to gain profits.
- 15. **Thaila homam** To get relief from curses of Brahmma & Brahmins. (to get rid from Brahmmahathi dosham).
- 16. **Tithi nithya** To gain monetary benefits.
- 17. **Santhana vigneswara homam** To eliminate any Kalathra/ Mangalya Dosham and for a happy married life.
- 18. **Swaramvara kala parvathi homam** for removal of obstacles in any marriage.
- 19. **Sarpa saanthi homam** to get rid of curses from several types of reptiles.
- 20. **Sri hayagreevar homam** For knowledge, wisdom and to gain success in the field of Arts.
- 21. **Sri dhanvanthri homam** is performed to recover from sickness and health improvements.

Healing Touch | 179 |

Mantras

Mantras are spiritual energy forms manifest in words. They are, in one sense, the most ancient form of using affirmations to bring about changes in your life. Contrary to the common perspective on Mantras, they are not used only in spiritual pursuits but also for a variety of life tasks and transformational vocations. Chanting the Mantras on a daily basis is an admirable spiritual discipline but they can also be used for specific periods of time, to bring about desired changes. What is heartening about using Mantras is that there is no need to depend upon any external agency to bring about change; it is a mature acceptance of responsibility for oneself.

One of the less known facts about Mantras is that they have to be specifically chosen to suit each person for maximum effectiveness. While there are generic Mantras, it is always best to use the traditional method of selecting a Mantra. This involves your date and time of birth as well as the numerical value of your full name. All these factors are reduced to number values, which have a vibration frequency in the system. The appropriate Mantra for you has the same vibration as your name and birth timings. This traditional method is best for discovering one's personal Mantra, the Mantra most suited to enhance your spiritual growth and well being. This process is also the only really authentic method of discovering the appropriate Mantra and it is somewhat complicated.

India yogi is proud to offer you this ancient method of bettering one'slife, creating amore powerful personality, increasing creativity, health and healing. Since Mantras for solving specific problems or manifesting desirable events are practically innumerable, we will stick with the traditional method of Mantra prescription, testament to their endurance as well as the fact that they work.

| 180 | Healing Touch

Note: An important interjection is needed here. These Mantras are not Mantras of Initiation. That is given to you solely by the guru to signify the rebirth into the life spiritual. These are practical Mantras to deal with matters on a slightly less elevated plane. However, all Mantra practice increases the inherent spiritual capacity within a person exponentially, so they are not in any way 'non-spiritual'. Quite the contrary, they work only because of their spiritual power.

People seek Mantras usually in these situations: Discovering one's personal mantra (transforming one's personality), Minimizing the effects of karma, Attracting wealth and prosperity, Changing one's luck for the better, Attracting love, Increasing intelligence, concentration and mental acuity, Improved vitality and energy, Controlling anger and other undesirable qualities of the mind/body, Healing for the self, Mantras for illnesses and Overcoming deep seated fears.

Experience the power and magic of Mantras to transform your life

Healing Touch | 181 |

Homam - Methods

Every one, irrespective of caste, creed, colour or religion, has the necessity to keep their body, mind, soul and the environment clean and Divine so as to harness the maximum benefit of a good and comfortable Divine life ensuring that they are best utilized to the advantage of the humanity. In order to enable everyone to have a very good clean mind, tension-free life, Divine environment, good behaviour, food and clothing, perfect disease free good health, and wealth , we are pleased to introduce a very simple sadhana (method) called "Homa in Home – which ushers "Happiness forever in your life"

Means and methods

This method is very simple to do with the barest minimum cost at the shortest time. "God is simple and so the method to reach Him should also be simple" is the core essence of this method. Devised by the great saints, as the most advantageous method of cleansing everything with Divine vibrations generated through Divine mantra chanting, community prayer, Homa (havan), meditation, this method is sure to divinize your soul.

Doing Homa (Havan) using one of the five elements – fire – has always been found to generate the desired results and to ward off all bad elements and evil spirits within oneself and surroundings. The great seers and saints knew very well that the energy in the fire is Divine. They invoked from their soul their Divine energy and merged the same with the energy in the fire to make it absolutely Divine. This is called "Prana-prathishta" – installation of the Divine energy. The Fire is no longer a "carrier" of things to the eternal world and the Divine energy of the Deity installed therein receives the offering directly. This process ensures that the "worshipper, worshipped and the worship" becomes ONE AND

Healing Touch

UNITED. The nature nourished through this process of integration of Divine energy with the fire, gave bountiful of nature's gifts for the welfare of the society.

Most of us make all sorts of offerings into the fire and make the atmosphere polluted. We also act against the greenery by using a lot of wood to burn all these offerings. It is to be understood that there is no sanction in scriptures for using all such offerings in the fire and this practice must have come in the 19/20th century.

In earlier days our great Rishis and Saints used fallen twigs and cow's ghee (fat) only for doing Havan. They did not use even cow dung cake, as is now done, because it generates smoke. According to dictums, any offering made into the Divine Fire (Havan) should become ash immediately and there should be no remnants of any sort. They never used all sorts of articles like silk saree, edibles, fruits, nuts and more wood, ghee and cow dung cakes to burn them out endlessly. Such use of unspecified articles in the havan (homa) was considered to become an act of karma (done for removing the ill effects of action and reaction) with no guaranteed results, rather than for getting Divine grace. In western countries including USA, many traditional Hindu Temples have abandoned the practice of burning cow-dung during the ritual fire (homa) because of the contaminants, consequent to excessive hormones injected into the cows to improve milk yield. In fact, the cows are even fed with their own crushed bones and flesh from the slaughter houses and they are forced to eat them. Thus the use of cow dung in havan (homa) is not advisable, from the scientific point of view. Eventhough this may not be the fact in India, still most of the cows are fed with several artificial vitamins, injections to improve milk, and fertilized grass etc.

According to the latest news, NASA seems to have sprayed a thin layer of cow urine/dung on the walls of space shuttle, to protect it

Healing Touch | 183 |

from atomic radiation. Our forefathers knew and used cow dung on the walls and floors, to keep away all types of germs and insects and to protect them from radiation. Thus they never fell ill with mums, skin problems, measles, viral fevers etc., at any time. The atmosphere around them was always clean and tidy with a Divine smell.

The cow dung not being needed for any Homa (havan), was used as a natural manure, so that the plantations and trees around flourished very well. There was also no chemical pollution as there was no use of chemical manure or pesticides/fungicides.

As a result the great Rishis and Saints were able to keep down the cost of rituals, prevent atmospheric pollution, and provide food to the needy, for a happy and good community living. They lived with nature. They knew that regular practice of havan (homa) significantly decreases the unhealthy elements of sulfur dioxide and nitrous oxide (air pollution).

Herbs and alphabets

Our great masters have identified each alphabet in Sanskrit with a specific herb, a specific human body part, a specific Divine energy and related mantra, a specific Devata (deity), a specific animal or bird, a specific disease relating to that human body part and the curative value such herbs possess in respect to the ailments connected with one's body, mind and environment when the specific mantra is chanted and the relative herb is offered into the Divine fire.

"Aavarnas.com" have re-identified all these herbs and made them into a powder which alone will be used in "Homa-in-Home". By using this powder in the Homa (havan), the total effect of using all the herbs to cleanse the soul and the atmosphere of all impurities, impressions, samskaras, complexities, illness, grossness etc., is achieved in one stroke. The subtle interactions of the sound waves of the mantras with the cosmic energy are carried upward in a spiral

| 184 | Healing Touch

form by the force of the electrons generated by the fumigation of the herbal powder, and results in the penetration of the ionosphere and beyond. And this is how the bridge between earth and heaven is activated. The combination of the powerful energy of the mantras creates extremely auspicious and purifying vibrations. The very light herbal smoke containing healing energy purifies the atmosphere, both physically and subtly, encouraging a peaceful environment. The powerful element of the raising of the herbal smoke kindles the kundalini energy and cleanses the body and mind.

This powder burns naturally with the most pleasant Divine aroma and minimum smoke – and can be safely used even in western countries without the smoke alarm being activated. The Divine aroma and fragrance ensures the presence of the Divine Godly vibrations to prove the fact that – 'Where there is God there is fragrance '– and generates a feeling of oneness with Godly vibrations in and around us. This method is very simple and very cost effective, at the same time providing the most essential satisfaction of doing Homa every day in one's home. A lot of trees are thus saved to help the humanity and mother earth to maintain the equilibrium.

Mantras and homa

The single alphabet mantras – as propounded in mantra sastras – along with selected Gayathri mantras have been coined to go hand-in-hand with the herbal powder and make the whole process of "Homa-in-Home" most simple and unique, to generate one's most essential mental satisfaction of having obtained the Divine blessings of the forefathers in the family, kuladeivam (family deity) and more precisely the Devata whose mantras are chanted for the Homa to appease them to grant the boons and benefits. The doer of the Homa gets all "purushartas" attainments including material and spiritual. These mantras are chanted, adding the

Healing Touch | 185 |

word "swAhA" at the end and offering the herbal powder into the energized hotplate.

This process also helps in removing any defects concerning "Vastu" and "Feng-Shui" in the premises and the entire atmosphere vibrates with Divine energy always. Therefore one regularly doing "Homa-in-Home" becomes prosperous, healthy, environmentally blessed to live in harmony.

Pregnant women are encouraged to do this "Homa-in-Home" to ensure that the child receives the Divine vibrations and develops intelligence, good health, and comes into this world as a good citizen with Divine qualities. A sense of gratitude develops in the child naturally and takes care of the parents in due course at their old age. Married women who has not been granted a child, will be able to conceive a good child in due course by doing this homa regularly.

This Havan does not disturb the neighbors or pollute the atmosphere in any manner whatsoever. The burnt herbal powder (homa ash) can be used as Prasad with no side effects.

Time Factor

It hardly takes 10 minutes to do the homa and everyone in the home can jointly or severally do it at their will and pleasure. There is no time schedule set for this purpose, as Divine Energy is beyond time and distance (movement). Therefore it can be done at any time convenient.

Supplies

A special electrically operated shock-proof Copper Homa Kunda with the Agni chakra installed and energized therein, is offered with the pure herbal powder representing the 51 alphabets – energized through mantra chanting – to everyone interested in joining this unique scheme of "Homa-in'Home".

| 186 | Healing Touch

The copper Homa Kunda and Herbal powder with the mantras to be chanted – in English, Sanskrit and Tamil language for the time being – is supplied along with a pure Crystal Maha Meru inside crystal pyramid or cube, or crystal Sriyantra flat, which is also energized fully as per mantra-tantra-yantra sastras in vogue. They generate and continuously vibrate Divine Energy in its place of abode. Therefore the presence of the Divine Energy already available in the form of the Crystal Meru or Sriyantra gives additional strength to the Homa.

Finally, this comes from a great family who are Sri Vidhya Upasaka of more than 8 generations and who practice Srividhya in its true perspective, reality and truthfulness, so that the Divine Energy is transmitted to everyone without any distinction.

How to begin

There are no formalities to join this scheme, excepting that the person should send his/her photograph (2), along with complete address, so that he/she can be initiated directly (in absentia) by Swami Sri Sathyanandji, founder of this divine method of "Homa in Home" by transmitting the Divine Energy to the soul of the person to make him/her qualify to do "Homa-in-Home" and reap rich benefits. Swami Sathyananda is fully empowered by his Guru to initiate persons interested in this method. No fees/guru dakshina are payable for initiation, as the initiator and the initiated become one, after initiation. However the minimal cost for the Crystal Meru/Sriyantra and the Homa Kunda with Herbal powder are to be paid. The Homa can be done by any one and there are no barriers of caste, creed, colour, sex etc.

Procedure

You can sit facing any side, as Energy has no side. The side which the devotee faces while sitting, is always considered to be west – i.e. Divine is always facing the East and the devotee is facing

Healing Touch | 187 |

the Divine – West.1. Select a suitable wooden plank with a silk or cotton cloth on it (to insulate one from earthly currents) and sit on it facing any side one feels comfortable. Sit with a feeling of happiness, as it is important. No tension of any sort should be exhibited. If you so desire, you can also wash your mouth, feet and hands to have a feeling of purity of body and mind. Dress code is not important.

2. In offices one can do the Havan in a standing pose, as we stand before a deity in a temple.

To ensure that the mind has a comfortable feeling of having been connected with the soul of the Guru-God, you can chant any prayer you like, or close your eyes and meditate for a while. You can also play any divine chant or music to your liking. This will help the Divine energy get established with your soul.

- 3. Please keep (optional) a pancha patra (made of copper, brass or silver) with uttarani with pure water. Please take one uttarani of water and drink three times in the remembrance of your Guru, family deity and forefathers (saying OM). If you know the achamana mantras Om AchyutAya namaha, OM AnantAya namaha, OM GovindAya namaha you can take the water in your right hand and sip the same once with each mantra.
- 4. Plug in the Homa Kunda, place the copper homa kund on the hot plate and ensure that the Hot plate is fully activated and heated up and wait for atleast 5 minutes before commencing the Homa (havan)
- 5. Take a pinch of the Herbal powder in your right hand with the fore finger and thumb or in the small laddel provided for this purpose, hold it near your heart, energise the same with the vibrations of your soul, raise the hand holding the herbal

| 188 | Healing Touch

powder above your head, draw the Divine energy available in the atmosphere by using all your will power, bring it down into your heart, draw the divine energy out through your right nostril, and finally place the powder on the hot plate (copper Homa Kunda), chanting OM or HrIM, with total belief that the Divine Energy has merged with the Energy of the Agni (Fire) in the hot plate and the Deity installed therein to receive your offerings.

- 6. Again take a pinch of the Herbal Powder and offer the same with each mantra with the words SWAHA chanted at the end into the homakunda. (hot plate). You can do this with either all the mantras given or known to you including Gayatri or with only one mantra to your liking. There are no hard and fast rules. Each and Every mantra coined has the desired Divine energy and vibrations.
- 7. All the members of the family, friends and relatives can do this joining together in the Homa offering. Groups of ladies and gents can do the Homa (Havan) by sitting around to reap maximum benefits.
- 8. Before concluding the Homa, offer a heart-felt prayer of gratitude and thank the Divine, the Guru, the Kuladeivam and your parents, and pray for bestowing you all the fruits of a happier life.

Healing Touch | 189 |

Types of Homams

| J 1 | |
|---------------------------------------|-------|
| Adityahrdaya Homam | Dhat |
| Aghora Mantra Homam | Door |
| Aikyamathya Sookta Homam | Drsh |
| Aindree Shanti (75th Birth Day) | Durg |
| Akhanda Vratodyapana Homam | Gana |
| Amruta Mruthyunjaya Homam | Gana |
| Anantha Vratodyapana Homam | Gan |
| Anjaneya Mantra Homam | Garb |
| Annapoorna | Gaw |
| Arkavivaha Homam | Gom |
| Ashlesha Bali Homam | Gopa |
| Ashlesha Nakshatra Janana Shanti | Grah |
| Homam | Guru |
| Ashvatha Pratishtha Homam | Hario |
| Ayushya Homam | Haya |
| Bakala Mukhee Durga Homam | Jana |
| Bala Ganapati Homam | Jwa |
| Bhagya Sookta Homam | Jyes |
| Bheema Rathi Shanthi (70th Birth Day) | Hom |
| Bheeshma Panchaka Vratodyapana | Kada |
| Homam | Kala |
| Bhoo Varaha Homam | Kala |
| BhoodeveE Homam | Kala |
| Budha Shanti Homam | Kala |
| Chandika Homam | Kale |
| Chandra Shanti Homam | Kam |
| Chandrayana Vratodyapana Homam | Kana |
| Chawla Homam | Kart |
| Chintamani Ganapati Homam | Ketu |
| Dakshina Moorti Homam | Koos |
| Darsha(Amavasya)Janana Shanti Homam | Krish |
| Dhanvanthri Homam | Hom |
| Dharana Parana Vratodyapana Homam | Krish |

| Dhatree Homam |
|------------------------------------|
| Doorvayushya Homam |
| Drshti Durga Homam |
| Durga Homam |
| Ganapati Atharva Sheersha Homam |
| Ganapati Homam |
| Ganga Mantra Homam |
| Garbhadana Homam |
| Gawlee Patana Shanti Homam |
| Gomukha Prasava Shanti Homam |
| Gopadma Vratodyapana Homam |
| Grahana Janana Shanti Homam |
| Guru Shanti Homam |
| Haridra Ganapati Homam |
| Hayagreeva Homam |
| Janana Shanti Homas |
| Jwara Shanti Homam |
| Jyeshtha Nakshatra Janana Shanti |
| Homam |
| Kadalee Vivaham |
| Kala Mrutyunjaya Homam |
| Kalabhairava Homam |
| Kalaratree Homam |
| Kalasarpa Shanti Homam |
| Kalee Homam |
| Kamalavasinee Homam |
| Kanaka Durga |
| Karthya Veeryarjuna Homam |
| Ketu Shanti Homam |
| Kooshmanda Sookta Homam |
| Krishna Chaturdashee Janana Shanti |
| Homam |
| Krishna Mantra Homam |
| |

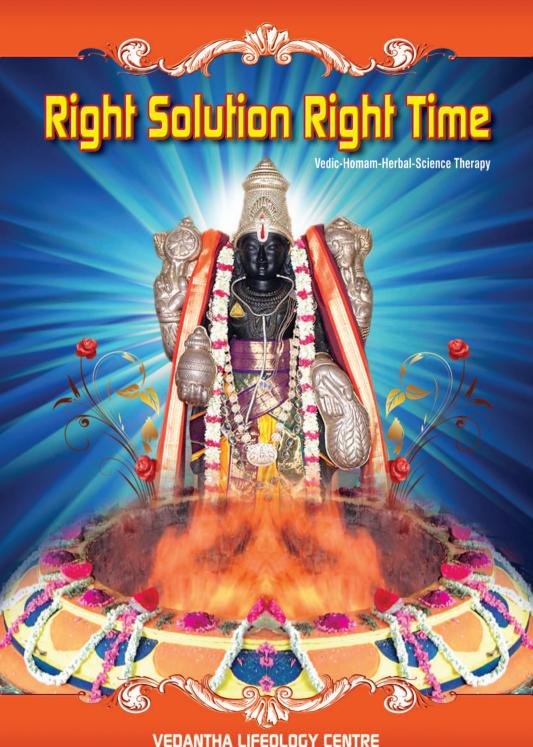
| 190 | Healing Touch

| Kubera Homam | Purusha Sooktha Homam |
|------------------------------------|-------------------------------------|
| Kubera Laxmee Homam | Rahi Brhaspati Sandhi Shanthi Homam |
| Kuhoo Janana Shanti Homam | Rahu Shanti Homam |
| Kuja Shanti Homam | Rakshogna Homam |
| Kujarahu Sandhi Shanthi Homam | Rama Nama Lekhana Vratodyapana |
| Kumbha Vivaham | Homam |
| Lakshmi Homam | Ramaraksha Homam |
| Lakshmi Hrudaya Homam | Ramataraka Homam |
| Lalita Sahasranama Homam | Rawdree Shanti(85th Birth Day) |
| Laxmi Ganapati Homam | Rudra Homam |
| Laxmi Narasimha Homam | Rudra Laksha Varti Vratodyapana |
| Maha Mrutyunjaya Homam | Homam |
| Maha Mrutyunjaya Shanti(100th Year | Rushipanchamee Vratodyapana |
| Birth Day) | Homam |
| Maharathee Shanti (65th Birth Day) | Sahasra Chandra Darshana Shanti |
| Mangalagawree Vratodyapana Homam | (80th Year Birth Day) |
| Manyu Sooktha Homam | Samavartana Homam |
| Matangee Homam | Sandhi Shanthi Homams |
| Moola Nakshatra Janana Shanti | Sanjeevinee MruthYunjaya Homam |
| Homam | Sankashta Chaturthee Vratodyapana |
| Mruthyunjaya Homam | Homam |
| Nagaraja Homam | Sankashta Hara Ganapati Homam |
| Nakshatra Gandanta Janana Shanti | Sankramana Janana Shanti Homam |
| Homam | Santhana Gopala Krishna Homam |
| Nakshatra Homam | Saraswatee Homam |
| Namatraya Homa | Sarpa Bali Homam |
| Narayana Ashtaksharee Homam | Satyanarayana Vratodyapana Homam |
| Navagraha Homam | Sawree Shanti(90th Year Birth Day) |
| Panchamarishta JaNana Shanti | Seemanta Homam |
| Homam | Shakti Ganapati Homam |
| Pavamana Sookta Homam | Shani Shanti Homam |
| Pnchagavya Homa | Shapavimochana Rudra Homam |
| Prasanna Ganesha Homam | Sharabheshvara Homam |
| Pratyangira Homam | Shiva Panchakshari Homam |
| Pumsavana Homam | Shivaratree Vratodyapana Homam |
| | |

Healing Touch | 191 |

| Shoolinee Homam | Vaasthu Shanti Homam |
|---------------------------------------|--|
| Shukra Shanti Homam | Vagdevee Homam |
| Shukraditya Sandhi Shanthi Homam | Vageeshvaree Homam |
| Sineevalee Janana Shanti HomaM | |
| Skanda Mantra Homam | Vallabba Cananati Hamam |
| Sntana Purusha Sookta Homam | Vallabha Ganapati Homam |
| | Vanaba Kalaa Cananati Hamam |
| Somavatyamavasya Vratodyapana | Vancha Kalpa Ganapati Homam Varaha Mantra Homam |
| Homam | |
| Soorya Shanti Homam | Varahee Mantra Homam |
| Sri Sooktha Homam | Vartalee Mantra Homam |
| Subramanya Homam | Varunee Shanti (55th Year) |
| Sudharshana Homam | Vayustuti Prasharana Homam |
| Sudharshana Narasimha Homam | Vidya Ganapathi |
| Sukrta Homam | Vijayaratha Shanti (78th Birth Day) |
| Swapna Varahee Mantra Homam | Viraja Homam |
| Swarnakanya Vivaha Homam | Visha Nadee Janana Shanti Homam |
| Swarnakarshana Bhairava Homam | Vishnu Laksha Deepa Prajvalana |
| Swayamvara Parvathi Homam | Vratodyapana Homam |
| Tantrika Mruthyunjaya Homam | Vishnu Laksha Pooja Vratodyapana |
| Thila Homam | Homam |
| Tithyadi Gandanta Janana Shanti Homam | Vishnu Laksha Pradakshina |
| Trailokyamohanakara Ganapati Homam | Vratodyapana Homam |
| Trayambaka Mrutyunjaya Shanti(95th | Vishnu Laksha Pushparchana |
| Year Birth Day) | Vratodyapana Homam |
| Uchatana Sudharshana Homam | Vishnu Laksha Varti Vratodyapana |
| UchishTha Ganapati Homam | Homam |
| Ugra Narasimha Homam | Vishnu Panchaka Vratodyapana Homam |
| Ugraratha Shanti (60th Birth Day) | Vishnu Sahasranama |
| Unmatta Ganapati Homam | Vishnubali Homam |
| Upakarma Homam | Vivaha Homam |
| Upanayana | Yakshinee Mantra Homas |
| Utsarjana Homam | Yeka Nakshatra Janana Shanti Homam |
| | Total Tanonana Garana Grana Hornan |

| 192 | Healing Touch



A Unit of **SRI DANVANTRI AROGYA PEEDAM** - Walajapet, Vellore District