

# **The Power of Mantra Chanting(Why and How to Chant)**

**By Maha Yogi Paramahansa Dr.Rupnathji**

"Mananaat traayate iti mantrah"

(That which uplifts by constant repetition is a Mantra.)

## **\*Sound Is Power -**

The sound of Mantra can lift the believer towards the higher self. These sound elements of Sanskrit language are permanent entities and are of everlasting significance. In the recitation of Sanskrit Mantras the sound is very important, for it can bring transformation in you while leading you to power and strength.

Different sounds have different effects on human psyche. If a soft sound of wind rustling through leaves soothes our nerves, the musical note of running stream enchants our heart, thunders may cause awe and fear.

The sacred utterances or chanting of Sanskrit Mantras provide us with the power to attain our goals and lift ourselves from the ordinary to the higher level of consciousness. They give us the power to cure diseases; ward off evils; gain wealth; acquire supernatural powers; worship a deity for exalted communion and for attaining blissful state and attain liberation.

## **\*What is Mantra ?**

A mantra is composed of certain letters arranged in a definite sequence of sounds, the letters by themselves being the representative signs. Their textual source is to be found in the Vedas, Puranas and Tantra.

A mantra must be uttered, audibly or inaudibly, in a proper way, to produce its effect. The uchcharan or utterance or recitation in a proper way is important for Shabda, or sound, which is of the Brahman, and

as such the cause of the Brahmanda, is the manifestation of Chit or Absolute Knowledge itself. Philosophically shabda is the guna of akasha, or ethereal space. It is not, however, produced by akasha, but manifests in it. In the same way, as in outer space, waves of sound are produced by movements of air, so in the space within the body, waves of sound are produced according to the movements of the vital air through the process of inhalation and exhalation.

Prana manifests in the human body as breath through inspiration (Sa) (or Shakti) and expiration (Ha) (or Shiva). Breathing is itself a Mantra, known as the Mantra which is not recited (Ajapa-Mantra), for it is said without volition.

A simple analysis of the above makes us observe that one is constantly breathing ("prana-mantra" - the eternal "Karmic" principle of nature !) without the application of one's efforts or will. This is nature's own principle of "Japa" and eternal "Karma" which regulates life. Once this "prana-mantra" is eliminated, the kinetic principle of life (evolving from Sat) changes into the static principle of life or death (dissolving in Sat).

The utterance of a mantra without knowledge of its meaning is a mere movement of the lips and nothing more. Without knowledge of the meaning, the mantra sleeps and is not potent. Only when one utters a mantra with full awareness of its meaning, only then the mantra is awake and vibrant with potent energy. Only then it is a magical and energized to permeate in the very being of the sadhaka.

### **\*Origin of Mantras**

Mantras are Vedic in origin. The teachings of the Vedas consist of various Mantric chants or hymns cognized by different seers or Rishis from the Cosmic Mind. Since the Vedas are impersonal and eternal, the exact historical date of the origin of Mantra chanting is hard to arrive at. For example, every Mantra in the Vedas, Upanishads and various religious traditions (sampradayas) within Hindu religion begin with Om or Aum - the primordial sound, the sound that is said to have its origins at the time of the creation of the cosmos - also referred to as the 'Big Bang'.

### **\*Om: The Beginning & the End -**

The Bible (John 1:1) says: "In the beginning was the Word and the Word was with God and the Word was God." Modern Vedic philosophers have interpreted this teaching of the Bible, and equated Om with God. Om is the most important of all mantras. All mantras generally begin and often also end with Om.

## **\*Healing by Mantropathy -**

The chanting of Om in Transcendental Meditation has now received widespread recognition. Mantras can be used to treat tension and many other difficult diseases that are yet to come. The Brahmvarchas Shodh Sansthan, research center for integration of science and spirituality in Shantikunj, Haridwar, India, is the only place I know of which carries out extensive experiments on 'mantra shakti'. The result of these experiments is used to testify that Mantropathy can be used scientifically for healing and environment cleansing.

Over the last 21 years of my Vedic religion broadcast, several listeners have told me how they have benefited physically and spiritually from chanting Maha-Mrtyunjay mantra for 15 minutes every morning.

## **\*How to Chant -**

There are many schools of thought on the methods of chanting. A Mantra chanted correctly or incorrectly, knowingly or unknowingly, carefully or carelessly, is sure to bear the desired result for physical and mental well being. It is also believed by many that the glory of Mantra chanting cannot be established through reasoning and intellect. It can be experienced or realized only through devotion, faith and constant repetition of the Mantra.

According to some scholars, Mantra chanting is Mantra Yoga. The simple yet powerful Mantra, Om or Aum harmonizes the physical forces with the emotional forces with the intellectual forces. When this happens, you begin to feel like a complete being - mentally and physically. But this process is very slow and requires a lot of patience and unfailing faith.

## **\*The Guru-Mantra -**

In my opinion the healing through chanting can be expedited if the mantra is received from a guru. A guru adds a divine potency to the mantra. It becomes more effective and thus helps the chanter in his/her healing faster.

## **\*Maha Yogi Paramahansa Dr.Rupnathji's Personal Experience -**

Now, let me give you my concerted opinion based on over two decades of chanting "Om Gam Ganapatayae Namah", the Mantra given by my Guru. It has warded off all evil and blessed me with abundance, prudence and success in every walk of life. Moreover, when I chanted this Manta before beginning a journey, a new job, or before entering into any new contract or business, all impediments were removed and my endeavors were crowned with success. The credit of all my worldly and spiritual successes goes to my Guru-Mantra 'Sadhana' - the complete faith and adherence in the mantra given by my Guru.

## **Keep the Faith!**

It is important to have complete faith in the recitation of Mantras. It is primarily through faith - aided by strong will - that one achieves one's goals. A sound body and calm mind are essential for the chanter of Mantras. Once you are free from all worries and have achieved stability in mind and body, you will derive maximum benefit through the recitation of Mantras. You must have a definite object in view and a strong will power to obtain the desired objective, and then direct that will to achieve the goal.

## **What Is Om?**

**By Maha Yogi Paramahansa Dr.Rupnathji**

"Om" is a widely used chant during meditation, but there is deeper meaning for "Om" according to Eastern religion. Learn more about "Om" including what it symbolizes and how to use it.

### **"Om" is Widely Used in Meditation**

In the west, Om is used as a chant or a mantra in meditation. The syllable has gained popularity in spiritual circles in the west as "the first vibration," the sound of all creation. By speaking the word, one can feel this vibration through their heads and bodies--witnessing for themselves this spiritual moment every time it is chanted.

### **\*The "Om" Sound is Believed to Create Spiritual Vibrations -**

The word, "Om" actually has several different pronunciations and is written differently depending on the language. Om is considered a "mystical" word present in many prayers of Indian religions like

Hinduism, Jainism, and Buddhism. Om is widely present in Hindu artwork and is transliterated as a-u-m, where each letter represents an element of divine energy. In Hinduism, Om represents Brahman, an omnipotent presence whose form and appearance is intangible--Om also represents the godly vibration between nonexistence and creation.

Some take this literally to mean "om" was the first sound, the sound of the universe being created. In this sense, it is important to note, Om is not merely a sound or a syllable. Om represents all that is; it represents the ineffable mysteries of life. Om is an all-encompassing element of existence. Teachers of eastern faiths struggle to explain how wide the definition of om is. Suffice it to say, the syllable may be the most important syllable in the universe to those who practice these religions.

### **\*"Om" is Symbolized Differently Across Religions -**

The symbolism of the letters; a, u, and m vary slightly between Indian religions. For example, in Jainism, a religion strict on non-violence, the letters are described as a, a, a, u, m, representing the five parameshthis. The Parameshthis are religious objects of prayer. In Buddhism, a religion more widely practiced by China and surrounding countries, the om symbol is less familiar to us westerners and has very different representations from the Indian Vedic religions. In Buddhism, the symbol has a meaning closer to purity of the soul and spirit. In the Vedic religions which are those established in parts of Northern India and following the Vedic texts, Om is used as a prayer mantra—a spoken syllable, word, or phrase repeated during meditation as an object of focus or worship.

Whether or not you identify yourself as a follower of one of these eastern religions, om is indeed a soothing syllable with an interesting story. Even among atheists, sounds and mantras can take on as having real-world benefits as practices of gaining focus and tranquility in one's life. Try out the sound for yourself and feel the vibration of the universe run through your core.

## **5 Hindu Prayers for All Occasions**

**By Maha Yogi Paramahansa Dr.Rupnathji**

Learn Hindu prayers for all occasions so that you can incorporate prayer into your daily life.

Question: How Can I Pray More Powerfully?

A prayer has the power to potentially change any situation -- even the most challenging ones -- in miraculous ways. In fact, God may even choose to send angels into our lives to answer our prayers.

But how often do our prayers reflect the reality that God may respond to them in powerful ways?

Sometimes we pray as if we don't really believe that God will answer us. But major religious texts all declare that God often responds powerfully to a prayer that a faithful person prays.

No matter how hopeless a situation seems -- from a stale marriage to a prolonged period of unemployment -- God has the power to change it when you pray boldly and expect him to respond. In fact, religious texts say that God's power is so big that he can do anything. Yet sometimes our prayers are too small for such a big God.

God accepts any prayer since he's always willing to meet us where we are. But if we pray without expecting God to respond, we're limiting what we're inviting him to do in our lives. If, on the other hand, we approach God with faith-filled prayers, we may see something wonderful and miraculous happen in our lives.

**Here's how you pray more powerfully to invite God to work miracles in your life:**

Answer:

- Build your faith. Ask God to give you the faith you need to confidently trust that he will keep his promises, no matter what circumstances you face. Choose to believe that God will reward you for diligently seeking him, as religious texts promise. Pray with a sense of eager anticipation, expecting that God will always act to do what's best when you pray. Expect God to do much more than you could do on your own. Surround yourself with people who have strong faith -- people who believe that God is as big as he says he is, and who have personally experienced his mighty power and faithfulness in their own lives. Keep a prayer journal in which you record specific prayers that you pray for daily until

breakthroughs come. Write down the answers to your prayers when they come. Later, read your past journal entries to remind yourself of how God has been faithful to you.

- Ask for what God wants for you. When asking God for something in prayer, ask with pure motives. Seek answers that reflect God's will rather than trying to convince him to follow your own plans. To identify any faulty patterns in your prayer life, ask yourself: "Am I praying merely for my own comforts and desires?", "Do I ever pray when things are going well, or only when I'm in dire need?", "Is my motive in prayer my own happiness, or God's glory?", and "Do I pray with an attitude of doubt, just going through the motions of prayer because it seems like the spiritual thing to do?" Repent of any wrong attitudes and ask God to help you approach prayer differently. Aim to pray in alignment with God's will and remember that he wants the best for you.

- Rely on God's strength to fight spiritual battles. Be aware that discouragement or despair you feel may be caused by evil that is opposing your efforts to grow closer to God. Get rid of sinful habits that may be opening doors in your life for evil to come through. Confess and repent of the sin that God brings to your attention, and ask him to cleanse you from it. You'll never lose a battle when you fight with God's strength flowing through you. So don't rely just on your own limited strength; pray for God to empower you to do battle in every situation.

- Wrestle in prayer. When something bad happens, don't just throw out a few brief prayers for God's help, and then move on in discouragement if the situation doesn't change for the better soon. Instead, grab hold of God's promises and fight to see them unfurled in this fallen world. Be persistent, praying until God gives you answers. Don't give up praying about a situation until God's power comes into it.

- Pray for what only God can do. Don't limit your prayers only to simple situations that don't require much divine intervention to change. Instead, make a habit of praying for big things that only God can do. For example, instead of simply praying to get through each workday well, pray for a bigger vision of your vocation and the courage you need to fulfill it -- even if that means finding an entirely new job. Invite God to do something incredibly powerful in each situation that you bring before him.

God will respond to any prayer, no matter how small. Since you can approach God with confidence, why not pray the biggest, most powerful prayers that you can?

## **5 Hindu Prayers for All Occasions**

### **A Hindu Prayer to the Lord**

tvameva mata ca pita tvamevatvameva bandhuhsca sakha tvameva tvameva vidya dravi?am tvameva tvameva sarva? mama deva deva: O Lord of Lords! You alone are my mother and father. You alone are my relative and friend. Only you are my wealth and wisdom. You alone are everything for me!

## **A Hindu Prayer for Guidance and Peace**

Asato ma sadgamayatamaso ma jyotirgamayam?tyorma am?tam gamaya O? santih santih santih: Lead me from untruth to truth. Lead me from darkness to light. Lead me from death to immortality. Om, peace peace peace (peace be in all three realms: Surroundings, body and mind).

## **A Hindu Prayer for Protection**

O? saha navavatu Saha nau bhunaktu Saha virya? karavavahaitejasvinavadhitamastuma vidhivishavahai O? santih santih santih: May Lord protect us. May Lord nourish us. May he energize us. May he make us brilliant. May we be congenial. Om, peace peace peace (peace be in all three realms: Surroundings, body and mind). (Note: 'We' and 'us' refer to teacher and student).

## **A Hindu Prayer for Brahman**

Brahmarpa?a? brahma havi?brahmagnau brahma?a hutam brahmaiva tena gantavya? brahma karmasamadhina: Brahman is the offering, brahman is the oblation, brahman is the fire to which brahman makes the offering; brahman indeed is attained by one who is absorbed in action, which is also brahman. (Note: Brahman refers to the one and only supreme Lord).

## **A Hindu Prayer for Prosperity and Happiness**

Sarve bhavantu suKhinah sarve santu niramayah sarve bhadra?i pashyantu ma -kascit dhuhkha-bhag bhavetO? santih santih santih: May all be happy, may all be healthy. May all prosper, may none suffer. Om, peace, peace, peace (peace be in all three realms: surroundings, body and mind).

# **Why & How to Pray - 12 Reasons for Praying**

**By Maha Yogi Paramahansa Dr. Rupnathji**

## **Why We Pray -**

To begin with we must understand as to why do we pray? There are basically 12 reasons for prayer:

1. We pray to depend on God for help in distress.
2. We pray for asking God for enlightenment.
3. We pray for communion with God through single-minded devotion.
4. We pray for asking for peace from God when the mind is restless.



5. We pray for surrendering ourselves to God completely.
6. We pray to God for giving us the ability to comfort others.
7. We pray for thanking God for his blessings.
8. We pray for expecting God to decide what is best for us when we are in a dilemma.
9. We pray for making friendship with God.
10. We pray for melting the mind and ego in silence in God.
11. We pray for requesting God to give strength, peace and pure intellect, e.g., the [a href="http://hinduism.about.com/library/weekly/aa061003a.htm"]Gayatri Mantra[/a].
12. We pray for asking God to purify the heart and make us abide in Him forever.

#### Two Parts of a Prayer

In essence, what the above 12 reasons convey to us is that a prayer has two parts: one is soliciting a favor from the Almighty and the other is surrendering ourselves to His will. While the first part is practiced by most of us on a daily basis, the second part is the real and ultimate goal because it implies dedication. Dedication means feeling the light of God within your heart. If your heart is devoid of divine light, you will not be happy, cheerful and successful in your lives.

#### Guard Your Selfish Desires

Remember, your success depends on the inward state of your mind. Your mind will create hindrance in your work if it is not in communion with God because He alone is the permanent abode of peace. Yes, I agree that most of us want to have riches, healthy lives, nice children and prosperous future. But if we always approached God with a begging attitude then we are treating Him as our bearer to supply the things required by us at once. This is no devotion to God but

## **7 Techniques of Successful Prayer**

**By Maha Yogi Paramahansa Dr. Rupnathji**

The scriptures indicate that there are seven techniques of successful prayer: 1. When you pray just talk to God as a little boy would to a father or mother whom he loves and with whom he feels in harmony. Tell Him everything that is on your mind and in your heart.

2. Talk to God in simple everyday speech. He understands every language. It is not necessary to use an exaggerated formal speech. You would not talk to your father or mother that way, would you? God is your heavenly father (or mother). Why should you be formal to Him or Her? This will make your relationship with Him more natural.

3. Tell God what you want. You might as well be factual. You want something. Tell Him about it. Tell Him you would like to have it if He thinks it is good for you. But also say and mean it that you will leave it to Him to decide and you will accept His decision as best for you. If you do this regularly it will bring to you what you ought to have, and thus fulfill your own destiny. It will be possible for God to give you things that you should have-wonderful things. It is really unfortunate, the marvelous things we miss, things God wants to give us and cannot because we insist upon something else, something only a fraction as fine as He wants to give us.

4. Practice praying as many times during the day as possible. For example, when you are driving your car, instead of the aimless thoughts that go through your mind, talk to God as you drive. If you have a companion in the front seat, you would talk to him or her. Would you not? Then, imagine the Lord is there and in fact He is, so just talk to Him about everything. If you are waiting for the subway train or bus, have a little chat with Him. Most importantly say little prayer before you go to bed. If it is not possible, get into bed, relax and then pray. God will lull you to a wonderful carefree sleep.

5. It is not always necessary to say words when you pray. Spend a few moments just thinking about Him. Think how good He is, how kind He is and that He is right by your side guiding and watching over you.

6. Don't always pray for yourself. Try helping others by your prayers. Pray for those who are in trouble or are ill. Whether they are your loved ones or your friends or neighbors, your prayer will profoundly affect them. And...

7. Last but not the least whatever you do, do not make all prayers into the form of begging God for something. The prayer for thanksgiving is much more powerful. Make your prayer consisting of a listing of all the fine things you possess, or all the wonderful things that have happened to you. Name them over, thank God for them and make that your whole prayer. You will find that these prayers of thanksgiving grow.

Finally, please do not pray to God to run after you to satisfy your selfish desires. You are supposed to do your work as efficiently and skillfully as possible. With faith in God and using the above techniques of prayer you will have success in every walk of life.

## **Meaning of the Prayer Song for Hanuman: Shree Hanuman Chalisa**

**By Maha Yogi Paramahansa Dr.Rupnathji**

Hanuman prayer songs helps Hindu followers gain strength and happiness. Learn the meaning behind this prayer song for Hanuman.

Hanuman Bhajan is a Devotional Song

This bhajan sings the glory of Hanuman who was a great devotee of Lord Rama. When people are in distress, they pray to Hanuman to come out of the sadness. By praying to Hanuman, one gains strength, intelligence, and knowledge while removing sadness and creating happiness.

### **Listen to the Hanuman Prayer Song**

This bhajan is important, because Hanuman was a very humble devotee of Lord Rama. He had extraordinary strength and magical powers.

So listen to the song and let the happiness enter your life. For more information on Hinduism please visit <http://www.astrology.site11.com>

## **The Importance of Devotion - According to the Gita**

**By Maha Yogi Paramahansa Dr.Rupnathji**

The Bhagavad-Gita, the greatest and holiest of Hindu scriptures, emphasizes the importance of 'Bhakti' or loving devotion to God. Bhakti, says the Gita, is the only way to realize God.

### Arjuna's Question

In Chapter 2, Shlok (Verse) 7, Arjuna asks, "My soul is oppressed by a sense of frustration. My mind is unable to determine what is right. I am requesting you to tell me definitely what is for my good. I am your pupil. Teach me. I have surrendered myself to you."

### Krishna's Answer

But, Lord Krishna does not answer Arjuna's request until Chapter 18, Shloks (verses) 65-66 where He says, "Let your mind be constantly directed towards me; be devoted to me; dedicate all your actions to me; prostrate yourself before me; over and above the claims of all Dharmas (duties) is complete surrender to me and me alone".

However, Lord Krishna does partially answer Arjuna in Chapter 11, Shloks (verses) 53-55 after exhibiting His cosmic form, "It is not possible to see me as you have done through the study of the Vedas or by austerities or gifts or by sacrifice; it is only by one-pointed devotion (Bhakti) to me and me alone that you thus see and know me as I am in reality and ultimately reach me. It is he alone who dedicates all his notions and actions to me with a knowledge of my superiority, my devotee with no attachment and who has no enmity to any living being that can reach me". Bhakti therefore, is the only way to the true knowledge of God and the surest way to reach Him.

### Bhakti: Unwavering Devotion & Love for God

Bhakti, according to the Gita, is the love for God and love reinforced by a true knowledge of the glory of God. It surpasses the love for all things worldly. This love is constant and is centered in God and God alone, and cannot be shaken under any circumstances whether in prosperity or in adversity.

### Bhakti is Strictly Not for Non-believers

It is not for everyone. All human beings fall into two categories, the devotees (Bhaktas) and the non-devotees (Abhaktas). Lord Krishna says specifically that the Gita is not for the 'Abhaktas'.

In Chapter 18, Shlok 67 Krishna says, "This (Gita) is not to be communicated to one who is not disciplined, or who is not a devotee, or who has not served the learned or to one who hates me". He also says in Chapter 7, Shloks 15 and 16: "The lowest among men, those of wicked deeds, and the foolish ones, do not resort to me; for their mind is overcome by Maya (illusion) and their nature is 'Asuri' (demonic), inclined to worldly pleasures. Four kinds of people of good deeds turn to me—those who are in distress, or who search for knowledge, or who desire worldly goods, or the truly wise". The Lord further elaborates in the 28th Shlok of the same chapter "It is only those of good deeds whose sins are ended, and who are freed from the spell of opposites that run to me with firm determination".

### **Who is an Ideal Devotee?**

Even those with Bhakti must have certain qualities to gain the grace of God. This is explained in detail in Chapter 12, Shloks (verses) 13-20 of the Gita. The ideal devotee (Bhakta) should...

- not hate any living being
- cultivate friendship and compassion
- give up the feeling of "I and Mine"
- be unmoved by happiness or misery
- be forgiving
- strive for self-control
- always be content with what he/she has
- have a strong determination
- surrender his/her mind and intellect to God.
- not be afraid of anyone; and none in the world should fear him/her
- desire nothing
- be pure and efficient
- be free from elation, anger, fear and turbulence of mind
- be indifferent to what befalls him/her
- be free from weakness of mind
- free from the feeling that he/she is an independent agent

- have no feeling of elation and enmity or desire
- develop an attitude of mind which rejects good as well as bad things
- have no attachments and should accept pain and pleasure, honor and disgrace, heat and cold equally as his/her portion
- look upon friends and foes alike
- not indulge in idle talk
- not attached to any fixed abode
- be steadfast in mind.

**It is such a 'Bhakta' that is dear to Sri Krishna. And most important of all, those Bhaktas are most dear to God who love him with full faith in his supremacy.**

*May we all be worthy of Gita's Bhakti!*