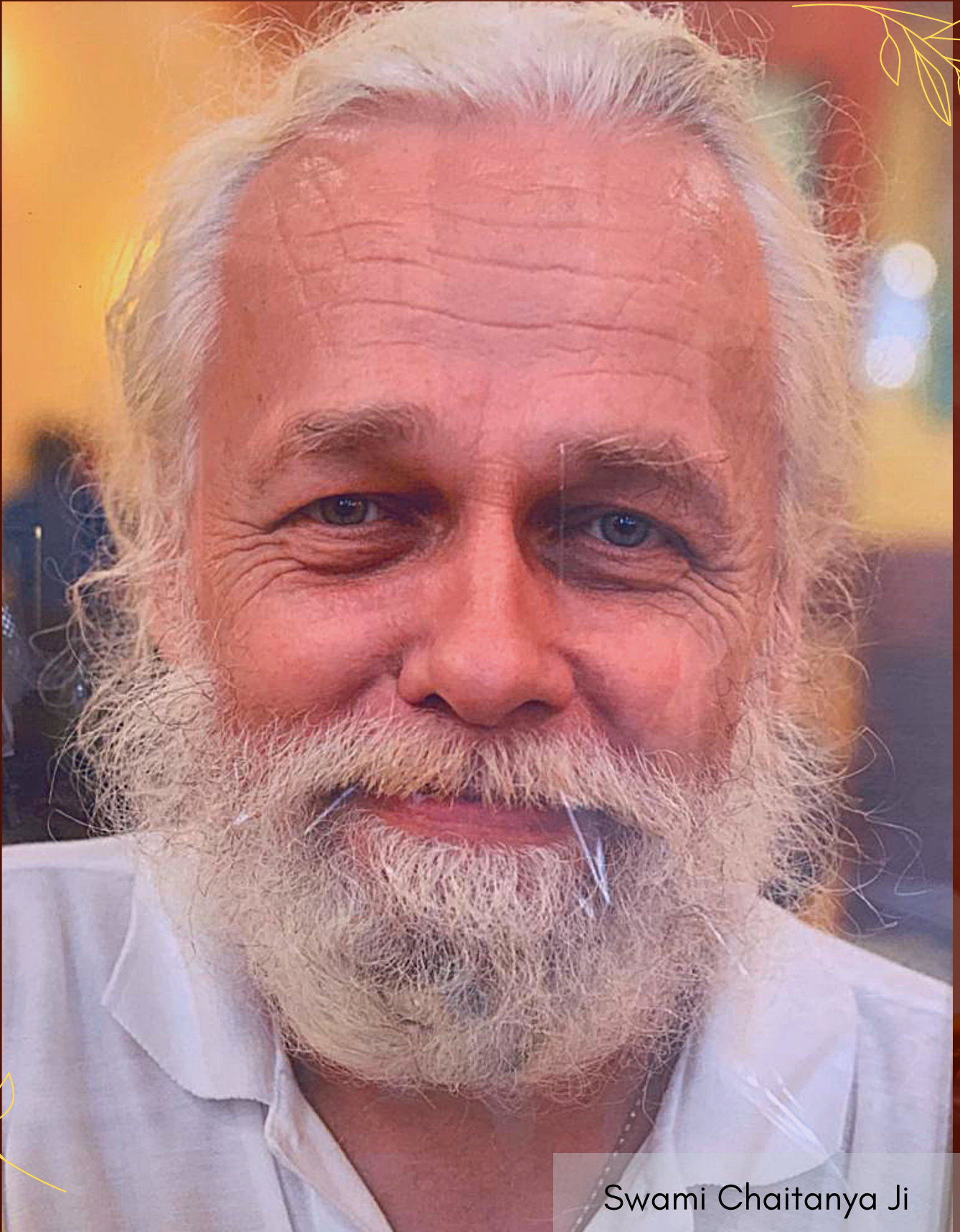


MANAWA BHARTI TEMPLE

CHAITANYAM





Swami Chaitanya Ji

“ *Legacy is not leaving something for people. It's leaving something in people.* ”





COPING WITH COVID-19 PANDEMIC

Ever since COVID-19 became a pandemic, different kinds of restrictions have been placed all around the world. Some came in the form of social distancing guidelines or stay at home orders and others came in the form of total lockdown.

It has been a such a strange experience that most of us have never even imagined. The pandemic crippled economies, people lost their jobs but most of all it had a massive impact on our mental health. Social isolation & loneliness has affected everyone, even those living with their families.

The virus took away our ability to comfort each other in this difficult time and left us to cope with its stresses and anxiety alone. It makes us think, where do we look for answers and comfort, if not within. Technology has helped us a lot during this period, it allowed us to stay connected with our near & dear and provided us the ability to work from far.

But it also created a lot of noise, denying a single moment of peace, hence it is important to disconnect oneself from the distractions of our everyday life. It is also crucial to free ourselves from the thoughts that are crammed inside our minds, sucking up all of our energy. Allow those thoughts to float away like clouds so that you can find your inner self, hidden deep beneath the clutter. Try to connect with yourself and be at harmony with your consciousness.

Once you are connected with yourself, allow your inner self to be free and wait for it to show you the path. Once you start going with the flow, you will start enjoying the different places you take yourself. It takes a lot of patience to become truly free but calm and harmony could be the answer to our anxiety & restlessness. It can help us see the positives during this difficult time.

MANTRAS

The Mantra is made up of 24 syllables that are meant to have both a psychological and physiological effect on our body. Mantras are originally written in Vedas. The chant of the mantra starts with Om. Chanting Mantras helps calm the mind, stimulates your chakras and provides several health benefits. Reciting following mantras helps to remove all sorts of fears & diseases from the human race.



LORD DHANVANTRI MANTRA

Lord Dhanvantri is the Hindu God of medicine and also known as Lord of Ayurveda to bless us all with Good health. He is also known as the avatar of Lord Vishnu; He, during the Samudramanathan arose from the Ocean of Milk with the nectar of immortality.

LORD DHANVATRI MANTRA

ॐ नमो भगवते वासुदेवाय धन्वंतरये
अमृतकलश हस्ताय सर्वामयविनाशनाय
त्रिलोक्यनाथाय श्री महाविष्णवे नमः ॥

Om Namō Bhagavate Vasudevaaya Dhanvantaraye
Amrutha-Kalasa-Hasthaaya Sarvaamaya-Vinaashanaaya
TraiLokya-Naathaaya Shri Mahaa-vishnave Namaha ॥

MAHA MRITYUNJAYA MANTRA

The Mahamrityunjaya Mantra is a Bija Mantra; verse of the Rigveda, also recurs in the Yajurveda. It is also known as the Tryambaka Mantra or Rudra Mantra addressed to Tryambaka, none other than Lord Shiva.

MAHA MRITYUNJAYA MANTRA

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय माऽमृतात् ॥

Om Tryambakam yajaamahe sugandhim pushtivardhanam |
Urvaarukamiva bandhanaan-mrityormuksheeya maamritaat ॥