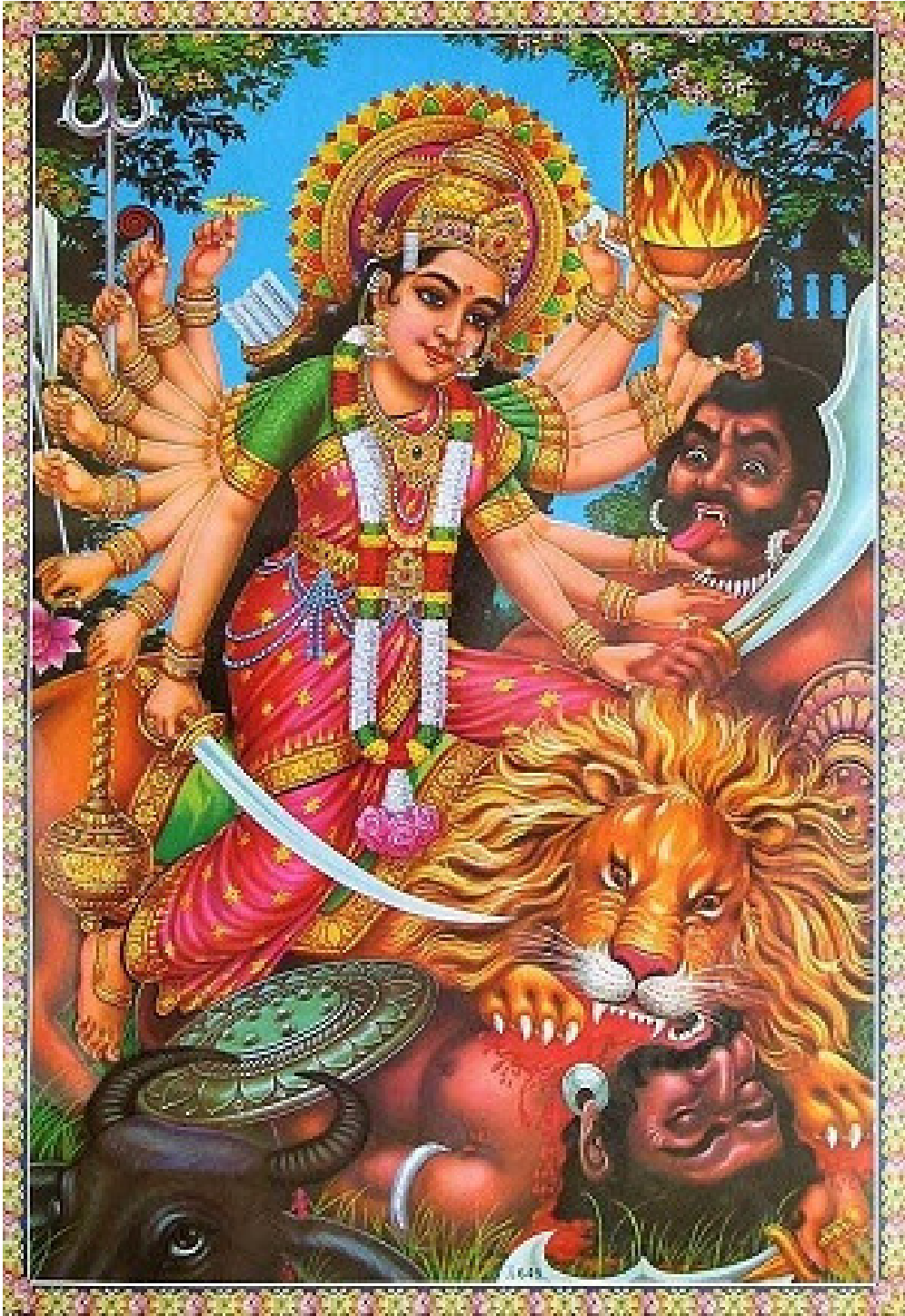


CHAMUNDA MANTRA



OM AIM HREEM KLEEM CHAMUNDAYE VICHE

By: www.UnifyCosmos.com

BEFORE YOU START CHANTING

- Bath or Wash your hands and feet. You must be clean!
- Always face East or North when chanting.
- Devote yourself completely to Ma Chamunda and feel the protection and love of the Universe.
- Look at a picture of Ma Chamunda or look up at the sun in the sky and when chanting.
- Chant this mantra for at least 40 Days and 108 times a day. (you can chant 216, 324 times or even more), and use meditation mala with 108 beads to help you to count.
- Chant daily in the morning (before the first meal) until evening.
- Let thoughts pass you by, do not dwell on the past or future; concentrate on your mantra; and count the repetitions.

FIND OTHER MANTRAS ON:

www.UnifyCosmos.com