

Do's & Don'ts

Rudraksha beads can be worn all the time. As far as we are concerned we haven't come across any ancient Vedic texts mentioning specifically the do's and don'ts on wearing Rudraksha beads, all do's & don'ts are written & spread by man in the pretext of superstition & faith. There are many books mentioning about the do's & don'ts on wearing Rudraksha beads however they have been written by private authors & are not a part of Vedic texts. The only thing that we could say is that Rudrakshas are extremely holy and one needs to maintain their sanctity by treating them with respect, care & love. All Rudrakshas are representations of different lords, & god seeks only love, respect, faith & care and not any specific restrictions. We suggest you to regularly clean, oil them and chant mantras with them like one would offer their prayers to their lord rather than following specific restrictions. Keep the Rudraksha away from any kind of dirt & do not touch it with unclean & dirty hands nor keep at a dirty place out of respect. Take the mala/beads off in the nights & please keep in a pouch or a plate in your altar or in any clean or pure place leaving it undisturbed & again resume wearing them in the morning after bath. (Due to its thorny protrusions it might be a little uncomfortable wearing them while sleeping) Rest of the day there is no need to take off the mala. To know about maintaining your Rudrakshas visit [Rudraksha Care](#).

The do's & don'ts are not created by the Lord but by the humans.

Being mentally & physically clean is more important than being hypocritically clean.

One should follow what they believe in or what their conscious says & not follow anyone blindly. Let us bring to your notice that there have been many vendors & known websites who have kept changing their own statements regularly as per the trend of their clients in regards to do's & don'ts on wearing Rudrakshas and we are the only company who strictly ask our clients to follow their conscious or their own restrictions and do not fall into the trap of superstitions....kindly take a note!!!!

Other Important Tips

- ∅ One should not interchange their Rudraksha bead / mala with anyone, one can pass it on as blessings or good luck to their near & dear ones but should not interchange regularly or take it back once given. This is because Rudraksha & its possessor get use to each other & there has been acceptances by both.....So kindly do not disturb the same.
- ∅ Rudraksha can be worn in any metal, be it gold / silver / copper / panchdhatu or thread.
- ∅ One can wear a mala of 108 or 54 or even a special combination of Rudraksha beads as per their requirements of any origin as it does not have any negative effects on its wearer or possessor. They are simply the most natural representations of gods & goddesses & hence can't have any reverse or negative effects on their children.
- ∅ Anyone can wear Rudraksha, without any discrimination of caste, creed or sex as we believe it's produced by nature for the welfare of all.
- ∅ Rudraksha should be kept well cleaned and oiled, at least once in two months.
- ∅ Rudraksha can be kept in house, office, factory, or any place of work or Pooja room (altar) to get positive energy flow in the same premises but at the same time we would like to make it clear that we do not have any instrument to

give you the measurement of positive energy flow so before buying kindly think twice as we wouldn't like to get into marketing stunts by giving you false information or painting a rosy picture.

- Ø Rudraksha should be energized in any Lord Siva temple or even at home by performing 'Abhishek' (on any day) before using it for the first time & it is said that one should preferably start wearing it on a Monday (since it is Lord Shiva's day) & then continue wearing it. (For better effects of Rudraksha, energizing is necessary). To know about how to energize your Rudraksha Visit [Energization of Rudraksha](#)
- Ø Each & every Rudraksha has specific mantra which is called as beej mantra. Rudraksha mantra should be chanted regularly for better effects, incase one forgets the specific beej mantra then they can chant the universal mantra "Om Namah Shivaye"
- Ø Never loose faith in Rudraksha, it is said that it positively gives effects. However, nobody can precisely say when & how much will it effect. The percentage & time of effects is not defined & at the same time there is instrument that could measure the same. Kindly, beware of traders who claim the time period & percentage of effects of a Rudraksha bead at the time of sale as this may be just a marketing stunt to push sales. Further just ask them if they could provide you with the name of the instrument that measures the effects of a Rudraksha & it would be great if anyone could share it with us too... To know more on this view [Effects of Rudraksha](#).
- Ø Over & above this feel free to contact us regarding any doubts, information or suggestions on the Rudraksha bead, we would be glad to gain information or be of any help to you.

The above article has been written by us very transparently with a view to provide clarity & help them not depend or fall prey to superstitions spread by other websites & traders, we are sure this will article shall be copied by all other websites spreading superstitions & they would start contradicting their own statements once again.

Possess the Power of RudrakshaRudraBlessings.com