

## **BATH TIME, BED TIME, BEFORE MEAL SLOKAS**

### BATH TIME SLOKA

BATHING IS A TIME WHEN PEOPLE TAKE A SHOWER TO SHED THE PHYSICAL IMPURITIES AND DIRT OF THEIR BODY. FOLLOWING IS THE SHLOKA/ SLOKA FOR A HOLY BATH, WHICH CAN BE RECITED WHILE TAKING A BATH.

**"GANGA CHA YAMUNA CHAIVA GODAVARI SARASWATI,  
NARMADA SINDHU KAVERI JALESMIN SANNIDHIM KURU"**

### **MEANING**

THE LITERAL MEANING OF THIS MANTRA IS: "IN THIS WATER, I INVOKE THE PRESENCE OF DIVINE WATERS FROM THE RIVERS GANGA, YAMUNA, GODAVARI, SARASWATI, NARMADA, SINDHU AND KAVERI. THESE RIVERS ARE CONSIDERED AS GODDESSES AND I PRAY TO THEM FOR CONSIDERING ME FOR THEIR BLESSINGS.

### **BENEFITS**

GOD HAS GIVEN US A BEAUTIFUL LIFE TO LIVE AND HAS CREATED THIS BEAUTIFUL WORLD. THERE ARE MASSIVE RIVERS AND OCEANS IN IT. MANY RIVERS LIKE, GANGA, YAMUNA, SARASWATI ETC HAVE THEIR OWN SIGNIFICANCE. TAKING BATH IN THESE RIVERS IS CONSIDERED AUSPICIOUS. SO, RECITING THIS SLOKA WITH A SINCERE HEART BRINGS YOU THE BENEFIT OF TAKING BATH IN THESE RIVERS.

#### **ISHTA DEVATA**

New # 3, 17th Avenue, Harrington Road, Chetpet, Chennai - 600 031.

Ph: +91-44-42960800 | Fax: +91-44-42960801 | [www.ishtadevata.com](http://www.ishtadevata.com) | [yourfriends@ishtadevata.com](mailto:yourfriends@ishtadevata.com)