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Importance of chanting #Vishnu #Sahasranama.

Vishnu Sahasranama contains 1008 names of the Bhagawan Shri Vishnu. It was compiled by Sage Veda Vyasa & is a part of #Mahabharata.

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In Mahabharata, it was told by Bhishma Pita Maha on his 'Sharasayya' to Yudhishtira (Dharma Raja) who wanted to know what is the way to attain Moksha.., who asks..

"ko dharmassarvadharmanaam bhavatah pramo mataha, kim japa manyate jantur janmasamsaarabandhanaat ,"
meaning,+

which is the greatest dharma and by chanting what do we attain Moksha.

Bhishma chants the Vishnu Sahasranama Stotra to Pandavas who were present before him at that time. Vishnu Sahasranama Sthothram has the power to activate Sahasrara Chakra, cause Atmajnana and Brahmajnana.

To attain #Moksha, one's Sahasrara #Chakra must be fully opened. Daily concentrated reading of Vishnu Sahasra Nama Strothram will activate the #Kundalini and other #Chakras too.

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Every person has a Slokam from Vishnu Sahasranama Sthothra, based on his or her birth star and padham. On chanting that Slokam everyday, the person attains spiritual and material benefits. To know what is your Slokam you have to follow the method explained here:

In VS Sthothram, there are 108 slokas. Totally there're 27 Nakshatras. Each Nakshatra/ star has 4 paadas. Each person is born in one of the paadas. Therefore totally there're 108 paadas, in one-to-one correspondence with the 108 slokas of Vishnu Sahasranaama Sthothram.

Your slokam is that which corresponds to the serial number of paadam in which you are born. For ex., if your star is Rohini, paadam is 3rd, your slokam no = Ashwini 4 +Bharani 4 + Kruttika 4 + Rohini 3 = 15th slokam of VS Sthothram, which is "Lokaadhyakshassuraadhyaksho..."

This is the list of Nakshathras (Birth Stars) and the sets of slokam numbers for each star:

- 1) Ashwini - 1-4
- 2) Bharani - 5-8
- 3) Kruttika - 9-12
- 4) Rohini - 13-16
- 5) Mrugasira - 17-20
- 6) Ardra - 21-24
- 7) Punarvasu - 25-28
- 8) Pushyami - 29-32
- 9) Aaslesha - 33-36
- 10) Magha - 37-40

- 11) Purva Phalguni - 41-44
- 12) Uttara Phalguni - 45-48
- 13) Hasta - 49-52
- 14) Chitra - 53-56
- 15) Swati - 57-60
- 16) Vishakha - 61-64
- 17) Anuradha - 65-68
- 18) Jyeshththa - 69-72
- 19) Moola - 73-76
- 20) Purva Ashaadha - 77-80
- 21) Uttara Ashaadha - 81-84
- 22) Sravanam 85-88

- 23) Dhanishttha - 89-92
- 24) Shathabhisham - 93-96
- 25) Purva Bhaadrapada - 97-100
- 26) Uttara Bhaadrapada - 101-104
- 27) Revati - 105-108

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Om Namoh Bhagavathe Vasudevaya ■■

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