

## **Mantra for a sound sleep without any fear**

This simple yet very effective mantra remedy is for getting to sleep without any fear, tension and dread.

It is also extremely beneficial for those who are suffering from chronic insomnia or those who find it difficult to sleep due to any kind of mental or physical pressure. There are two mantras provided below. The first mantra is a stand alone mantra for getting sound sleep. The mantra should be chanted while going to sleep in your bed. All you need to do is to keep repeating this mantra and soon you will be fast asleep.

### **Shudre shudre malaa yoginee bhadraa nidre swaahaa**

If you are still not able to sleep due to the reason mentioned above and also due to yourself suffering from depression, sorrow, work-related or any other reason or simply fear or something or the other, including fear of legal problems, enemies, the police, government, examination or a job-interview, simply chant the second mantra provided below. When the fear crops up in your mind, think nothing of it and chant this mantra. This mantra can be chanted at anytime of the day not only during bed time, whenever you feel fearful of something or the other, including paranormal fears from ghosts and demoniac entities/forces.

### **Shree Guru dev Datta**

**ALSO:-** Boil milk and add crushed almonds. Have the before bed

Compiled to make your life successful and happier.

We pray for success in your endeavours.

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Compiled for the upliftment of Sanatan Dharma

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