

MOST COMMON SARASWATI MANTRA



SHUKLAAM BRAHMVICHAAR
SAAR PARAMAADYAAM JAGADVYAAPINEEM VEENNA
PUSHTAK
DHAARINNEEBHAMAY DAAM
JAAD YAAPANDHKAARAAPAHAAM
HASTE SFATIK MAALIKAM VIDHATEEM
PARAMAASANE SANSTHITAAM VANDE TAAM
PARAMESHWAREEM BHAGWATEEM BUDDHI PRADAAM
SHAARADAAM.

BEFORE YOU START CHANTING

- Bath or Wash your hands and feet. You must be clean!
- Always face East when chanting.
- Devote yourself completely to Goddess Saraswati and feel the protection and love of the Universe.
- Look at a picture of Goddess Saraswati or look up at the sun in the sky and when chanting.
- Its benefits are best experienced during the auspicious Rohini, Mrigshira, and Chandravall periods.
- Chant this mantra for at least 48 Days and 9, 27, 54, 108, 216, 324, 1008 a day or even more, and use Sphatik mala or a Rudraksh mala with 108 beads made of tulsi or clear quartz crystals to help you to count.
- Wearing white garments shows our absolute devotion to the goddess.
- 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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