

Strengths, Benefits and Importance of 12 Mukhi Rudraksha (Barah Face Rudraksha) By Acharya V Shastri.



Importance and benefits of 12 – Twelve Mukhi Rudraksh

The twelve-faced Rudraksha is a bead of power and light and is ruled by the powerful Sun. Our conscious mind is represented by the planet Sun. The importance of present time, wearer here and now, is taught by Barah Mukhi Rudraksha and helps us to focus on the now and learn that the real potential is only in the now. This divine Rudraksha bead frees us from the physical, mental and emotional dependence that we trust from the outside world and teaches us the lesson to awaken our self-power. This bead makes the wearer's personality shine like the sun.

Ruling Planet of 12 Mukhi Rudraksha (बारह मुखी रुद्राक्ष के स्वामी ग्रह – Twelve Face Rudraksha)

Bara Mukhi Rudraksha is ruled by the Sun planet.

Chakra Associated with 12 Mukhi Rudraksha (Twelve – Eleven Face

Rudraksha)

The Manipur Chakra or Navel Chakra is associated with the 12 Mukhi Rudraksha Bead. The Manipur Chakra demonstrates courage and conviction along the lines of high self-esteem.

Importance Twelve Mukhi Rudraksha (बारह मुखी रुद्राक्ष का महत्व:)

- 12 Mukhi Rudraksha gives glow, glow, glow, youth and vitality.
- It gives the power and power of timely action.
- It calms the negative effects and suffering of the sun.
- This makes one fearless and powerful and ready to take action using his knowledge.
- It helps businessmen, families, politicians, managers, leaders and public administrators to achieve greater success in their fields, namely, fame and abundance.

Benefits of 12 Mukhi Rudraksha (बारह मुखी रुद्राक्ष के लाभ:)

- Lowers self-esteem and makes the wearer disciplined and confident
- It gives physical, emotional and mental strength.
- The rare 12 Mukhi Mala of Rudraksha leaves dependence on others.
- It releases tension, worries, doubts and anger.

Health Benefits of 12 Mukhi Rudraksha (बारह मुखी रुद्राक्ष के चिकित्सीय लाभ:)

- Twelve Mukhi Rudraksh controls the functioning of the digestive system.
- Cures stomach, pancreas, liver diseases, indigestion and small intestine.
- It is very good for Vata and Kapa-borne diseases.

Mantra of Twelve Mukhi Rudraksha (बारह मुखी रुद्राक्ष का मंत्र:)

॥ ॐ क्रौं क्षौं रौं नमः॥

How to wear 12 Mukhi Rudraksha (कैसे धारण करें 12 मुखी रुद्राक्षः)

One should be energetic before wearing the original 12 Mukhi Rudraksha. The divine and rare 12 Mukhi beads of Rudraksha should be worn on Sunday. Follow the procedure to activate the bead

Get up at dawn on Sunday morning, take a shower and wear clean and fresh clothes. Make sure the area you are going to sit and chant is clean. Face the puja transformation of your house in the east direction. Now hold the bead in your hand and chant the mantra " **ॐ क्रौं क्षौं ट्रैं नमः**" 108 times with full concentration and wear Rudraksha.

You can wear 12 Mukhi Rudraksh beaded threaded in silk or wool thread in a bracelet or garland or you can keep it in silver or gold. Rudraksha bead should touch your skin so that it becomes active and starts working on specific areas.

How to check or identify the bead 12 Mukhi Rudraksha is Original (कैसे जांचें कि मनका एक वास्तविक बारह -12 मुखी रुद्राक्ष है)

- Hold the Rudraksha bead in the hand and examine the bead, see that the lines on the body of the 12 Mukhi Rudraksha move smoothly without breaking from mouth to tail, that is, without breaking from one end to the other.
- Check if the bead is in nature or if there is a hole in it.
- Test whether the bead is original by taking a bead of Rudraksh for some time by pouring it inside a glass of warm water. Check if the water is clean and does not contain germs.
- Check if the bead is still solid and does not show unsatisfied and sticking face marks.
- Look closely if the bead has any small holes or damage. If the bead is original, allow it to dry and later wear it according to the procedure described above.

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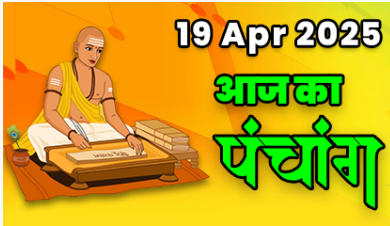
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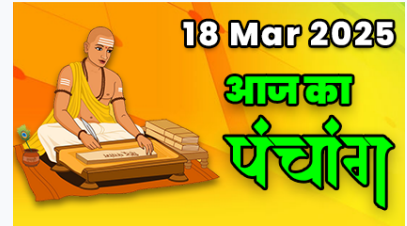
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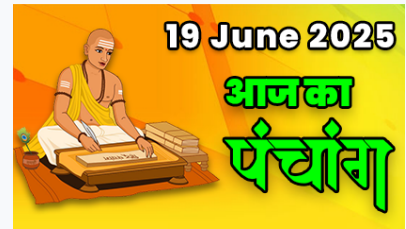
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