Mantra to heal, transform and release the raw energy of fear:

(The more you recite it the more empowered your energy system will become in its capacity to transmute and release fear as well as have the capacity to remain sovereign from the fear in others.)

**Shante Prashante Sarva Bhaya Upasha Mani Swaha**

Phonetic Pronunciation:

**Shaan-tee Pra-Shaan-Tee Sar-Va By-Yah Oo-Pash-Ah Mah-Nee Swah-Hah**