

## **Fourteen Mukhi (Face) Rudraksha**



**Benefits:** Fourteen mukhi Rudraksha represents Hanuman. It fosters positive Fourteen mukhi Rudraksha symbolizes lord Shiva. Its very precious divine power makes it very special and rare. Shiva Purana praises about how fourteen mukhi Rudraksha rules the cosmic world and humans and is regarded as a favorite possession not just by humans but also by gods and goddesses. Its properties have been compared to the power of Lord Shiva. In Srimaddevibhagavat, Narayan has glorified the importance of fourteen mukhi with special emphasis on wearing it to attain spiritual freedom and the virtues of Lord Shiva himself. Rudraksha. Even Mantramaharnava has revealed that upon wearing fourteen mukhi Rudraksha beads, great intuition power overpowers a person and then s/he shall be able to predict and foresee the future.

Mantra : ' Om Shivaya Namaha '

Ruling Planet : ' Saturn '.

**Which type of Rudraksha to wear:** One should use those Rudraksha-beads which are nice, handsome, strong, big, auspicious and thorny. One should avoid those eaten by worms, broken, without thorns, and having sores.

The self-holed Rudraksha is of the best variety. But that which is holed by man's attempt, is considered to be worse. Those best Rudrakshas should be strung in white thread.

**Where Available:** The English name for Rudraksha tree is 'utrasum bead tree.' The trees are of medium height and the fruit on them is like a walnut, having a cover, with a Rudraksha inside. These trees are generally found in India, Nepal, Indonesia and some other countries of North Asia.

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**Note:** For those readers who hold interest in Spirituality and Hindu Philosophy can read "[Rudraksha Jabala Upanishad](#)" found in the Upanishad section under "Religion and Philosophy / Hinduism", to get a great overview and enhance their understanding on the benefits of Rudraksha, both for spiritual and personal success.

### **Methods of Treatment**

1. By the mere utterance of the name of 'Rudraksha'.
2. By seeing and touching it.
3. By wearing a rosary (necklace) or even one Rudraksha can be worn by stringing in white thread.
4. Keep Rudraksha soaked in a cup of water overnight (use of a clean and auspicious place like place of worship is important), and then in the morning drink the water.
5. Do Japa with Rudraksha and wear it at all times.
  - a. Start on Saturday,
  - b. Wash Rudraksha with unboiled milk and water,
  - c. Apply sandalwood paste on it,
  - d. Offer Incense and flowers,
  - e. Chant "Om Namah Shivaya" 108 times the first time, when you start this auspicious activity
  - f. Chant " Om Shivaya Namaha " at-least 9 times every day