

The Prayog — After having your meal; either afternoon lunch or dinner at night; the Sadhak has to without rinsing and washing his mouth chant this Chandalini Mantra 5000 times.

## Related Books

- [Dental porcelain, the state of the art, 1977 - a compendium of the colloquium held at the University](#)
- [Tsayt](#)
- [Posttraumatic growth - positive changes in the aftermath of crisis](#)
- [Lumières d'Orient](#)
- [Christianity vs. communistic atheism](#)