

Gayatri mantra from the Rig Veda for good health

This is slightly different to the generally Gayatri mantra version in that this mantra includes “OM” 5 times. This mantra version is used to assist in alleviating many diseases including diseases related to the mind, heart diseases, asthma and blood pressure to name a few.

Every morning chant this mantra 108 times after having a bath. Best done during the morning period.

om bhoor om bhuvah om svah
om tat savitur vareniyam
bhargo devasya dheemahi
om dhiyo yo nah prachodayaat

Compiled to make your life successful and happier.

We pray for success in your endeavours.

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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind... Jai Shree Radha Krsna.

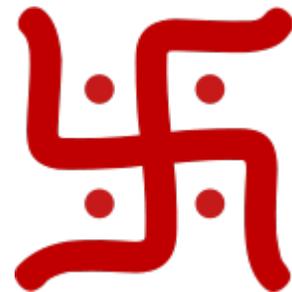
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Compiled for the upliftment of Sanatan Dharma

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