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Pickles Are For The Kitchen Only

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Pickles are very tasty and for many of us our meal is not complete without a spoonful of pickles. But as it is loaded with salt and chilli powder it is not a healthy item. If the eatable pickles are bad for health, mental pickles are far more dangerous.

What are these mental pickles? Many times, in our daily life, misunderstandings and difference of opinions crop up between siblings, close relatives, husband and wife, colleagues and friends. We are at the receiving end of harsh words and many a times the relationship turns sour.

The incident leaves us with negative feelings, dislike for the person, sometimes even animosity. The unpleasant incident stays in our mind and we make no effort to forgive and forget. We store it in our mind and these thoughts become mental pickles! These pickles are sure to affect our physical and mental health as they are preserved with salty animosity and red-hot anger! So, we should forgive and forget the whole incident. But this is easier said than done!

How can we overcome negative thoughts and animosity? This is possible if we understand that it is Sri Hari who is the only Independent Being, that He is Sarvatantra Swatantra.

If a person abuses us, we should understand that the person is not the independent doer, he is motivated by Sri Hari who resides in this person and he acts / speaks as per Sri Hari's will and His motivation. Just as

नाहङ्कर्ता हरिःकर्ता

is an important truth, it is equally important to understand

ममस्वामी हरि र्नित्यं सर्वस्य पतिरेवच

My Lord is Sri Hari and He is the Lord of everyone else. So, if a person speaks harshlyor is angry with us (for no reason) it is Sri Hari's will that I should be abused today and this is because of my past misdeed, either in this life or in my previous lives.

This is the punishment for my past misdeed. So, we should actually feel happy that through our suffering now we have exhausted at least a small portion of the vast quantity of sins accumulated from crores and crores of our past lives. With the knowledge and understanding that Sri Hari resides

in all animate beings and inanimate objects, that we all think, speak, and act as per His motivation and that this whole universe is dependent on him, and even a blade of grass will not move without His will.

तेनविना तृणमपि नचलति

With these profound truths always in our mind, unpleasant incidents of any sort will not upsetus. There will be no room for anger, dissentment, rancour, bitterness, animosity, sorrow, tension, worry, or any sort of negativity. So, pickles will be only in the kitchen shelf and not in our hearts!

Wedding Day

Wedding Day is, no doubt, a merry-making happy day for all Dampatis. But one should not forget that Wedding Day is GOD's DAY – a day for special worship and prayer to the Lord. Because, it is the Lord Who brought you together. If your partner loves you, don't believe he/she loves you. The Lord in your partner makes her/him love you.

Wedding-Day has gained importance only in recent years. It had no importance in the days of your grandparents. Ask them if you want.

Highly Effective

VAISHAKHA SNANA

April 2nd to May 1st

This month-long Vaishakha Snana is a form of vow or Tapas. We undertake this vow because it brings Divine Grace. The period is from Chaitra Maasa Pournami to Vaishaakha Maasa Pournami. On all the days, early morning (before Sun rise) Snana with Sankalpa is **'Vaishakha Snana'** Punyakaala.

Divine Grace comes in the form of strength in the body (Bala), good looking (Roopa), fame (Yasha:), noble thoughts (Dharma Chintana), enlightened knowledge (Jnana), long life, happiness, courage (Mano Dhairya), and health.

बलं, रूपं, यशो, धर्मं, ज्ञानं, आयुः, सुखं, धृतिम् ।
आरोग्यं परं आप्नोति, संयक्, स्नानेन मानवः ॥

Snana Time:— From Arunodaya Kaala (4.30 am) till before Sun rise. In case, if Snana could not be performed before Sun rise, atleast the Sankalpa and Vaishakha Snana Mantras and Arghya Mantras can be chanted during Snana.

After performing regular Snana, 12 Namas (using water), Aachamana, Pranayama and Sankalpa.

Snana - Sankalpa

..... एवं गुण विशेषण विशिष्टायां, शुभ-तिथौ, भारतीरमण मुख्यप्राणान्तर्गत श्री वैशाख-मधुसूदन प्रेरणया, श्री वैशाख-मधुसूदन प्रीत्यर्थं, वैशाख-स्नानं करिष्ये ॥

After chanting the regular Snana Mantras (Samasta Jagadaadhaara ..... and Ganga Smarana, etc.), chant the below 4 slokas.

Snana - Mantra

1. वैशाखं सकलं-मासं मेष-सङ्क्रमणे रवेः ।
   प्रातः स-नियमः स्नास्ये, प्रीयतां मधुसूदनः ॥

2. मधु-हन्तुः प्रसादेन ब्राह्मणानां अनुग्रहात् ।
   निर्विघ्नमस्तु मे पुण्यं, वैशाख-स्नान-मन्वहम् ॥

3. माधवे मेषगे भानौ, मुरारे मधुसूदन ।
   प्रातःस्नानेन मे नाथ, फलदोभव पापहन् ॥

4. वैशाखे मेषगे भानौ, प्रातःस्नानं करोम्यहम् ।
   तीर्थे जलमये पुण्ये, पुनीहि मधुसूदन ॥

After chanting the above Slokas again perform Snana. Then offer Arghya through both hands by reciting the below Arghya Mantras. (You can write these Slokas in a paper and paste it in bathroom).

Arghya - Mantra

1. नमः कमलनाभाय, नमस्ते जलशायिने ।
   नमस्तेऽस्तु हृषीकेश, गृहाणार्घ्यं नमोऽस्तु ते ॥
   विष्णवे नमः इदं अर्घ्यम् ॥

2. वैशाखे मेषगे भानौ, प्रातःस्नान-परायणः ।
   अर्घ्यं तेऽहं प्रदास्यामि, गृहाण मधुसूदन ॥
   मधुसूदनाय नमः इदं अर्घ्यम् ॥

3. एहि सूर्य सहस्रांशो, तेजोराशे जगत्पते ।
   अनुकम्पय मां भक्त्या, गृहाणार्घ्यं नमोऽस्तु ते ॥
   सूर्याय नमः इदं अर्घ्यम् ॥

4. विष्णु पादाब्ज संभूते, गङ्गे त्रिपथ-गामिनी ।
   गृहाणार्घ्यं मया दत्तं, जले सन्निहिता भव ॥
   गङ्गायै नमः इदं अर्घ्यम् ॥

5. गोदाद्याः सरितः सर्वाः तीर्थानि च ह्रदाश्च ये ।
   गृहाणार्घ्यं मया दत्तं, अर्घ्यं सम्यक् प्रसीदतु ॥
   तीर्थ-देवताभ्यो नमः इदं अर्घ्यम् ॥

6. ऋषभः पापिनां शास्ता, त्वं यमः समदर्शनः ।
   गृहाणार्घ्यं मया दत्तं, यथोक्त-फलदो भव ॥

॥ श्रीकृष्णार्पणमस्तु ॥

Sankalpa and Snana Mantras In English

After performing regular Snana, 12 Namas (using water), Aachamana, Pranayama and Sankalpa.

..... Evam Guna Viseshana Vishish-taayaam, Shubha-thithou, Bharatee-ramana Mukhya-praanaan-targata, Sree Vaishaakha-Madhusoodana Prera-nayaa, Sree Vaishaakha-Madhusoodana Preetyartham, Vaishaakha-Snaanam Karishye.

After chanting the regular Snana Mantras *(Samasta Jagadaadhaara .....* and Ganga Smarana, etc.), chant the below 4 slokas.

Snana - Mantra

1. *Vaishaakham Sakalam-maasam,*
   Mesha-Sankramaney Ravey: |
   Praata: Sa-niyama: Snaasyey,
   Preeyataam Madhusoodana: ||

2. *Madhu-hantu: Prasaadeyna,*
   Braahma-naanaam Anugrahaath |
   Nir-vighna-mastu May Punyam,
   Vaishaakha-Snaana-Manvaham ||

3. *Maadhavey Meshagey Bhaanau,*
   Muraarey Madhusoodana |
   Praatas-snaaney-na May Naatha,
   Phalado-bhava Paapa-han ||

4. *Vaishaakhey Meshagey Bhaanau,*
   Praatas-snaanam Karomyaham |
   Theer-they Jala-mayey Punyey,
   Puneehi Madhusoodana ||

After chanting the above Slokas again perform Snana. Then offer Arghya through both hands by reciting the below Arghya Mantras. (You can write these Slokas in a paper and paste it in bathroom).

Arghya - Mantra

1. *Nama-h Kamala-naabhaaya,*
   Namastey Jala-shaayiney |
   Namas-theystu Hrisheekeysha,
   Grihaa-naar-ghyam Namostu They ||
   Vishnavey Nama-h Idam Arghyam

2. *Vaishaakhey Meshagey Bhaanau,*
   Praatas-snaana-paraayana: |
   Arghyam They-ham Pradaasyaami,
   Grihaana Madhusoodana ||
   Madhusoodanaaya Nama-h Idam Arghyam

3. *Yehi Soorya Saha-sraam-sho,*
   Theyjo-raashey Jagatpathey |
   Anu-kam-paya Maam Bhaktyaa,
   Grihaa-naar-ghyam Namostu they ||
   Sooryaaya Nama-h Idam Arghyam

4. *Vishnu Paadaa-bja Sam-bhoothey,*
Gangey Tri-patha-gaa-minee |
Grihaa-naar-ghyam Mayaa Dattam,
Jaley Sanni-hitaa Bhava ||

Gangaa-yai Nama-h Idam Arghyam

5. *Godaadyaa: Sarita: Sarvaa:,*
Theer-thaani cha Hra-daas-cha yey |
Girhaa-naar-ghyam Mayaa Dattam,
Arghyam Samyak Praseedatu ||

Theertha-deva-thaabhyo Nama: Idam Arghyam

6. *Rishabha: Paapinaam Shaas-thaa,*
Twam Yama: Sama-darshana: |
Grihaanaarghyam Mayaa Dattam,
Ya-thok-tha-phaladho Bhava ||

|| Sree Krishnaarpanamastu ||

Note:— Arghya Mantras 1, 3, 4 and 5 have to be offered daily throughout the year.

If unable to do Vaishakha Snana on all 30 days, do it atleast on last 3 days (Vaishakha Shukla Trayodasi, Chaturdasi, Pournami). The benefits will be proportionate.

Our ancestors used to go to a Kshetra to perform Vaishakha Snana in a Punya Teertha.

During this month, the Abhimani Devatas of Maha-Nadees are present even in small tanks and they wait there till six Ghatikas after the Sun-rise to bless those who come there for Vaisakha Snaana.

Those unable to go out for Snaana, can do it in well water. Those who take Vaisakha-Snaana in well water will be cleansed of their sins of the present Janma. If they take bath in Teerthas created by Devas, they would be purified of their sins of three Janmas. A bath in any seagoing river will wash off the sins of seven Janmas. Vaisakha-Snaana in sacred rivers such as Ganga, Yamuna, Godavari, Krishna, Kaveri, Narmada etc., would wipe off the sins accumulated in one crore of Janmas.

One gets the fruitful effects of an Aswamedha Yaga if he simply steps out of the house towards a Punya-Teertha with an intention to have Vaisakha-Snaana. Lord Sri Lakshmi Narayana becomes immensely pleased with one who completes Vaisakha-Snaana before Sunrise and performs his Aanhika thereafter.

Note:— The Arghya water should not go into the drainage. If you perform Snana in bathroom, then only chant the Arghya Mantras in the bathroom. After coming out of bathroom, wear 12 Namas using water and then offer Arghya water in a vessel. This Arghya water can be disposed under plants or on compound wall, etc.

Women should also chant these Mantras during Snana and offer Arghya.

Importance of

VAISHAKHA SNANA

from Skanda Purana

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Ref: His book - **"Mahimas of Vaishaakha Maasa"** in Skanda Purana-Second Vaishnava Khanda - Adhyaya 1.

This is a conversation between Narada and Ambarisha Maha Raja.

नारद उवाच — Narada said:

माधवस्तेषु वैशाखं मासानां उत्तमं व्यधात् ॥ 8 **॥**

Vaishaakha month is the most excellent one among months. (Sloka 8).

मासानां धर्महेतूनां वैशाखश्चोत्तमस्तथा ।
न अनेन सदृशो लोके विष्णु-प्रीति-विधायकः ॥

Vaishaakha is the most excellent one among all the months conducive to piety and virtuousness. There is nothing else like this in this world which is conducive to the pleasure of Vishnu. (Sloka - 15).

The Lord Is Highly Pleased

वैशाख-स्नान-निरते मेषे प्रागर्यमोदयात् ।
लक्ष्मी-सहायो भगवान् प्रीतिं तस्मिन् करोत्यलम् ॥

The Lord accompanied by Lakshmi is much delighted with a person habitually engaged in the holy bath before Sun rise, in the month of Vaishaakha when the Sun is in Mesha Raasi. (16).

जन्तूनां प्रीणनं यद्वत् अन्नेनैव हि जायते ।
तद्वत् वैशाख-स्नानेन विष्णुः प्रीणात्यसंशयम् ॥

Just as creatures are pleased with food, so also Sri Vishnu is undoubtedly pleased with the holy bath in the month of **Vaishaakha.** On seeing people engaged in holy bath in the month of **Vaishaakha,** the Lord becomes highly pleased. (Sloka - 17).

Vaishakha Snana Period
2-4-26 to 1-5-26

Chaitra Pournami to Vaishakha Pournami

वैशाख-स्नान-निरतान् जनान् दृष्ट्वाऽनुमोदते ।
तावतापि विमुक्तोऽघैः विष्णु-लोके महीयते ॥

If a person engaged in Vaishakha Snana before Sun rise, that person is liberated from sins, and is honoured in the world of Sri Vishnu.

Even One Day Snana
Great Sins Are Destroyed

सकृत् स्नात्वा मेषसंस्थे सूर्ये प्रातः कृताह्निकः ।
महापापैः विमुक्तोऽसौ विष्णोः सायुज्यमाप्नुयात् ॥

If a person performs Vaishaakha Snana before Sun rise even a single day and performing the daily round of duties, then the great sins are destroyed and that person attains Vishnu Loka. (Sloka - 18).

स्नानार्थं मासि वैशाखे पादमेकं चरेद्यदि ।
सोऽश्वमेधायुतानां च फलमाप्नोत्यसंशयम् ॥

अथवा कूटचित्तस्तु कुर्यात् 'सङ्कल्प-मात्रकम्' ।
सोऽपि क्रतुशतं पुण्यं लभेदेव न संशयः ॥

If a man takes a step for the purpose of **Vaishakha Snana**, he undoubtedly attains the benefit of Ten Thousands of Ashwamedha Yaaga Phala (horse-sacrifices). If a person of crooked mind simply resolves this within his mind, even he will obtain the merit of a hundred sacrifices. There is no doubt about this. (Sloka - 19, 20).

यो गच्छेद्धनुरायामं स्नातुं मेषगते रवौ ।
सर्व-बन्ध-विनिर्मुक्तो विष्णोः सायुज्यमाप्नुयात् ॥

If a person goes a distance of a dhanus — distance

of three and a half hands — in order to bathe when the Sun is in Mesha Rasi, then that person will be liberated from all bondages. (Sloka - 21).

त्रैलोक्ये यानि तीर्थानि ब्रह्माण्डान्तर्गतानि च ।
तानि सर्वाणि राजेन्द्र सन्ति बाह्येऽल्पके जले ॥

Oh eminent King, all the Tirthas (holy rivers) in the three worlds within the Brahmaanda (Universe) are present even in every little of water in Streams, etc. (Sloka - 22).

तावत् लिखित-पापानि गर्जति यम-शासने ।
यावत् न कुरते जन्तुः वैशाखे स्नान-मंभसि ॥

Sins entered in the records of Yama roar only as a living being does not take bath in cold water in the month of Vaishakha. (Sloka - 23).

Vaishakha Snana In Rivers, Lakes, etc.

तीर्थादिदेवताः सर्वा वैशाखे मासि भूमिप ।
बहिर्जलं समाश्रित्य सदा सन्निहिता नृप ॥

सूर्योदयं समारभ्य यावत् षड्घटिकावधि ।
तिष्ठन्ति चाऽऽज्ञया विष्णोर्नराणां हितकाम्यया ॥

तावत् न आगच्छता पुंसां शापं दत्त्वा सुदारुणम् ।
स्वस्थानं यान्ति राजेन्द्र 'तस्मात् स्नानं समाचरेत्' ॥

All the Devatas of Tirthas (holy rivers) are always present in the external water (Bahir-jala) — rivers, lakes, etc., in **Vaishakha** month. At the behest of Sri Vishnu and with a desire for the welfare of people they stay for six ghatikaas — 24 x 6 = 144 minutes — 2 hours and 24 minutes from Sun rise. (Sloka - 24, 25).

Note:— This extended hours (2 hrs and 24 mts) from Sun rise is given only as an exemption for Snana in rivers, lakes, etc. But however the normal rule that the Snana to be performed before Sun rise still holds good. For some reason, if one could not perform Snana before Sun rise, an exemption is given till 2 hours and 24 minutes from Sun rise. Until then the Devatas of Tirthas are present in the water of lakes, rivers, etc.

If people do not take bath at that time, they curse them terribly and go over to their respective abodes. Hence, oh great King, one should take bath as stated. (Sloka - 26).

If we are not able to perform Snana in a holy river and offer Daanas, the Lord is pleased even if we go through the above Purana Slokas and their meanings during Vaishakha Masa period. (2nd Apr. to 1st May).

Please explain all these to other members in the house, especially youngsters.

VAISHAKHA SNANA
is a powerful Saadhana in our life.

Vaishakha Snana In Ganga River

In Your Bathroom

(For Both Men and Women)

If one remembers the Ganga river and chants and the below 12 names of the river Ganga at the time of daily Snana, (even at bathroom), then the river Ganga will be present in that water resource.

नन्दिनी नलिनी सीता मालती च मलापहा ।
विष्णुपादाब्जसम्भूता गङ्गा त्रिपथगामिनी ॥
भागीरथी भोगवती जाह्नवी त्रिदशेश्वरी ।
द्वादशैतानि नामानि यत्र यत्र जलाशये ॥
स्नानकाले पठेन्नित्यं तत्र सन्निहिता तु सा ॥

1. Nandinee
2. Nalinee
3. Seetha
4. Maalathee
5. Malaapahaa
6. Vishnu-paadaabja-sambhoothaa
7. Gangaa
8. Tri-patha-gaaminee
9. Bhaageerathee
10. Bhogavathee
11. Jaanhavee
12. Trida-sheshwaree

Please inform the above Ganga Snana to all the members in the house. These names can be pasted in bathroom. The water in the bucket in your bathroom becomes Ganga water if you remember Ganga river and chant these 12 names before Snana.

Vaishakha Masa Mahatmya

One may have time or convenience to have bath in Vaishakha Masa in a holy river or not, the grace of the Lord Sri Madhusudana is certain if the devotee reads (or) listens to the Vaishakha Masa Maahaatmya.

The author, Sri T.S.Raghavendran, has written two books on the Mahimas of Vaishakha Masa, one from Skanda Purana and another from Padma Purana. One can avail this opportunity to possess these books by contacting the author Sri. T.S.R. (95970 38909, 99949 41706) and read Vaishakha Masa Mahatmya.

Reading / hearing Vaishakha Masa Mahatmya pleases the Lord and paves the way for peace and prosperity in life. Atleast the devotees can read a few slokas (with meanings) published in this Journal from Pages 12 to 16 and try to perform Vaishakha Snana on the possible days and get the grace of the Lord Madhusudana. Even one day Vaishakha Snana removes great sins. (See Page 14).

Lord Madhusudana is the presiding deity of the Vaishakha Month.

VAISHAKHA MONTH
Is The Most Dearest To The Lord.
— Pamda Purana (Adh.-86, Slo.-19)

Maasa Dharma

Vaishakha Maasa

Daily Ashwatta Pradakshina

Watering Thulasi plant and Ashwatta Tree brings happiness to the entire Kula. (Nirnaya Sindhu page 70).

Other Shastras also glorify Ashwatta Vriksha pradakshina before 7 a.m. during Vaishaka month. One's desires are fulfilled. Chant Purusha Sookta or any Stotra. Ladies can sing Devaranamas. Anything in low voice during Pradakshina, with no disturbance to others. This sloka can be chanted during Pradakshina both by men and women.

मूलतो ब्रह्म रूपाय, मध्यतो विष्णु रूपिणे ।
अग्रतः शिव रूपाय, वृक्ष-राजाय ते नमः ॥

In Vaishakha month, (1) Snana with Sankalpa (2) watering Ashwatta Vriksha and then (3) Pradakshina to the tree --- all these will please Devatas and Pitrus. Our thoughts will flow on Dharmic path. The entire Vamsha gets relief from sorrows. These three slokas indicate this:

प्रातः स्नात्वा विधानेन माधवे माधव-प्रियम् ।
यो अश्वत्थ-मूलं आ-सिञ्चेत् तोयेन बहुना सदा ॥

कुर्यात् प्रदक्षिणं तं तु सर्व-देवमयं ततः ।
पितृ-देव-मनुष्यांश्च तर्पयेत् स-चरा-चरम् ॥

यो अश्वत्थं अर्चयेत् एवं उदकेन समन्ततः ।
कुलानां अयुतं तेन तारितं स्यात् न संशयः ॥

The last line says: *"No doubt in this."*

Thulasi Archana

In Vaishakha month, perform Archana to Lord in the house either with Krishna Thulasi (Blue Thulasi) or White Thulasi. The Lord is immensely pleased.

तुलसी कृष्ण-गौराख्या, तया अभ्यर्च्य मधु-द्विषम् ।
विशेषेण तु वैशाखे, नरो नारायणो भवेत् ॥

(नि.सिं. Page.70)

Good Times: How It Comes ?

Our sufferings are due to our own past bad deeds. To mitigate its bad effects, Shastras ask us to sincerely observe Vratas like Ekadasi, other Vratas / Danas / and Sevas in the Mutts / Temples during Vaishakha Maasa.

Devara Puja

Vaishaka Maasa Dharma: Daily Saligrama Puja, Thulasi & Pushpa Archana, Naivedya of Paanaka, Buttermilk, Tender Coconut Water, Mango and other fruits. Perform Gandho-daka Abhisheka using quality Kumkuma-Kesara, cardamom and pachcha-karpura along with Thulasi Kaashta. Experience the inner satisfaction while you perform this. Maha-phala waits for this.

Vayu Devara Puja

Perform Abhisheka with specially prepared Gandho-daka to Vayu–Pratima, chanting Vayu-stuti in Vaishakha. It yields Sheegra-Phala. If possible, Abhisheka with pure cow-milk on some days, pure honey on some days before Gandho-daka Abhisheka also very beneficial.

It is 'Mangala' to the family. Pitrus will be pleased by our Daana of paanaka (fruit juice) after naivedya. Similarly Daanas of Umbrella, Chappal, good quality dhoti, saree, etc. Even cool Pot-water can be offered to as many numbers as possible during Chaitra and Vaishakha.

प्रपेयं सर्व सामान्याः, भूतेभ्यः प्रति-पादिता ।
अस्याः प्रदानात् पितरः, तृप्यन्तु अखिल देवताः ॥

'Pra-paa daana' means putting up temporary Pandal for supplying plenty of butter milk, cool water in Vasantha Kaala (Chaitra & Vaishakha);

not only to human beings, but also to the cows, buffalos, goats, birds, etc. animals. *(Sarva bhootebhya:)* Dharma Shastra says to give water to all kinds of animals too. Sankalpa can be made on Yugadi day that 'I will do this till Vaishaka Amavasya' (2 months). If this is not possible, daily give drinking water to animals. If possible, bathe the cow, and experience the joy of it.

Uda-kumbha Daana

Udakumbha Daana means giving drinking water along with vessel. Daana Mantra:- *(Dharma Sindhu page 42)*

एष धर्म-घटो दत्तो ब्रह्म-विष्णु शिवात्मकः ।
अस्य प्रदानात् सकला मम सन्तु मनोरथाः ॥

Chant the above sloka and give daana with Thulasi and Dakshina. [This is more effective on Akshaya Triteeya Day.] If a pot of drinking water alone (without vessel) is given daily for 2 months, it is also Udakumbha daana.

Tila Daana, Tila Homa

Tila homa brings 'maha phala' in Vaishaka month. From Vaishakha Shukla Pournami to Jyeshta Shukla Dasami – one day Tila homa, Tila daana along with vessel, Tila-Taila-deepa-daana, Tila Tarpana on Akshaya Triteeya day – all these bring good results in various ways. Daana of both Tila and Honey is 'Maha Visesha'. See the Daana

Chandrika Vaakya page 16.

वैशाख्यां पौर्णमास्यां वा तिलान् क्षौद्र समन्वितान् ।
यः प्रयच्छेत् द्विजातिभ्यः, सर्व पापैः प्रमुच्यते ॥

(Kshowdra = honey)

Tila Daana Mantra

तिला वै सोम दैवत्याः, सुरैः सृष्टास्तु गोसवे ।
स्वर्ग-प्रदाः स्वतन्त्राश्च ते मां रक्षन्तु नित्यशः ॥

Tila Homa

(Dharma Sindhu page 43) Sri Lakshmi Narasimha puja in Kalasa. Homa Mantra: **प्रतद्-विष्णुः** ..... or **इदं विष्णु र्विचक्रमे** ..... 108 (or) 28 times.

To get 'Poorna Phala' of homa, these are the daanas: Chappal, Umbrella, Uda-kumbha (pot), bed, palmyra hand-fan, Tila with Tila-paatra, honey (whichever possible).

Parva Kaala Days for Daanas

1. Guru and Angaaraka in Simha Raasi, 2. Soorya in Mesha, 3. Vaishaka Shukla Dwadashi, 4. Hastha Nakshaktra – if all these combine or any of these combine on a day – if daana is given on that day, ordinary man becomes a King, diseases will go away, says Nirnaya Sindhu page 74.

Even *Smrityartha-saagara:* स्मृत्यर्थसागरः asserts the same above. Further, Akshaya Triteeya day + Rohini Nakshatra + Wednesday (or) Monday – daana on this day, gives Maha Visesha Phala (page 58).

Firm faith, sincerity, devotion, etc. these combined, remove our worries in life, and desires are fulfilled, says Nirnaya Sindhu page 70.

अपि जन्म सहस्रोत्थं पापं दहति दारुणम् ।
माधवे मासि यः कुर्यात्, लभते सर्वं ईप्सितम् ॥

Mesha Sankramana

(Tamil New Year Day) **April 14th**

April 14th — Pooja, Tarpana etc. before Parane

Mesha Sankramana falls on 14th April. It is also Tamil New Year Day. Chittirai 1st. It is an important Parva-Kala for Pitru Tarpana. Gayathri Japa, Saligrama Puja and then Tarpana. Women: Tulasi Puja and Krishna Mantra Japa. Do not miss this very effective day. It will yield favourable results.

AKSHAYA TRITEEYA

April 20th — Monday

Vaishakha Shukla Triteeya day is Akshaya Triteeya. Most auspicious day for any Shubha Karya. All Dharma Shastras praise this day. Even a little Punya Karya (Japa, Homa, Pitru-Tarpana, Daana) on this day, brings great Phala, says Dharma Sindhu (page 41).

यत् किञ्चित् जप, होम, पितृ-तर्पण,
दानानि क्रियते, तत् सर्वं अक्षयं भवति ॥

Not like other days

This day is not like any other ordinary day. If you celebrate this day with a little bit of sincerity and devotion, success is sure in life.

1. **Early Morning Snana with Sankalpa:—** Devout people go to a Punya Theertha for Snana on this day. Shastra says,

   वैशाखे शुक्लपक्षे तु तृतीयायां तथैव च ।
   गङ्गा-तोये नरः स्नात्वा, मुच्यते सर्व-किल्बिषैः ॥

   If Ganga water is available in the house, sprinkle a few drops (Prokshana) on your head. If not available, think of Ganga river and simply say **'Ganga, Ganga'** and have prokshana of ordinary water.

2. **Japa-process:** Snana, then Madi-vastra, Gopi-chandana naama mudra, Sandhyavandana, and Gayatri Japa. No absent-minded Japa. A quality Japa with total inner involvement. It means unbroken concentration on the charming Figure of the Lord smiling at you, and sitting at the Centre of the Sun. 108 times Gayatri Japa. If no time, atleast 10 times (in 7 minutes). Ladies: Thulasi Puja and Krishna Mantra Japa.

3. **Puja:** Saligrama Puja, within the available time. Abhisheka with Gandho-daka*. Full Devara Puja, including Ramaa-Naivedya.

4. **Pitru-Tarpana:** Sarva-pitru Tarpana is a must on Akshaya-Triteeya day (by those to whom it is applicable).

5. **Dana:** Shastra says Dana in general, yields benefits, sure and certain. (Dhru-vam-Phalati). Dana offered on this day, comes back in many fold. A small Dana offered on this day, comes back in unknown ways. Gods are pleased. Pitrus are also pleased. The result is "GOOD LUCK". Offer it to Lord first and then to a worthy person with Thulasi Dhala and Dakshina.

**Saffron (Kunkuma-Kesara), Cardamom (Elakki) powder, pacha-karpura, Thulasi Kaashta all mixed and blended with Chandana water is "Gandho-daka".*

6. **Parayana:** If possible, parayana of any grantha atleast for 10 minutes. Be blessed with peace of mind, by chanting any stotra. Maha-phala for Manyu Sookta (or) Hari Vayustuti parayana in Puras-charana method. Ladies can do parayana of Lakshmi Shobhane, Madhwa Naama, Hari-katha-mrita-saara, etc.

7. **Anna-daana:** If worthy persons (Dampathis) are available nearby, invite them for anna santarpana and offer them theertha, thamboola, dakshina with thulasi, prior to Bhojana and receive their blessings.

On Akshaya Triteeya day, each and every item mentioned above bestows countless blessings. It ensures the welfare of the whole family.

If possible, Manyu Sookta Homa or any other Homa can be performed. It brings more and more prosperity. Naivedya of Paanaka, Buttermilk, fruits are Maasa Dharma. In temples, the idols are covered with Chandana. In houses, Chandana water Abhisheka is ideal.

Do Not Spend This Day in Shops

Therefore, this day is meant for Devara Puja, Anna Dana and other Dharma Karyas in the house. Discarding all these auspicious activities in the house, is it wise to spend the day in shops ?

The shop keepers in big advertisements, proclaim that the day is meant for purchasing sundry things from them. Dont get duped.

Akshaya-Triteeya day is an excellent opportunity to gain Divine Grace that removes our troubles in life. Our Kula Devata and our Pitrus are watching us whether we do any Dharma Karyas remembering them on this day. The day is the most auspicious (Parva Kaala). **This day is not for wasting time in the Bazaar.** And this day is not for giving our hard earned money to the shopkeepers. This day is meant to get peace of mind by offering daana, to worthy persons and for Puja.

If both Rohini Nakshatra and Wednesday combine on Akshaya Triteeya day, (or any one combines with this day,) more phala for japa, homa, etc. (Dharma Sindhu page 41)

It is also Visesha if Monday or Wednesday combines on this day, says Smrityartha Saagara.

(Akshaya Triteeya) Tarpana Mantra

Aachamanam. Pavitra Dhaaranam.

आचमनं, पवित्रधारणम् । ॐ, भूः,..... एवं गुण विशेषण विशिष्टायां पुण्यतिथौ, प्राचीनावीति-
अस्मत् पित्रादि समस्त पित्रन्तर्यामि, भारतीरमण-

मुख्यप्राणान्तर्गत, श्रीजनार्दन वासुदेव-प्रेरणया, श्रीजनार्दन वासुदेव-प्रीत्यर्थं, अक्षय-तृतीया, कल्पादि पुण्यकाल प्रयुक्त, पित्रादि समस्त पितॄन् उद्दिश्य, तिल तर्पणं करिष्ये । अस्मत् पितरं.... ।

After offering to all -

अनेन, अक्षय-तृतीया, कल्पादि पुण्यकाल प्रयुक्त, पित्रादि समस्त पितॄन् उद्दिश्य, तिलतर्पणेन, अस्मत् पित्रादि समस्त पित्रन्तर्यामि भारतीरमण-मुख्यप्राणान्तर्गत श्री जनार्दन वासुदेवः प्रीयतां, सुप्रीतोवरदोभवतु । श्रीकृष्णार्पणमस्तु ॥

Then Pavitra Visarjanam and then Achamanam.

Snana and Dana

Samudra Snana or Punya-theertha Snana on this day, mitigates the sufferings and worries in life.

Danas: Gandha, Pushpa, Paanaka, Buttermilk, cool drinking flavoured water, chitraanna, curd rice, coconut, fruits, deepa, vastra, chappal, umbrella, palmyra hand-fan, mat, pillow, carpet, bed-sheet, bed, Go dana, etc. Whichever dana is possible can be given with thamboola dakshina and thulasi.



A Scene In Srinivasa Kalyana

We see this interesting scene in the palace of Akasa raja, the glorious father of Sri Padmavathi Devi.

Bakula Devi, the foster mother of Sri Srinivasa had just arrived there to ask the hand of Padmavati to Srinivasa. She meets Dharani Devi the Queen and recounts to her the high merits of her (Bakula's) illustrious son.

Hearing about the majestic personality, captivating beauty and streling character of the bridegroom, the heart of the girl's mother overflows with joy. She grows impatient and rushes to her husband Aakasaraja. She tells him the boy's details and urges him to act immediately.

She is specific. She asks the king to enquire quickly about the boy's Kula, Vidya, his strength of character, strenght of finance, his Gotra, Nakshatra, about the horoscopic agreement and also the boy's antecedents (his poorveeka).

Varasyaapi Vichaarya-Aashu, Kula, Vidyaam, Balaadikam
Gotra, Riksha, Aanukoolyam Cha Brahmanai Veda- Paaragai*
Vicharya Vara-Vadhvo: cha yoni-Naadi Su-Sangatim
Sarvam, Samyak, Samaa-lochya, Kanya-Daanam Kuru Prabho
— Bhavishyothara Purana venk. Kalyana IX slo. 92,93

वरस्यापि विचार्य-आशु, कुल, विद्या बलादिकम् ।
गोत्र, ऋक्ष, आनुकूल्यं च ब्राह्मणैः वेदपारगैः ॥
विचार्य, वर-वध्वोश्च, योनि-नाडि सु-सङ्गतिम् ।
सर्वं संयक् समालोच्य, कन्यादानं कुरु प्रभो ॥

As a responsible and intelligent mother, Dharani Devi gives also a hint to the king that Padmavati had given her heart to Srinivasa. Aakasa Raja, being a Raja-Rishi, gifted with insight, visualises the glorious wedding. Sky-high is his joy, but concealed in heart. The Purana Text, in simple sanskrit, effectively brings before us, the parental anxiety and affection of a noble father. This may be a common affair in every family. But what is uncommon is the unique wisdom we witness in Aakasa Raja.

His first reaction is the point here. He proclaims and rejoices that his pitrus would be much pleased and that it is only this Poorva-punya and not his own cleverness that brought such a glorious Mangala to the family.

We witness the highest culture of a matured person here. While rejoicing about the settlemetn of marriage of his daughter, the father, with sincere gratitude, remembers his forefathers and believes that this Kanya-Daana would be much pleasing to them and would enhance their heavenly happiness. All other domestic joys are only secondary

Aho Mangalam Asmaakam Sampraaptam Poorva Punyataha
Asmaakam Pitarah Sarvey, Kritaarthah Mukti-Bhagi naha

अहो मङ्गळं अस्माकं, संप्राप्तं पूर्व-पुण्यतः ।
अस्माकं पितरः सर्वे कृतार्थाः मुक्ति-भागिनः ॥

Yashoda the gifted mother of Lord Sri Krishna was not fortunate enough to witness her son's marriage. This joy she missed in her life. In her old age, she expressed her heart's desire to Sri Krishna. The Lord assured her that she would be granted this happiness in her next birth. As Bakula, she celebrated Srinivasa Kalyana.

Iti Evam Kaaranadeva yoshoda Bakula Abhavath
Saa Karishyati Kalyanam Hareh: Venkata Vaasinaha
— Venk, Kal V. Slo. 50

इति एवं कारणादेव यशोदा बकुळा अभवत् ।
सा करिष्यति कल्याणं हरेः वेङ्कट-वासिनः ॥

We can see Bakula Devi at Tirumalai temple just at the entrance of the temple's kitchen. The idea is that even now she looks after the preparation of the appropriate Menu to Sri Venkatesa daily.