

Devotion to Lord Hanuman: Puja Rituals and Remedies for Blessings

Embracing Devotion – The Path to Lord Hanuman's Blessings

In the heart of India's rich cultural heritage, Lord Hanuman stands as a symbol of strength, devotion, and firm faith. Hanuman, the passionate devotee of Lord Rama, is respected for his enormous courage, power, and the ability to transform lives. Many seek his blessings for protection, prosperity, and to overcome challenges. Here is how you can connect with Lord Hanuman through puja and remedies.

Lord Hanuman Puja

Puja for Lord Hanuman is a way to express our respect and to invite his divine presence into our lives. It is typically performed on Tuesdays and Saturdays, days considered auspicious to perform Lord Hanuman Puja.

Preparing for Hanuman Puja

Clean the Puja Area: Ensure the place where you mean to perform the puja is clean and pure.

Idol or Image: Have an idol or a picture of Lord Hanuman.

Puja Items: Prepare a puja thali with flowers, roli, rice, a diya, incense sticks, and prasad (usually, boondi or laddoos).

Hanumanji Puja Process

Invocation: Begin with a sincere invocation to Lord Hanuman, asking him to accept your prayers.

Chanting: Recite the [Hanuman Chalisa](#), a 40-verse hymn praising Lord Hanuman's virtues and deeds.

Offerings: Offer flowers, apply roli and rice to the idol or image, and light the diya and incense.

Prasad: Offer sweets, particularly boondi or laddoos, as it is said that Lord Hanuman relishes them.

Arati: Perform the [Hanumanji Aarti](#) with camphor and a bell, signifying the end of the puja.

Remedies to Please Lord Hanuman

Sindoor Offering: Offer sindoor to Lord Hanuman, as it is believed to be his favourite.

Fasting: Observe a fast on Tuesdays and Saturdays, consuming only fruits and vegetarian food.

Helping Others: Serve others selflessly, matching Lord Hanuman's devotion to service.

Reading Ramayana: Recite or listen to the Ramayana, as Lord Hanuman is closely connected to Lord Rama.

Conclusion

The act of *worshipping Lord Hanuman* is not just about following rituals; it is about imparting his divine qualities within us. Devotion to Lord Hanuman goes beyond the physical acts of puja; it is about carrying his teachings and love in your heart and demonstrating his virtues in your daily actions. With faith and sincerity, the path of *Hanuman Bhakti* can be a

source of immense strength and spiritual growth.

***Lord Hanuman Puja, Hanuman Remedies, Please Lord Hanuman,
Hanuman Worship Guide, Hanuman Devotion, Spiritual Practices
India, Hanuman Blessings, Hindu Rituals***