



- Use sesame oil or ghee to light the lamp
- Light the lamp for 10 to 15 minutes. Do not let it run out of oil and the wicks get charred in fire.
- Mantra chantings are more effective in front of the lamp.
- You may use a flower to put off the lamp.
- Use every time fresh cotton wicks. But you can save unused sesame oil in a container and next day add few drops of new oil and pour the oil in the lamp.
- Clean everyday the lamp, plate and washable material with soap and water
- Doing an auspicious act with a clean body gives best results. Therefore take a shower before lighting the lamp
- If you eat meat , then brush teeth, drink little water and take a shower before lighting lamp
- Women during periods should not light lamp instead some one else in the family could light the lamp.

Sun's energy is trapped by plants which store that in form of oil in seeds. That sun's energy is released by burning oil in a lamp. The released energy of the sun should be insulated from going to the earth. So an insulating washable spread is kept underneath the lamp. Light from Lamp depicts the "Sun" in our home which brightens our intellect like light in the dark. It dissipates ignorance, fear, depression, and all other negative energy and brings light of positive energy. All the planets (grahas) revolve around the Sun. Therefore bringing the Sun's energy in the form of Oil-lamp light in. home, will bring all the positive vibrations of planets in our home and bring peace and happiness , good health and fortune.