

## MAKAR SANKRANTI – GAYATRI HAVAN – FREQUENTLY ASKED QUESTIONS

1. Can I perform Gayatri Havan individually?
  - a. Yes, you can perform Gayatri Havan individually. The size of the havan kund is designed specifically for an individual person to get the maximum benefit. See Question 2(C) for more info for individual benefit.
  - b. If you choose to perform it with your better half – you can do it together as well
  
2. What kind of benefit I get from performing Gayatri Havan?
  - a. There are innumerable benefits from performing a havan. Just to keep it simple and not going into details a brief version.
  - b. By performing the havan ritual, the process of bhoot-shuddhi or cleansing of the five elements within the individual takes place. The human body is made of 5 elements: Water (liquid), air (gas), earth (solid), fire and space (Akash). There are certain methods that are given to us through scriptures to purify the five elements and those methods involve the use of Water, Fire and Air.
  - c. One of the important element is Akash (space), for an individual this Akash is upto 12 to 18 inches from the body. If the person is sick, this Akash bandwidth will be less. By sitting close to the havan the individual will purify his/her Akash element along with other elements of the body.
  - d. Through the chanting of mantras and offerings into the fire, one's chakras are re-energized, creating a revitalized and rejuvenating effect for both body and mind.
  
3. I am not doing the havan, can I get any benefit by being there?
  - a. Yes you will get a benefit even if you are not performing the havan.
  - b. The fumes emitting from offerings such as ghee, rice, dry fruits etc have the ability to kill the unwanted bacteria in the area and brings pure air in the environment.
  
4. What is special about this year?
  - a. This year 2018, Makar Sankranti falls on January 14<sup>th</sup>, Sunday. Sankranti event is of special significance to Lord Surya Narayana and Makar Sankranti is even significant out of all the Sankranti's. And this year, having Makar Sankranti on a Sunday, which is the day where Sun God is prayed for maximum benefit among the weekdays.
  - b. We will not get this great opportunity again until 2024.
  
5. If we are sitting as a couple, how should we sit?
  - a. The husband should sit on the right-hand side of the wife.
  
6. What is the dress code for the havan?
  - a. It is preferred that the married men have Uttareeyam (silk or cotton fabric with border) on their left shoulder when performing the havan.
  
7. Can a pregnant woman perform the havan?
  - a. It is not recommended to perform the havan for those who are pregnant.
  - b. But the husband of the pregnant women can perform the havan
  
8. Do I have to bring anything from home for the havan?
  - a. All the required materials will be given at the event by the temple

- b. Bring a washed blanket or clean cushion to sit for your comfort
9. During this event can I go and see the temple building?
  - a. We suggest not to go inside the temple building, as it is still under construction. There are lot of nails and construction materials that can harm you and your children.
10. Is their Mahaprasad/Lunch provided?
  - a. Yes, Mahaprasad will be served along with the auspicious Pongal cooked at the temple grounds, honoring Surya Narayana.
11. When is the Kite Festival?
  - a. Kite Festival will start right after Mahaprasad/Lunch
  - b. Please bring cash or pay with credit card to purchase kites and manja (thread)
12. My better half is not in town or at work, can I perform the havan?
  - a. Yes, you can, please see Questions 1 and 2.
13. What is Gayatri Mantra?
  - a. “Om bhur bhuvah svah tat savitur varenyam;  
Bhargo devasya dheemahi dhiyo yo nah prachodayat”
  - b. Shabda-Artha  
Om - Para Brahman; Bhur - Bhuloka (Physical Plane); Bhuvah - Antariksha Svah;  
Svarga Loka Tat - Paramatma Savitur; Isvara (Surya); Varenyam; Fit to be  
worshipped; Bhargo - Remover of sins and ignorance; Devasya - Glory (Jnana  
Svaroop); Dheemahi - We meditate; Dhiyo - Buddhi (Intellect); Yo - Which;  
Nah - Our; Prachodayat - Enlighten.

It is our Sankalpa that everyone in this area should get benefitted from this Gayatri Havan ritual. So please make use of this great opportunity this coming Sunday, January 14<sup>th</sup>, 2018 at 10 am.

Advance Makar Sankranti Greetings !!!!

SHSK

[www.sanatanlft.org](http://www.sanatanlft.org)  
[shskendra@gmail.com](mailto:shskendra@gmail.com)