

SARASWATI VANDANA



YAA KUNDENDU TUSHAARA HAARADHAVALAA, YAA
SHUBHRAVA STRAAVRITHA
YAA VEENAVARA DANDAMANDITAKARA, AA SHWETHA
PADMAASANA
YAA BRAHMAACHYUTHA SHANKARA, PRABHRITIBHIR
DEVAISADAA VANDITHA
SAA MAAM PAATU SARASWATEE BHAGAVATEE NIHSHESHA
JAADYAAPA HAA.

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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