

English Lyrics:

Om Sham Shanaishcharaya Namah.

Om Shanaishcharaya Namah 108 times. It is a powerful mantra for removing negative karma and is recited on the 11th and 21st of the month. It is 108 syllables long.

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English Lyrics:

Om Praam Preem Praum Sah Shanaishcharaya Namah.

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3. Om Shanaishcharaya Namah 108 times

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SHANI GRAHA SHANTI REMEDIES

Shani Graha Shanti remedies are spiritual and astrological practices done to reduce the difficult effects of Saturn. These include Shani mantra chanting, Saturday worship, charity, service to the poor, Hanuman Chalisa recitation, Bhairav worship and disciplined living.

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FAQs in English

1. What are Shani Graha Shanti remedies?

Shani Graha Shanti remedies are spiritual and astrological practices done to reduce the difficult effects of Saturn. These include Shani mantra chanting, Saturday worship, charity, service to the poor, Hanuman Chalisa recitation, Bhairav worship and disciplined living.

2. Which mantra is best for Shani Shanti?

The simple Shani mantra “Om Sham Shanaishcharaya Namah” is commonly chanted for Shani Shanti. The Shani Beej Mantra “Om Praam Preem Praum Sah Shanaishcharaya Namah” is also used for deeper Saturn remedies.

3. Why is Hanuman worship recommended for Shani relief?

Hanumanji represents courage, devotion, strength and selfless service. These qualities help a person face Saturn’s pressure with patience and faith. Many devotees recite Hanuman Chalisa during Sade Sati, Dhaiya or Shani Mahadasha.

4. What should be donated for Shani Graha Shanti?

Black sesame seeds, mustard oil, black urad, black clothes, iron items, footwear, blankets and food may be donated to needy people on Saturday. Service to poor, elderly and working-class people is also considered very important.

5. What is the best practical remedy for Shani?

The best practical remedy for Shani is honest karma. A person should follow discipline, respect time, help poor people, avoid cheating, respect workers and elders, keep promises and live a truthful life.

[Shani Graha in Vedic Astrology: Meaning, Effects, Remedies, Sade Sati and Spiritual Importance](#)

[Shani Chalisa in Hindi](#)

[Shani Kavach in Hindi](#)

[Shani Stotra in Hindi](#)

[Shani Dev Aarti in Hindi](#)

[Shani Mantra | ॐ शनि ॐ शनि](#)

[Shani Yantra | ॐ शनि ॐ शनि](#)

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