

Mantra to remove Fear, Phobia and Anxiety

Even the most mentally stable persons have some hidden fears and phobia; deeply rooted in the deepest corners of the sub-conscious mind. Most common amongst such fears are the fear of dying or the death of a beloved one. There is also the persistent fear that something bad is going to happen to them or their loved ones.

Such fears and phobias are not abnormal as a lot of people have these feelings, but some have these fears and phobias in excess and this leads them to behave irrationally. This leads to severe anxiety which is certainly not good for one's health.

Chant the mantra below 3 x 108's daily either in the mornings or evenings. But preferably in the mornings.

Om Shoum Shoka-vinaa-shee-bhyaam namah

Compiled to make your life successful and happier.

We pray for success in your endeavours.

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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind... Jai Shree Radha Krsna.

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www.dipika.org.za

Compiled for the upliftment of Sanatan Dharma

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