

7 Mukhi Rudraksha Guide

How to Wear, Worship, Cleanse, Energize & Care for Your Sacred Bead

Based on Traditional Spiritual Practices

Welcome to Your 7 Mukhi Rudraksha

Thank you for choosing **Kreem Veda 7 Mukhi Rudraksha**.

A Rudraksha is more than a sacred bead—it is a symbol of faith, devotion, and spiritual discipline. According to traditional Hindu beliefs, the **7 Mukhi Rudraksha** is associated with **Goddess Mahalakshmi**, the goddess of prosperity and abundance. It is also traditionally connected with **Lord Ananta (Adi Shesha)** and the planet **Shani (Saturn)**.

Its true spiritual value comes from an authentic Rudraksha, sincere faith, regular prayer, and righteous living. Wearing or worshipping a Rudraksha is traditionally seen as a way to strengthen one's connection with the Divine and remain mindful of positive thoughts and actions.

What is a 7 Mukhi Rudraksha?

A 7 Mukhi Rudraksha is a natural sacred bead with **seven distinct vertical lines (mukhis)** running from one end to the other.

For generations, devotees have worn or worshipped this Rudraksha during prayer, meditation, and daily spiritual practices. Traditionally, it represents balance, responsibility, gratitude, and spiritual prosperity.

Many devotees wear or worship it to:

- Strengthen spiritual discipline
- Deepen meditation and mantra chanting
- Encourage emotional balance and patience
- Develop gratitude and positive thinking
- Stay focused on righteous living
- Deepen devotion to Lord Shiva and Goddess Mahalakshmi

These are traditional spiritual beliefs and should not be considered guaranteed results, financial promises, or medical advice.

How to Cleanse (Shuddhi)

Before wearing or worshipping your Rudraksha for the first time, it is traditionally recommended to perform a simple purification ritual.

1. Gently wash the Rudraksha with clean water.
2. Sprinkle or rinse it with **Gangajal** (preferred) or pure water. Some traditions also use raw cow's milk before rinsing with clean water.
3. Place the Rudraksha on a clean cloth, copper plate, or your pooja altar.
4. Offer a simple prayer with sincerity and gratitude.

How to Energize (Pran Pratishtha)

Sit quietly in a peaceful place and hold the Rudraksha in both hands.

If possible, light a diya or incense before beginning.

Chant either of these traditional mantras **11 or 108** times:

Om Hum Namah

or

Om Mahalakshmyai Namah

After chanting, offer a heartfelt prayer and set a positive spiritual intention before wearing the Rudraksha or placing it in your pooja room.

Traditional Tip: Regular prayer, good deeds, and sincere devotion are considered more valuable than elaborate rituals.

Need Personalized Spiritual Guidance?

Every person's birth chart and life journey are unique. Personalized Palmistry Reading and 10-Year Kundli Prediction. Traditional guidance based on your palm lines and birth chart can help you choose spiritual remedies that best support your personal path.

Message us on  **kreem_veda** to get your reading!

How to Wear the 7 Mukhi Rudraksha

The 7 Mukhi Rudraksha may traditionally be worn in different ways:

- Around the neck as a pendant (the most common practice)
- As a **Rudraksha mala**
- On the **right wrist** as a bracelet
- On a clean cotton, silk, silver, or gold thread according to personal preference

Many devotees prefer wearing it after taking a morning bath and offering prayers. Wearing it with respect and positive intentions is considered more important than the material of the thread or chain.

Most Auspicious Days

Traditionally, these days are considered especially auspicious:

- **Monday**
- **Thursday**
- **Friday**

Morning, after bathing and prayer, is generally considered the preferred time to wear it.

Can It Be Kept in the Pooja Room?

Yes.

Many devotees choose to keep their 7 Mukhi Rudraksha in their home temple instead of wearing it.

If placing it in your pooja room:

- Keep it on a clean cloth, copper plate, or wooden platform.
- Place it near Lord Shiva or Goddess Mahalakshmi.
- Avoid placing it directly on the floor.
- Offer flowers, incense, sandalwood paste, or a diya during daily worship if possible.
- Chant **Om Namah Shivaya, Om Hum Namah**, or your preferred mantra while praying.

You may also hold the Rudraksha during meditation or japa before respectfully placing it back on the altar.

When Should It Be Removed?

Many devotees wear the Rudraksha throughout the day.

Others prefer removing it during:

- Bathing with soaps or shampoos
- Swimming
- Heavy physical work or sports
- Activities involving harsh chemicals

Some traditions wear it while sleeping, while others remove it before bedtime. Both practices are followed according to personal preference.

If removed, keep it respectfully in your pooja room or a clean cotton pouch.

Care & Maintenance

To preserve your Rudraksha:

- Clean it gently with water whenever necessary.
- Wipe it dry with a soft cloth.
- Apply a small amount of natural oil occasionally if the bead becomes dry.
- Avoid perfumes, detergents, and harsh chemicals.
- Store it in a clean, dry place when not in use.

Personalized Spiritual Guidance

A Palmistry Reading and **10-Year Kundli Prediction** can provide traditional guidance based on your unique palm lines and birth chart, helping you choose spiritual remedies that align with your personal journey.

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Keeping Your Rudraksha Spiritually Energized

Many devotees keep their Rudraksha spiritually energized by:

- Chanting **Om Namah Shivaya** regularly.
- Chanting **Om Hum Namah** during daily prayer.
- Meditating while wearing or holding the bead.
- Keeping it in a clean and sacred place.
- Offering flowers, incense, or a diya during worship.
- Living with honesty, compassion, gratitude, and discipline.

Traditional teachings emphasize that sincere spiritual practice gives true meaning to wearing or worshipping a Rudraksha.

Things to Avoid

Traditionally, it is advised to avoid:

- Letting others wear your Rudraksha regularly.
- Exposing it to perfumes, detergents, or harsh chemicals.
- Placing it in unclean places.
- Wearing cracked or imitation Rudraksha beads.
- Treating it only as jewellery without respect.
- Expecting the Rudraksha alone to bring change without personal effort, prayer, and good conduct.

Common Mistakes

- ✗ Wearing it without cleansing it first.
- ✗ Forgetting regular maintenance.
- ✗ Buying non-authentic Rudraksha.
- ✗ Keeping it carelessly when not in use.
- ✗ Ignoring prayer and meditation while expecting instant results.
- ✗ Not wearing or worshipping it with sincerity and respect.

Frequently Asked Questions

Can I wear it every day?

Yes. Many devotees wear a 7 Mukhi Rudraksha daily as part of their spiritual routine.

Can I keep it only in my pooja room?

Yes. Many people respectfully keep it in their home temple and worship it without wearing it.

Can I both wear it and keep it in the pooja room?

Yes. Many devotees wear it during the day and place it in the pooja room after removing it.

Can women wear a 7 Mukhi Rudraksha?

Yes. Traditionally, both men and women may wear or worship an authentic 7 Mukhi Rudraksha.

Can I wear it with other Rudrakshas?

Yes. It is commonly worn with other Rudrakshas according to personal preference or traditional guidance.

Final Thoughts

Whether you choose to wear your 7 Mukhi Rudraksha around your neck or wrist, or keep it in your pooja room for daily worship, treat it with faith, devotion, and respect. Let it serve as a daily reminder to practice gratitude, discipline, compassion, and regular spiritual growth.



Complimentary Guidance for Kreem Veda Customers

As a thank you for choosing Kreem Veda, we offer you a

FREE Personalised 10-Year Kundli & Palm Reading.

Simply message us on  **kreem_veda** with:

- Your name
- Date of birth
- Time of birth (if known)
- Place of birth
- A clear photo of your palm (optional)

Our team will prepare your complimentary personalised report to help you better understand your unique life journey.

Thank you for being part of the Kreem Veda family. We wish you love, peace, happiness and positivity in every step of your journey.