

**DURGA DUH SWAPNA  
NIVAARAN MANTRA**



SHANTI KARMA NI SWAPNA DARSHANE,  
GRAH PIDASSU CHOGRASU MAHAHAATMYAM SRINU  
YAANMAM.

# BEFORE YOU START CHANTING

- Take a bath preferably early in the morning and always wear clean clothes when you sit for chanting.
- Always begin the day with the puja.
- Try to put an idol or picture of Maa Durga on a platform right in front of you.
- Always sit facing the East direction.
- Apply Roli (red colored powdered or red sandal), flowers, Bael leaves and kumkum (vermilion).
- You have to recite the mantras for at least 45 days with complete devotion.
- You will need to chant these mantras daily.
- Chant the mantras 108, 216, 324 or 1008 times every day using the beads of the Rosary.
- Have a clear mind and body and devotee your inner self entirely under the protection of Maa Durga.
- Sing the songs of Goddess Durga and please her with your prayers and chants. You can offer the dishes that you have prepared, and it does not matter how much you spend for the puja. Your devotion is the only way to please her.
- Light a Jyoti or lamp of pure ghee in front of Maa Durga's idol or picture. Make sure this Jyoti burns throughout the puja rituals. You can keep adding ghee regularly so that it keeps burning bright. Ghee lamps give highly positive vibrations for the ambience of the ceremony.
- Lastly, Sing Maa Durga's aarti at the end of the Puja rituals and conclude the puja.
- 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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