



श्री लक्ष्मी नारायण मन्दिर



SHRI LUXMI NARAYAN TEMPLE

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Est. 1916

SHRI LUXMI NARAYAN SANDESH Dhan Teras / Narakchaturdasi / Amawas (Diwali)

1. Two days before Diwali – Known as Dhan Teras

- **The significance of this day is summarised as follows:**

- This is the 13th day when Bhagwan Vishnu incarnated as *Dhanwantri*. Hence the name “*Dhanwantri Trayodashi or Dhan Teras*”.
- This incarnation is associated with the churning of the ocean, the main aim of which was to get Luxmi Devi back (she had left the material world in anger with Indra).
- This day is also considered to be the appearance day of KALSA, the significance of which is well documented in the Karmakand padhati (...”you are the water from all the thirtha places....”).
- Bhagwan Dhanwantri is highly worshiped and regarded by scholars of the Ayurveda as well as in the Hindu world of medicine.
- Beings who are afflicted with disease should especially worship Bhagwan Dhanwantri.

- **On this day of Dhan Teras:**

- Prior to sunset one should keep a thaari, scattered with grain, as well as a ghee/oil lamp with a wick/bhati. Light this lamp, at the main door (FRONT DOOR) of the house, the flame facing south
- Appeal to God in the form of Yamaraj, to be spared from untimely death. One may also offer perfume, flowers, agarbathi, aarti and sweetmeat on this thaari
- Fast or at least maintain a strict vegetarian diet.

2. One day before Diwali – Known as Narakchaturdasi

- One can save oneself from the terrible Yam Yaathna (as described in the Garuda Puran) simply by taking the morning bath before sunrise on this day. (Around 4 am). One loses one’s accumulated virtues by bathing after sunrise.
- Especially on this day, one must bath with oil in your water (Any Oil).

- After doing the Sri Luxmi Narayan Pooja from the Shri Luxmi Narayan Publication¹, one should do 3 offerings of water with thil to the 14 names of Yamaraj. Face South for this offering, Towel on your right shoulder. The mantras are:

ॐ यमाय नमः ॐ धर्मराजाय नमः ॐ मृत्यवे नमः
 ॐ अन्तकाय नमः ॐ वैवस्वताय नमः ॐ कालाय नमः
 ॐ सर्वभूतक्षयाय नमः ॐ औदुम्बराय नमः ॐ दध्नाय नमः
 ॐ नीलाय नमः ॐ परमेष्ठिने नमः ॐ वृकोदराय नमः
 ॐ चित्राय नमः ॐ चित्रगुप्ताय नमः

om yamāya namaḥ om dharmmarājāya namaḥ
 om mṛtyave namaḥ om antakāya namaḥ
 om vaivasvatāya namaḥ om kālāya namaḥ
 om sarvabhūtakṣayāya namaḥ om audumbarāya namaḥ
 om dadhnāya namaḥ om nīlāya namaḥ
 om parameṣṭhine namaḥ om vṛkodarāya namaḥ
 om citrāya namaḥ om citraguptāya namaḥ

- In addition to the lamp on Dhan Teras, one diya should be lit in each of the rooms of the house together with one lit diya under e.g. the tulsi or bel tree.
- This day is also regarded as the actual birthday of Hanumanji. It is also on this day that Sita Maatha gave Hanumanji her priceless necklace studded with gems and diamonds. He, however, being unable to find Ram in it, was not satisfied. Sitaji then presented to him some sindhoor from her maang. Therefore in the worship of Hanumanji on this day, one should offer sindhoor mixed with oil on Hanumanji's murthi. Aarta mixed with ghee and sugar should be sekod and thereafter shaped as ladoo, should be offered as prasadh.
- Recite the Hanuman Chalisa if possible.
- Reading of the Sundar Kaanda is also extremely beneficial on Narakchaturdasi. This information in no way undermines the observance of Hanuman Jayanti after Sri Ram Naumee i.e. on the 15th day of Chaitra Maas.

3. On DIWALI DAY

• **In the Morning.**

- Offer your Surya Jal.
- Do your Luxmi Narayan Pooja from the Shri Luxmi Narayan Publication
- Attend to your temple “Luxmi Pooja”.

• **In the Evening.**

- You may do the Luxmi Narayan Pooja again from the Shri Luxmi Narayan Publication.
- Light a diya in every room of your house.
- Light diya’s outside your house.
- Ensure one LARGE DIYA with four wicks, or four small diya’s stay lit inside your house all night till Wednesday morning.

4. In addition to the mantras in the Shri Luxmi Narayan Temple Pooja Book, hawan may be done with the following mantras also:

ॐ लक्ष्म्यै नमः स्वाहा ।	Om lakṣmyai namaḥ svāhā
ॐ श्रीयै नमः स्वाहा ।	Om śrīyai namaḥ svāhā
ॐ पद्मायै नमः स्वाहा ।	Om padmāyai namaḥ svāhā
ॐ ज्ञानशक्त्यै नमः स्वाहा ।	Om jñānaśaktyai namaḥ svāhā
ॐ विमलायै नमः स्वाहा ।	Om vimalāyai namaḥ svāhā
ॐ गौर्यै नमः स्वाहा ।	Om gauryai namaḥ svāhā
ॐ रमायै नमः स्वाहा ।	Om ramāyai namaḥ svāhā
ॐ शान्तायै नमः स्वाहा ।	Om śāntāyai namaḥ svāhā
ॐ कान्तायै नमः स्वाहा ।	Om kāntāyai namaḥ svāhā
ॐ कलायै नमः स्वाहा ।	Om kalāyai namaḥ svāhā
ॐ शुभायै नमः स्वाहा ।	Om śubhāyai namaḥ svāhā
ॐ विष्णवे नमः स्वाहा ।	Om viṣṇave namaḥ svāhā
ॐ विश्वस्मै नमः स्वाहा ।	Om viśvasmai namaḥ svāhā
ॐ सर्वस्मै नमः स्वाहा ।	Om sarvasmai namaḥ svāhā

ॐ केशवाय नमः स्वाहा ।

Om keśavāya namaḥ svāhā

ॐ पुरुषोत्तमाय नमः स्वाहा ।

Om puruṣoktmāya namaḥ svāhā

Source: Kalyan, Vratparotsav Ank, Gita Press.

¹ Pooja, Havan aur Sathsangh. This will be available with CD at the Durban Diwali Festival on 9, 10 and 11 November 2012.

Shri Luxmi Narayan Temple - Mobeni