

Mantra for healing chronic Depression, Anxiety or any kind of physiological or psychological disorders

This mantra provided gives really awesome results with regards those suffering from depression, anxiety or any kind of physiological or psychological disorders.

One should chant this mantra below 108 times on a Mala in the morning OR evening. In front of a picture of Mother Parvati and Lord Shiva offer the Divine couple incense (turn the incense in a clockwise direction 7 times), in a clay receptacle add a small piece of camphor or ghee wick (turn the lamp in a clockwise direction 7 times) and finally a flower (turn the flower in a clockwise direction 7 times). Pray to the Divine couple for success in your chanting of this amazing mantra and for their much needed intervention to help you in your current issue/s.

Om kalpaante namas-kaare phat swaahaa

(phat is pronounced as *phat*. The “t” is pronounced as follows, place the tip of your tongue on the roof of your mouth and say t.

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

Narottam das & Arjun Nandlal

Email info@dipika.org.za

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