

# Which Name to chant and why ?

(English)

## Compilers

Parātpar Guru (Dr) Jayant Balaji Athavale

H.H. Sandeep Gajanan Alshi



## Sanatan Sanstha

Study this Spiritual Text & present it to others too !

卐 Sanatan's Treasure of Texts 卐

Texts that teach spiritual practice as per the times

## Contents

卐	Preface	6
	1. Definition of Nāmasankīrtanyoga	8
	2. <i>Japa</i> (Chanting)	8
	3. Importance of <i>Nāmajapa</i>	9
	4. What remedies, such as <i>Nāmajapa</i> , to perform for elimination of distress caused by negative energies and progressing spiritually ?	10
	* The need for eliminating the distress caused by negative energies	10
	* Limitations of sectarian chanting	61
	5. Practical suggestions for chanting the Name	62
卐	Meaning of the term ‘negative energies’	71

For Sanatan’s new publications, contact -  
 prasarsahitya@gmail.com; ☎ 9322315317

To purchase online : **www.SanatanShop.com**



## Preface



In human life, we generally find that the proportion of sorrow we experience is greater than that of happiness. *Nāmajapa* (Chanting God's Name) imparts the ability to endure sorrow. God is '*Sat-Chit-Ānand*' and hence, chanting His Name continuously makes life blissful. As per the influence of time, in the present phase of adversities, the proportion of distress caused by negative energies at the subtle level has increased drastically. Almost every individual is suffering from distress caused by negative energies to varying degrees. These various distresses not only create further problems in an individual's life and make it sorrowful, but are also harmful to his spiritual practice. Hence, one should chant the Name mainly to overcome the distress caused by negative energies. In addition, which Name to chant so as to progress spiritually, has also been mentioned in this booklet.





Progressing spiritually depends on various factors such as the number of years a seeker has been performing spiritual practice, developing seeker qualities or not, performing *samashṭi sādhanā* such as propagating Spirituality or not, etc.

While chanting is powerful, its benefit is exhausted when there are too many personality defects. So this is why we will also focus on complimentary practices that optimise the benefit of chanting. Supplementing chanting of God's Name with *mudrās* and *nyās* and also using autosuggestions for the elimination of personality defects and ego is very helpful. The science underlying how this phenomenon of transformation takes place is also mentioned in this booklet.

We pray at the Holy feet of Shrī Guru - 'May all progress spiritually faster upon chanting God's Name as mentioned in this booklet !' - **Compilers**

