

# 2 MUKHI RUDRAKSHA

Symbol of : Ardhanarishwara The unified form of Shiva & Shakti



॥द्विवक्त्र हरगौरी रथाद् गोवधायघनाशकृत् ॥

Dvivaktra Hargauri Syad Govadhadyaghnashakrit

In Puranic Katha, the 2 Mukhi Rudraksha is believed to be blessed by Ardhanarishwara – the half-man, half-woman form of Shiva and Parvati, symbolizing perfect balance and unconditional love.

## Astrological Association:

Associated with Moon – balances emotions and improves mental clarity. Beneficial for zodiac signs like Cancer, Libra, and those affected by Moon dosha or emotional instability.

## Significance & Benefits:

- Represents the divine union of masculine (Shiva) and feminine (Shakti) energies.
- Brings harmony in relationships – especially marriage, partnerships, and family.
- Heals emotional wounds, confusion, and loneliness.
- Balances both hemispheres of the brain – intellect + emotion.
- Removes fear of duality and supports self-acceptance.

## Emotional/Relationship Benefits:

- Restores broken marriages and strengthens love bonds.
- Helpful in healing trauma from separation, divorce, or heartbreak.
- Ideal for those struggling with self-love or inner conflict.

## Professional/Material Benefits:

- Suitable for counselors, therapists, couples, diplomats, artists.
- Helps in partnership businesses, marriage counseling, and teamwork.

# How to Wear:

Day to Wear:- Monday or Friday.

Material:- Red or white thread, silver or gold chain.

Position:- Around the neck, close to the heart chakra.

Alternate:- Can also be placed in your bedroom or relationship zone of your home.

# How to Energize (Pran Pratishtha Vidhi):

- On a Monday or Friday morning, after bath, sit facing east.
- Wash the Rudraksha with Panchamrit and then with clean water.
- Place it on a white cloth or Shiva-Shakti photo.
- Apply chandan (sandalwood paste) and offer white flowers.
- Light diya and incense, and chant the mantra below 108 times.
- Offer prayers to Lord Shiva and Goddess Parvati together.
- Wear it with peaceful mind and relationship-related sankalp.

## Mantra for Wearing & Japa:

ॐ नमः (Om Namah)

## Vedic/Advanced Mantra:

ॐ श्री अर्धनारीश्वराय नमः

(Om Shreem Ardhanarishwaraya Namah)

Recommended Count:  
108 times on Monday or daily.

## Precautions:

- Avoid negative speech or arguments while wearing.
- Maintain mental and physical purity.
- Avoid wearing during intense anger, or during funerals and intimate activities.
- Clean regularly; do not expose to chemical sprays or harsh soaps.

## Who Can Wear:

- People seeking loving, stable relationships or marriage.
- Those going through conflicts, separation, or family issues
- Spiritual seekers desiring inner balance of Shiva–Shakti energies.
- Ideal for both men and women, especially married couples.

## How to Care for Your Rudraksha:

- Clean with water weekly; apply light oil (like sesame) monthly.
- Avoid harsh soaps, perfumes, and chemicals.
- Store in cotton cloth when not wearing.
- Do not lend it to others.

### Note:

Two Mukhi Rudraksha is not just a sacred seed —  
it is the living bond of divine unity.

॥ हरहर महादेव ॥