

Part I = Calling the God (inviting Him)

3 times do the “OM”



Sound, as in “Oooooo.....mmmmmm !!!! “

Direct benefit = you are calling the God

Scientific Benefit = This is Yoga .. The way to exhale and inhale, this is the scientific deep breath.

Take this three times.. (long ones , say 15 seconds each)

Part II = Pranayam Mantra's

(inviting Him + doing your pranayam)

ॐ भूः ।

ॐ भुवः ।

ॐ स्वः ।

ॐ महः ।

ॐ जनः ।

ॐ तपः ।

ॐ सत्यम् ।

Take a long breath each time (10 seconds)

Here you are calling God Almighty to yourself / near you.,

Just like a ping command for a Modem while connecting to the internet ... or a 192.168.0.1 location ... here you are using this “OM” mantra to connect to the GOD.

Part III = Gayatri Mantra's

(The famous Mantra... known to be the most famous mantra from Veda's)

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

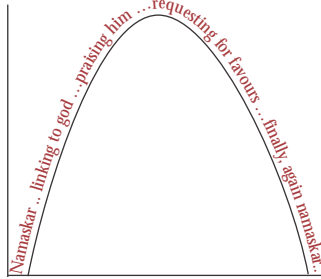
धियो योनः प्रचोदयात् ।

O God!, you are great . Thanks for removing our problems. Bless us towards a good righteous path.

Part IV = Ishwar Upasana

(8 Mantra... linking yourself to god .)

Just See the gradient ...



Main essence of these 8 mantra's is as follows

0 Lord, pls absolve me of wrong things I do or have done. Make me a better person.

0 Lord, you were the owner of this whole world even before the Life was created on this planet Earth. Later you created the Life, Land, Water, Eco-system, Plant , animals, human beings etc. Today you are the owner / controller of this whole human cycle.

0 Lord, I admire and adore your creation. And I agree that you are the sole owner of this world, inclusive of both living and non-living things. So, I submit my wishes, and desires to you.

0 Lord, since you are the producer-Director of this world., ... and since you are also our father, mother, and friend.... Since all knowledgeable people of this world get blessed by your blessings. So, almighty god, I request you for blessing me too.

१. ॐ विश्वानि देव सवितर्दुरितानि परासुव ।
यद्भद्रन्तन्न आसुव ॥
२. ॐ हिरण्य गर्भः समवर्तताग्रे भूतस्य जातः पतिरेक आसीत् ।
सदाधार पृथिवी द्यामुतेमां कस्मैदेवाय हविषा विधेम ॥
३. ॐ य आत्मदा बलदा यस्य विश्व उपासते प्रशिषं यस्य देवाः ।
यस्यच्छायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ॥
४. ॐ यः प्राणतो निमिपतो महित्वैक इद्राजा जगतो वभूवः ।
य ईशे अस्य द्विपदश्चतुष्पदः कस्मै देवाय हविषा विधेम ॥

५. ॐ येन द्यौ रूग्ना पृथिवी च दृढा येन स्वः स्तभितं येन नाकः ।
यो अन्तरिक्षे रजसा विमानः कस्मै देवाय हविषा विधेम ॥
६. ॐ प्रजापते न त्व देतान्यन्यो विश्वा जातानि परिता वभूव ।
यत्कामास्ते जुहुमस्तन्नो अस्तु वयं स्याम पतयो रयीणाम् ॥
७. ॐ स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा ।
यत्र देवा अमृतमानशाना स्तृतीये धामन्न ध्यैरयन्त ॥
८. ॐ अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान् ।
युगोध्यस्मंज्जुहुराणमेनो भूयिष्ठां ते नमः उक्तिं विधेम ॥

Core meaning =

My request is Simple =

please remove my mis-deeds / misfortunes / misbehaviours
and

Please give me “true wisdom”, “better mind, better deeds, and better decision
power”.

Thus, I pray to you once again. Please accept My “Namaskar” to you.

Part V = Aachman

(3 short Mantra... drinking water.)

ओं अमृतोपस्तरणमसि स्वाहा ।

ओं अमृतापिधानमसि स्वाहा ।

ओं सत्यं यशः श्रीर्मयि श्रीः श्रयतां स्वाहा ।

Core idea

O Lord, you are giver of my food, and my shelter.

Bless my past, bless my current life and bless my future.

I want to grow financially, emotionally, and spiritually.

I want to have more of Truth, more of worldly Victories, and also more of peace and prosperity. This progress I seek for my self, my family, my business and the society around me.

O Lord, make this prayer a reality.

Part VI = Touching 7 parts of the body

(7 short Mantra... touch body parts with water in your hands.)

Core idea of the author

When you sometimes see a blind man, what do you think. Think of his struggles.

Similarly, think where would you be, if you were deaf , or dumb, or a limb of yours

gets amputated. And the reason might be nothing too bigJust a small road or air accident.

Doesn't it send a wave of shiver inside you ?

It sure does.

So, this prayer is to the almighty god to keep us healthy and complete.

ओं वाङ्म आस्येऽस्तु । (मुख को छुए)

ओं नसोर्मे प्राणोऽस्तु । (नाक को छुए)

ओं अक्षणोर्मे चक्षुरस्तु । (आँख को छुए)

ओं कर्णयोर्मे श्रोत्रमस्तु । (कान को छुए)

ओं बाहोर्मे बलमस्तु । (बाहुओं को छुए)

ओं ऊर्वोर्मओजोऽस्तु । (घुटनों को छुए)

ओं अरिष्टानि मेऽङ् गानि तनूस्तन्वा मे सह सन्तु । (संपूर्ण शरीर पर पानी छिड़कें ।)

Two feelings in each of this mantra . Thanks for existing, bless me for future.

So, here you are

(a) Mouth / tongue = Thanks for ability to talk. Give me ability to talk melodiously to others.

(b) Nose / nostrils = Thanks for ability to breath. Without clean air , I may die. So, God, Give me healthy Nostrils, Lungs and whole breathing system. Save me from the Air Pollution. May this Oxygen give me good energy .

(c) Eyes = Thanks for ability to See. (No Eyes, makes a blind man). And Give my eyes the energy to see introspectively, and also analyse the situation properly.

(d) Ears = Thanks for ability to Hear. (No Ears, makes a Deaf man). May I hear Good news always.

(e) Hands = Thanks for Giving me my Hands. Give Strength to these hands.

(f) Legs = Thanks for Giving me my Legs. Give Strength to these legs. They take me everywhere.

(g) All Body Parts = Thanks for Giving me a complete body. Bless me so that all my body parts remain safe from the accidents and ailments. Reason ? So that I am able to accomplish my **KRA (Key Result Areas)**, whether at Job, business, Family, and Society.

Part VII = Main Part Start of the Holy Fire

(2 Mantra....)

१. ओं भूर्भुवः स्वः । ओं भूर्भुवः स्वद्यौरिव भूम्ना पृथिवीव वरिम्णा ।
तस्यास्ते पृथिवि देवयजनि पृष्ठेऽग्निमन्नादमन्नाद्यायादधे ।

What to do ? Light the holy Fire. And offer some wooden sticks into Hawan Kund

Core idea of the author

O god, remove the tensions and Risks of my life.

Bring "Light" to my life. Give me perfect bliss (Param + anand).

I am invoking your kindness. I am establishing your holy fire in this Hawan kund. And request is that please make me happy with Food and resources of every possible type.

And, bless my brain and my heart, so that, I am full of Love, affection, pity, and generosity for others. Make my exposure as wide as this sky. Make me as strong and resilient as this mother Earth.

२. ओं उद्बुध्यस्वाने प्रति जागृहि त्वमिष्टापूर्तेसंसृजेथामयंच ।
अस्मिन्सद्यस्थे अध्येत्तरस्मिन् विश्वेदेवा यजमानश्च सीदत ।

What to do ? put more Ghee into the Fire

Core idea of the author

O Agni, please get energized. And Rise upwards. May you bless me (the doer of this Hawan). Bless me to do the Social things (like CSR – Corporate Social responsibilities). May I fulfil my business, family and social duties with reasonable self-less-ness.

O Agni, this is a place of Hawan. A place where there should be no feeling of high caste-low caste. No difference between employer – employee. I request that people around me join me in this Hawan. (if possible)

Part VIII = Offer of 3 Wooden Sticks into Holy Fire

(3 Mantra....)

१. ओं अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्द्धस्व चेद्ध वर्द्धय चास्मान् प्रजया
पशुभिर्त्र ह्यवर्चसेनाघ्नाद्येन समेधय स्वाहा । इदमग्नये जातवेदसे इदन्न मम ।

What to do ? Immerce the tip of the first wooden sticks (Samidha) into Ghee and then, put that stick into Hawan Kund

Core idea of the author

This is one of the most important mantra in the Hawan.

Just feel its power This mantra – you are asking things for yourself Read it, and then let us revisit

O Lord, you are all powerful and All+Mighty. Your power exist in everything of this world . Please accept My Aatma , my time and my breath, as the Samidha, into this hawan. O Agni, you shine, you rise and get more and more energized.

- Give me (bless me with) capable children (a) Give me children. (b) make them capable, Good, honest, resourceful, and moral. ((also give me better staff members))
- Give me (bless me with) capable Plant and Machinery, Vehicles and Real Estate (a) Give me proper tools, computers, machinery, to do my business/ service and accomplish my monetary goals.
- Give me Keerti Give me popularity. Let people love me. Let people adore me. Make me a Hero. Make me capable of becoming one, regularly.
- Give me Food Give me ample healthy Food and everything connected with rich living.
- Give me Spiritual Wisdom Give me the "Aadhyakmik Wisdom". The third eye. The power to sense. The power to understand the world around me. Remain spiritual.

Note. Since the original mantra are set in the ages of Agrarian Economy as it existing in the ages of Ramayana and Mahabharata. So, the original mantra speak about cows, cattle and other animals, as means of production. The meaning of this very mantra in today's equivalent has been suitably modified. The logic remains the same. The feeling remains the same.

२. ओं समिधाग्निदुवस्यत घृतैर्बोधयतातिथिम् । आस्मिन् हव्या जुहोतन ।
ओं सुसमिन्द्राय शोचिषे घृतं तीव्रं जुहोतन अग्नये जातवेदसे स्वाहा ।
इदमग्नये जातवेद से इदन्न मम ।

What to do ? Second Samidha into Ghee and then, put into Hawan Kund. And chant this mantra

Core idea of the author

O Yagya-karta (doer of Hawan), just as you will invite a guest in your house. And make him happy. Similarly, offer Ghee to this Holy fire. This Ghee is going to be converted into millions of small molecules of good health and spread far and wide. This is for the holy fire and the public at large, and not merely for me.

<p>This is one of the most important mantra in the Hawan. Just feel its power</p>	<p>This was a very very practical manta. This is what each one of us, wants, --- food, wealth, success in business. In today's world where the problem of infertility is rising a lot. This mantra is also clearly requesting god for (a) Give me children. (b) make them capable, Good, honest, resourceful, and moral. Read on...</p>
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३. ओं तन्त्वा समिद्भिर्गङ्गरो घृतेन वर्द्धयामसि ।
बृहच्छोचायविष्टय स्वाहा । इदमग्नयेऽङ्गिरसे इदन्न मम ।

What to do ? Third Samidha into Ghee and then, put into Hawan Kund. And chant this mantra

Core idea of the author

Agni, you are all powerful. We offer you Ghee and Samidha, to further energise you. You have the power to destroy (as burning by fire) , you have the power to weld (as creating a new thing out of Iron or even Gold). You have the power to add energy, and work/ speed (as every thing runs on some Electricity or fuel – petrol, diesel etc) .
O Agni, you help us in all these. This mantra and this offering was for you O Agni, not for me.

Part IX = Most powerful mantra say it 5 times

ओं अयन्त इध्म आत्माजातवेदस्ते ने ध्यस्व वर्द्धस्व चेद्धवर्द्धय चास्मान् प्रजया ।
पशुभिर्ब्रह्मवर्चसेनान्नद्येन समेधय स्वाहा । इदमग्नये जातवेदसे इदन्न मम ।

What to do ? Put a spoonful of Ghee into Hawan Kund / holy Fire with this mantra. Repeat 5 times

Core idea of the author

O Lord, you are all powerful and All+Mighty. Your power exist in everything of this world . Please accept My Aatma , my time and my breath, as the Samidha, into this hawan.

O Agni, you shine, you rise and get more and more energized.

- Give me (bless me with) capable children (a) Give me children. (b) make them capable, Good, honest, resourceful, and moral.
- Give me (bless me with) capable Plant and Machinery , Vehicles and Real Estate (a) Give me proper tools, computers, machinery, to do my business/service and accomplish my monetary goals.
- Give me Keerti Give me popularity. Let people love me. Let people adore me. Make me a Hero. Make me capable of becoming one, regularly.
- Give me Food Give me ample healthy Food and everything connected with rich living.
- Give me Spiritual Wisdom Give me the “Aadhyakmik Wisdom”. The third eye. The power to sense. The power to understand the world around me. Remain spiritual.

Part X = Jal – Sinchan a bit of Water around the Hawan Kund

१. ओं अदितेऽनुमन्यस्व । (इससे पूर्व में)
२. ओं अनुमतेऽनुमन्यस्व । (इससे पश्चिम में)
३. ओं सरस्वत्यनुमन्यस्व । (इससे उत्तर में)
४. ओं देव सवितः प्रसुव यज्ञं प्रसुव यज्ञपतिं भगाय ।
दिव्यो गन्धर्वः केतपूः केतं नः पुनातु वाचस्पतिर्वाचं नः स्वदतु । (इससे चारों ओरं)

What to do ? Drop some drops of Water around the Hawan Kund

Scientific idea of the author

Water is being used to act as a boundry between the Fire and us. Just in case the fire gets out of hand, water controls the periphery.

Logic no 2 = Keep water ready, for safety

Logic no 3 = These water droplets will evaporate quite quickly due to heat of the Hawan kund. That will itself give a degree of pleasant air and coolness to the Yajman (doer of Hawan)

Core idea of the author , as in these mantra's

O Lord, you are un-destroyable. You do “Upkaar” – giving to others. You are all-knowledgeable. You are all – powerful. You are the Param+Ishwar (Absolute Lord) . I am requesting you for some favours. Please accept my requests.

O Lord, Protect my Voice, Make my Mind clear and intelligent, so that I can take right decisions. Make me more knowledgeable. And Make my voice sweet and interesting to others.

Make my voice as cool as this water.

(Note, a good speaking ability has been trained by all personality development trainers, be it **Dale Carnegie**, or _____ or _____ or all Management thinkers.)

We all know that correct speaking skills help you succeed in whichever activity we are – Marketing, HR, Collection, Purchase, Logistics, Production, PR – Public Relations , Politics, even within family and relatives or anything. so, be specific take all help you can, and request for this, from God)

Part XI = 8 Mantra's

१. ओं अग्नये स्वाहा । इदमग्नये इदन्न मम ।
२. ओं सोमाय स्वाहा । इदं सोमाय इदन्न मम ।

३. ओं प्रजापतये स्वाहा । इदं प्रजापतये इदन्न मम ।
४. ओं इन्द्राय स्वाहा । इदमिन्द्राय इदन्न मम ।
५. ओं भूरग्नये स्वाहा । इदमग्नये इदन्न मम ।
६. ओं भुवर्वायवे स्वाहा । इदं वायवे इदन्नमम ।
७. ओं स्वरादित्याय स्वाहा । इदमादित्याय इदन्न मम ।
८. ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः स्वाहा ।
इदमग्निवाय्वादित्येभ्यः इदन्न मम ।

Idea

Repeating that all this is for you / others, and not for me.

Part XII = Some Sweet into the Hawan

ओं यदस्य कर्मणोऽत्यरीरिचं यद्वान्यूनमिहाकरम् ।
अग्निष्टत् स्विष्टकृद्विद्यात्सर्वं स्विष्टं सुहुतं करोतु मे ।
कामानां समर्द्धयित्रे सर्वान्नः कामान्तसमर्द्धय स्वाहा ।
इदमग्नये स्विष्टकृते इदन्न मम ।

Idea

Lord, you know everything.

I know that you can do anything

And You also know what I want.

If there has been any inconsistency, incompleteness in this Hawan, please forgive me.

But, still I request that please make this Hawan a Success. Whatever I earn out of this Hawan is not for me alone. It is for the world around me.

((Internally – In some Hawan methodologies, this mantra is towards the end. If you also feel so, it is ok. The location does not matter so much. You can chant this towards the end)))

Part XIII = Samagri Matra's Surya Dev

१. ओं सूर्यो ज्योतिर्व्योतिः सूर्यः स्वाहा ।
२. ओं सूर्यो वर्चो ज्योतिर्वर्चः स्वाहा ।
३. ओं ज्योतिः सूर्यः सूर्यो ज्योतिः स्वाहा ।
४. ओं सजूर्देवेन सवित्रा सजूरुषसेन्द्रवत्या जुषाणुः सूर्यो वेतु स्वाहा ।

Pronunciation

Om Suryo Jyoti Jyoti Surya Swaha

Om Suryo Varcho Varcho Surya Swaha

Om Jyoti Surya Surya Jyoti Swaha

.....

Idea

Just as the Surya (The Sun) is giver of light to this whole world. Similarly God enlighten my heart and everybody around me.

O Lord, please accept these offerings of Ghee and Samagri. And convert them into millions of small molecules of Good health. Sacred Air, Grand Aroma, And spread them around the world.

Part XIV = Samagri Matra's Agni Dev

Om Agni Jyoti Jyoti Agni Swaha

Om Agni Varcho Varcho Agni Swaha

Om Agni Jyoti Jyoti Agni Swaha

१. ओं अग्नित्योतिर्ज्योतिरग्निः स्वाहा ।
२. ओं अग्निर्वर्चो ज्योतिर्वर्चः स्वाहा ।
३. ओं अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ।
४. ओं सजूर्देवेन सवित्रा सजूरायेन्द्रवत्या जुषाणो अग्निर्वेतु स्वाहा ।

Idea

Just as the Agni (The Fire) is giver of light and energy to this world (via usage of Electricity, combustion of Petrol, Diesel, LDO,CNG,LPG etc). Similarly O God enlighten my heart and everybody around me.

O Lord, please accept these offerings of Ghee and Samagri. And convert them into millions of small molecules of Good health. Sacred Air, Grand Aroma, And spread them around the world.

Part XV = Some more Samagri Matra's

१. ओं भूरग्नये प्राणाय स्वाहा । इदमग्नये प्राणाय इदन्न मम ।
२. ओं भुवर्वायवेऽपानाय स्वाहा । इदंवायवेऽपानाय इदन्न मम ।
३. ओं स्वरादित्याय व्यानाय स्वाहा । इदमादित्याय व्यानाय इदन्न मम ।

Lord you are close to me.

I Love you.

You keep me away from various problems and tensions

When I am doing this Hawan, I request that this Agni and this Surya, and all its forms of energy remain “happy” and “congenial” towards me. May I always be blessed by their good benefits. And never be hurt by them in any way

४. ओं भूर्भुवः स्वरग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः स्वाहा ।
इदमग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः इदन्न मम ।
५. ओं आपो ज्योतीरसोऽमृतं ब्रह्म भूर्भुवः स्वरो स्वाहा ।

Idea

Lord Give me wisdom
Lord, Please protect me.

Part XVI = Last - Completion

ओं सर्व वै पूर्ण स्वाहा ।

O Lord, Thanks for completion of this Hawan.
Do bless me, always.

Thanks