

## Twitter Thread by Saraswati Films



**Saraswati Films**

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**Why is daily sadhana important?**

**Why is Sandhyavandana important?**

**Why is daily knowledge of panchang important?**

**What is the reason behind control of every single aspect of life in Hinduism?**

**Slow thread.**

Sandhyavandana done daily will take you around 12 minutes. Over 10 years, done everyday, that's 365 x 10 x 12 minutes 43,000 minutes of sadhana. Over 40 years and for those doing more malas of Gayatri, it's way beyond.

What's the power of that sadhana.

It takes around 3-4 months to get into a daily routine for sadhana.

That is the hardest part. Once done, the power of a simple sadhana like Sandhyavandana once or passes 10 year mark can completely nullify almost any basic krittima attack of spirits.

A Brahmana who does 11 malas of Gayatri a day can develop his mental power to such an extent that almost anything is possible.

The mantraraja of all mantras is Surya Gayatri... Tantra attacks and all that stupidity can't come near that practitioner...

A Brahmana who holds Gayatri in his hridaya (what happens after 10 years or so) becomes competent to hold the power of the mantras within the body almost instantaneously...

You don't need to believe me. Those who do it know it.

I did a thread on dangers of Baglamukhi sadhana yesterday.

Many people venture into these things... but without some sort of earlier long sadhana and really kadak Niyama ulta results will happen..

That's why some long sadhana is important of mantraraja..

Late BV Raman once described how the effect of no less a Mahavidya would not work on him with just 1000 japa of Gayatri. Imagine that. Mull over it.

Now think what's the effect of someone does 1000 japa + homa of Gayatri daily?

Still there are people like that in Pune.

In Pune when I was growing up, there used to be an advertisement, for volunteers to come and help for 3.5 years for Brahmins who used to undertake Gayatri purascharana (24 lakhs) in a hut near Katraj area in outskirts of Aranya. Remember old Pune, 40 yrs ago, Aundh was forest.

The singular power of a single Gayatri upasaka is not something which can be described in words.

It's beyond speech and beyond the normal senses.

Only with the eyes of the mind might one see it I suppose (Phatak Guruji's words)

The Gayatri potentiates the power of many other mantras almost always.

I showed one screen cap of Panchadashi mantra with Gayatri some time ago.

One particular reason why women should (ideally) not chant Surya Gayatri is because every mantra is a verbal incarnation of a Deity. Women are embodied by feminine qualities and Surya is considered a papagraha for them.

May cause issues (exceptions exist- ie. sanyasis)

Now about Intonation:

In Gayatri mantra, as it is a Vedic mantra, intonation becomes of terrific importance. Many web and singer type versions are basically completely off the swara. That reduces the power of the sadhana of done with wrong intonation.

Vedic = perfect sound waves