# Skanda Sadhana (Vel Worship)

**Youtube Video:** SKANDA UPASANA | How to Worship Vel | Rajarshi Nandy
Kartikeya | Vel Worship | Rajarshi Nandy

Bhagwan Skanda (Kartikeya/Murugan) is the commander of the divine army and embodiment of Shiva and Shakti. He is an ancient deity whose worship brings mental clarity, sharp focus, fearlessness, and protection against negative influences. Central to Skanda Upasana is the worship of the Vel (spear), a divine weapon gifted by Parashakti. More than a symbolic item, the Vel represents the presence of the deity itself and assists in transforming the human mind into a single pointed spear capable of cutting through confusion, spiritual or life obstacles.

This guide outlines a simple yet potent sadhana centered around a small ebony wood (Karungali) Vel. Grounded in strict discipline, purity, and daily devotion, this practice builds strong spiritual energy, can help to mitigate planetary afflictions (such as Mars or Sarpa doshas), and fosters single-pointed concentration and inner strength when carried out with consistency and devotion.

## Materials Needed

- A small **Vel** (the weapon/ayudha of Skanda) made of ebony wood (known as *Karungali*)//
  Note: Keep it small so it easily fits in the palm of your hand, as larger items require more energy and prana to maintain.
- Ashtagandha, sandalwood paste (*chandan*), and *kumkum* for decorating the Vel
- Fresh Vibhuti (sacred ash)
- Fresh flowers or ingredients to make a small mala for the Vel
- Diya (oil lamp) and Agarbatti (incense)
- Naivedyam (food offering/sweets)
- Rudraksha Mala (or any other appropriate Japa mala)

## When to do this Sadhana

- **Start Day:** Start on a *Shukla Shashti* (the 6th lunar day of the waxing moon phase) OR on any Tuesday during *Shukla Paksha*.
- **Time of Day:** Perform the sadhana during the **daytime** (avoid starting late at night; start in a disciplined manner after taking a bath and wearing clean clothes).
- **Consistency:** Continue unbroken for a few months to build a strong connection with the deity.
  *Note for Women: Avoid performing this sadhana during your menstrual periods.*

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## Important Note

- Maintain a high degree of external purity and internal cleanliness, approaching the sadhana with seriousness and strict discipline.
- Try to decorate the pooja space and maintain aesthetics around the Vel.
- Mentally pray to Bhagwan Kartikeya/Skanda for mental clarity, discipline, determination, fearlessness, and complete protection from all obstacles and negativities. Consider Vel as Kartikeya Himself.

## Sadhana Procedure

- Place the small Karungali (ebony wood) Vel in your puja space.
- Decorate the Vel to the best of your capacity with ashtagandha, sandalwood paste, and kumkum.
- Apply fresh vibhuti to the Vel.
- Offer fresh flowers or a small flower mala to the Vel.
- Light a diya and agarbatti (incense).
- Do achamana and perform bhuta shuddhi of the space where the Vel is placed.
- Offer naivedyam (sweets/food).
- Take your Rudraksha Mala and chant **1 mala** per day of the base starting-level mantra:
  - **ॐ शरवणभवाय नमः / Oṁ Śaravaṇabhavāya Namaḥ**
  - If you are comfortable and familiar with it, you can do the 108 names of Skanda-Ashtottara Nama along with the mantra. (Refer these links Devanagari / IAST)
- Meditation**:** After completing your japa, close your eyes and meditate on the tip of the Vel for about 5 minutes to develop single-pointed concentration power.
- Carry on this practice consistently every day for at least **3 to 4 months** before attempting any advanced practices. Continuing the daily practice uninterrupted for at least **48 days (one mandala)** will inevitably bring about strong positive results.

## Advanced Steps (After 3 to 4 Months of Consistent Practice)

- Once you have built a solid foundation of 3–4 months of daily mantra japa, you may introduce **Abhishekam** of the Vel (typically done daily or minimum once a week, such as on a Tuesday or Sunday).

> *Important:* Because the Karungali Vel is made of wood, **do not use wet ingredients** like milk or curd. Perform dry Abhishekam using:

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- **Akshata** (unbroken, unboiled rice mixed with kumkum and turmeric) while chanting the mantra or Ashtottara-Nama.
- OR fresh **vibhuti** applied directly onto the Vel.

- Collected dry ingredients after Abhishekam can be kept in your puja space or carried in a small piece of paper for blessings and protection. A small quantity of the vibhuti collected can be mixed in water and consumed to help cure sickness.
- You can carry the Vel that you worship with you when you travel for protection and ward off negativities once it is charged.

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