

Upasana

Upasana is a way of worshipping and pleasing a deity to seek its blessings in order to achieve success, progress, joy, happiness, health, wealth.

Upasana has such a great power that it can eliminate obstacles, troubles, unhappiness, problems, issues in our life by boosting our moral, giving positive direction within ourselves without begging help from outside.

Once your mind reaches an appropriate level of courage, confidence, calmness, bigger difficulties start appearing smaller & easily manageable, bigger & stiffer goals start to appear achievable & within reach.

Thus Upasana is the greatest Tool available to mankind for motivation needed for miracles in life.

Believe in Miracles BUT do not depend on them. Do the Upasana and leave it to God to take care of you.

Following are simple Upasana methods which can be done in today's fast life even in America.

| Upasana & How to do it... | |
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| Ganesh Upasana | |
| 1. Ganapati Atharva Shirsha Upasana | <ul style="list-style-type: none"> Daily morning once during or after bath. Daily in the evening before dinner or just before going to bed. 21, 11, 21, 108, 1001 times on every Sankashti Chaturthi (4th day of Krishna Paksha – New moon day half – of every lunar month). 21, 11, 21, 108, 1001 times on Ganesh Pratishthapana Day or during Ganesh Festival |
| 2. Ganesh Mantra Upasana | ॐ गं गणपतये नमः |
| <ul style="list-style-type: none"> Daily 108 times in the morning or evening. At least 1001 times during Sankashti Chaturthi | |
| 3. Ganesh Chaturthi Vrat | <ul style="list-style-type: none"> Observe fast on every Sankashti Chaturthi (4th day of Krishna Paksha – New moon day half – of every lunar month). Perform Ganesh Pooja in the night after the moon rise and then break the fast. Go to Ganesh Temple, offer Pooja & prayers. Perform abhisheka. |
| 4. Sankatnashan Ganesh Stotra Upasana | <ul style="list-style-type: none"> Once every day morning or evening. At least 1001 times every year. |
| 5. Anant Chaturdashi Upasana – Ganeshotsav | <ul style="list-style-type: none"> Celebrate Ganeshotsav every year. |
| Devi Upasana | |
| 1. Durga Saptashati Upasana | <ul style="list-style-type: none"> Path & Pooja every year. |
| 2. Devi Kavach Upasana | <ul style="list-style-type: none"> Once every day |
| 3. Gauri Vrat | <ul style="list-style-type: none"> Observe Gauri Poojan during Ganeshotsav every year. |
| 4. Navaratra Upasana | <ul style="list-style-type: none"> Observe Navaratri every year from Ashwin Shuddha Pratipada (1st Day) to Vijayadashami (10th day) – Dashahara. |
| 5. Devi Stotra Upasana | <ul style="list-style-type: none"> Once every day |
| 6. Devi Mantra | ॐ श्रीम ह्रीम क्लीम महालक्ष्म्यै नमः |

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| <p>7. Devi Fasting (Tuesday or Friday) Vrat</p> <ul style="list-style-type: none"> Observe fast on every Tuesday and/or Friday. Go to Durga/Lakshmi temple offer prayers, poja, abhisheka. |
| <p>Shiva Upasana</p> |
| <p>1. Mahashiva Ratri Vrat</p> <ul style="list-style-type: none"> Observe fast, go to Shiva Temple offer prayers, abhisheka. |
| <p>2. Shravani Somwar Vrat</p> <ul style="list-style-type: none"> Observe fast Go to Shiva Temple, offer prayers, Pooja, abhisheka. Perform Satyanarayan Poojan |
| <p>3. Shiva Mantra Upasana ॐ नमो शिवाय</p> <ul style="list-style-type: none"> 108 times daily morning and/or evening. 1001 times on Shravani Somvar (Monday). 100,000 times on Maha Shivaratri. |
| <p>4. Somvar (Monday) Fasting Vrat</p> <ul style="list-style-type: none"> Observe fast for 21 or 108 Mondays followed by Shiva ABhisheka on last Monday. |
| <p>5. Maha Mrityunjaya Upasana</p> <ul style="list-style-type: none"> This is a very powerful life saving Upasana. It is very useful during life threatening situations like heart attack, stroke, or other life threatening emergencies. Contact knowledgeable pandit to start this upasana. |
| <p>Datta Upasana</p> |
| <p>1. Guru Charitra Upasana</p> <ul style="list-style-type: none"> Read Guru Charitra daily or as per guidance from Pandit. |
| <p>2. Shri Datta Mantra Upasana</p> <ul style="list-style-type: none"> Consult Pandit for Datta Mantra Upasana. |
| <p>3. Shri Datta Fasting (Thursday) Vrat</p> <ul style="list-style-type: none"> Observe fast on every Thursday. |
| <p>Gayatri Upasana</p> |
| <p>1. Gayatri Mantra Upasana</p> <p>ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्</p> <ul style="list-style-type: none"> 108 times daily morning and/or evening. <p>This is a very powerful Upasana. Everyone should do it. It gives miraculous success in life. It protects from great dangers & disasters.</p> |
| <p>Hanuman Upasana</p> |
| <p>1. Hanuman Jayanti Vrat</p> <ul style="list-style-type: none"> Observe fast on Hanuman Jayanti. Go to Hanuman Temple, offer Pooja, Prayers, Abhisheka. |
| <p>2. Hanuman Stotra Upasana</p> <p>1. Once every morning or evening</p> |
| <p>3. Hanuman Fasting (Saturday) Vrat</p> |

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| <ul style="list-style-type: none">• Observe fast on every Saturday.• Go to Hanuman temple. offer Pooja & prayer,• Perform abhisheka once every month. |
| Shri Ram Upasana |
| 1. Shri Ramnavami Vrat |
| <ul style="list-style-type: none">• Observe fast on Ramnavami.• Go to Shri Ram Temple, offer Pooja, Prayers, Abhisheka. |
| 2. Ramraksha Stotra Upasana |
| <ul style="list-style-type: none">• Daily once in the evening before dinner. |
| 3. Shri Ramnam Jap Upasana |
| <ul style="list-style-type: none">• “Shri Ram Jay Ram Jay Jay Ram” - Daily 1001 times. |
| Shri Krishna Upasana |
| 1. Shri Krishna Janmashtami Vrat |
| <ul style="list-style-type: none">• Observe fast on Janmashtami.• Go to Lord Krishna Temple offer prayer & Pooja. |
| 2. Shri Krishna Jap Upasana |
| <ul style="list-style-type: none">• “Om Haraye Namaha” - Daily 1001 times. |
| Shri Sai Upasana |
| 1. Shri Sai Prayer Upasana |
| 2. Shri Sai Bhajan Upasana |
| 3. Shri Sai Pooja Vrat |
| Shri Satyanarayan Vrat |
| 1. Satyanarayan Poojan |
| <ul style="list-style-type: none">• Perform once every year.• Perform after every success in life. |