PROPERPANDIT · CHANT ALONG

Navagraha Shanti Puja

नवग्रह शांति पूजा

Surya Beej Mantra

ॐ ह्रां ह्रीं ह्रौं सः सूर्याय नमः

om hrām hrīm hraum sah sūryāya namah

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

Count: The classical anushthan count is 7,000; daily, traditionally 108 times, beginning on a Sunday.

Chandra Beej Mantra

ॐ श्रां श्रीं श्रौं सः चन्द्रमसे नमः

om shrām shrīm shraum sah candramase namah

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

Count: The classical anushthan count is 11,000; daily, traditionally 108 times, beginning on a Monday.

Mangal Beej Mantra

ॐ क्रां क्रीं क्रौं सः भौमाय नमः

om krām krīm kraum sah bhaumāya namah

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

Count: The classical anushthan count is 10,000; daily, traditionally 108 times, beginning on a Tuesday.

Budha Beej Mantra

ॐ ब्रां ब्रीं ब्रौं सः बुधाय नमः

om brām brīm braum sah budhāya namah

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

Count: The classical anushthan count is 9,000; daily, traditionally 108 times, beginning on a Wednesday.

Guru Beej Mantra
ॐ ग्रां ग्रीं ग्रौं सः गुरवे नमः

om grām grīm graum sah gurave namah

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

Count: The classical anushthan count is 19,000; daily, traditionally 108 times, beginning on a Thursday.

Shukra Beej Mantra
ॐ द्रां द्रीं द्रौं सः शुक्राय नमः

om drām drīm draum sah shukrāya namah

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

Count: The classical anushthan count is 16,000; daily, traditionally 108 times, beginning on a Friday.

Shani Beej Mantra
ॐ प्रां प्रीं प्रौं सः शनैश्चराय नमः

om prām prīm praum sah shanaishcarāya namah

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

Count: The classical anushthan count is 23,000; daily, traditionally 108 times, beginning on a Saturday.

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 anushthan count is 18,000; daily, traditionally 108 times, beginning on a Saturday.

Ketu Beej Mantra

ॐ स्रां स्रीं स्रौं सः केतवे नमः

om srām srīm sraum sah ketave namah

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

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

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.