

## **Mantra for healing a strained married relationship.**

Please note that the first 3 pages are more on mantras and how they will work for you and then the 3/4th pages are the mantras and the small D.I.Y havan to end the 40 day discipline.

Before I even start this article on mantras and before one can be successful, one has to be very positive and clear abt one's goal and abt this very powerful way of prayer... Lord Krsna says in the Bhagavad Gita that the mind can be one's friend or one's worst enemy. Now which one do you choose...? The reason why many don't get the positive outcome of their prayers can be many but there are some main reasons viz, not being positive, expecting miracles etc. Also karma and fate plays a big part cos if something is meant for you then you will get it no matter what...

The shortcut to anything you want in life is to **BE AND FEEL HAPPY** all the time... it's the fastest way to get anything you want quickly. If you are going to start this 40 day program with negativity then it's pointless moving forward. Your mindset has to change. For every negative thought you have it comes back and makes it worse for you. Remember what you think abt becomes reality. Choose your thoughts carefully.

The question is how much you want, what you want? With that out of the way now let's get into your prayers...

40 seems to be a very popular number with respect to fasts, and is a recurrent number in many religious scriptures, for example 40 shlokas in Hanuman Chalisa and the other Chalisa's, Jesus went into the wilderness for 40 days, Mohammed got his visions in 40 days, etc. in the Vedic tradition 40 days is the standard length for a concentration mantra discipline.

Mantra's allows the chakras to "switch on" safely and to operate at a higher "wattage". When we practice Sanskrit mantras we increase the ability of the chakras to hold a spiritual charge. It is as if a 25-watt bulb has been enabled to hold 50 watts, then 100 watts, then 500 watts and then 1000 watts. Mantra power derives not from any particular meaning that their syllables convey, but from the vibrational effect they create when they are pronounced repeatedly...

The vibration produced by chanting mantras begins to alter our inner condition, both physically and spiritually, and to break down energy patterns stored in the subtle body. When we work with mantras we are working with energy, and energy is never lost. It will appear in some way. The energy itself will work in a certain, specific way. Your intention will add focus and power to the practice.

Spiritual energy obeys laws just as physical energy does, and we know that the energy is never lost... so rest assured that your efforts are never wasted. By your mantra discipline, you have set forces into motion that will produce a positive result somewhere along the line.

## What to do and how to get started

\*\*\* It is very important is to **STATE YOUR INTENTION** very clearly otherwise the mantra will attract unsatisfactory options and results. \*\*\* And stick with this daily, don't chop and change your intention.

**The 40-day discipline:-** A discipline of 40 days is the time given for practicing mantras in our eastern texts. Our great sages taught this process way before Noah and company walked the earth.

**Place:-** In addition to saying your mantras as often as possible, you should set a specific place where you will practice your spiritual discipline twice every day...

**Time of day:-** Set your practice at the same time every day. It is recommended that you perform your practice in the morning upon rising and in the evening before bed...

**Completing the Practice:-** If you are in the midst of your discipline and the telephone rings, do not answer it. Better yet before you begin, put it off... you should strive to complete your daily disciplines without interruptions.

**Prayer beads, mala, and rosary:-** If you wish you can select a rosary or mala for your practice. But make sure you keep it in a safe place until you have completed the discipline.

**Religious and personal Pictures:-** Some may like to put a picture or statue of a Deity or some other religious picture that is dear to them, next to their written mantra or the place where they meditate. This is quite fine...

**On which mantra:-** This is according to the desire and wish you have. A mantra that you chant for one complete mala every day for 40 days... this qualifies as spiritual discipline in the classical sense. But as with anything in life, the more effort and concentration you apply, the more dramatic may be the results you derive. This is why all disciplines are performed twice daily once in the morning and once in the evening... If you so desire to make it more intense increase the number of repetitions per sitting like chant 2, 5 or 10 malas twice per day

**Extra notes:-** For ladies even if you are in your menses cycle, still continue with the mantra... Once you have started the chanting of the mantra/s expect consequences from your effort. Some of the consequences can be tensions that may begin to increase or decrease; this is the result of clearing out of negative energies. Please keep in mind you have placed yourself in a situation where spiritual forces are at work. **EXPECT THE UNEXPECTED.** As negative energy patterns pass from your body and your mind, you may experience them momentarily as they depart.

You may find there is a sudden obstacle to your practice. Probably at least once during your discipline, something will arise that will make it difficult to complete your discipline. Some event, problem, or circumstances will seem to be the cause for you to

miss or stop altogether. If at all possible, press on and complete the discipline. Try not to miss a day. These are just tests that you must pass. When we practice mantras we are changing the nature of certain internal and usually crystallized energy clusters. They have become a part of your subconscious mind.

So once again briefly this is what you need to do.

Have a bath, and then go to your designated place of prayer light incense etc... Try to keep this place daily around the same time to do all your prayers in the morning and evening... Relax breathe in and out... And then on the first day state your intention and write it down on a piece of paper and leave it at your prayer place where you can see it daily... Kindly ask Lord Ganesh and Mother Saraswati to guide you as you are chanting the mantra.

Now you are going to be doing the 40 day discipline for healing your strained married relationship. Please note that in this discipline the husband and wife must do this together and to treat each other with mutual respect and committing to each other that you both will work together to resolve your differences. The odds for success drop considerably if only one party in the relationship is engaged in the effort. In the beginning, you should sit down together and pledge to each other that you want to try honestly to better your dealings with each other. Two mantras are given the first for honouring the feminine energy within each partner and the next for honouring the masculine energy within each partner. The practice of these mantras helps balance these inner energies of the couple and enabling them to become harmonious as a couple.

**Mantras for healing a strained married relationship: -**

**To honour your feminine energy:-**

**Hreem shreem Kleem parameshwaree swaahaa**  
(hreem shreem Kleem pah-rahm-esh-wah-ree swaa-haa)  
("Salutations to the Supreme Feminine. May that abundance principle ultimate reality be attracted to me.")

**To honour your Masculine energy:-**

**Om Namah Shivaya**  
(om nah-mah shee-vah-yah)  
("Om and salutations. May the elements of this reation abide in me in full manifestation.")

Chant these mantras 108 times each for 40 days 108 times in the evening at the same time... and during the day chant as many times silently or a bit loud depending on you... the more you chant with faith the quicker and better the results...

If you like you can chant 2-5 rounds of malas if you have the time in the evening... I would recommend that it be chanted a bit loud, hear to it chanted by yourself. You can

chant silently if you like... After you finish thank God and then leave... You can chant this mantra many times during the day. The more you chant the better cos then you giving the mantra more energy... thus quicker the results you desire. Even if you are driving, cooking, bathing etc let the mantra be chanted...

An obvious question will be asked in this period must I stop eating meat and having sexual intercourse... Well there is no hard and fast rules abt that so its fine you can continue with that... But if you wish to give up any foodstuff etc for the duration of the discipline it will enhance the experience - as long as you stick to your intent for e.g. - if you wish to give up red meat for the discipline - they should not change their mind once they commence.

After the 40 days do a small havan with the mantras that you chanted to complete the 40 days.

**The Havan:-** The havan is a very simple yet extremely powerful havan. This havan is done one day after the last day of the discipline i.e. 41st day. After having a bath, wear samaghree.

Place wood in the havan kund. Take a little Ganga water and sip it three times chanting "Om Vishnu"

Place camphor on the wood and light it. Thereafter invite Lord Vishnu and the devis and devas to the havan by saying "O Lord Vishnu, Sarva Devis and Devas I \_\_\_\_\_ (your name) invite you all to this auspicious havan.

Now start the offerings by the chanting the mantras that you have been chanting for last 40 days viz,

Hreem shreem Kleem parameshwaree swaahaa... swaahaa x 108  
Om Namah Shivaya swaahaa... swaahaa x 108

Offer the samaghree after every mantra and say swaahaa. So you got to do this 3 x 108. Once this is completed ask Lord Vishnu and all the Devi and devas for forgiveness for any mistakes that was committed during the havan and chant the Maha Mantra " Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare " 3 times to allay for any mistakes committed during the havan. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes.

**Requirements for the Havan:-** One packet havan wood; 100g sesame seeds 200g white rice, havan kund, 2 blocks of camphor.

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I pray for success in your endeavour.

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