Rudrabhishek

रुद्राभिषेक

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.

Maha Mrityunjaya Mantra

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय माऽमृतात् ॥

om tryambakam yajāmahe sugandhim pushtivardhanam | urvārukamiva bandhanānmrityormukshīya mā'mritāt ||

Meaning: We worship the three-eyed Lord, fragrant, who nourishes all. As a ripe cucumber is freed from its vine, may we be freed from death, not from immortality.

Count: Traditionally 108 times a day on a rudraksha mala; the anushthan counts are 11,000 to 1,25,000.

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.