

# Importance and Benefits of Chanting – Part 1

## Preface

Our Sadguru H.H. Bhaktaraj Maharaj has explained the importance of the Lord's Name through His *bhajans* (devotional songs). A few translated lines from His *bhajans* are given here.

O God! Your Name alone is the basis of all scriptures.

Your Principle is beyond the description given in the *Veds*. (The most sacred Hindu scriptures, revealed directly by God.)

It is difficult to follow *Dharma* (Righteousness) in *Kaliyug* (the current era). However, the Lord's Name can take us beyond the vast ocean of life and death.

Several Saints like Saint Tukaram, Brahmachaitanya Gondavlekar Maharaj and Saint Kabir have also explained the importance of chanting the Lord's Name. Even so, many people have doubts about how one can cross the vast ocean of *Maya* (The Great Illusion) with the help of a small boat of chanting the Lord's Name and have God-realisation. Without chanting, we cannot get the spiritual experience of God; at the same time, we cannot start chanting without understanding the concept intellectually. Because of this confusion, even without chanting many conclude that 'chanting is useless'.

We have compiled this Holy text with the purpose of clarifying all doubts about chanting and highlighting the importance of the Lord's Name. We have explained several facts like, even the *Veds* having originated from the Lord's Name, that the Lord's Name is the saviour of both the virtuous as well as the sinner, the Lord's Name is essential for the completion of any spiritual practice, it is essential even for the seeker who has been liberated from the cycle of life and death etc. After reading this Holy text, the faith in the Lord's Name will definitely increase.

Chanting 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 at various levels are narrated throughout the text. There are several paths of spiritual practice like *Karmayog* (Path of Action), *Bhaktiyog* (Path of Devotion), *Dhyanyog* (Path of Meditation), *Dnyanyog* (Path of Knowledge) etc. This Holy text also explains how those living a worldly life can adopt the Path of Chanting which is simple, with no restrictions of time and place and which can constantly keep us in communion with God. Thus, the chanting the Lord's Name is the only path in which the spiritual practice can continue uninterrupted. From all the above it will be evident why it is important for all of us to follow the Path of Chanting.

It is our prayer at Guru's feet that every reader understands the importance of chanting explained in this Holy text and is inspired to start the spiritual practice of chanting the Lord's Name.

- Compilers

- 1. Definition of *Namasankirtanyoga***
- 2. Synonyms of *Namasankirtanyoga***
- 3. Types and meaning of *jap***
- 4. Misconceptions about chanting**
- 5. Special features**
  - 5A. Eternal
  - 5B. The *Veds* have originated from the Lord's Name
  - 5C. The *Vedic mantras* begin with '*Omkar*', meaning the Lord's Name.
  - 5D. The Lord's Name itself clears doubts about the Name.
  - 5E. Benefit even in the absence of faith.
  - 5F. Chanting the Name amounts to actually surrendering oneself to it.
  - 5G. The all - powerful Lord submits to the one who chants.
  - 5H. Although the Name seems insignificant, what we can accomplish by it is magnificent.
  - 5I. 'The Lord's Name is both the means as well as the end'
- 6. Principle of chanting**
  - 6A. Need for chanting to reduce attachment to *Maya*
  - 6B. What is the need of chanting the Name of the One who has no name?
- 7. Importance of chanting**
  - 7A. Importance of the God having a Name
  - 7B. The Lord's Name does the same task as God Himself
  - 7C. The Lord's Name is superior to His forms
  - 7D. The Name helps determine the goal
  - 7E. Love for God through the medium of His Name.
  - 7F. Spiritual practice suitable for all.
  - 7G. The Lord's Name helps everyone.
  - 7H. Special Importance.
  - 7I. Final moments of life and *Namsmaran*
  - 7J. The Lord's Name is necessary for the *jivanmukta*
  - 7K. Negative energies can be defeated by the Lord's Name
- 8. Benefits of chanting**
  - 8A. Common benefits
  - 8B. Medical benefits
  - 8C. Psychological benefits
  - 8D. Benefits according to the science of Spirituality
  - 8E. Lord Shiva and '*Halaha!* – *Namdharak* and chanting
  - 8F. Acquiring *siddhis* (supernatural powers)
  - 8G. Spiritual progress is expedited due to chanting
  - 8H. Dissolution of Ego
  - 8I. Guru's grace acquired by chanting
  - 8J. We can merge with God due to chanting, that is, achieve *advait* ( Non - duality)
  - 8K. Chanting helps even in after life
  - 8L. Benefits in relation to *samashti sadhana*
- 9. Comparison between chanting and other paths of *Yog***
  - 9A. *Asans*, *Tatak*, *Pranayam* and *Namjap*
  - 9B. *Karmayog* (Path of Action) and chanting.
  - 9C. *Bhaktiyog* and chanting
  - 9D. *Mantrajap* and *Namjap*
  - 9E. *Dhyan* and *Namjap*
  - 9F. *Dnyanyog* and *Namjap*
  - 9G. *Gurukrupayog* and *Namsankirtanyog*