

Nine Mukhi (Face) Rudraksha



Benefits: A nine mukhi Rudraksha represents goddess Durga, a symbol of power and courage. It is believed to possess power of nine deities, also called Navadurga. It also represents god Yama, god of death and sage Kapila. Based on the scientific researches, Hindu scripture proudly boosts that the use of nine mukhi Rudraksha on a body specially if worn stimulates the hormonal function of the body and this enhances mental alertness and sharpness, physical strength, mental peace, spiritual gain, concentration power, patience, control over anger and fear and communication skills.

Mantra : ' Om Hreem Hum Namaha '

Ruling Planet : ' Ketu '.

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.

Note: For those readers who hold interest in Spirituality and Hindu Philosophy can read "[Rudraksha Jabala Upanishad](#)" found in the Upanishad section under "Religion

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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 Hreem Hum Namaha " at-least 9 times every day