

KALIKA-YEI MANTRA



OM KLIM KALIKA-YEI NAMAHA

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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