

Effects of Maha Mrityunjaya and Gayatri Mantras :

When the Mahamrityunjaya mantra is chanted, Manipura Chakra is activated. Manipura chakra is the solar plexus, the seat of Prana Shakti. Stress creates an imbalance in the manifestation and functions of Pranic Energy, even the environment and the mood creates a change in the Pranic structure, and loss of Prana Shakti from the body opens the doorway for illnesses and diseases.

Thus, when we chant the Mahamrityunjaya Mantra eleven times every morning, the sound vibrations and the frequencies are activating the solar plexus, Manipura Chakra, and the weak Pranic Energy in different parts of the body is re-strengthened.

Once the debilitated Shakti is revitalized, then it works to release or relieve the Imbalances, Illnesses and Diseases from the Physiological structure. Therefore, the Mahamrityunjaya Mantra has been recognized since time immemorial as the mantra of awakening the Pranas, Prana Shakti, the life force, and attaining Health. It's a Healing Mantra.

The Second mantra, the Gayatri Mantra, is associated with Ajna Chakra. Ajna Chakra is the seat of Wisdom and Intuition. The Chanting of the Gayatri Mantra creates the frequency or the vibration which activates Ajna Chakra.

All the problems of fear, aggression, anxiety and guilt that we were seeing on the mental screen can be managed with the activation of Ajna Chakra through the chanting of the Gayatri Mantra.

According to the tradition, the Gayatri Mantra has always been the mantra to open the doors of Consciousness, Knowledge, Perception and Wisdom. The psychological scars can be healed with the chanting of the Gayatri Mantra.

These two mantras should become a part of the daily waking up process of every person. Well-being is the birthright of everyone, and those things which give us physical and psychological well-being should be adopted to improve the quality of our life.

After these two mantras have been practiced in the morning, go about your normal business. Remember, the secret for the success of these two mantras is that they are chanted first thing in the morning before the mind becomes extroverted and begins to associate itself with people, needs, desired and events of the day.

These mantras will have no effect if you do them after an hour of waking up when all your frequencies are tuned to the outer station. When you wake up in the morning, there are no distractions. If You chant the mantra at this time, the effect is tenfold and your investment in only five minutes of your early morning time.

~ Swami Niranjanananda (Bihar School of Yoga)