

Early morning Chanting

Chant each 11 times

Maha Mrityunjaya Mantra

Om trayambakam yajamahe
sugandhim pushti vardhanam,
Ururva rukamiva bandhanan
mrityor mukshiya mamritat

Gayatri Mantra

Om Bhur Bhuvah Swaha,
tat savitur varenyam,
bhargo devasya deemahi,
dhiyoyo nat prachodayat.

32 Names of Durga x 3

Om Durg**a** Durg**arti**-shamani Durg**apad**-biniv**arini**
Durgama-cchedini Durg**a**-s**adhini** Durg**a**-n**ashini**
Durgatod-dh**arini** Durg**a**-nihantri Durg**ama**-p**aha**
Durg**a**-majn**anada** Durg**a**-daitya-loka-dav**anala**
Durg**ama** Durg**ama**-l**oka** Durg**a**-m**atma**-swaroopini
Durg**a**-m**arga**-prada Durg**ama**-vid**ya** Durg**a**-m**ashrita**
Durg**ama**-jn**ana**-sansth**ana** Durg**ama**-dhy**ana**-bh**asini**
Durg**a**-m**oha** Durg**a**-m**aga** Durg**a**-m**artha**-swaroopini
Durg**a**-m**asura**-samhantri Durg**a**-m**ayudha**-dh**arini**
Durg**a**-m**angi** Durg**amata** Durg**amya** Durg**ameshwari**
Durg**a**-bh**ima** Durg**a**-bh**am** a Durg**abha** Durg**a**-d**arini**