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To prevent nightmares and bad dreams.

Note :

If these hymns are chanted twice every night before going to bed, bad dreams can be averted. This does not require the medium of a Guru. Even small children may be made to chant this every night.

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मन्त्रं

रामं स्कन्दं हनूमन्तं वैनतेयं वृकोदरम् ।
शयने यः स्मरेन्नित्यं दुःस्वप्नं तस्य नश्यति ॥
अगस्त्यो माधवश्चैव मुचुकुन्दो महाबलः ।
कपिलो निमिरस्तीकः सप्तैते सुखशायिनः ॥

MANTRA

Rāmam Skandam Hanūmantham
Vainatēyam Vrikōdaram
Śayanē Yaḥ Smarēn Nityam
Duswapnam Tasya Naśyati
Agastyō Mādhavaś Chaiva
Muchukundō Mahābalaḥ
Kapilo Nimirasteekaḥ
Saptaitē Sukhaśāyinaḥ

(to chant 2 times at night before going to bed)