



Aarsha Vani

(Voice of Sanatana Dharma)



Antidote to all Virals

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శివాయ గురవే నమః
శ్రీ మాత్రే నమః
శ్రీ విష్ణు రూపాయ నమః శివాయ

ముప్పవీరం

శ్రీ అచ్యుతాయ నమః శ్రీ అనంతాయ నమః శ్రీ గోవిందాయ నమః
శ్రీ మాత్రే నమః సర్వవ్యాధిప్రశమనీ సర్వమృత్యునివారిణీ శ్రీ మాత్రే నమః

ఇప్పుడున్న విష(మ)జ్వరాల ప్రభావం బారిన పడకుండా సకలజనుల శ్రేయస్సు కోరి **బ్రహ్మశ్రీ సామవేదం షణ్ముఖ శర్మగారు** తెలియజేసిన మంత్రతుల్య మార్గాలు.

దీనిని ఉపదేశంగా గ్రహించి మనందరం మనసం చేసుకుందాం. మనతో పాటుగా విశ్వమంతా బాగుండాలని ప్రార్థిద్దాం. 🙏🙏🙏

Śivāya Guravē Nama:

Śrī Mātrē Nama:

Śrī Viṣṇu Rūpāya Namaśśivāya

‘Sarvē Santu Nirāmayā: Mā Kaścit du:kha bhāgbhavēt’
Let everyone be healthy. Let none suffer from sorrow.

By the grace of Divine Mother, none need fear during these difficult times of suffering due to the spread of viral diseases. While following the necessary medical guidelines and taking prescribed precautions, one can also undertake certain observances stipulated in the scriptures as mentioned below -

- ❖ One should chant the Mahā mantra **‘Acyuta Ananta Gōvinda’** as many times as possible. One can chant as many times as possible sitting in one place. While on the move, it is important to incessantly reminisce in the mind. Mantra treatises decree - ‘samasta dustara vyādhi saṅghatvām sa paṭiyasē | acyuta ananta gōvindā nāmnē dhāmnē namō nama: | **Japam of this Mantra is very essential.**
- ❖ One should chant **‘Āditya Hrudayam’** stotram. Chanting three times is more benevolent. On Sundays and other days when time permits, chanting more times is even better.
- ❖ One should chant **‘Rāma’ nāma** as many times as possible.
- ❖ One should chant **‘Hanumān Chālisa’**.
- ❖ One can chant **‘Chandi Saptasāti’** or **‘Rudra Namakam’** with proper pronunciation and intonation. Else, one can chant **‘Rudra Namaka Stōtram’**.
- ❖ Those who are capable should perform Chandi Yāgam or Rudra Yāgam with the Sankalpa seeking welfare of the entire mankind.
- ❖ Chanting **‘sarva vyādhi praśamanī sarva mr̥tyu nivāriṇi’** can also be done.

Links for **Āditya Hrudayam** and **Hanumān Chālisa**

English Telugu

It is absolutely critical to chant any mantra without any mistakes in mantra as well as pronunciation. There is no necessity to perform these chanting in groups. Everyone can do individually in their homes. There is no need of any panic. Devout chanting shall certainly yield great merits and shower divine grace providing strength, protection, and comfort to everyone.

‘Saraṅāgata dīnārta paritrāṇa parāyaṇē | Sarvasyārti harē dēvī nārāyaṇi namōstutē ||’

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‘Samanvaya is Sanātana – Sāmarasya is Bhāratīyata’



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