

Dharma (धर्म)

There is no english language equivalent of Dharma (धर्म)

Adharma (अधर्म) is anything that stirs conflict, while Dharma is the force that resolves conflict and fosters harmony

The word dharma is derived from the root “dhr”, to ‘hold’. Dharma alone holds this world together

That which brings well-being is dharma

Dharma is truth

Dharma depends upon time, circumstances, age, degree of evolution and the community to which one belongs

Of the four grand objects of human aspiration, the purusharthas: Dharma, Artha, Kama & Moksha, Dharma is placed at the highest alter in the scriptures of the Indic civilization

Swami Shivananda Saraswati

Thank you for taking the first step towards Dharma Led Wellness with OMJOOMSUH. This card is a prasada for you, your family, and your friends. It signifies your trust in us and marks the beginning of a meaningful journey together.

Mantra Sadhana

As the first step towards building intrinsic health, we would like to introduce you to the essential practice of building long-term immunity and unblocking psychic barriers through Mantra Chanting, also known as Mantra Sadhana

Here's How To Practice

- As you wake up, sit on your bed
- Gently close your eyes
- Recite the three mantras with appropriate *sankalpa* (positive affirmation)

Positive Affirmation

It's like planting a seed in a fertile soil when your senses are relatively calm. Please be mindful to take the *sankalpa*, *mentally* & in present tense.

Sample

Mahamrityunjaya Mantra: "I **have** energy, power and immunity "

Gayatri Mantra: "I **possess** wisdom, clarity and intuition"

32 Names of Durga: "I **am** overcoming distress in life"

Mahamrityunjaya Mantra - 11 Times

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात्

Om Tryambakam yajaamahe sugandhim pushtivardhanam

Urvaarukamiva bandhanaan-mrityormuksheeya maamritaat

Gayatri Mantra - 11 Times

ॐ भूर् भुवः स्वः। तत्सवितुर्वरेण्यं।

भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्

Om Bhur Bhuvah Swaha. Tat-savitur Vareṇyam.

Bhargo Devasya Dheemahi. Dhiyo Yo Naḥ Prachodayāt

32 Names of Goddess Durga - 3 Times

दुर्गा दुर्गातिशमनी दुर्गापद्धिनिवारिणी दुर्गमच्छेदनी दुर्गसाधिनी दुर्गनाशिनी

दुर्गतोद्धारिणी दुर्गनिहन्त्री दुर्गमापहा दुर्गमज्ञानदा दुर्गदित्यलोकदवानला

दुर्गमा दुर्गमालोका दुर्गमात्मस्वरूपिणी दुर्गमार्गप्रदा दुर्गमविद्या दुर्गमाश्रिता

दुर्गमज्ञानसंस्थाना दुर्गमध्यानभासिनी दुर्गमोहा दुर्गमगा दुर्गमार्थस्वरूपिणी

दुर्गमासुरसंहन्त्रि दुर्गमायुधधारिणी दुर्गमांगी दुर्गमता दुर्गम्या दुर्गमेश्वरी

दुर्गभीमा दुर्गभामा दुर्गभा दुर्गदारिणी

Durgā Durgatirśaminī Durgāpadvinivāriṇī Durgamacchedinī

Durgasādhinī Durganāśinī

Durgatoddhāriṇī Durgenihantrī DurgamāpahāDurgamajñānadā

Durgadaityalokadavānalā

Durgamā Durgamāloka Durgamātmavarūpiṇī Durgamārgapradā

Durgamavidyā Durgamāśritā

Durgamajñānasamsthānā Durgamadyānabhāsinī Durgamohā

Durgamagā Durgamārthavarūpiṇī

Durgamāsurasanhantrī Durgamāyudhadhāriṇī Durgamāṅgī Durgamatā

Durgamyā Durgameśvarī

Durgabhīmā Durgabhāmā Durgabhā Durgadāriṇī

*If you want to understand the intonations of these universal mantras, please go to
www.audio.com/omjoomsuh and download.*