



- 15 -

To combat all sorts of fears-vague or specific, phobia, Neurosis, Scizophrenia, severe mental depression, fears from enemies, all mental (psychological) problems, for exorcising ghosts and evil spirits, machinations of black magic and tantrik kriyas (Abhichara) got done by enemies and to prevent all negative vibrations getting into one's system by erecting on unseen mystic fence around us:-

- 15 -

दिग्बन्धन महा मन्त्रं
(वनदुर्गा महा मन्त्रं)

ओं ह्रीं दुं उत्तिष्ठ पुरुषि,
किं स्वपिषि, भयं मे समुपस्थितं,
यदि शक्य मशक्यं वा,
तन्मे भगवति शमय स्वाहा ॥

**DIGBANDHANA MAHĀ MANTRA
(or VANADURGA MAHĀ MANTRA)**

**Om Hreem Dum utthiśhṭha Purushi,
Kim Swapishi, Bhayam Mē Samupasthitam,
Yadi Śakya Maśakyam Vā,
Tanmē Bhagawati, Śamaya Swāḥā**

(To repeat 108 times a day for six months and
afterwards 32 times a day is sufficient as
maintenance dose)