

Durga Devi Mantra for getting good sleep (NIDRA)

A good mother always has her child's best interests and who other than our Divine merciful Mother Durga to request to help in regards to having sleeping problems. This Mantra below from the Durga Paath (Saptashati) can be chanted by anyone who desires good and sound sleep and not for those who are suffering from insomnia or sleep related disorders. Good and sound sleep is in itself one of the most powerful healing remedies and is instrumental for those striving for good physical and mental health. A simple way of practicing this mantra is to take a small cup of water, hold it in your palm and chant the Sanskrit mantra below in order to infuse the water in the cup with the potency of the divine devi's energy (shakti). Then this water is to be consumed once the mantra is chanted 21 times. This sadhana is to be done just before retiring to one's bed at night (or in the day for the night-shift workers). Then while in bed, the practitioner can keep chanting this mantra mentally and he/she will fall fast asleep before he/she realizes it.

**Yaa Devee Sarva-Bhuteshu Nidraa-Roopena Samsthitaa
Namas-Tasyai Namas-Tasyai Namas-Tasyai Namoh Namah**

**To that Devi Who in All Beings is Abiding in the Form of Sleep,
Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.**

**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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Compiled for the upliftment of Sanatan Dharma

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