

RUDRAKSHA: Blessing of Lord Shiva



Jyoti Dahiya

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**power, protection, and presence of the
divine in every bead**

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*Dedicated to my Pari, may you fly high and your life
be full of dreamy destinations!*

ACKNOWLEDGEMENT

Writing this book has been a journey of the heart, mind, and soul — one that I could not have completed without the support of some very special people.

I offer my deepest gratitude to Lord Shiva, whose divine presence and inspiration made this book possible.

To Sri Sai Baba, who has always been by my side and taken charge of my life. His presence in my life is my guiding star — which I follow blindly.

To my parents, my daughter and my loved ones - thank you for your constant encouragement, patience, and belief in me — especially during the times when I doubted myself. Your support gave me the strength to keep going.

A heartfelt thanks to my spiritual mentor, who shared his wisdom about Rudraksha so generously.

And finally, to you, the reader — thank you for opening your heart to these sacred words. May this book serve you well and bring you closer to the divine energy that is “Rudraksha”.

With immense gratitude,
Jyoti Dahiya

ABOUT THE AUTHOR

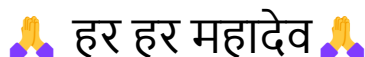


With a robust background in Product Management, Jyoti has been a part of the payments and fintech industry for more than 20 years - aiming to create seamless financial experiences for our Indian ecosystem. While working in the corporate world, she is a Certified Vedic Astrologer and Numerologist.

She is truly passionate about Occult Services including Vedic Astrology, Lal Kitab, Numerology, KP and Vastu. Her academics includes ISO Certification in Astrology, Numerology and Nakshatra. She has also been training Astrology and conducting webinars for the betterment of the society.

Additionally, she is a certified trainer in Project Management and has been leading training sessions for project managers and new product managers, helping them learn how to deal with the corporate world.

PREFACE



In a world driven by speed, stress, and uncertainty, many of us seek deeper meaning, peace, and connection. The ancient traditions of India offer us powerful tools to reconnect with the sacred, and among these, the Rudraksha stands as a timeless symbol of divine energy, protection, and inner strength.

This book, *“Rudraksha: Blessing of Lord Shiva”*, is a humble attempt to explore the sacred journey of the Rudraksha bead — from the mythical tears of Lord Shiva. It is more than just a bead; it is a living symbol of divine presence, carrying within it the vibrations of the universe.

Growing up, I often saw holy men, saints, and even ordinary devotees wearing Rudraksha with deep reverence. My curiosity turned into devotion when I learned its spiritual, scientific, and healing potentials.

Whether you are a spiritual seeker, a curious soul, or someone simply drawn to the mystery and beauty of Rudraksha, this book is for you.

Inside, you’ll find not only stories and traditions but also guidance on choosing, wearing, and benefiting from these divine beads.

May this book be a light on your spiritual path. May the blessings of Lord Shiva guide you always.

Om Namah Shivay!

Astrologer Jyoti

Astro Jyoti Ray of Light

SHIV GAYATRI MANTRA

ॐ तत्पुरुषाय विद्महे महादेवाय धीमहि ।
तन्नो रुद्रः प्रचोदयात् ॥

*Om Tatpurushaya Vidmahe Mahadevaya Dhimahi,
Tanno Rudrah Prachodayat*

*Meaning: We meditate upon the supreme being, the great
God. May that fierce Rudra inspire and illuminate our mind.*

Sample

CONTENTS

THE DIVINE TALE: SHIVA'S TEAR	1
INTRODUCTION TO RUDRAKSHA	3
RUDRA AND RUDRAKSHA.....	5
IMPORTANCE OF RUDRAKSHA	7
CLASSIFICATION BASIS MUKHI.....	12
RARE RUDRAKSHA.....	20
AUTHENTIC RUDRAKSHA	23
CHOOSE THE RIGHT RUDRAKSHA	26
BEAD OR MALA OR KAWACH.....	29
PROCESS TO WEAR RUDRAKSHA	33
RULES AND RITUALS.....	35
GIFT TO HUMANITY.....	38
REFERENCES	39
ASTRO JYOTI RAY OF LIGHT	45

1

The Divine Tale: Shiva's Tear

In the stillness between time and eternity, Lord Shiva sat in deep meditation atop Mount Kailash — his third eye closed. The universe moved in silence around him — galaxies spun, winds whispered through the Himalayas, and yet he remained still, untouched, unwavering.

According to the *Shiva Purana**, there was once a time when the suffering of the world grew immense, he saw the pain of mortals — the endless cycle of birth, suffering, and death.

Lord Shiva, the *Lord of Destruction and Transformation*, observed wars, greed, sorrow, and spiritual ignorance plagued humanity from His meditative state from Mount Kailash.

Moved by profound compassion, Shiva opened His eyes after thousands of years of meditation. As He witnessed the pain of the beings in creation, a **single tear** welled up in His eye and fell upon the Earth. From that sacred tear, a tree sprouted — the first *Rudraksha tree*.

The *Shiva Purana**, particularly in the *Vidyeshvara Samhita*, extols the virtues of Rudraksha beads, emphasizing their sanctity and spiritual benefits.

One of the significant verses highlighting the origin of Rudraksha is:

पुटाभ्यां चारुचक्षुर्भ्यां पतिता जलबिन्दवः ।
तत्राश्रुबिन्दवो जाता वृक्षा रुद्राक्षसंज्ञकाः ॥

Translation:

"From the beautiful eyes (of Lord Shiva) tears fell. From those tear drops, trees known as Rudraksha were born."

This tree bore fruits with seeds unlike any other — beads that carried the divine frequency of Shiva's energy. These beads would go on to become tools for spiritual growth, protection, and enlightenment for all who wore them with devotion.

Thus, the Rudraksha was not merely a plant; it was the embodiment of Shiva's love and grace.

Rudraksha beads are used for balancing planetary influences and enhancing spiritual sadhana (practice).

It is believed that **even touching a Rudraksha bead** can purify the karma of past lives. No wonder sages, yogis, and saints throughout time have adorned themselves with Rudraksha malas, believing them to be direct conduits to higher consciousness.

As we step into the next chapter, we will begin to understand the significations of *mukhis*, types and classifications of Rudraksha beads and the unique energies they carry.