

# KLEEM MANTRA



OM EIM HRIM KLIM CHAMUNDA'YE VICH'CHE  
NAMAHA.

OM KLIM KRISHNA'YA NAMAHA.

HRIM SHRIM KLIM PARAM'ESHWARI SWAHA  
OM SHRIM KLIM MAHA LAKSHMI'YE NAMAHA.

## BEFORE YOU START CHANTING

- Bath or Wash your hands and feet. You must be clean!
- Always face East when chanting.
- Devote yourself completely to Goddess Durga and feel the protection and love of the Universe.
- Wear white clothes when you do the puja, with a few red pieces of garment.
- Look at a picture of Lord Durga 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, around 4 to 5 AM (before the first meal).
- 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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