

The background of the entire image is a light beige color. It is framed by a decorative border of green foliage and flowers. The foliage includes various types of leaves, some with serrated edges and others smooth, in shades of light and dark green. Interspersed among the leaves are small, light-colored flowers and clusters of tiny buds. In the corners, there are elegant, thin black line drawings of swirling vines and leaves. A horizontal band of intricate, brown, hand-drawn patterns, resembling stylized flowers or mandala motifs, runs across the middle of the image, just above and below the main title.

Vakshakti

SPEAK THE SACRED
LIVE THE DIVINE

The Power of Prayer: Why We Need Sacred Chants

(From "Vakshakti: speak the sacred live the divine")

Prayer is not just a ritual—it is a **direct conversation with the Divine**, a bridge between the human and the infinite. Since ancient times, sages and seekers have turned to sacred chants to elevate consciousness, seek blessings, and align with cosmic energy. But why are prayers so essential?

1. Prayer Connects Us to the Divine

The universe operates on vibrations, and mantras are divine sound frequencies that **attract higher energies**. When we chant, we tune our mind and soul to the sacred, inviting grace into our lives.

2. Purifies the Mind & Removes Negativity

Just as water cleanses the body, prayer cleanses the mind. Repetition of sacred words (**japa**) dissolves fear, anger, and stress, replacing them with peace and clarity.

3. Awakens Inner Strength

Prayers are not just requests—they are **affirmations of faith**. Chanting "Om Namah Shivaya" or "Jai Shri Ram" reinforces courage, resilience, and trust in divine protection.

4. Manifests Desires Through Focused Intention

The **law of vibration** states that energy follows thought. When we pray with sincerity, we program our subconscious mind to attract success, healing, and abundance.

5. Creates a Shield of Positive Energy

Evil forces, anxiety, and misfortune thrive in low vibrations. Regular prayer **raises our spiritual frequency**, creating an aura of protection and positivity.

6. Strengthens Discipline & Spiritual Growth

A daily prayer routine cultivates **self-discipline, gratitude, and humility**—qualities necessary for both material and spiritual progress.



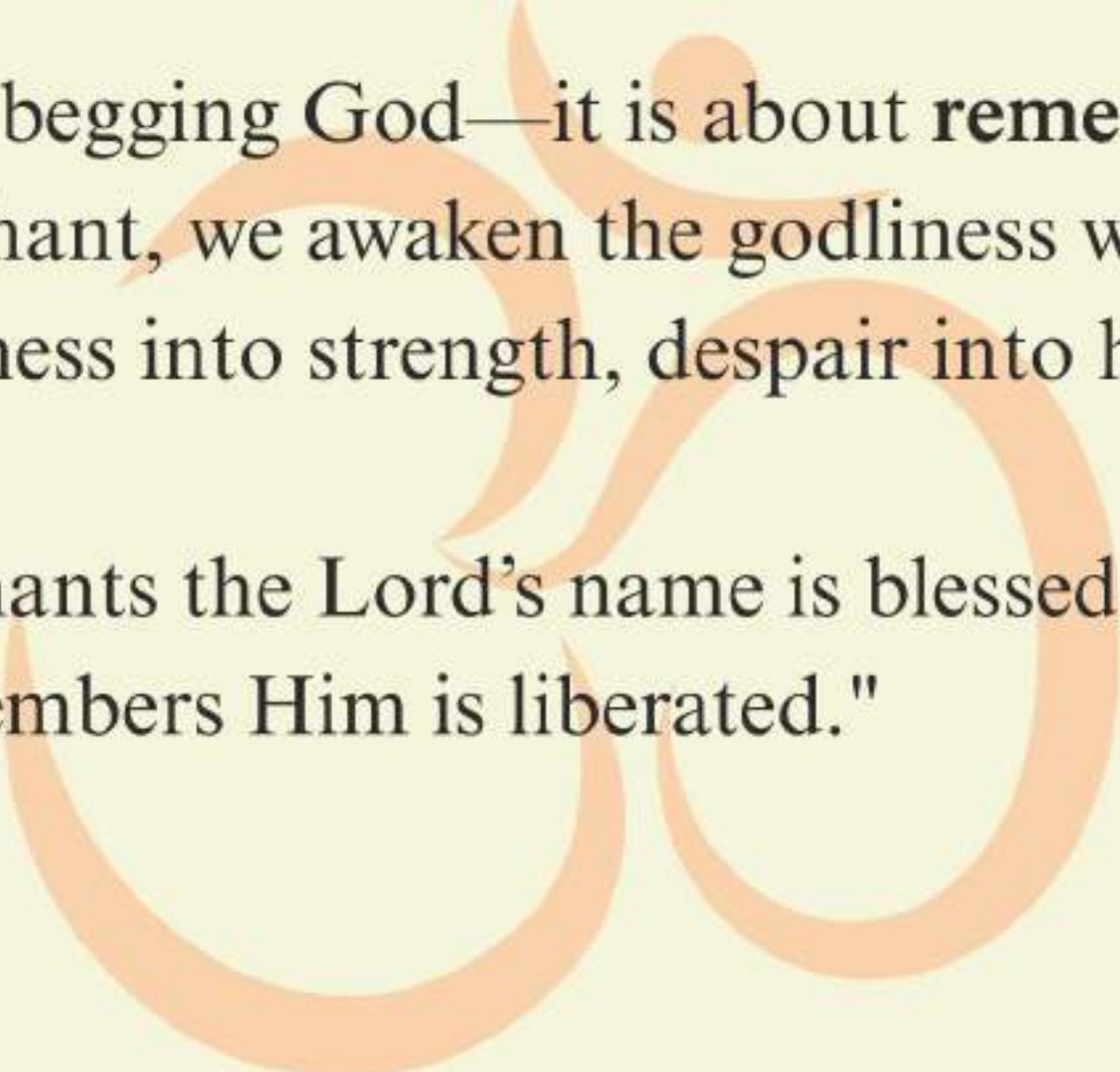
Why Chanting is More Powerful Than Silent Prayer

- **Sound (Nada Brahma)** – The universe was created through vibration; mantras harness this primal energy.
- **Collective Consciousness** – Chanting in groups amplifies spiritual power.
- **Neurological Benefits** – Scientific studies show mantra repetition reduces stress and enhances focus.

Final Thought

Prayer is not about begging God—it is about **remembering our divine nature**. When we chant, we awaken the godliness within us, transforming weakness into strength, despair into hope, and chaos into harmony.

"The tongue that chants the Lord's name is blessed,
The heart that remembers Him is liberated."



START OF THE DAY



Morning Prayer: Invoking Divine Light and Wisdom
(From "Vakshakti: The Power of Sacred Prayers")

1. Prayer to Lord Ganesha – The Remover of Obstacles

Verse:

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥

(Vakratunda Mahakaya Suryakoti Samaprabha

Nirvighnam Kuru Me Deva Sarva-Karyeshu Sarvada)

Meaning:

"O Lord Ganesha, with a curved trunk and a mighty body, radiant like a million suns,

Please remove all obstacles from my endeavors, always and in all works."

Guidance & Impact:

Starting the day by invoking Lord Ganesha ensures that our path remains free from hindrances, both internal (doubts, fears) and external (challenges). This prayer instills confidence and clarity, setting a positive tone for the day.

Prayer to Goddess Saraswati – The Bestower of Knowledge



Verse:

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना।
या ब्रह्माच्युत शंकरप्रभृतिभिर्देवैः सदा वन्दिता
सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा॥

(Ya Kundendu Tushara-Hara Dhavala Ya Shubhra-Vastravrita
Ya Veena-Vara-Danda-Mandita-Kara Ya Shveta-Padmasana
Ya Brahma-Achyuta Shankara-Prabhritibhir-Devaih Sada
Vandita

Sa Mam Patu Saraswati Bhagavati Nihshesha-Jadya-Paha)

Prayer to Goddess Saraswati – The Bestower of Knowledge



Meaning:

"May Goddess Saraswati, who is fair as the kunda flower, the moon, and snow, who is robed in white, Who holds the veena and is seated on a white lotus, who is ever adored by Brahma, Vishnu, and Shiva, Protect me! O Divine Mother, remove all ignorance and inertia from my mind."

Guidance & Impact:

This prayer awakens intellect, creativity, and wisdom. Chanting it in the morning sharpens focus, enhances learning, and removes mental lethargy, making it ideal for students, artists, and seekers of knowledge.

Prayer to the Sun God – For Vitality and Clarity

Verse:

ॐ सूर्याय नमः।

जपाकुसुमसंकाशं काश्यपेयं महाद्युतिम्।
तमोरिं सर्वपापघ्नं प्रणतोऽस्मि दिवाकरम्॥

(Om Suryaya Namah

Japakusuma-Sankasham Kashyapeyam Maha-Dyutim
Tamorim Sarva-Papaghnam Pranatosmi Divakaram)

Meaning:

"I bow to the Sun God, radiant as the hibiscus flower, the great light
born of Kashyapa,
The destroyer of darkness and all sins, the illuminator of the world."

Guidance & Impact:

Surya Namaskar (Sun Salutation) or reciting this prayer brings energy, dispels negativity, and promotes physical and mental well-being. The Sun symbolizes truth and awareness—essential for a purposeful day.

Universal Peace Prayer – For Harmony

Verse:

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत्॥

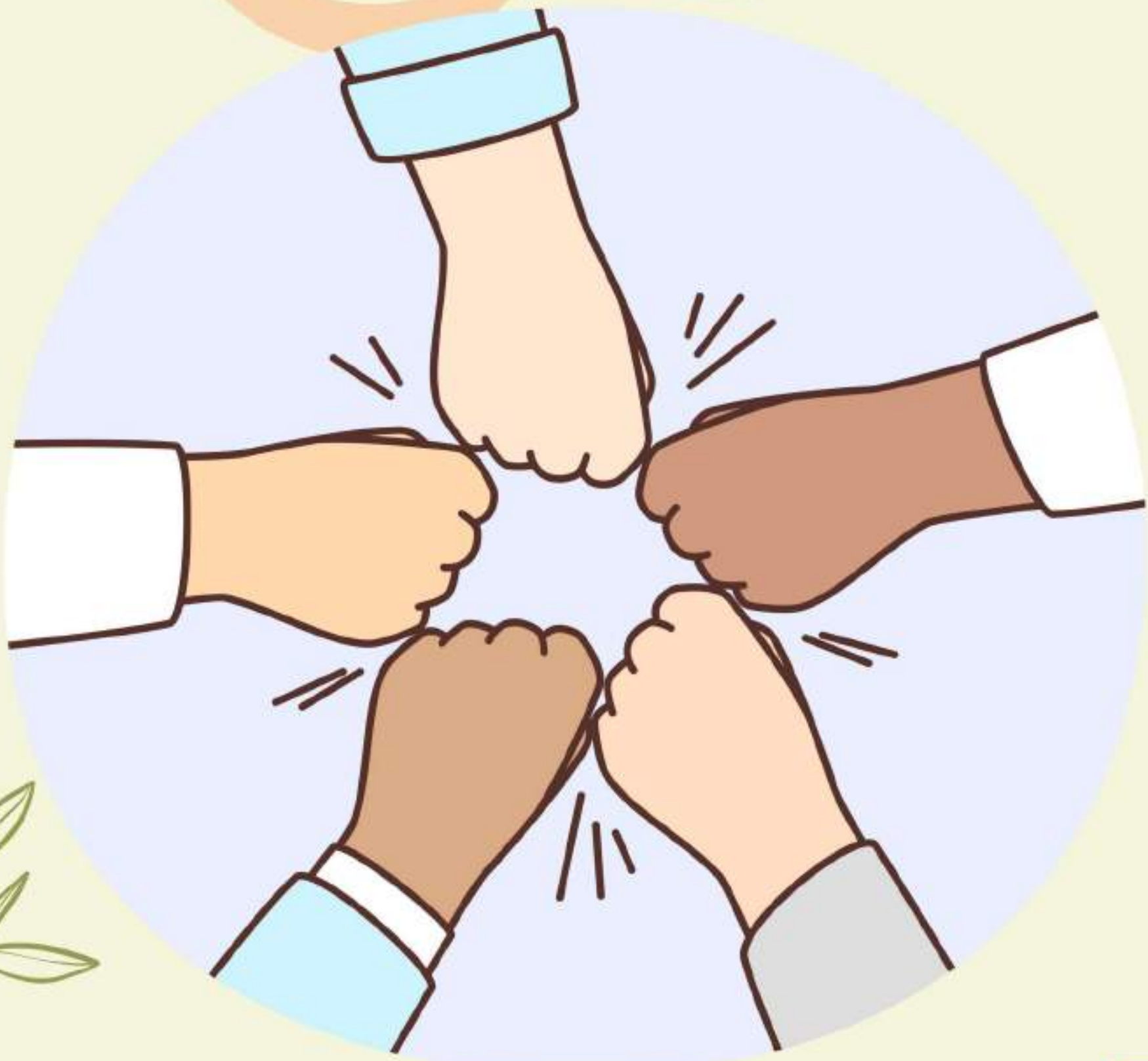
(Om Sarve Bhavantu Sukhinah Sarve Santu Niraamayaah
Sarve Bhadraani Pashyantu Maa Kashchid-Duhkha-Bhaag-Bhavet)

Meaning:

"May all be happy, may all be free from illness,
May all see auspiciousness, may no one suffer."

Guidance & Impact:

This universal prayer fosters compassion and selflessness. Starting the day with this thought expands the heart, reminding us that our well-being is interconnected with others.



Guidance for Effective Prayer

- **Timing:** Brahma Muhurta (pre-dawn) is ideal, but any morning time works.
- **Posture:** Sit comfortably, spine straight, palms folded or in meditation mudra.
- **Intention:** Pray with sincerity, not just repetition—feel the divine presence.
- **Consistency:** Daily practice strengthens the mind's connection to the divine.



Prayer for Wealth & Prosperity



Deity: Goddess Lakshmi – The Bestower of Abundance

Verse (Lakshmi Mantra):

ॐ श्रीं महालक्ष्म्यै नमः॥

(Om Shreem Mahalakshmyai Namah)

Meaning:

"Salutations to the great Goddess Lakshmi, the embodiment of wealth and auspiciousness."

When to Use:

- Before starting a business or financial venture.
- On Fridays (Lakshmi's sacred day) for sustained prosperity.

Guidance & Impact:

- Recite 108 times with a pure heart, visualizing golden light.
- Removes financial blockages and attracts opportunities.
- Encourages gratitude and detachment from greed.

Prayer for Healing (Physical & Emotional)

Deity: Lord Dhanvantari – The Divine Physician

Verse (Dhanvantari Mantra):

ॐ नमो भगवते महासुदर्शनाय वासुदेवाय धन्वंतरये
अमृतकलश हस्ताय सर्वभय विनाशाय सर्वरोग निवारणाय
त्रैलोक्यनाथाय श्री महाविष्णवे नमः॥

(Om Namō Bhagavate Maha-Sudarshanaaya Vasudevaaya
Dhanvantaraye

Amrita-Kalasha-Hastaaya Sarva-Bhaya-Vinashaaya Sarva-Roga-
Nivaaranaya

Trailokya-Naathaaya Shri Maha-Vishnave Namah)

Meaning:

"I bow to Lord Dhanvantari, the wielder of the nectar pot, who
removes all fears and diseases,
The Lord of the three worlds, the great Vishnu in his healing
form."

When to Use:

- During illness (for self or loved ones).
- While practicing Ayurveda or holistic healing.

Guidance & Impact:

- Chant **21 times** with a bowl of water, then drink it as blessed medicine.
- Promotes cellular healing and emotional recovery.
- Strengthens faith in the body's natural resilience.

Prayer for Success & Victory

Deity: Goddess Durga – The Invincible Force

Verse (Durga Mantra):

या देवी सर्वभूतेषु शक्तिरूपेण संस्थिता।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः॥

(Ya Devi Sarva-Bhuteshu Shakti-Rupena Samsthita
Namastasyai Namastasyai Namastasyai Namoh Namah)

Meaning:

"Salutations again and again to the Goddess who resides in all
beings as divine energy."

When to Use:

- Before exams, interviews, or major challenges.
- During Navratri for amplified power.

Guidance & Impact:

- Chant **9 times** with deep focus.
- Ignites inner strength and determination.
- Removes self-doubt and ensures triumph over obstacles.

Prayer for Peace in Relationships

Deity: Lord Shiva & Parvati – The Divine Couple

Verse (Shiva-Parvati Mantra):

ॐ नमः शिवाय सह पार्वतीपतये शान्त्यै स्वाहा ॥

(Om Namah Shivaya Saha Parvatipataye Shantyai
Svaha)

Meaning:

"Om, salutations to Lord Shiva with Parvati, for peace
and harmony."

When to Use:

- During family conflicts or marital discord.
- On Mondays (Shiva's day) for emotional balance.

Guidance & Impact:

- Recite **11 times** while holding a rosary or in meditation.
- Dissolves anger and fosters unconditional love.
- Restores trust and unity in relationships.

Prayer for Spiritual Awakening

Deity: Guru Mantra – Invoking Divine Guidance

Verse (Guru Stotram Excerpt):

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।

गुरुः साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः॥

(Gurur-Brahma Gurur-Vishnuh Gurur-Devo

Maheshwarah

Guruh-Sakshat Param Brahma Tasmai Shri Gurave
Namah)

Meaning:

"The Guru is Brahma (creator), Vishnu (preserver), and
Shiva (transformer).

The Guru is the Supreme Reality—I bow to that luminous
Guru."

When to Use:

- Before meditation or spiritual study.
- On Guru Purnima or Thursdays (Guru's day).

Guidance & Impact:

- Chant 3 times with deep reverence.
- Opens the heart to higher wisdom and self-realization.
- Strengthens the seeker-disciple connection.

Prayer for Spiritual Awakening

Deity: Guru Mantra – Invoking Divine Guidance

Verse (Guru Stotram Excerpt):

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।

गुरुः साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः॥

(Gurur-Brahma Gurur-Vishnuh Gurur-Devo
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Session Format & Access

Yoga: Mon–Fri, 20 sessions/month (1 hour each)

Therapies: Weekly sessions (4/month per service)

Live Access: Online / Offline (Gardanibag shantipath near Mangala bhawan Patna 800001 visits)

Group Chantings: Available to all yoga members at no extra cost

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