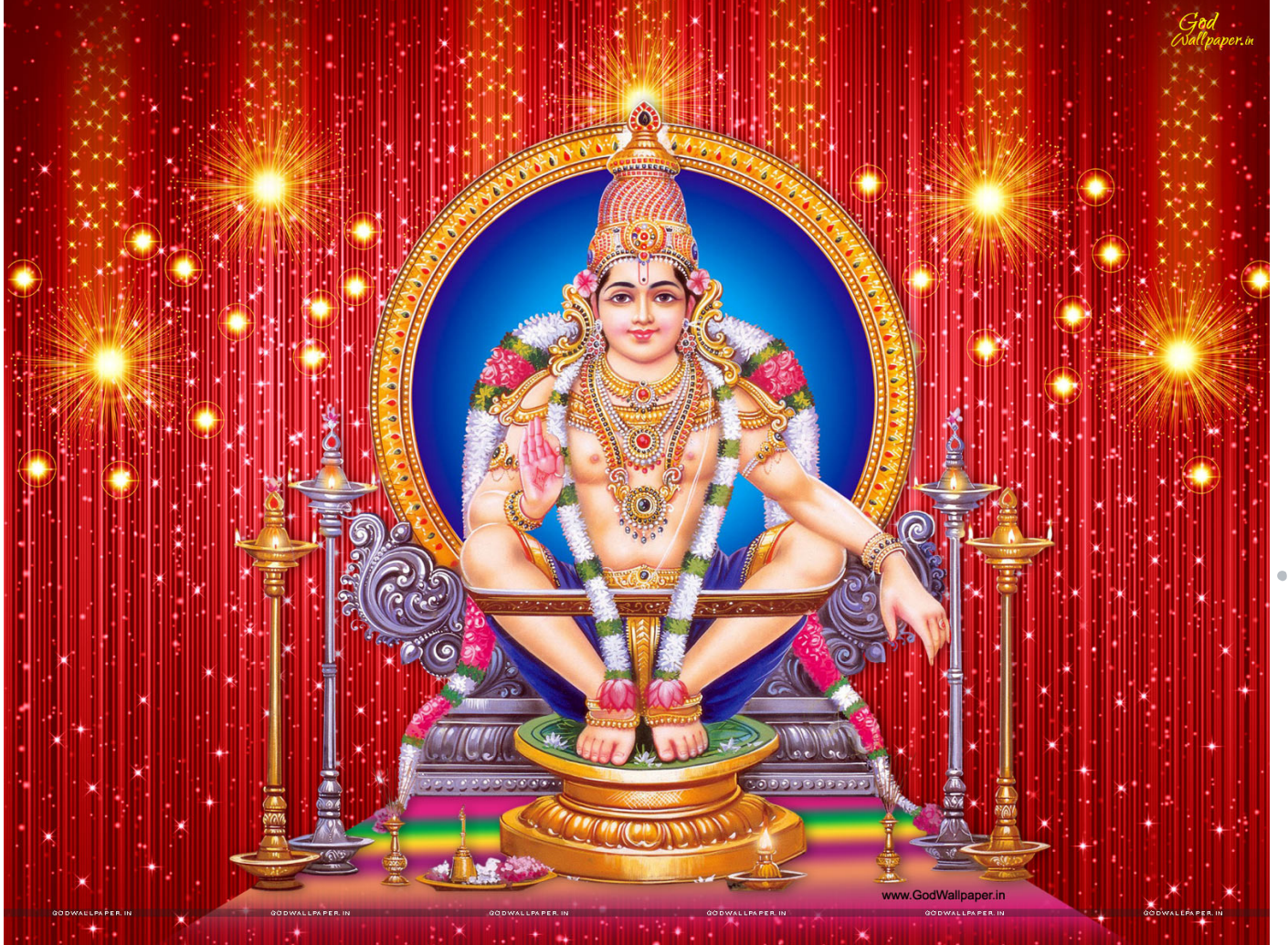


AYYAPPA MANTRA



OM BHUTHANATHAYA VIDMAHE
BHAVA PUTRAYA DHIMAHI
THANNO SASHTHA PRACHODAYATH.

By: www.UnifyCosmos.com

BEFORE YOU START CHANTING

- Bathe or wash your hands and feet prior to beginning of the puja.
- Sit facing the East when doing the puja.
- Devote yourself completely to Lord Ayyappa. Let yourself receive the positivity and protection of the Universe.
- When chanting you need to look up in the sky, or better look at his picture.
- Recite the mantra for at least 45 days with utmost devotion. If you are unable to chant every day, as said above, you can chant on Wednesdays, Sundays, and Uthraphalguni Nakshatra days.
- You need to wear a white garment to show your full devotion.
- You should do the puja early in the morning. The ideal time to chant is between 6.00 a.m. and 9.00 a.m
- The mantra can be initiated on any Wednesday, Utharaphalguni or Karthika Nakshatra day, Ekadasi thithi, or Shasthi thithi. Then continue for 45 days straight, or as available.
- Chant the mantras at least 9 times or 18, or 108 times and use the beads of a rosary to keep count every time.
- 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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