

## The Rudraksha Guide

Rudraksha, the most celebrated esoteric accessory of spiritual seekers, has been used extensively since time immemorial. Botanically known as *Elaeocarpus Ganitrus* Roxb, Rudraksha are the dried seeds of a tree, which grows in select locations of Southeast Asia, predominantly in the upper Himalayan mountain range of the Indian subcontinent. A few rudraksha trees have also been sighted in parts of the Velliangiri Mountains, in the Western Ghats.

The word “rudraksh” literally means “tears of Shiva.” There are many legends in Indian scriptures and mythology that describe the divine origin of the rudraksha tree. According to one legend, Shiva sat in meditation for many millennia with his eyes closed. Upon opening his eyes, he shed tears of ecstasy, which fell to the Earth and became the sacred rudraksha tree. Rudraksha beads were Shiva’s gift to the world.

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## Potential Benefits of Rudraksha

Rudraksha beads have been traditionally valued in various cultures for their potential to support physical, mental, and emotional well-being. It’s known to be helpful for maintaining a sense of balance and calm. Among spiritual practitioners, Rudraksha is often used as a tool to support meditation and inner focus.

Reported benefits sometimes associated with Rudraksha include enhanced clarity, a sense of peace, and support for meditative practices. In some traditions, they are also thought to aid in balancing energy centers (chakras), purifying one’s energy field (aura), and offering a sense of protection from negative influences

## Who Can Wear a Rudraksha?

Anyone, irrespective of gender, cultural, ethnic, geographical, or religious background, can wear the rudraksha. It can be worn by children, students, the elderly, the ill, and others. They can be worn by people at any stage in life, irrespective of their physical condition.

## Selecting a Rudraksha

Rudraksha in their natural state have their own energies that are very beneficial to the wearer. However, rudraksha can also be specially energized to enhance their impact. In the tradition, Rudraksha are usually received from a Guru - a spiritual Master.

Rudraksha offered by Isha Life are carefully selected and checked for their quality and authenticity, and are energized at the Dhyanalinga. Assisting the seeker in many ways, they are potent aids for one’s physical and mental wellbeing, as well as for one’s spiritual sadhana (spiritual practice).

The following is a list of Rudraksha available at Isha Life, with their corresponding attributive properties:

- Panchamukhi are five-faced rudraksha, which can be worn by anyone above 14 years of age. They help cultivate inner freedom and purity.
- Dwimukhi are two-faced rudraksha intended for married couples. It is supportive for marital relationships and should be worn by both husband and wife.

- Adiyogi Rudraksha - Five-faced rudraksha bead sourced from the mala adorned by the Adiyogi. Suitable for anyone over the age of 14 years
- Shanmukhi are six-faced rudraksha intended for children below 12 years of age. This rudraksha aids in proper physical and mental development and draws qualities of motherly love towards the child.
- Gauri-Shankar are Rudraksha that appear as two beads fused into one and can be worn by anyone above 21 years of age. They are believed to aid in prosperity, help balance the Ida and Pingala nadis (energy channels), and support conjugal harmony.

### Conditioning of Rudraksha

To condition new rudraksha beads, immerse them in ghee (clarified butter) for 24 hours and then soak them in full fat milk for an additional 24 hours. Wipe the beads with a clean cloth, but do not wash them with soap. Conditioning should take place every six months.

### Proper Care of Rudraksha

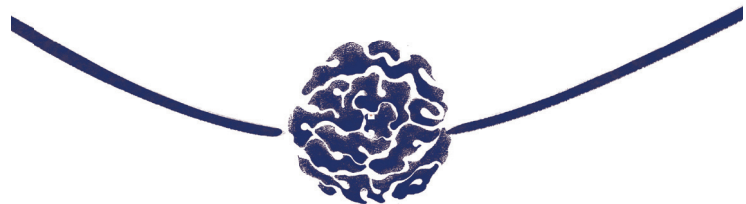
Rudraksha can be worn at all times, including while sleeping, during spiritual practices, and even while bathing. However, care must be taken that the rudraksha does not come in contact with hot water or soap. Rudraksha should not come in contact with metal, therefore, it is advisable not to place them in metal containers. However, Rudraksha can be strung with gold or silver if one chooses to do so. Extreme care should be taken when setting the rudraksha in this manner, as damage may occur through improper handling.

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# RUDRAKSHA