Twitter Thread by GunduHuduga| ■■■■■ ■■■■■|■



GunduHuduga| ■■■■■ ■■■■■|■
@GunduHuDuGa

#DailyAnushtanam #DailyRituals #DailyPractices

In a recent debate, someone challenged that those who don't do Trikala Sandhyavandanam don't have the right to comment.

Moreover, someone knowledgeable commented that I am half-baked and shouldn't comment

cc: @Maha_periyava_

1/

So I thought why not write down what I do on a daily basis. Maybe I can learn something from other knowledgeable souls on what might be missing to be considered worthy of commenting on some puranic discussions and debates.

2/

1. Daily Sandhyavandanam - Twice a day
2. Initial Shlokas
a. Ganesha - Shuklam Baradaram
b. Ganesha - Vakratunda
c. Gayatri
d. Gurur Brahma
e. Shantakaram
f. Saraswati Namastubhyam
3. Mantra pushpam

3/

4. Daily Dhyana
a. 21 x Om Gam Ganapathaiye Namah

b. 21 x Om Nama Shivaya

c. 21 x Maha Mrutyunjaya Mantra

d. 21 x Om Bhagwathiye Namah

d' : After this I chant Sarvamangala Mangalye, Annapoorneshwari Stotram, Saraswati Stotra

4/