



COSMIC
INSIGHTS

Daily Rituals

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As soon as you wake up look at
both your hands folded
Before you and chant the mantra



कराग्रे वसते लक्ष्मिः करमध्ये सरस्वति ।
करमूले तु गोविन्दः प्रभाते करदर्शनम् ॥

**“Karaagre Vasate Lakssmih Karamadhye
Sarasvati |
Karamuule Tu Govindah Prabhaate
Karadarshanam |”**

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Before you keep your feet
on mother earth chant this mantra



समुद्रवसने देवि पर्वतस्तनमण्डिते ।
विष्णुपत्नि नमस्तुभ्यं पादस्पर्शं क्षमस्व मे ॥

**“Samudra Vasane Devi Parvata Stana Mannddale |
Vissnnu Patni Namas Tubhyam Paada Sparsham
Kssamasva Me ॥”**

Oh Mother Earth, The Goddess with the oceans as garments
and mountains as bosom, Consort of Lord Vishnu, Salutations
to you. Please forgive the touch of my feet.

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While taking shower chant this mantra

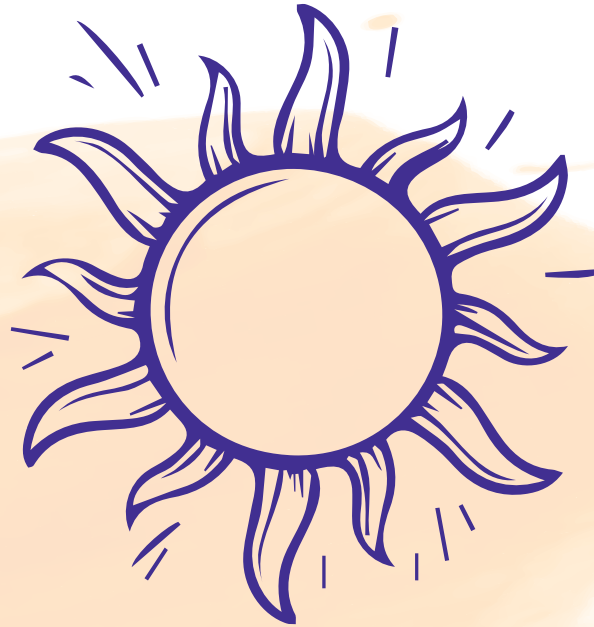


गङ्गे च यमुने चैव गोदावरि सरस्वति ।
नर्मदे सिन्धु कावेरि जलेऽस्मिन् संनिधिं कुरु ॥

**“Gangge Ca Yamune Cai[a-E]va Godaavari
Sarasvati | Narmade Sindhu Kaaveri
Jale-[A]smin Sannidhim Kuru ॥”**

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After a shower, look at the rising Sun (Surya) and bow down in reverence and thank him for bringing light into our lives.

You can chant the **Gayatri mantra** or the **aditya hrudayam** if you have time.

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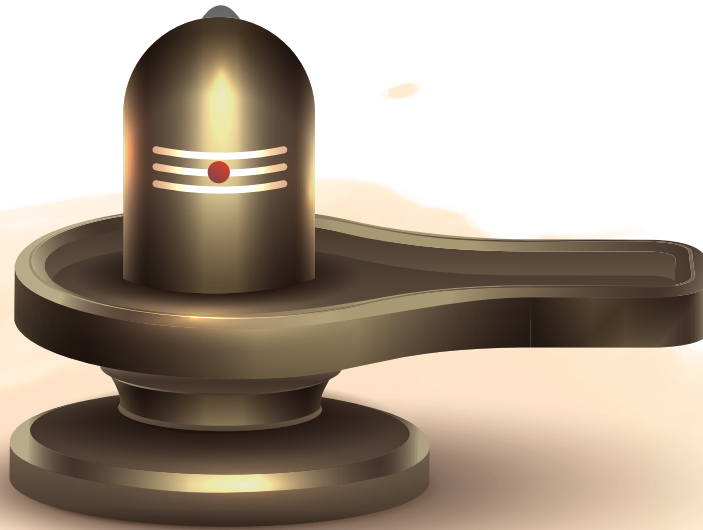


Pray to Lord Ganesha with any of your
favorite Ganesha mantra.

You can use the **Japa108.com** app to find
Ganesha mantras of your choice.

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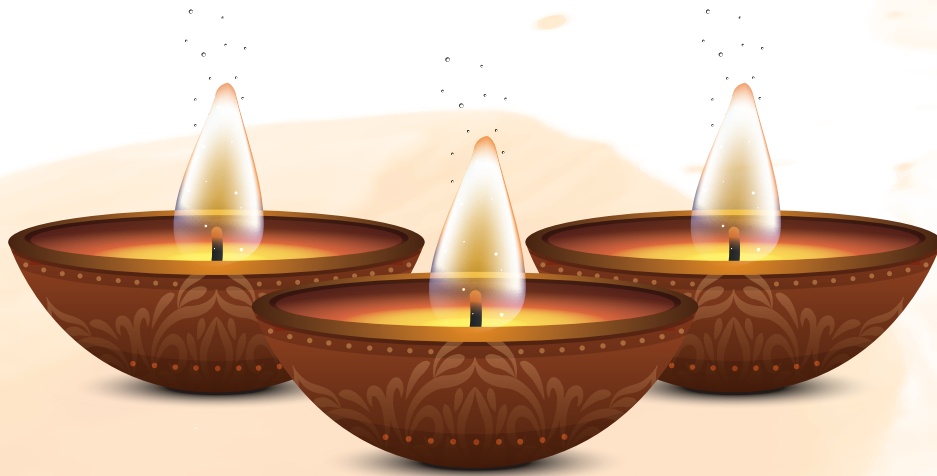
If you have a shivling at home, I would highly recommend pouring a small cup of water on the lingam by chanting

“Aum Namah Shivaya” 11 times or 21 times.

This will not take you more than 2 minutes. I have personally been following this for a few years and it has made a world of difference in my life.

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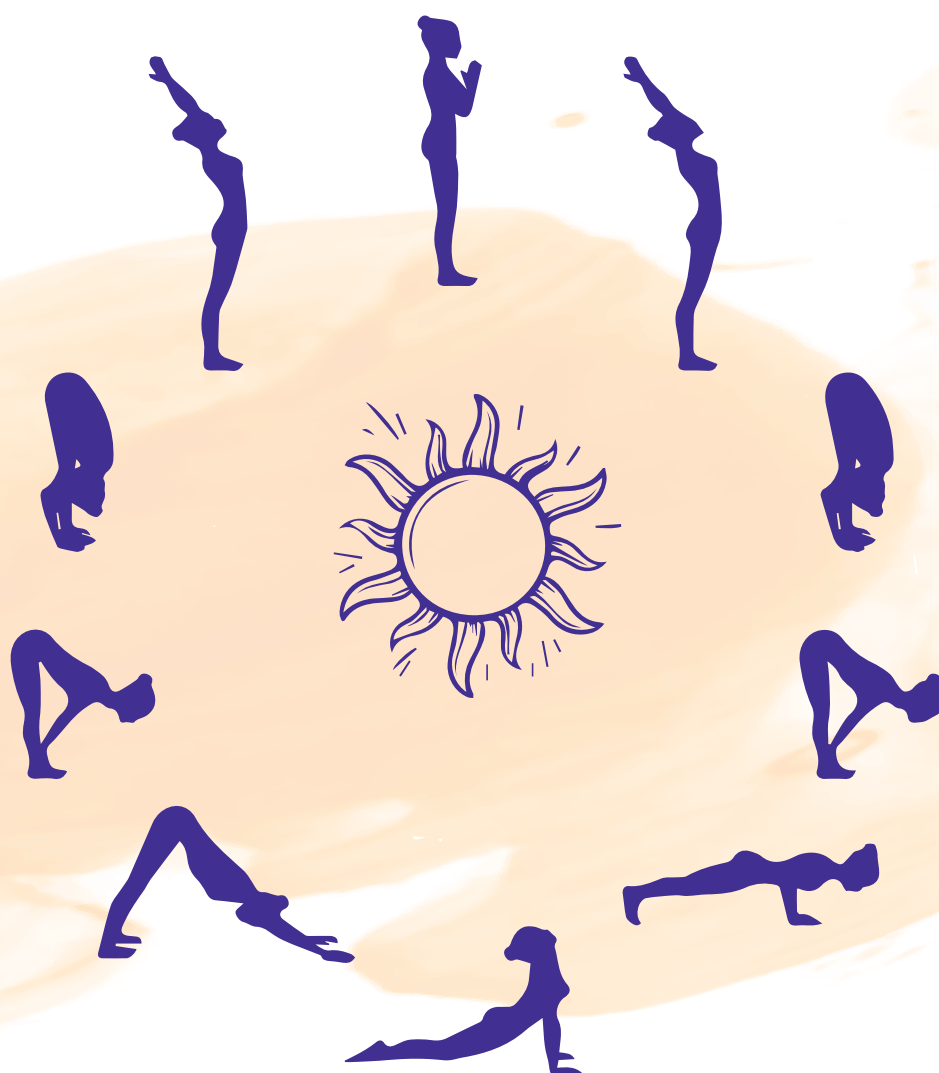


Light a lamp everyday in the morning.

Do not wipe the extra oil on yourself or on your clothes, have a separate cloth to wipe it.

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Perform **Sun Salutations**

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Do few minutes of **Pranayama**.

This is one of the best remedies to regulate the effects of Shani (Saturn) in our lives.

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Meditate for a minimum of 20 minutes



You can join the Live meditations everyday by

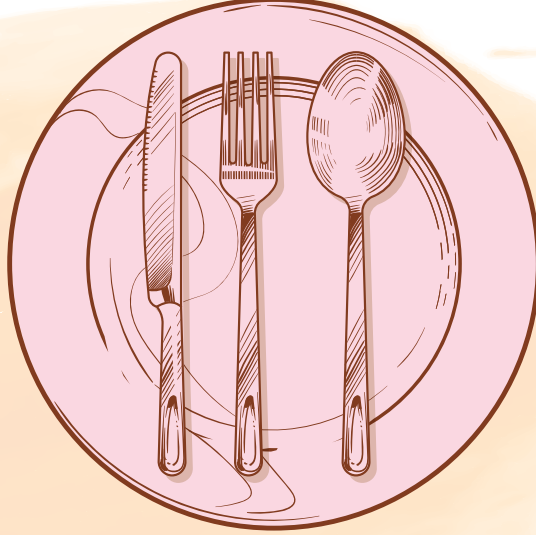
Gurudev Sri Sri Ravi Shankar or

you can use the **Sattva App**.

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Learn to chant this mantra



**“Brahmārpaṇam Brahma Havir Brahmāgnau
Brahmañāhutam, Brahmaiva Tena Gantavyam
BrahmakarmāSamādhinah.”**

Before you have your meal.

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If you get negative thoughts chant the mantra

“Aum Kalabhairavaya Namah”

or listen to Kalabhairav Ashtakam immediately.

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In the evening
light a lamp and light an incense,
it will help you energize your home

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Honor your ancestors everyday.
Think about them and pray to them.

On Amavasya tithis you
can donate something in their remembrance.

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A close-up photograph of a hand holding a rectangular stamp. The stamp is blue with a white border and contains the text "DON'T BUY NOW" in bold, black, sans-serif capital letters. The background is a soft, out-of-focus orange and yellow wash.

**DON'T
BUY NOW**

Do not buy
Shoes, iron, oil, cleaning items etc
on Saturdays.

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Always make your bed after you wake up.

The sheets have to be folded everyday.

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Before you go to bed chant this mantra



रामं स्कन्दं हनूमन्तं वैनतेयं वृकोदरम् ।
शयने यः स्मरेन्नित्यं दुस्स्वप्नस्तस्य नश्यति ॥

“ rāmam skandam hanūmantam
vainateyam vrkodaram | śayane yah
smarennityam dussvapnastasya naśyati ॥ ”

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Based on the day of the Week you can listen to or meditate on powerful hymns and stotras. Check the table below.

Day	Planet	Hymn
Sunday	Sun	Aditya Hrudayam
Monday	Moon	Sri Rudram
Tuesday	Mars & Ketu	Hanuman Chalisa, Ganesha Atharvasirsha
Wednesday	Mercury	Vishnu Sahasranama
Thursday	Jupiter	Dakshimamurthy Stotram
Friday	Venus	Sri Lalitha Sahasranama
Saturday	Saturn & Rahu	Hanuman Chalisa, Kalabhairav Ashtakam, Durga Stotram

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