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#Thread

Sphatika is a semi-precious gemstone made from a mineral found in the continental crust of the Earth. Sphatika is a heat conductor. It has a powerful energy field that provides sonic protection from harmful vibrations. 1/n

@LostTemple7 @RadharamnDas



Quartz crystal, also known as shatika, is an energy conductor. It possesses a powerful field of light and energy that can be utilized as a sonic shield against harmful vibrations. This feature can be found in crystals of different sizes and shapes. 2/n

The passage of ions through a Sphatika's molecular structure clears and neutralizes bad circumstances in people of all ages' auras. Even big portions of our homes and workplaces can be cleansed and purified using Sphatika. 3/n

It has the potential to become our own personal body healer. Sphatika aids in the development of our intuitive abilities. 4/n

Sphatika is used to make religious and spiritual things like Malas, Shivalingas, Meru, Guru padukas, and so on. 5/n



Because they cool the body and quiet the mind, Sphatika Malas are also used as prayer/rosary beads or as thearapeutic beads. Wearing a Sphatika Mala guarantees a restful night's sleep. 6/n

Sphatika's Advantages:

Sphatika, or crystal, is a gift from nature that enhances a person's cheerfulness. It frees a person from all sources of fear or wrath. It makes one more affectionate and allows him to enjoy life more fully. 7/n

Sphatika, on the other hand, is said to help people achieve their goals in life. Wearing a mala of Sphatika or quartz crystal enhances one's sense of purpose, reduces stress, boosts healing skills, and aids in focusing (balancing or soothing). 8/n

The Sphatika Mala is thought to have spiritual properties, as it brings tranquilly and relaxes the mind. This has the power to lower body temperature. 9/n



As a result, people wear it around their necks to keep their body temperatures in check and their minds cool. Sphatika reduces fever and removes excess heat from the body. 10/n

Sphatika Mala aids in mental concentration. It also aids in the relief of headaches and the reduction of stress and tension by supporting general body healing.

11/n

Sphatika is a powerful stone that is also known as Quartz crystal. Absorbing, storing, amplifying, balancing, focusing, and transmitting energy, improves it. Sphatika is a stone of clarity that clears the mind and removes negativity. 12/n

It is a stone of harmony as well as a purifier & clarifier on the spiritual, mental, & physical planes. Sphatika is a powerful energy balancer that can even help in romantic relationships. Sphatika is frequently utilized for diagnostic healing since it enhances healing energy. 13

Sphatika Mala's Importance

- Sphatika Malas usually has 108 beads and one central bead called Guru Mani, which is transparent and round/diamond/double diamond cut.
- Sphatika is associated with Venus, according to astrology. 14/n



- Sphatika Mala improves concentration, cools the body, and relaxes the mind.
- Sphatika Mala helps to cool the body.
- Sphatika mala can also be used as a meditation tool.
- Sphatika malas can be used to make Japas for any mantra, but especially Maha Lakshmi and Shukra

15/n

A Sphatika Mala can be worn by anyone.

Sphatika (Rock Crystal) is also known as 'Shivratna,' and wearing a Sphatika mala provides financial, mental, and social advantages. If the moon is incorrectly situated in one's Jataka (birth-chart), a Mala of Sphatika should be worn. 16/n



Pure Sphatika is translucent, and as a result, it improves mental clarity and memory. Sphatika can grant the user the grace of Shukra if they are enthralled by unneeded financial worries. 17/n

If one's labor is not properly credited or rewarded, he or she might establish themselves in society and obtain their rightful share of fame and respect by wearing a Sphatika Mala. 18/n

Alternatively, wearing a Sphatika Mala might be especially beneficial if people overlook the favors that one has done for them or if one feels unduly confronted with unfavorable conditions. 19/n

On Fridays, after chanting 'Om dhraam dhreem dhroom sah shukraaya namaha' and conducting 108 Japa (ritualistic recitations) of the mantra, adorning a Sphatika Mala and doing 108 Japa (ritualistic recitations) of the mantra is good. 20/n

Sumeru, or the crown bead, is the bead tied to the tassel in this mala, and the mala is frequently used to keep track when repeating the mantra. When counting the beads for prayers, one begins at the first bead adjacent to Sumeru and counts all the way to the end. 21/n

When one reaches the 108th bead, one comes to a halt and counts backward. The Guru bead is the Sumeru bead, hence it should not be counted. 22/n

If you wear any gemstone, such as a birthstone, you can wear Sphatika Mala with it because it has no adverse effects and can be worn with any gemstone. 23/n

Sphatika-based product:

Sphatika is also utilized to create idols of many deities, particularly Surya and Shivalinga's images. Srichakra Mahameru, fashioned of Sphatika, is also extremely effective in bestowing blessings on the worshipper. 24/n

Sphatika Shivalinga is established & worshipped in the following ancient temples in South India:

- o Sri Nataraja Temple - Chidambaram
 - o Sri Meenakshi Amman Temple - Madurai
 - o Ramanathaswamy Temple - Rameshwaram
- 25/n

- o Sri Ekambareshvara Temple - Kanchipuram
- o Shvetaranyeshvara Temple - Thiruvankadu 26/26