

# HANUMAN SHABAR MANTRA FOR PROTECTION



ULTA BIIR  
BAJRANG KA PAO KAR  
NINSAMKAVTALKHAYE  
BARA KOSA ADHAD  
SAM TERAKOS  
PICHADASAM  
AANPOHOCH RE ULTA  
BIIRBAJRANG KA PAO  
JAHAIWAHA SE LAO  
IS KAYA PINDKE

BALAKUNAVNADI SE  
BAHATARKOTHADI SE  
ROM ROM SE  
CHAM CHAM SE  
GUDGUD SE  
PAKADKELAO  
MERI BHAKTI, GURU KI  
SHAKTA  
FURO MANTRA  
ESHWARVANCHA.

## BEFORE YOU START CHANTING

- Bath or Wash your hands and feet. You must be clean!
- Always face East when chanting.
- Devote yourself completely to Lord Hanuman and feel the protection and love of the Universe.
- Look at a picture of Lord Hanuman or look up at the sun in the sky and when chanting.
- Start on a Tuesday or a Saturday.
- Start chanting it seven times in the morning and continue during the day.
- It is vital that the chant is repeated 1080 times every day for three months to reap results. Use meditation mala with 108 beads to help you to count.
- Put on red clothes and apply red chandantilak on the forehead.
- Every Tuesday or a Saturday, offer fruits, coconut, two or seven ladoos, a wooden chappal and clothes.
- 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](http://www.UnifyCosmos.com)**