



Sri Subrahmanya Swamy 40 Day Sadhana starting Purnima - Tuesday, May 25 (local time)

Her Holiness, Amma Sri Karunamayi has recommended a Sri Subrahmanya Swamy 40 Day sadhana to be performed to mitigate the effects of Prana Ghanda Yogam and for Kuja Graha Shanti.

Due to Purnima (Full Moon), please start this puja this evening local time (TUESDAY, MAY 25) and then perform this puja every day between 6 PM – 8 PM (local time), starting Wednesday, May 26, 2021, through Saturday, July 3, 2021.

Procedure:

- Use a clay diya.
- Place two red wicks (prana deepams) in the diya and add organic cow ghee.
- Take a new brass plate or a metal*tray and add 100 gms. **red masoor dal** (split red lentils) and spread it on the plate then set the clay diya on top of it.
*(Please note that plastic plate or tray is NOT recommended and also make sure the metal tray used is new or only used for puja purposes.
- Place the tray on your prayer altar with the diya facing the North direction.
- Sit in front of the lamp and take sankalpa for 40 days for yourself and your family members.
- Light the lamp.
- Offer fresh dates as naivedyam to Sri Subrahmanya Swamy in the form of the lamps. You can eat the dates as prasadam after the japam.
- Now focus your attention and chant the Sri Subrahmanya Swamy mantra 216 times (x108 for yourself and x108 for your family members) - **“OM SAM SARVANA BHAVAYA NAMAH”**.
- Please follow the above procedure for 40 days and on Sunday, July 4, discard the clay diya and wicks into a river or a body of water with flowing water. Otherwise, discard the clay diya and wicks carefully where no one can step on it such as burying it in the garden.

NOTES:

1. Be sure to maintain the lamps by ensuring there is plenty of organic cow ghee in the clay diya. They should **not** burn out during the japam.
2. The masoor dal does not need to be changed daily.
3. A new plate is not required for each day.
4. Red wicks can be purchased at the Amma store or use kumkum to color the wicks. Simply 'wet' the tips of your fingers with ghee and dip them in dry kumkum. Now rub the kumkum into your wicks to color them. Also do this the night before.
5. You should not perform the sadhana during moon cycle. Simply stop the sadhana and resume once the cycle is complete.