



MahaLakshmi Sadhana



3-Month Manual Tracker · 108-Day Plan

Name: _____ Start Date: _____ Completion Date: _____

❖ Month 1 · MahaLakshmi Mantra ❖

Cycle 1	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —
Cycle 2	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —
Cycle 3	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —

❖ Month 2 · Navarn Mantra ❖

Cycle 1	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —
Cycle 2	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —
Cycle 3	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —

❖ Month 3 · MahaLakshmi Mantra (Repeat) ❖

Cycle 1	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —
Cycle 2	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —
Cycle 3	1 J ☐	2 J ☐	3 J ☐	4 J ☐	5 J ☐	6 J ☐	7 J ☐	8 J ☐	9 J ☐	10 H1 ☐	11 H2 ☐	12 R —

❖ **Legend:** J = Jaap · H1 = Laung + Elaichi Havan · H2 = MahaLakshmi Havan · R = Rest

❖ Daily Reminders ❖

- Fixed time daily
- Bath and clean clothes before sadhana
- Agarbatti during sadhana
- Bakhoor before, during, and after
- Sit silently for 3–5 minutes after jaap
- Report before starting and after each 12-day cycle

One month = 3 cycles × 12 days = 36 days · Full plan = 108 days