



Inspired By: Sant
Shri Asharamji Bapu



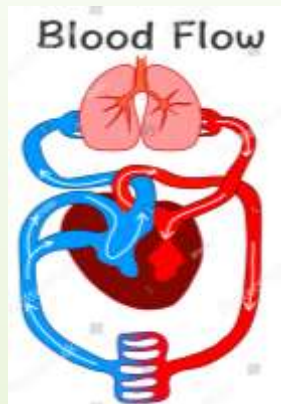
Bal Sanskar Kendra

Tulsi Poojan Divas

December 25

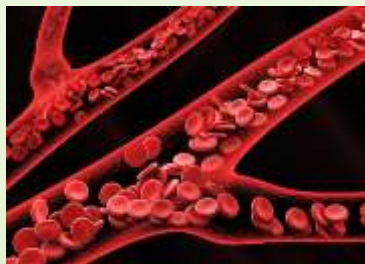


French Dr. Victor Resin



He says that Tulsi

- Improves Digestion
- Increases Red Blood Cells
- Regulates Blood Pressure
- Helps in alleviating mental disorders



Medicinal Properties of Tulsi



Anti inflammatory	Anti stress	Anti bacterial	Anti oxidant	Analgesic	Immuno modulators
Blood purifier					Carminative
Antipyretic					Cardiac toner
Anti fungal					Beautifying
Anti diabetic	Stimulant	Anti cancer	Anti allergic	Anti aging	Digestive



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

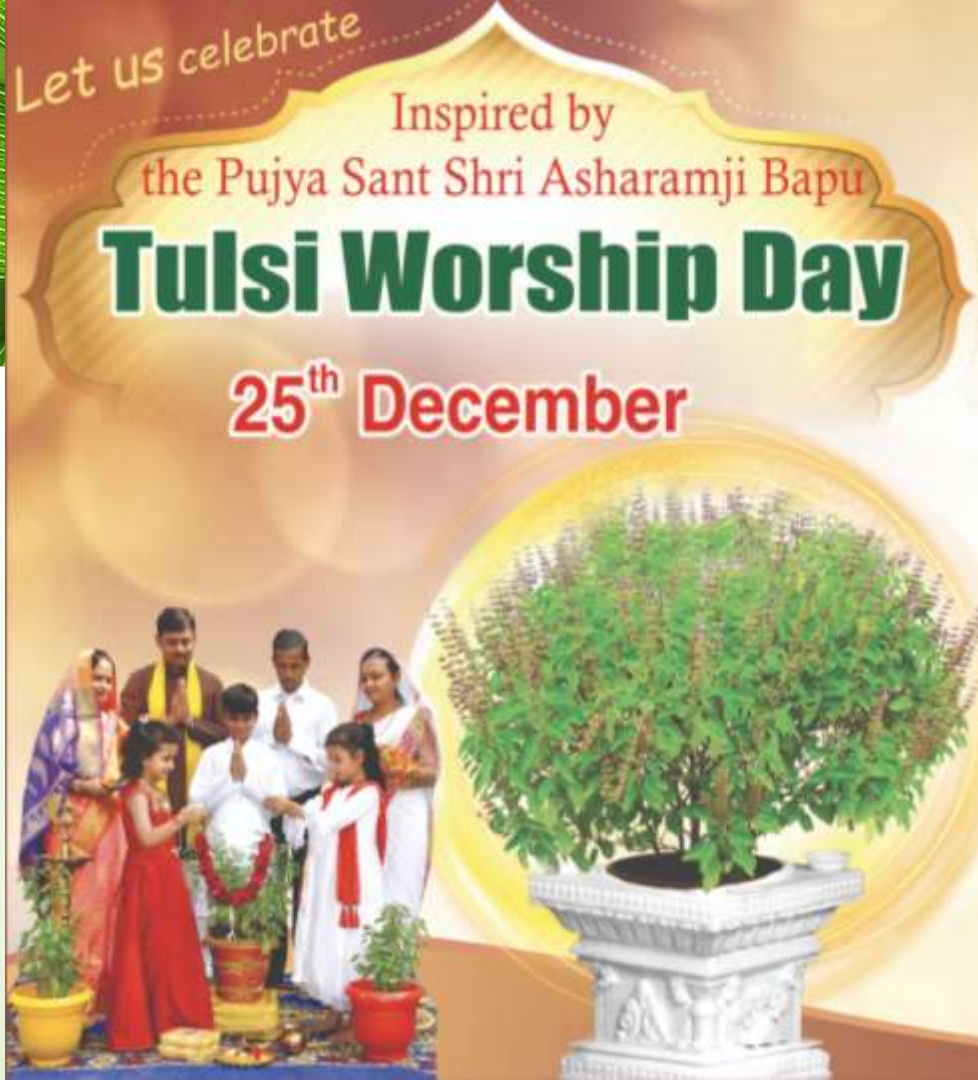


- ⦿ Keep gap of 2 hours between having Tulsi and Milk.
- ⦿ After eating Tulsi, drink water properly so that it is not stuck in your teeth, else it may create gap between teeth.
- ⦿ One should NOT pluck, water, touch or eat Tulsi on Sunday.
- ⦿ Do NOT pluck Tulsi
 - without taking a bath
 - before sunrise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



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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 नमोऽस्तुते ॥

Mahaprasadajanani
Sarvasaubhagyavardhini |
Adhi Vyadhi Hara Nityam
Tulasi Tvam Namostute ||



3. Apply Tilak



ॐ श्री तुलस्यै नमः

Om Shri Tulsyai Namah

ॐ श्री वृन्दाये 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



दीपज्योतिः परब्रह्म दीपज्योतिर्जनार्दनः ।
दीपो हरतु मे पापं दीपज्योतिर्नमोऽस्तुते ॥

Diipa-Jyotih Para-Brahma Diipa-Jyotir-
Janaardanaah |
Diipo Haratu Me Paapam Diipa-Jyotir-
Namostute ||





7. Do Tulsi Parikrama



यानि कानि च पापानि जन्मान्तरकृतानि च
तानि सर्वाणि नश्यन्तु प्रदक्षिणपदे ॥

Yani Kani Cha Papani
Janmantarakritani Cha
Tani Sarvani Nashyantu
Pradakshinapade ॥

8. Prayer & Mantra Jaap



॥ Om Namō Bhagavate Vasudevaya ॥



9. Tulsi Namashtakam



वृन्दां वृन्दावनीं विश्वपावनी विश्वपूजिताम् ।
पुष्पसारां नन्दिनी च तुलसी कृष्णजीवनीम् ॥
एतन्नामाष्टकं चैतत्स्तोत्रं नामार्थसंयुतम् ।
यः पठेत्तां च संपूज्य सोऽश्वमेधफलं लभेत् ॥



Vrindam Vrindavanim Vishvapavani Vishvapujitam |

Pushpasaram Nandini Cha Tulasi Krishnajivanim ||

Etannamashtakam Chaitatstotram Namarthasanyutam |

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)



Thank You



“Let's Worship Tulsi who is close to Lord Vishnu, gives Good Health and Wealth, increases Memory, Happiness, Peace and our Faith in God.”



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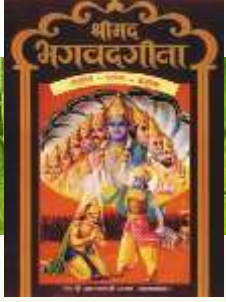


Bal Sanskar Kendra

Bhagavad Gita Jayanti

December 25, 2020





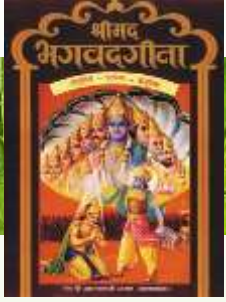
Bhagwad Geeta Ch.4 Sh.9

जन्म कर्म च मे दिव्यमेवं यो वेत्ति तत्त्वतः ।
त्यक्त्वा देहं पुनर्जन्म नैति मामेति सोऽर्जुन ॥ 9 ॥

Janma Karma Cha Me Divyamevam Yo Vetti Tattvataha |
Tyaktvaa Deham Punarjanma Naiti Maameti Sorjuna || 9 ||

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.





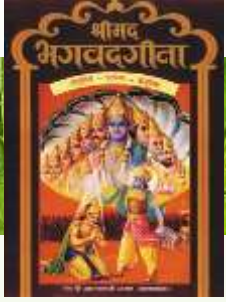
Bhagwad Geeta Ch.4 Sh.36

अपि चेदसि पापेभ्यः सर्वेभ्यः पापकृत्तमः ।
सर्वं ज्ञानप्लवेनैव वृजिनं सन्तरिष्यसि ॥ 36 ॥

Api Chedasi Paapebhyaha Sarvebhyaha Paapakrittamaha |
Sarvam Jnyaanaplavenaiva Vrajinam Santarishyasi || 36 ||

Meaning: Even if you are the most sinful among all sinners, you will certainly cross over all sins with the boat of knowledge.





Bhagwad Geeta Ch.7 Sh.14

दैवी ह्येषा गुणमयी मम माया दुरत्यया ।
मामेव ये प्रपद्यन्ते मायामेतां तरन्ति ते ॥ 14 ॥

Api Chedasi Paapebhyaha Sarvebhyaha Paapakrittamaha |
Sarvam Jnyaanaplavenaiva Vrajinam Santarishyasi || 36 ||

Meaning: For this, my divine maaya, comprised of the gunaas, is hard to cross. Only they who seek my refuge, cross over my maaya.

