



MANGALWAR UPAY || मंगलवार के दिन करें ये आसान उपाय ||

Mangalwar Upay

- If your work is constantly going wrong, then you should recite Hanuman Chalisa on Tuesday. Due to this, all your work will be done well. If you have time, then you can also recite Hanuman Chalisa daily.
- Feeding the hungry is a virtuous act. Feed a beggar on Tuesday. Also, if you see a monkey or a cow, feed them too. This will please Lord Hanuman.
- Fasting on Tuesday is also considered auspicious. It is believed that by fasting on this day all the spoiled work gets done.
- Hanuman ji loves laddus very much. Therefore, offer laddus to Hanuman ji on Tuesday. This will calm your mind and you will also get the benefit of luck.
- If you are of irritable nature, then wake up on Tuesday morning and after taking a bath, worship Hanuman ji. It is believed that this will gradually reduce your anger. Also, you start to understand that Hanuman ji is with you.

|| Shri Hanuman Mantra ||

Yash-Kirti Ke Liye Hanuman Mantra

Om Namo Hanumate Rudravataraya Vishvarupaya Amitavikramaya Prakat-
Parakramaya Mahabalaya Suryakotisamaprabhaaya Ramdutaya Swaha.

Shatru Parajay Ke Liye Hanuman Mantra

Om Namo Hanumate Rudravataraya Ramsevakaya Ramabhaktitparaya
Ramahridayaya Lakshmanashakti Bhedanivaranaya Lakshmanarakshakaya
Dushtnibarhanaya Ramdutaya Swaha.

Nakaratmak Urja Ko Door Karne Ka Shri Hanuman Mantra

Om Ham Hanumatey Namoh Namah Shri Hanumatey Namoh Namah Jai Jai
Hanumatey Namoh Namah Shri Ram Dutaya Namoh Namah.

Mangalwar Upay

What to do on Tuesday:

- On Tuesday (Mangalwar) wake up early in the morning and take bath and meditate. After this, light a mustard oil lamp under a Peepal tree and facing east, chant the name of Shri Ram at least 11 times with a Tulsi rosary. This pleases Bajrangbali every Tuesday.
- On Tuesday, one should go to Hanuman temple and offer vermilion and jasmine oil to Bajrangbali. By doing this, Hanuman ji becomes happy and blesses that all the troubles of life will go away.
- Starting Hanuman Yantra on Tuesday is also very beneficial. Install this yantra in your puja room today and worship it daily. Now all your wishes will be fulfilled.

What not to do on Tuesday:

- On Tuesday evening, go to Hanuman temple and light a lamp of pure ghee.
- On Tuesday evening, Kevada perfume or rose garland should be offered to Hanumanji.
- Do not consume meat, fish or eggs on Tuesday.
- You should not lend money to anyone on Tuesday (Mangalwar)
- Never argue with your brother or friend on Tuesday.
- Do not get angry under any circumstances on Tuesday and avoid domestic disputes.
- No work related to Venus and Saturn should be done on Tuesday.
- Avoid wearing clothes and eating food related to Venus and Saturn on Tuesday.

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