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## Arya Samaj Queensland Inc COVID-19 Havan for Wellbeing

- 🙏 How to perform Havan
- 🙏 Utensils required
- 🙏 Mantras in English with meanings
- 🙏 Mantras in Hindi with Meanings
- 🙏 View our Facebook live streaming showing how Havan is performed. (Arya Samaj Queensland)



**Details can be found on our Website: [aryasamajqueensland.org](http://aryasamajqueensland.org). Just click on links and download the files. STAY HOME STAY SAFE**

### ***Benefits of Performing Havan:***

Everyone knows that polluted air and water cause diseases which in turn causes pain, while pure air and water lead to good health and consequently provide happiness. People living far from where Havan is performed experience the fragrant odour in the air just as they experience any foul smell. That alone proves that an odoriferous substance placed into the fire is not destroyed but travels long distances and rids the impure air. To get rid of the impure air and replace it with fresh air, the mango sticks and ingredients which is burnt in Havan Kund produces the energy which breaks up the impurities of the air and reduces them to their components. They become lighter, are expelled from the house and replaced by fresh air. Havan mantras have the explanation through which the value of performing Havan is important for all humans.

**Need help? For our seniors we can come to your home and perform Havan.**

**Contact us on:**

**President: Jitendra Deo 0411 798 012 Treasurer: Sandeep Kumar 0451 569 712**

**Purohit: Pt. Laleen Jeet 0451 538 437**