

# GORAKHNATH MANTRA



OM HREEM SHREEM GON GORAKSH HUN FACT SWAHA.  
OM HREEM SHREEM GORAKSH HUN HUN NIRANJANATMNE HUN  
FATT SWAHA  
OM SHREEM GON LIN HN HAN GORAKSHNATHAYA  
NIRANJANATMNE HN SN FATT HANS.

## BEFORE YOU START CHANTING

- Take a bath preferably early in the morning and always wear clean clothes when you sit for chanting.
- Take a bath or wash your hands and feet before you start chanting.
- Always sit facing the East direction while chanting.
- Have an idol or picture of God Gorakhnath in front of you while you chant.
- You need to recite the mantra for at least 45 days.
- Early morning is the best time to chant, and you should chant it daily.
- White is an auspicious color. To attract his energy, you can wear white clothes, offer white flowers or even donate white clothes to the poor.
- Chant daily, at least 27 times or (108, 216, 324, or 1008) using the beads of the rosary.
- 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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