

SHABAR MANTRA FOR LOVE



OM NAHOM KAT VIKAT GHOR RUPINI (NAME OF
THE BELOVED PERSON) SAY VASHMANAY SWAHA.

OM SHRI GANESHAM VIDHNESHAM
VIVAAHARTHE TE NAMAH.

OM SHRIGANESHAM VIDHNESHAM
VIVAAHARTHE TE NAMAH.

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 Shiva and feel the protection and love of the Universe.
- Look at a picture of Lord Shiva or look up at the sun in the sky and when chanting.
- Start reciting at sunrise.
- 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.
- 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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