

BRIHASPATI BEEJ MANTRA



OM STRIMBRAHMBRIHASPATAYENAMAH.

BEFORE YOU START CHANTING

- Take a bath preferably early in the morning and always wear clean clothes when you sit for chanting.
- The best time to chant the Brihaspati Mantra is during the auspicious hours in the morning from 4 am to 6 am. This period of time in the morning is also known as Brahma Mahurat.
- The ideal optimum count or number of times one should recite it is 19,000.
- Using rosaries to help keep count of the mantra is helpful. Use a rosary made of Tulsi Sandalwood or Rudraksha.
- Have an idol or picture of Brihaspati in front of you while you chant.
- Yellow is an auspicious color; it is the color of Lord Brihaspati. To attract Jupiter's energy, you can wear yellow clothes, offer yellow flowers to the god or even donate yellow clothes to the poor.
- The god Brihaspati is also fond of sweets. So Offerings and alms of Jaggery, yellow Ladoos (tradition Indian sweets), or even spices and cereals like gram and turmeric may be offered to obtain the blessings of Brihaspati.
- Donating on a Thursday is also a common practice because it is the day of Jupiter.
- You can also do your almsgiving and offering on a Thursday to appeal to Brihaspati.
- Donations of Gold and Yellow sapphires are also another alternative for offerings.
- 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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