

# 6TH RAM MANTRA



HEEN RAM HEEN RAM

## BEFORE YOU START CHANTING

- Bathe or wash your hands and feet before you begin to chant. You can also bathe your entire body if you wish.
- Always sit facing either the North or the East when chanting.
- Devote your mind and spirit totally to Lord Rama and feel the connection with the universe.
- Wearing white garments with a few pieces of the black or blue color (Rama blue) show our absolute devotion to the Rama.
- Recite the mantras for 48 days with devotion. It is suggested to chant daily. If this is not possible, you can chant solely on Monday.
- You don't need any offerings, but if you want to offer something to him, offer payasam, panchamirtham, panagam (jaggery, musk melon, and ginger), methi pulao.
- The mantras should be chanted 9, 27, 54, 108, or 1,008 times, three times a day. Count the repetitions on the beads of a rosary when doing so.
- Let thoughts pass you by, do not dwell on the past or future; concentrate on your mantra; and count the repetitions.

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