



Hargharpanditji

# श्री रूद्र गायत्री एवं शिव गायत्री मंत्र ॐ नमः शिवाय

---

# FULL DISCLAIMER

---

*This book is for educational, inspirational, and cultural purposes only. The remedies, rituals, affirmations, breathing methods, and spiritual practices described are based on traditional beliefs, historical customs, and personal development principles. They are not guaranteed solutions.*

*This book does not replace advice from licensed doctors, psychologists, financial advisors, lawyers, or other qualified professionals. If you have medical symptoms, mental health concerns, legal matters, or financial risk, seek professional help.*

*Use all remedies responsibly, ethically, peacefully, and according to local law. Do not use fire, herbs, fasting, incense, or physical practices in unsafe ways. The author and publisher are not liable for misuse.*

*Results in life depend on effort, discipline, timing, environment, skill, and many other factors. No spiritual method guarantees money, marriage, success, healing, or protection.*

Hargharpanditji

"PUJA ON YOUR SCREEN, BLESSINGS  
AT YOUR DOOR"

# ॥ श्री रूद्र गायत्री एवं शिव गायत्री मंत्र ॥

## ॥ श्री रूद्र गायत्री मंत्र ॥

ॐ तत्पुरुषाय विद्महे  
महादेवाय धीमहि  
तन्नो रुद्रः प्रचोदयात्॥

## ॥ अर्थ ॥

हम उस परम पुरुष को जानते हैं,  
महादेव का ध्यान करते हैं,  
वे रुद्र हमारी बुद्धि को प्रेरित करें।

## ॥ जप ॥

11 बार - दैनिक  
21 बार - सोमवार  
108 बार - विशेष साधना

## ॥ शिव गायत्री मंत्र ॥

ॐ पंचवक्त्राय विद्महे  
महादेवाय धीमहि  
तन्नो रुद्रः प्रचोदयात्॥

## ॥ अन्य मंत्र ॥

ॐ महादेवाय विद्महे  
रुद्रमूर्तये धीमहि  
तन्नः शिवः प्रचोदयात्॥

## ॥ अर्थ ॥

हम महादेव को जानते हैं,  
उनका ध्यान करते हैं,  
वे शिव हमारी बुद्धि को प्रकाशित करें।

**॥ समय ॥**

सुबह ब्रह्म मुहूर्त  
संध्या समय  
सोमवार  
महाशिवरात्रि

**॥ फल ॥**

मन शांति।  
बुद्धि शुद्धि।  
भय नाश।  
शिव कृपा।  
आध्यात्मिक उन्नति।

Hargharpanditji

"PUJA ON YOUR SCREEN, BLESSINGS  
AT YOUR DOOR"