

PARVATI SWAYAMVARA MANTRA



OM HREEM YOGINIM YOGINI YOGESWARI YOGA
BHAYANKARI SAKALA
STHAVARA JANGAMASYA MUKHA HRIDAYAM MAMA
VASAMAKARSHA AKARSHAYA.

BEFORE YOU START CHANTING

- Bath or Wash your hands and feet. You must be clean!
- Always face East or North when doing the puja.
- Devote yourself completely to Goddess Parvati and feel the protection and love of the Universe.
- Look at a picture of Goddess Parvati or look up at the sun in the sky and when chanting.
- Chant this mantra for at least 48 Days and 9, 27, 54, 108, 216, 324, 1008 a day or even more, and use Sphatik mala or a Rudraksh mala with 108 beads made of tulsi or clear quartz crystals to help you to count.
- You need to chant it daily, early in the morning.
- Wearing white garments with a few red pieces of clothing shows our absolute devotion to the goddess.
- 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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