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#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/