Tulsi Poojan Divas

December 25
French Dr. Victor Resin

He says that Tulsi
- Improves Digestion
- Increases Red Blood Cells
- Regulates Blood Pressure
- Helps in alleviating mental disorders
Medicinal Properties of Tulsi

- Wonder herb for 800 diseases
- Tulsi serves as divine medicine when following mantras are chanted while plucking leaves.

ॐ सुप्रभायै नमः
Om Suprabhayai Namah

ॐ सुभद्रायै नमः
Om Subhadrayai Namah
Health Benefits from Tulsi

- 5-7 Tulsi leaves + 1 glass water increases memory
- Wearing wooden Tulsi beads in neck empowers heart
- Doing Pranayama near Tulsi increases strength & Aura
- Tulsi’s presence removes negative forces & evil thoughts
Scientific Significance of Tulsi

- Tulsi gives Oxygen for 20 hours, releases Ozone, absorbs harmful gases CO₂, SO₂.
- Universal Scanner proved that going 9 times around Tulsi increases Aura by 3 meters.
- Air within 200 meters of Tulsi is clean & pure.
- Soaking 75mg of Tulsi in water for 8 hours reduces fluoride level from 7 ppm to 1.1 ppm.
Spiritual Importance of Tulsi

Planting Tulsi, taking care, watering, doing meditation, touching praising Tulsi burns all sins of previous births.
– Garuda Purana

Yamdoot never enters home where there is Tulsi garden and Tulsi is being worshipped daily.
– Skanda Purana

One who does Lord Narayan’s Pooja with Manjari (Tulsi flowers) does not take birth again.

One whose body is inscribed with Tulsi wood after death, he/she is not reincarnated.
Financial Benefits from Tulsi

On Tulsi Poojan Divas (25th December) and on Somvati Amavasya (when new moon day is on Monday) going around Tulsi 108 times with pure spirit and devotion, removes poverty.
Caution for Tulsi

- Keep gap of 2 hours between having Tulsi and Milk.
- After eating Tulsi, drink water properly so that it is not stuck in your teeth, else it may create gap between teeth.
- One should NOT pluck, water, touch or eat Tulsi on Sunday.
- Do NOT pluck Tulsi
  - without taking a bath
  - before sunrise
  - after sunset
  - on Sunday
  - on Dwadashi (12th Lunar day)
  - on full moon day
  - on new moon day
May Tulsi be worshipped in each household!

So devotion, wellness and prosperity be upheld.
1. Place Tulsi

- Place Tulsi plant on raised platform (table, chair, stand, etc.)
- Maintain cleanliness in its surroundings
2. Water Tulsi

महाप्रसादजननी सर्वसौभाग्यवर्धिनी |
आधि व्याधि हरा नित्यम तुलसी त्वां नमोस्तुते ||

Mahaprasadajanani
Sarvasaubhagyavardhini |
Adhi Vyadhi Hara Nityam
Tulasi Tvam Namostute ||
3. Apply Tilak

ॐ श्री तुलस्यै नमः
Om Shri Tulyai Namah

ॐ श्री वृंदायेन नमः
Om Shri Vrindayai

ॐ श्री हरिवल्लभाये नमः
Om Shri Harivallabhaye Namah
4. Offer Flowers & unbroken Rice

|| Om Shri Tulsyai Namah ||
5. Offer Chunni & Prasad

|| Om Shri Tulsyai Namah ||
6. Light Diya & Do Aarti

दीपज्योति: परब्रह्म दीपज्योतिर्ज्ञर्नादनः ।
दीपो हरतु मे पापम दीपज्योतिर्नमोःस्तुते ॥

Diipa-Jyotih Para-Brahma Diipa-Jyotir-
Janaardanah | ।
Diipo Haratu Me Paapam Diipa-Jyotir-
Namostute ||
7. Do Tulsi Parikrama

यानि कानि च पापानि जन्मान्तरकृतानि च
tानि सर्वाणि नश्यन्तु प्रदक्षिणपदे ||

Yani Kani Cha Papani
Janmantarakritani Cha
Tani Sarvani Nashyantu
Pradakshinapade ||
8. Prayer & Mantra Jaap

|| Om Namo Bhagavate Vasudevaya ||
9. Tulsi Namashtakam

वृन्दां वृन्दावनी विश्वपावनी विश्वपूजिताम्।
पुष्पसारां नन्दिनी च तुलसी कृष्णजीवनीम्॥
एतन्माणाहं चैतत्त्वत्तेत्रं नामार्थसंयुतम्।
यः पठेतां च सपूज्य सोश्वमेधवलं लभेत॥

Vrindam Vrindavanim Vishvapavani Vishvapujitam |
Pushpasaram Nandini Cha Tulasi Krishnajivanim ||
Etannamashtakam Chaitatstotram Namarhasanyutam |
Yah Pathettam Cha Sampujya So'shvamedhaphalam Labhet ||
10. Tulsi Namashtakam Meaning

Lord Narayan says to Devrishi Naradaji “Vrinda, Vrindavani, Vishvapavani, Vishvapujita, Pushpasara, Nandini, Tulsi, and Krishnajivani – these are eight names of Tulsi Devi. This meaningful narrative results in the form of psalms.”

“One who worships Tulsi Devi and recites this Namashtakam, he/she receives the result of the Ashwamedh Yagya.” (Brahmavaivarta Purana, Nature Clause: 22.32-33)
“Let’s Worship Tulsi who is close to Lord Vishnu, gives Good Health and Wealth, increases Memory, Happiness, Peace and our Faith in God.”
Bhagavad Gita Jayanti
December 25, 2020
Meaning: My birth and action are divine. One who knows this in essence, having given up the body, is not born again; he obtains me, O Arjuna.
अपि चेदसि पापेभ्यः सर्वेभ्यः पापकृत्तमः ||
सर्वं ज्ञानप्लवेनैव वृजिनं सन्तरिष्यसि || 36 ||

Meaning: Even if you are the most sinful among all sinners, you will certainly cross over all sins with the boat of knowledge.
Meaning: For this, my divine maaya, comprised of the gunaas, is hard to cross. Only they who seek my refuge, cross over my maaya.