

Nāmasankīrtanyoga : Vol. 1

# Importance and Benefits of Chanting

(English)

**Compilers**

Proponent of the 'Hindu Rashtra'  
**Sachchidānanda Parabrahman (Dr) Jayant Athavale**

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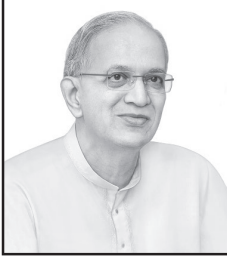


**Sanatan Sanstha**

Over 9.41 million copies of 362 Sanatan's Texts published as of August 2023 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.

## Introduction to the Compiler

### Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 125 seekers have become Saints and 1,046 seekers are progressing towards Sainthood as of 3.9.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))

Assurance of Sachchidananda  
Parabrahman (Dr) Athavale to seekers

The gross body has limitations of time and space  
How can I be with everyone, at all times  
Sanatan dharma is my eternal form  
In this form I always exist everywhere

Jayant Balaji Mhunde

17.5.1996

## Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, *Dharmashikshan* Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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## Preface



Our Guru Saint Bhaktaraj Maharaj has explained the importance of chanting God's Name, through His *bhajans* (Devotional songs). Though many Saints in India such as Sant Tukaram, Brahmachaitanya Gondavlekar Maharaj and Sant Kabir have also explained the importance of chanting God's Name, many people have doubts about how one can cross the vast ocean of *Māyā* (The Great Illusion that the material world only is real) and attain the state of God-realisation with the help of a small boat of chanting God's Name. Without chanting, we cannot get the spiritual experience of God; at the same time, we cannot start chanting without understanding the concept intellectually. Due to this confusion, without attempting to even chant, many conclude that 'chanting is useless'.

We have compiled this Text for the purpose of clarifying all doubts about chanting wherein we have explained numerous facts highlighting the importance of chanting God's Name. Among the many valued ones, even the *Vēdās* (The most sacred Hindu Scriptures, revealed directly by God) state that God's Name is the saviour of both, the virtuous and the sinner; God's Name is necessary for the completion of any spiritual practice, even for the seeker who has been liberated from the cycles of birth and death. After reading this Text, faith in God's Name will certainly increase.

Chanting God's Name helps in alleviating physical and psychological ailments, increasing concentration, reducing sorrow, nullifying all sins, and is useful even after death. As listed above, many other benefits of chanting God's Name at



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various levels are narrated throughout this Text. There are many Paths of spiritual practice, such as Karmayoga (Path of Action), Bhaktiyoga (Path of Devotion), Dhyānyoga (Path of Meditation), Jñānyoga (Path of Knowledge). This Text also explains how those living a worldly life can adopt the Path of Chanting, which is simple, without restrictions of time and place and which can constantly keep us in communion with God. Thus, chanting God's Name is the only Path in which spiritual practice can continue uninterruptedly. From all the above aspects it will be evident, why it is important for all of us to follow the Path of Chanting.

It is our prayer at the Holy feet of Shrī Guru, that may every reader understand the importance of chanting God's Name as explained in this Text and be inspired to start the spiritual practice of chanting. - **Compilers**

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## **The reason for prefixing spiritual title 'Sachchidānanda Parabrahman' before the Name Parātpar Guru (Dr) Athavale**

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanāḍīpattī, Paratpar Guru (Dr) Athavale is being addressed as Sachchidānanda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pūjya [His Holiness] and Parātpar Guru in Sanatan's Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.

**Note** For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.