

NARASIMHA PRANAMA MANTRA



NAMASTE NARASIMHAYA, PRAHLAD AHLADA-DAYINE,
HIRANYAKASIPORVAKSAH, SILA-TANKANAKHALAYE.
ITO NRSIMHAH PARATONRSIMHO,
YATOYATOYAMITATONRSIMHAH,
BAHIRNRSIMHO HRDAYENRSIMHO,
NRSIMHAMADIMSARANAMPRAPADYE.

BEFORE YOU START CHANTING

- One must bath or wash one's hands and feet before one begins to chant, to purify your external body.
- One must always sit in the North direction when chanting the Narasimha mantra.
- One must devote oneself entirely to Lord Narasimha to feel his protection and positive cosmic energy.
- One must face or look at a picture, idol or the sky when doing the puja (worship).
- Wearing yellow clothes is a sign of faith and devotion, so it is highly recommended.
- One must recite the mantras several times regularly. The most basic requirement is chanting eleven times daily for forty days.
- The auspicious time for chanting the Narasimha mantra is early in the morning before most people wake up.
- Thursday is an auspicious day for chanting the mantra for the first time. So, if you are looking to start making this chant a part of your daily life, start on a Thursday.
- It is recommended to chant the Narasimha mantra 11, 108, 216, 324 or 1008 times depending on the severity of your situation or your will because these are auspicious numbers.
- 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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