

Plano Balagokulam

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Shlok

Nidraa Samaye (Before going to bed):

रामस्कन्दम् हनुमन्तम्
वेनतेयम् ब्रकोदरम्
शयने यः स्मरेन्नित्यम्
दुस्वप्नम् तस्य नश्यति

*Raamaskandam Hanumantam
Vainateyam vrkodaram
Shayane yaha Smare-nnityam
Duhsvapnam tasya nashyati*

Meaning:

Meditating upon Hanumanta, Bhima and Garuda before going to bed ensures sleep without disturbing dreams



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