

Twitter Thread by Vibhu Vashisth ■■



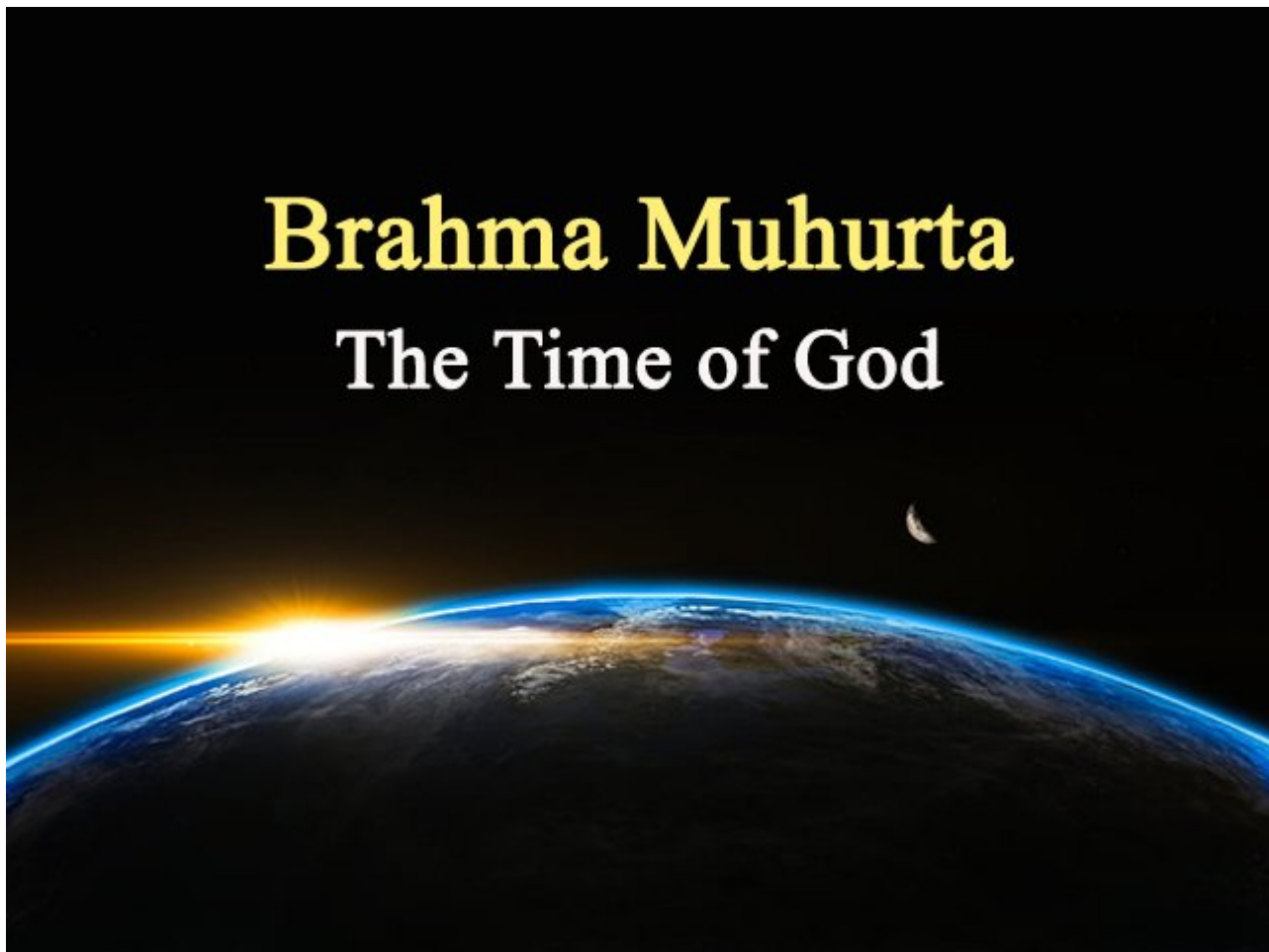
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■Brahma Muhurtam and its Significance■

In the Vedic tradition of Hinduism, Brahma Muhurta is considered a very important period for prayer, meditation, and other spiritual practices.

It is regarded as the “time of the creator” or the “Creator’s Hour.”



According to the Vedic Rishis, the time of Brahmamuhurtha is considered best for attaining supreme knowledge and eternal happiness.

It is the time when the environment is pure, calm, and soothing, and the mind is fresh after sleep.

Sitting in meditation at this time improves mental performance and increases the 'Sattva' Gunas. It even subdues mental irritation, hyperactivity and lethargy.



The importance of Brahma Muhurta has been described in the Ayurveda textbooks for health and long life. It has been stated in the Ayurveda that one should wake up in the Brahmamuhurtha for sustaining perfect health and for living a long life span.

In Brahma Muhurta, there is the availability of nascent oxygen in the atmosphere which easily mixes with the hemoglobin in your body to form oxy-hemoglobin, which offers the following benefits:

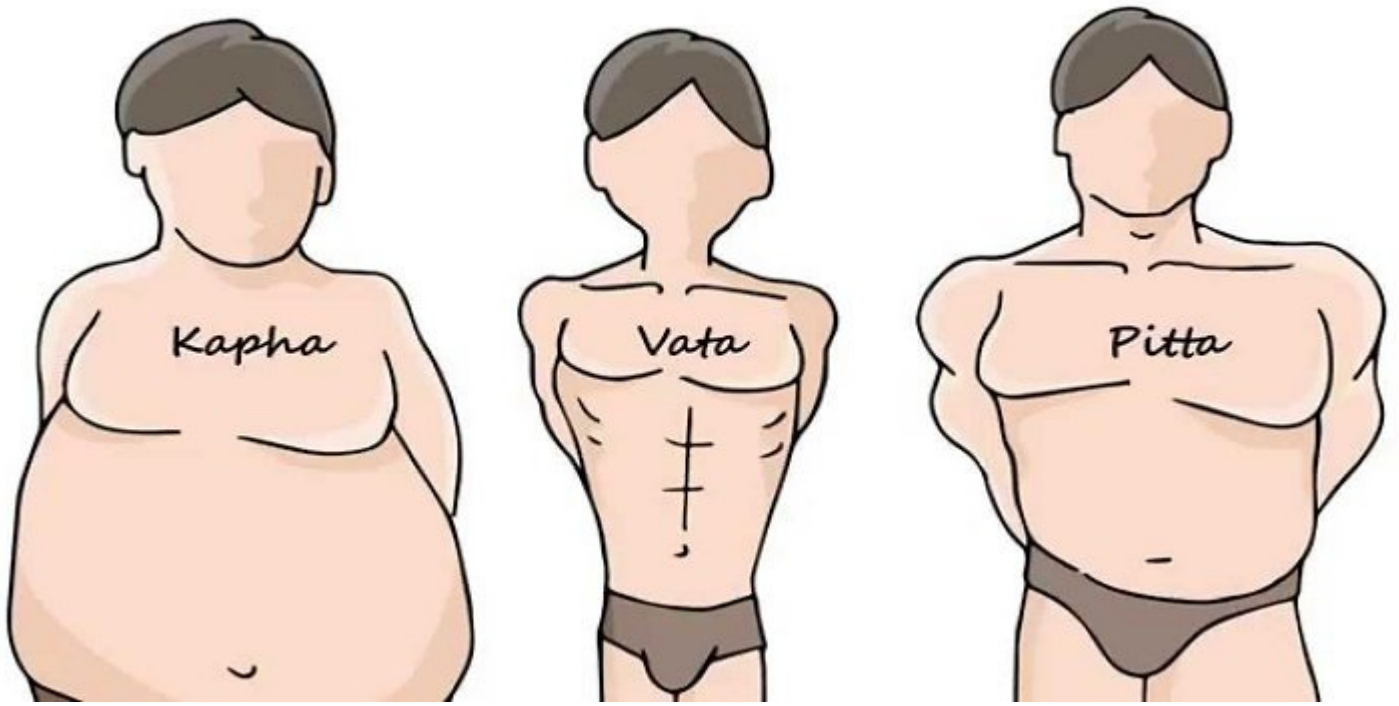
- It helps to boost the immune system
- It increases the energy level

- It helps to stabilize the balance of blood Ph

- It enhances the absorption of minerals and vitamins

- It helps to relieve pain, soreness, and cramps

- Vaata, Pitta and Kapha Doshas of the body automatically gets regulated.



Spiritual activities performed early in the morning have a greater effect than in any other part of the day.

Each muhurtam lasts 48 minutes, and therefore the Brahma muhurtam begins 1 hour and 36 minutes before sunrise, and ends 48 minutes before sunrise.



What Is Brahma Muhurta ? Is Getting Up In The Brahma Muhurta As Prescribed By The Sages Beneficial For Students ?

The Brahma Muhurta period occurs 48 minutes (one nadi) before the Sunrise. The grown-ups when demand of their children to wake up in the Brahma Muhurta period to study their lessons, the children scarcely listen.

But, the fact is that, if you get up in the early morning and study your lessons, you will never forget it. All that you study in the early hours remain in your memory. An agency that conducted a study on the learning defects in the children has approved of the practice of studying in the early hours of the day.

Brahma Muhurta starts 48 minutes (one nadi) before the Sunrise.

The auspicious time is named after Lord Brahma whose wife Goddess Saraswati, the deity of Learning and Arts, too is believed to start working at this time. Hence this time is called Saraswati Yama as well.

A particular gland on the right side of the head when remains alert, promotes learning capacity in children. If they sit before a lighted oil lamp, for some time to begin the day, it too sharpens their memory owing to the positive energy that the rays of the oil lamps spread all around.

It is for these reasons that the ancestors advised the children to get up in the early morning and start studying before a lighted oil lamp.

Brahma muhurtam is a period of two muhurtas(2x 48minute)

The time of sunrise varies each day, according to geographic location and time of year, thus the time of the Brahma muhurtam also varies. For example, if sunrise is at 6am, the brahma muhurtam begins at 4:24am.

The Best Time to Practice Yoga



Certain times of the day support a seeker in specific ways. The five most significant times are the four sandhyas (transitions), and the early morning Brahma Muhurtam.

Brahma muhurtam

3:40 am - 3:50 am

Sunrise

5:40 am - 6:20 am

Midnight

11:40 pm - 12:20 am



Noon

11:40 am - 12:20 pm

Sunset

5:40 pm - 6:20 pm

Sandhyas: 20 minutes before and after sunrise, sunset, noon and midnight. The sandhyas are times of transition when there is an opportunity to do balancing processes. If you are looking for physical health, the sandhya kala around sunrise is the best time. Those who live in family situations should avoid the midnight sandhya.

Brahma Muhurtam: This is a good time to begin any sadhana that you have been initiated into. It lasts from 3:40 to 3:50am. This the time to do practices if you are looking for dramatic spiritual progress and want to know dimensions that are referred to as spiritual.

If sunrise is at 7AM, Brahma Muhurta begins at 5:24AM and so on.

Potential of Brahma Mahuratam

At this time a high level of Prana(vital life energy) which is necessary for the body is adequately present in the atmosphere. The pollution is at its minimum.

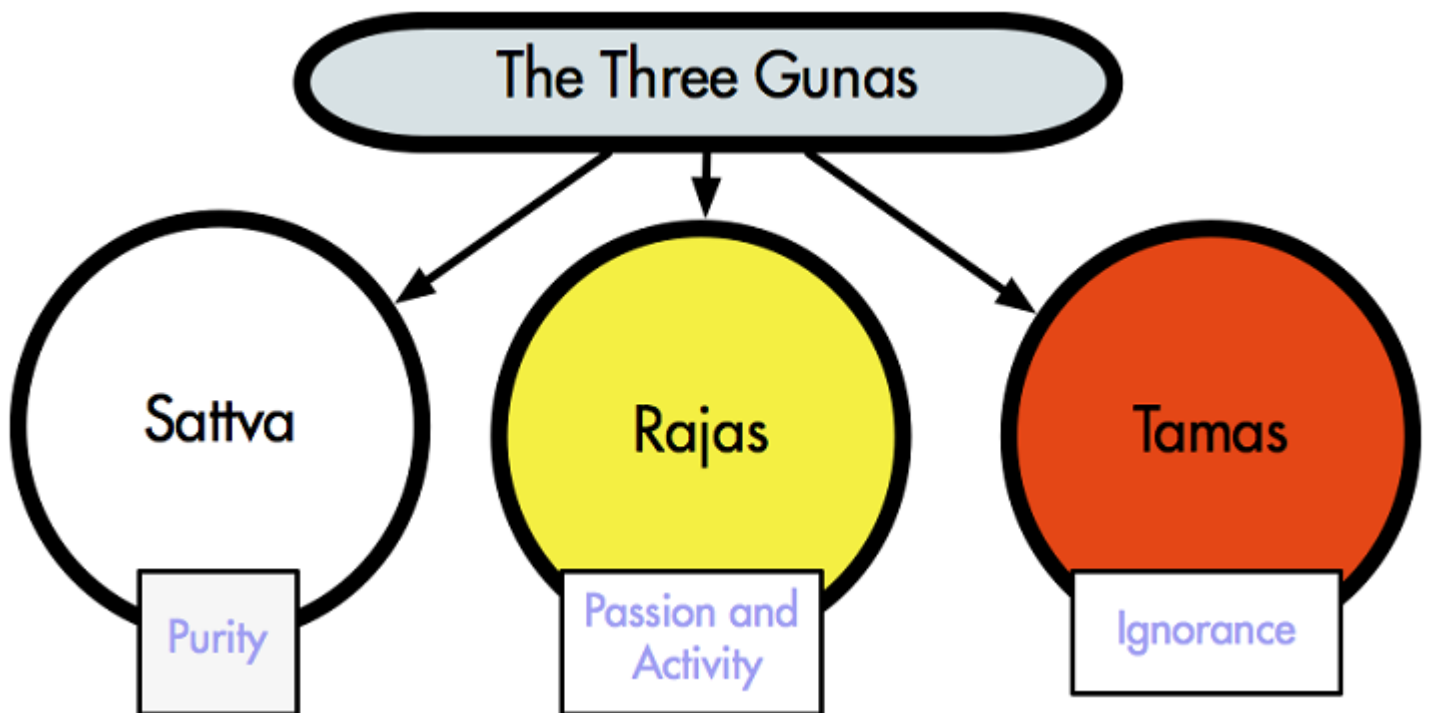
The cheerful atmpsphere has a considerable effect on the body and mind.

In Sanskrit, the daily routine is called as Dinacharya. Din means day and acharya means to follow.

So, Dinacharya is an ideal daily schedule taking into account the nature's cycle.

Brahma Muhurtam offers the time and possibility to become Brahman or creator, and to make yourself the way you want to be.

If we consider the night as the period from sunset to sunrise, then the last quarter of the night is the Brahma Muhurtam time.



What Happens During Brahma Muhurtam?

The nature of the planet's relationship with the sun and moon

is such that certain physiological changes happen in the system during that time.

There is a substantial research into this. The entire body is in a certain conducive atmosphere.

What is melatonin?

Melatonin (N-acetyl-5-methoxytryptamine) is a hormone produced in the brain by the pineal gland. The amino acid tryptophan is converted into serotonin, which is then converted into melatonin.

Photosensitive cells in the retinas of the eye modulate the production of melatonin by their action on the pineal gland: melatonin levels rise in darkness (night, preparing the body for sleep) and fall in light (day, preparing the body to be awake.)

Melatonin is often referred to as the “biological timekeeper” of hormone secretions because it regulates a number of hormones which in turn regulate other hormones.

There is a natural production of melatonin, which is a secretion of the pineal gland. We want to make use of this b'coz the pineal gland is secreting at its maximum during Brahma Muhurtam, which means you can stabilize. In modern science melatonin, is seen as a mood stabilizer.

Therapeutic uses:

- Melatonin is used in the treatment of
- Cancer
- Immune disorders
- Cardiovascular diseases
- Depression
- Seasonal effective sleep disorders
- Sexual dysfunction
- Fertility
- Headache
- Used as dietary supplement
- Used to Prevent ischemic damage

Here is one of the Mantras that must be chanted in the Brahma Muhurtam to get all-round protection:

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Concludingly, we can say that Brahma Muhurtam is the best period of the day for getting enlightened, awakened and energised. It's the perfect time for spiritual practices and it is the Perfect time to take care of your physical, mental and spiritual health.

A photograph of a sunset over a mountain range. The sun is low on the horizon, creating a warm, golden glow across the sky and the silhouettes of the mountains. The text "Brahma Muhurta" is centered in a white, serif font.

Brahma Muhurta