



PRAYING DEITIES **FULFILMENT OF WORLDLY DESIRES**

Prior to attainment of salvation, every human being essentially desires to fulfill his physical needs, e.g. bread, clothing, shelter, education, protection from adversities, welfare of family and so on. Having the vision of totality, the Rishis have, therefore, designed the system of praying various deities, so that the individual fulfills his pre-requisite needs of family life.

In the modern times, several eager practitioners enchanted and fascinated from the great benefits of '*meditation*' and '*Samadhi*' start trying meditation without studying the eight scientific steps of Patanjali yoga from a perfect Guru. *Unless the flickering mind, which is the main hurdle is tamed through preparatory steps taught by Rishi Patanjali, the success in meditation and Samadhi is impossible.*

The Rishis had three main anxieties for the welfare of the entire humanity. They thought, that once a soul has ascended to the human form, then:-

1. It should not suffer from poverty, hunger and disease.
2. The soul should not fall to lower yoni i.e. after death it should again be born in human form and continue treading the path of salvation.
3. After few human incarnations or as early as possible every soul through determined practice should attain liberation / salvation.

Note:- Giving alms, pardoning (chhamadaan) even to him who does ill for you, not speaking ill for any one and feeding the needy are few specific acts, which can ensure human form. These are besides the praying of lord Vishnu and lord Shiva¹.

¹ Srimad Bhagwad Geeta – 12/13 and 6/40-44.

Keeping the above objective in view the entire Vedic literature has been composed.

Solving the worldly problem of the disciple and leading him to liberation:- The Rishis have provided adequate guide lines in three Vedas¹ for the entire humanity for solving their worldly problems. Number of yajnas have been prescribed there for this purpose. These yajnas are such, which include the techniques of fulfillment of worldly needs of the individuals as well as of the states. The needs of individuals have been specified at Para 1 to 3 above, whereas kings have to propagate the Vedic Dharm as and when the message of Vedas is tarnished. For this purpose, they are advised to perform Ashwamedh, or Bajpaiya and Raj Suya yajnas.

Now for the welfare of the individuals brief details are given as under:-

(a) For freedom from disease:-

(i) Ayurveda therapy through natural herbs has been the ancient system and is widely applauded even today in the age of antibiotics. Antibiotics are slowly being replaced by hatha yoga Asanas Pranayaam and Ayurvedic herbs.

(ii) Worshipping of lord Shiva by chanting Mahamrityunjaya mantra.

(b) For freedom from hunger and poverty:-

(i) Worshipping of lord Vishnu and goddess Laxmi has been advised.

(c) For freedom from adversities of life:-

(i) Worshipping of god Sri Hanuman, the symbol of mighty mind of the ultimate God is very popular amongst masses.

The Rishis have observed that billions of pre-birth samskars, which lie dormant in the human sub-conscious including those of the present life together can drag the soul to lower yoni. *As there are enormous sufferings in lower species, therefore to save it from falling to lower form and ensure the next birth in human form only, a strong barricading technique of praying deities has been evolved and advised.* This way the soul can further rise to the path of salvation and finally in next few incarnations it can strike the goal. To achieve this objective primarily the soul has to be put into proper rhythm with natural forces and then proceed to higher level. After attainment of

¹Srimad Bhagwad Geeta - 9/20-21.

enough experience of family and '*Vana-prastha*'. Life, the Rishis have advised to merge the soul with ultimate God. This should be done during the matured state of mind i.e. at the stage of '*sanyas*'. This is a complete, comprehensive and '*vision of totality*' presented by the Vedas. The path other than this is unscientific and misleading.

In any case, Guru's name comes first because, he not only can lead the disciple to salvation, but can help in solving his worldly problems as well. *The Guru, therefore, plays a very important role in human life.* There has been a tradition, that every individual must have a guide (Guru). A person having no Guru was considered hateful by the society. Lord Rama and Pandavas each had two Gurus. One for spiritual guidance and the other for teaching the techniques of war. In modern times, there are number of spiritual Gurus in the Vedic society, but each one seems to have limited vision, hence there is confusion amongst the people, especially amongst the educated class. However the perfect Guru can:-

- (a) Lead the disciple to attain liberation/ salvation.
- (b) Help him in solving worldly problems.

(A) Attainment of liberation / salvation:- As per the calibre and tendency of the disciple, the Guru by transferring fraction of his electro magnetic energy (prana) to the disciple can put him to the state of Samadhi and make him to experience bliss after which the disciple will realize that worldly pleasures are too small and illusory as compared to the happiness experienced in Samadhi. A recent and well known incidence of Swami Vivekananda is worthy of quoting in this context.

Swami Rama Krishna Param Hansa through his yogic shakti initiated Swami Vivekananda into trance (Samadhi) and got him the experience of bliss. Swami Vivekananda thereafter did no return to his family and shook the world with the message of Vedanta. This is what a perfect Guru does. This is why Guru has been considered equivalent to Brahma, Vishnu and Mahesh.

(B) Solving the worldly problems of the disciple and leading him to liberation:- Since Vedic culture is replete with generosity, kindness and sympathy, hence some Gurus for solving worldly problems of the people have guided them to feed ants, birds and cows. It has thus become a tradition to feed these beings. Even though the Rishis have taught us to give priority to human beings, but the same is seldom followed or rather not implemented in such zeal and enthusiasm, which

could remove poverty, hunger and generate equality in the Vedic society. This has caused the financial imbalance, i.e. poverty and created lower and upper classes. *Poverty is the curse of human life and the mother of illiteracy, ignorance, fanaticism leading to criminality and so on. Consequently the mass conversion of Vedic followers is going on since last three thousand years or so. Terrorism is the result of conversion to other religion. The naxalvad and reservation issues are also the outcome of this poverty.*

The human shell consists of seven layers behind which the spirit resides. In order to keep every sheath in perfect rhythm with nature, the Guru has to guide the disciple according to his need. Once the disturbed sheath comes in rhythm, the worldly problem of the individual is solved. Therefore let us understand the method of tackling the problems of every sheath one by one. We may first start dealing with the outer most sheath i.e. the physical body and proceed to the inner ones.

(i) Sun god:- The sungod is the source of energy to every being whether born of eggs, vegetation or womb. It has tremendous gravitational force due to which trillions of kilometer away planets and asteroids are revolving around him. By worshipping sun-god and meditating upon him alongwith doing japa of his mantra, one can attain tremendous energy. From scriptures i.e. from Ramayana and Mahabharat, we have two great examples of Bali and Karan, who by praying and meditating upon sungod had acquired great power that made them the matchless warriors of their times. The mantra for japa recommended is:-

“OM Hram Hreem, Hroum, Sah Suryaya Namah”

(ॐ ह्रँ ह्रीं ह्रौं सः सूर्याय नमः)

Chanting of following names of sungod are helpful in tackling the problems of eyes and other seasonal ailments caused due to the movement of the sungod on various ‘*Rashis*’ during the year:- (i) Surya (ii) Bhaskar (iii) Mitra (iv) Savita (v) Bhanu (vi) Ravi (vii) Arun (viii) Pusha (ix) Martanda (x) Arka (xi) Aditya and (xii) Hansa

While doing japa of these names the sacred syllable of OM (ॐ) must be preceded e.g. OM Suryaya Namah, OM Bhaskaraya Namah etc.

(ii) Durga (Energy):- The individuals, who are physically and

mentally suffering from some ailment, are advised to perform vrata, japa, Agnihotra (Burning scented herbs) fasting and meditation on the form of Durga. Durga has been conceived as the mother of entire matter world, known as '*Ambe Maan*'. She exists in nine forms. All this is to be performed besides the Ayurvedic treatment.

The possible equivalent scientific terms of sanskrit names of nine forms of Durga are given below:-

(i) Shailputri (Potential Energy) (ii) Brahmcharini (Magnetic Energy) (iii) Chandraghanta (Sound Energy) (iv) Kushmanda (Chemical Energy) (v) Skandmata (Kinetic Energy) (vi) Katyayni (Nuclear Energy) (vii) Kalratri (Thermal Energy) (viii) Mahagauri (Light Energy) (ix) Sidhdhatri (Electricity)

To harness power of specific energy, there are different mantras for each one. The colour of Durga has been accepted as yellow and its frequency lies between $5.40 - 5.10 \times 10^{14}$ cycles / second. *The Rishis devised piecemeal practices of worship with an ultimate aim leading to totality, rather than limit the society in small branches. However today for want of the vision of totality, several communities have come into being.* The worship of shakti (Energy) is being misused by '*Tantrikas*' in many ways.

There are two transition periods¹ during the year, when normally several individuals suffer from some ailment. One is during March-April and the other during September-October. Therefore Rishis have made the provision of the worship of shakti during these two periods. These two occasions are celebrated with great pomp and show in whole of India with varying names.

The object of entire exercise is to:-

(a) Purify the environment by burning scented herbs known as '*Agnihotra*'. This cleans the atmosphere by killing the bacteria / virus.

(b) Improving digestive system through restraint on eating by fasting.

(c) Lead to mental peace by performing japa, meditation and raise *the energy (Prana) level to prepare to fight out ensuing atrocities of rough weather.* The proved mantra for practice is:-

¹ The ailments specifically occurring during these two transition periods indicate the specific miasm and can be tackled by administering the appropriate Homoeo anti-miasmatic remedies, which can bring total cure.

“OM EM Hreem Kleem, Chamundayee Vichche Namah”

(ॐ ह्रीं क्लीं चामुण्डायै विच्चे नमः)

(iii) Sri Hanuman:- Sri Hanuman has been designated as the symbol of thinking mind of the ultimate God. He is the perfect Brahmchari (celibate). Being the mind of God, he is mighty and very strong. According to the myth, contribution of Sri Hanuman in winning the war by lord Rama over demon Ravana was tremendous. Whoever remembers him and meditates upon his form, He protects him. His colour is orange. During worship, a mixture of Mercury oxide and ghee / butter is smeared on the idol. The colour frequency is between $5.10 - 4.60 \times 10^{14}$ cycle / second.

The proved mantra is:-

“Shri Hanumatye Namah”. (श्री हनुमतये नमः)

(iv) Sri Ganesha:- Sri Ganesha is the symbol of God’s intellect. By doing japa of his name and meditating upon his form the sadhaka attains wisdom and thus his life style is improved. The colour of the deity is green and the colour frequency lies between $6.10 - 5.40 \times 10^{14}$ cycle / second. The proved mantra is:-

“Shri Ganpatye Namah”. (श्री गनपतये नमः)

(v) Lord Vishnu:- Lord Vishnu is the symbol of the sub-conscious mind of ‘*Brahm*’. He is the giver of fruits of deeds of every human being. His colour is of dark clouds and the frequency ranges between $6.70 - 6.10 \times 10^{14}$ cycle / second. By meditating upon his form and doing japa of his name, the sadhaka can be freed from the clutches of the cycle of life and death and becomes entitled to live in vaikunth¹ loka for a very long time. He can be sent on assignment to restore Dharm on earth. Souls like Buddha and Mahavira come on earth for this purpose and are born in a very rich family. In normal cases also those human beings, who worship lord Vishnu become wealthy in their very life time and in the next birth as well. *Because goddess Laxmi, the symbol of wealth is the wife of lord Vishnu. Therefore those sadhakas who are desirous of wealth should worship god Vishnu.* The proved mantra is **“OM Namō Bhagwate Vasudevaya”** (ॐ नमो भगवते वासुदेवाय) More details about this deity may be referred in Session no. V.

(vi) Lord Shiva:- Lord Shiva is the symbol of ‘*EGO*’ of Brahm. He is the giver of salvation i.e. by doing japa and meditating upon his form *complete merger of the soul with Brahm takes place . It is a rare*

¹ Srimad Bhagwad Geeta – 12/8 and 6/41.

achievement. This requires very strict sadhana (practice). The colour of this deity is dazzling white. The proved mantra is “*OM Namah Shivaya*” (ॐ नमः शिवाय). There is one more proved mantra associated with lord Shiva, known as Mahamrityunjaya mantra. The details about this mantra may be seen in Session no. V. The sadhakas, who sincerely worship lord Shiva they in the next birth are born in the family of scholars¹ with enormous wealth and disease free physique, whereas, who succeed in incarnating lord Shiva in this very birth are rewarded with salvation.

(vii) Moon God:- This deity is the symbol god of the thinking mind of ‘*Brahm*’. It controls the human mind. Worshipping the moongod may help the human being in protecting him from varieties of mental disorders e.g. depression suicidal tendency and madness etc. keeping fast on Ekadashi (eleventh day after no moon or full moon day) is helpful in counteracting the adverse effects generated by the moon-god. This fasting is essentially advised for those in whose horoscope, the moon is placed in damaging position. The cereals, vegetables and fruits containing more water contents are prohibited. The proved mantra is:-

“*OM Shraam Shreem Shraum Sah Chandramase Namah*”

(ॐ श्रां श्रीं श्रौं सः चन्द्रमसे नमः)

(viii) Nine Planets:- Besides the moon and the sungod, which influence the human mind, there are other planets too, which reflect colours and effect the life of every human being. These are Saturn, Venus, Jupiter, Mercury, Mars, Rahu and Ketu.

All these planets should also be worshipped to counter their adverse effects. Keeping fast on specific days related to planets besides the worship is helpful in counteracting their adverse effects. Some people recommend the use of coloured jewels on rings to be worn on fingers. These can be accepted as adornment, rather than counter acting effects of the planets. This is the subject matter of scientific study and investigation, because with the force and frequency the planets reflect their colours on the human beings should be counter acted with the same thrust and frequency as well???

Most powerful planet out of these is Saturn because its density is the maximum.

(ix) Kaal Bhairava:- The worship of Kaal Bhairava and Bhoot Praits (ghosts) is considered under ‘*Tantrik practices*’. The colour of Kaal Bhairava is (red). The frequency is between $4.60 - 3.90 \times 10^{14}$

¹ Srimad Bhagwad Geeta - 6/42.

hertz. Tantrikas harness these lower forces of nature and use them for material gains.

Attainment of Salvation/ liberation:- After the Sadhaka lives fully contented family and vanaprastha life as per Vedic norms, then he becomes entitled to merge with God.

Lord Krishna in Srimad Bhagwad¹ Geeta says that:-

After several incarnations, I bestow that intellectualism (Buddhi Yoga or Scientific understanding) to that Sadhaka, who is constantly engaged in worshipping and remembering ME, contemplating and meditating on my form, by knowing which nothing more is required to be known. Such Sadhaka then finally merges into '*ME*'

-Hari Om Tat Sat-

¹ Srimad Bhagwad Geeta - 7/2, 9/1, 10/9 -11.