

MANTRAS for MEDITATION on FEARS

-Left hand on the lap, right hand on the ground, two names of Shri Ganesha

-Shri Vita Bhaya: The one without fears

-Shri Dhira: Courageous

-Bhandan on centre nabhi

-* Bhaya Nashini: destroyer of fears

To awaken the 'shaktis' or powers of the Nabhi: Shri Para Shakti

-Bhandan on centre heart

-Shri Durga Mata Jagadamba

-9 names of the Goddess (Shri Durga)

-Shaila Puttri

-Brahmcharini

-Chandraghanta

-Kooshmanda

-Skandamata

-Kattyayani

-Kalaratri

-Maha Gauri

-Siddhi Dhatri

-Stretch your torso at the height of the sternum bone (centre heart chakra), tap on it while chanting Ma Jagadamba x 12

-Bhandan on centre heart. To awaken the 'shaktis' or powers of the centre Heart: Shri Madhyama Shakti

-Bhandan on centre Vishuddi

-Shri Abhaya Pradayaka: The bestower of fearlessness

-Shro Shaurya Dayaka: The giver of courage

-Right hand on right part of the head (superego)

-*Sarva Badha Vinashini: The destroyer of all negative energy fields

-*Sarva Bhaya Harini Rudra Rupa: The destroyer of all fears

*: Mantras to sing without Shri