



**Supreme  
Puja  
Methods  
for  
Attaining  
Supportive  
Spouse  
And Exemplary  
Offspring**

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## Best Pujas to Attract a Supportive Wife

### 1. Swayamvara Parvati Homa

Invoke Goddess Parvati's radiant grace through a sacred fire ritual. This homa dissolves obstacles to a loving, harmonious union.

*Purpose:*

To request Ma Parvati's blessing for a devoted, understanding spouse.

*Highlights:*

- Offer ghee, rice grains and sacred herbs into the flames
- Cultivate mutual respect, stability and deep emotional support

### 2. Gauri Shankar Puja (Complementary)

Honor the divine partnership of Shiva and Parvati to align your relationship energies.

*Focus:*

Harmonize the dynamic Shakti of Parvati with Shiva's stabilizing force.

*Outcome:*

Remove karmic delays; foster soulful connection and emotional depth

### Additional ceremonies to consider:

- Maa Katyayani Puja — accelerates auspicious marriage timing; remedies kundali doshas
- Mangal Dosh Nivaran Puja — pacifies Mars-related afflictions

Seek guidance from an experienced astrologer to determine the most auspicious muhurta and the precise number of mantra repetitions.

## Best Pujas to Attract a Supportive Husband

### 1. Mangal Gauri Vratam

Worship Mangala Gauri on a Tuesday in Shukla Paksha with yellow flowers, turmeric-rice and jaggery sweets. This vratam brings a loving, respectful partner into your life.

Ideal day:

Shukla Paksha Tuesday

Offerings:

Yellow blossoms; turmeric-laced rice; jaggery laddoos

Mantra:

“Om Hreem Glaum Gam Glaum Mahamangalāye Vidmahe  
Padmahastāya Dhīmahi Tanno Mangalāḥ Prachodayāt”

### 2. Swayamvara Parvati Homa

Invoke Parvati through Agni to remove barriers and draw a steadfast soulmate.

Core steps:

- Invoke Agni and Parvati with a heartfelt invocation
- Offer ghee, rice, sandalwood sticks and healing herbs
- Chant the Swayamvara mantra 108 times

### 3. Gauri Shankar Puja

Celebrate the divine union of Shiva and Parvati to balance masculine and feminine energies in your marital journey.

Focus:

Unity of Shakti and Shiva

Outcome:

Clear karmic hurdles; attract a partner who honours and uplifts you

### Additional ceremonies to consider:

If Mangal dosha afflicts your chart, perform a Mangala Dosh Nivaran Puja alongside these rituals

*Always consult an astrologer to choose the most auspicious muhurta for maximum impact.*

## Supreme Puja Methods for Attaining Exemplary Offspring

A harmonious set of rituals designed not only to bless you with offspring but also to instil in their hearts enduring virtues, discernment, and self-discipline.

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### 1. Hanuman Puja for a Dutiful, Courageous Son

Invoking Lord Hanuman imparts courage, selfless devotion, unwavering discipline, and a deep sense of duty.

#### Benefits

- Awakens character strength, loyalty, and humility
- Dispels fear and inspires righteous living
- Builds steadfast discipline through regular chanting
- Fosters a spirit of service

#### Ritual Procedure

1. Choose an auspicious Tuesday or Saturday morning or evening.
2. Begin with Ganapati puja.
3. Light a lamp before the Hanuman idol.
4. Offer red flowers and a mixture of oil and sindoor.
5. Chant the Hanuman Chalisa 108 times or the Panchmukhi Hanuman mantra (Om Shri Hanumate Namah) 108 times.
6. Conclude with Aarti and distribute prasad (boondi laddoos or jaggery sweets).

## Daily Practice

- Read the Hanuman Chalisa at least 11 times each morning.
- Listen to the Sundara Kand weekly.
- Narrate Hanuman's heroic deeds to children.
- Engage in acts of service—helping elders, cooperating with siblings.

## Supplementary Sadhana

- Observe the Satyanarayan Vrat to cultivate truthfulness and integrity.
  - Practice Gayatri mantra japa to enhance intellect and clarity.
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## 2. Putrakamesthi Yajna for Virtuous Sons or Daughters

A dedicated Vedic fire ritual that offers offerings to Agni, seeking divine blessings for conception and a healthy lineage—applicable equally for sons and daughters.

### Significance

- Lays the foundation for meritorious deeds
- Blesses conception and the continuity of family heritage
- Embraces all genders equally in its benevolent scope

### Ritual Outline

1. Under the guidance of a qualified priest, perform sacred havan for 1–3 days with prescribed offerings.
2. Recite the specific mantras to Agni according to Vedic tradition.
3. Conclude with contemplations on ancestral lineage and devotional homage.

Although named “Putrakamesthi” (literally “desire for children”), this ritual honours the aspiration for righteous offspring of any gender.

In the Ramayana, King Dasharatha's sons were born through this yajna, yet its essence transcends gender. The Yajurveda elaborates on such procreational sacrifices.

## Contemporary Adaptations

- Select mantras and offerings tailored to the desired qualities.
  - For a well-cultured, dutiful daughter, consider Gauri or Savitri vrat, Saraswati puja, or Lalita Sahasranama japa.
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### 3. Saraswati Puja on Vasant Panchami

Dedicated to Goddess Saraswati, patroness of knowledge, speech, and devotion, this observance nurtures learning and creativity in children.

#### Ritual Steps

- Offer yellow flowers and rice mixed with turmeric.
- Chant the Saraswati Vandana.
- Celebrate annually on Magha Shukla Panchami (January–February).

This practice cultivates a lifelong reverence for learning, respect, and humility.

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### 4. Daily Gayatri Mantra Japa

Chanting the Gayatri mantra at sunrise fortifies the soul, purifies the mind, and aligns actions with higher purpose.

- Use a japa mala to repeat the mantra 108 times each dawn.
  - Cultivate daily concentration and meditation.
  - Align one's deeds with clarity and righteousness.
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### 5. Navagraha Shanti Ceremony

Balancing the nine planetary forces removes doshas and fosters familial harmony.

- Mitigates adverse planetary influences.
  - Offer each graha its prescribed mantra and coloured offerings.
  - Combine with primary pujas to ensure cosmic balance in your home.
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## Integrating All Rituals

- Always begin auspicious observances with Ganapati puja.
  - Schedule the Putrakamesthi yajna under priestly guidance.
  - Honor Saraswati each Vasant Panchami.
  - Make Gayatri japa part of your daily routine.
  - Perform Navagraha shanti to maintain planetary equilibrium.
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## Additional Recommendations

- Maintain a puja diary for mantras and bhajans.
- Host small family gatherings for evening Aarti, Ramayana readings, and shared devotion.
- Consult your priest to tailor mantras and offerings to your specific hopes.
- Share stories of Dasharatha's yajna or other sacred narratives to deepen children's appreciation.

By weaving these practices into daily life, you pave a spiritual path that not only welcomes a blessed child but also nourishes virtues of courage, wisdom, and devotion—ensuring your home overflows with joy, peace, and impeccable character.

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## **eBook Summary**

This book offers clear, step-by-step guidance for performing auspicious worship practices that enrich personal spirituality and strengthen family bonds. It also provides insights into fostering a supportive partnership and raising ideal children through time-honoured rituals and values. Readers will find practical tips, authentic mantras, and meaningful ceremonies to integrate into daily life for harmony and well-being.

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## Author Bio



Rajesh Pathak is a bilingual spiritual writer and ritual documentarian who creates accessible guides for meaningful family worship. He specializes in translating sacred ceremonies and crafting practical tips that honour tradition and foster harmony. His expertise in technical writing and cultural studies ensures each ritual is presented with authenticity and clarity.

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