

BUDH GAYATRI MANTRA



“OM GAJADHWAJAAYA VIDMAHAE
SUKHA HASTAAYA DHEEMAH
TANNO BUDHA PRACHODAYAAT.”

BEFORE YOU START CHANTING

- Before we begin to chant, it is important for us to wash our feet and hands or take a bath to purify ourselves physically.
- Since our position is important while chanting, we should make sure we sit in the direction facing the East. Our backs should be straight, and the pronunciation of the mantra should be accurate.
- We should also be serious about how devoted we are while chanting. If our heart and mind are not in the right place, the blessings will not reach us.
- Therefore, we should entirely devote ourselves to Lord Budha, free from all distractions and impure thoughts, to feel the positive energy and the protection of the Universe.
- Along with steadfast devotion, we should recite it for at least forty-five days if we want to receive his blessings.
- Wearing white garments with a few pieces of the yellow and greenish color will show our absolute devotion.
- Though we can do the puja during noon as well as sunset, the best time to chant the Mantra is in the morning.
- Even though we should chant it daily, if we fail to chant the mantra every day, we can chant it every Wednesday as that day belongs to him.
- It's important that we chant this mantra on the beads of a rosary daily for 108, 216, 324 or 1008 times.
- Let thoughts pass you by, do not dwell on the past or future; concentrate on your mantra; and count the repetitions.

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