

KALI CHANTS



OM KALI, KALI! OM KALI, KALI!
NAMOSTUTE, NAMOSTUTE, NAMO!
NAMOSTUTE, NAMOSTUTE, NAMO!

ANANDA MA ANANDA MA KALI
ANANDA MA ANANDA MA KALI
ANANDA MA ANANDA MA KALI
OM KALI MA!

BEFORE YOU START CHANTING

- Always take a bath or wash your hands and feet before you sit for chanting.
- Try to avoid consuming meat or alcohol before chanting mantras.
- Sit facing the East or North direction when chanting.
- The best time to chant the mantras is early in the morning before most people wake up.
- Keep a picture or idol of Maa Kali before you while chanting. If you don't have a photo, then look towards the sky.
- Try to wear white clothes having a few pieces of blue and black garments, to show your full devotion and faith.
- You need to recite this mantra for at least 21 days regularly.
- You need to chant every day without any break.
- It needs to be chanted at least 27 times every day. You can also chant them for 90, 108, 216, 324 or 1008 times.
- You don't have to please her with lots of offerings. Your undivided devotion and honesty are what will please her eventually.
- To facilitate your chanting, you can use a prayer bead necklace made from a Tulsi (Basil) or Rudrakasha (a traditional prayer bead). The prayer bead will help you keep 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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