

One Simple Habit That Transformed Her Life | Riddhi Deorah | India's Leading Parenting Coach |

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WMCKXCUIWOY](https://www.youtube.com/watch?v=WMCKXCUIWOY)
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SUMMARY

Speaker 1 shares her experience of chanting the Hare Krishna mantra daily since the beginning of the Sawan month, emphasizing its positive impact on her consciousness and heart. She has set a personal goal to chant a total of ten thousand mantras over two days.

- Speaker 1 emphasizes the importance of listening to spiritual practices.*
- She began chanting the Hare Krishna mantra daily during the Sawan month.*
- The mantra has significantly influenced her consciousness and heart rate.*
- She aims to achieve a personal goal of chanting ten thousand mantras in two days.*
- As of now, she has completed two thousand mantras and plans to finish the rest by the next evening.*

Speaker 1:

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