

neck with Aghora<sup>170</sup> mantra and on the chest also likewise.

41. The wise devotee shall wear the Rudrākṣa round the forearms with Aghora Bija mantra. A string of fifteen beads shall be worn on the stomach with Vāmadeva mantra.<sup>171</sup>

42. With five mantras—Sadyojāta etc. three, five or seven garlands shall be worn. Or all beads shall be worn with the Mūla mantra<sup>172</sup>.

43. A devotee of Śiva shall refrain from eating meat, garlic, onion, red garlic, potherb, Śleṣmātaka, pig of rubbish and liquors.

44. O Umā, daughter of the mountain, the white Rudrākṣa shall be worn by the brahmin, the red by the Kṣatriya, the yellow by the Vaiśya, the black by the Śūdra. This is the path indicated by the Vedas.

45. Whether he is a householder, forest-dweller, ascetic or of any Order, none shall go out of this secret advice. Only by great merits can the opportunity to wear the Rudrākṣa be obtained. If he misses it he will go to hell.

46. The Rudrākṣas of the size of an Emblic myrobalan and those of lighter weight but depressed with thorns, those eaten by worms or without holes and those characterized by other defects shall not be worn by those wishing for auspicious results. They shall avoid small ones of the size of gram. O Umā, Rudrākṣa is an auspicious complement to my phallic image. The small one is always praiseworthy.

47. People of all Varṇas and Āśramas even women and Śūdras can wear Rudrākṣa at the bidding of Śiva. The ascetics shall wear it with the Praṇava.

48. If any one wears it during the day he is freed from sins committed during the night; if he wears it during the night he is freed from the sins committed during the day. Similar is the result with its wearing during morning, midday or evening.

49. Those who wear Tripuṇḍra, the matted hair and the Rudrākṣa do not go to Yama's abode.

170. Ibid., 16.2

171. TA. 10.44.1; Mahā 4.17.2.

172. The five-syllabled mantra "Namaḥ Śivāya" is the basic mantra of Śiva.