

Kaal Sarp Dosh Puja

काल सर्प दोष पूजा

Rahu Beej Mantra

ॐ भ्रां भ्रीं भ्रौं सः राहवे नमः

om bhrām bhrīm bhraum sah rāhave namah

Meaning: The seed syllables of Rahu, with salutations to Rahu.

Count: The classical anushtan count is 18,000; daily, traditionally 108 times, beginning on a Saturday.

Ketu Beej Mantra

ॐ स्नां स्त्रीं स्त्रौं सः केतवे नमः

om srām srīm sraum sah ketave namah

Meaning: The seed syllables of Ketu, with salutations to Ketu.

Count: The classical anushtan count is 17,000; daily, traditionally 108 times, beginning on a Tuesday or Saturday.

Panchakshari (Om Namah Shivaya)

ॐ नमः शिवाय

om namah shivāya

Meaning: Salutations to Shiva, the auspicious one.

Count: Traditionally 108 times; any number with devotion.

How to chant

1. Sit facing east or north on a clean seat, after a bath if you can.
2. Light a lamp. Take a little water in your right palm and state your intention (sankalp) silently.
3. Use a mala of 108 beads; turn it with the thumb and middle finger, and do not cross the larger guru bead: turn the mala around.
4. Chant clearly and steadily, aloud, softly, or in the mind; the same number each day matters more than speed.
5. Close with a moment of silence and offer the merit of the japa for your family's wellbeing.

