

Chanting Japa With Absorption - Sacinandana Swami

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Topic - Chanting Japa With Absorption

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Notes -

In scriptures we can find out that how it is human form of life is so precious. After many many birth and deaths one achieves rare form of life which is temporary for highest perfection. We think this body as miserable or useless or so painful. We criticized. Krsna gives this body as a divine gift and quickly endeavor unto krsna and quickly attain perfection. S. goswami said yes, it is so rarest form of life. It is an opportunity to achieve perfection in rarest. But we use as sense gratification as human form of life. But we attain this human form of life to obtain rare krsna prema. Manushyam viharajata... those who obtain human form of life whose prayed by even demigod, and devotees are extremely fortunate. Lets achieve the perfection. BSST said even demigods they pray to have this human form of life. They even consider this as greatest gift.

What is the special gift of life which can be used as sadhana or spiritual life. We can obtain your body mind and soul. This 3 things can engage in material world but it cannot be used properly that. But if you use this body in the service of spiritual life in holy name. holy name came from spiritual world goloka eva prema dhana... than if you learn to this properly. Human form of life and holy name. human form of life is ideal for spiritual practice and most ideal is to chant the holy name of lord which came from spiritual world.

How to make sadhana or spiritual life successful ? - many many times we think that we have exemplary life but its wrong but we should make focussed in the spiritual life which is chanting of holy name of lord. LCM said 9 process of bhakti can help you bring closer to god. This spiritual practice of holy name can give love of god. This human form of life has been given to you
There are 4 things given by SP -

- We should be preferably in morning hour that it is the best if you can do it at the same place and at the same time for a long period of time so that you can improve your devotional life full of absorption
- You should look for what should you practice in chanting the holy name. first thing comes in your mind is your body. You should sit properly - very straight- pronounced the mantra very clearly, very distinctly. This is what said by SP. This is what should rightly utilized your spiritual body. You should absorbing in the holy name and you should use your body when you try to use in krsna consciousness. Harinam chintamani said - Obstacle of body is laziness and sleepiness. If you want to assist your body in chanting you must go to sleep early especially those who lives in mumbai or london. And in this way you can distinctly and clearly and listen to the holy name very clearly. We are using our body, mind and heart
- Concentrate on holy name of lord
- I would like to give analogy of mind - mind is nature very restless and often mind is distracted by object outside or by memories which are inside. So, upanishads tells us how to possible to concentrate on holy name. So, bird falcon is used to spot animals like deer, lion by kings it needs training. So, in beginning falcon try to fly everywhere. Finally, it becomes tight and settles there. In this way, as you tie falcon we also bind our mind to mahamantra. In beginning mind will try to fly away to past, and if you have determination to bind than you will bind the mind and after that mind settles to the mantras and stays in to

holy name. When you start chanting you need to bind the mind. Whenever mind goes there, you must quickly bring your mind in chanting. This is the art of chanting. Whenever mind wanders, we should bring mind together with us. Concentrate on holy name exactly the same way as you are reading the book.

- This is a certain discipline which you trying to focus your mind. Because it is restless it cannot be in one place and that you should not become agitate and bring gently and calmly bring your mind to the present. Sometimes devotees feels angry with mind oh no again mind is somewhere. But I don't think we should become angry towards mind but we have possibility to bring mind in present. One prof who has dog and his dog. And prof said go to walk and but he told shall I take dog with us for walk but maharaja told that make sure dog will not trouble us for walk. My friend prof would whistle and dog would come and he comes. This is the ideal to chase the dog to come in ideal situation. Similarly, your mind also walk with you but it becomes attentive after sometime and it could also be a memory of past and you need to catch your mind and mind cannot be harmful when you focus on holy name and you gain full concentrate. You have to learn concentrate your mind to come back. This analogy will help you a lot.
- We are looking at practice because you want to attain full practice in sadhana. You need to enter into prayerful mood by chanting. By chanting oh radha, oh krsna please engage me in service, please accept my chanting. Once you chant in prayerful mood than your heart engages. When you don't engages in krsnas service by heart than you don't care for krsna. Once should chant in that mood as mentioned Cc that the devotee turn consciously turns to krsna and all the KC is hidden. कृष्ण, तमारा हाहा' yadi bale eka-bāra māyā-bandha haite कृष्ण तारे कारे पारे My dear lord although I am forgotten you for so many long years and today I am surrendering unto you and I am a sincere and serious servant. Although I am forgotten you in this material world and today I am surrender to you and I am you sincere and serious servant unto you. This is overcoming long obstacle and this way you can able to chant from your heart.
- This saffron dhoti was in white color and when it was absorb in saffron color it became saffron dhoti. similarly, our mind and body and heart is material and when we absorb in holy name it becomes spiritual. And this is the science of spirituality to increase your taste in the holy name

Thank you very much
Hare Krsna

QnA -

Key to consistency in chanting -

- Are you focused on eating regularly, sleeping regularly? Most probably answer is yes. Because you are in maya because you don't understand and take it chanting necessary. You becomes more by 3 things - you need to understand philosophy, and like minded people and practice. That will make you practice regularly. Another advice is more chant to do 4 round, than you coconvined me to 16, first built sraddha and that comes by 3 things - philosophy, people and practice. We need inspiration to maintain chanting. I keep inspired by chanting my prayers, shikshashtakam prayers is there to inspire us daily.
- Ideal speed of chanting to maintain our chanting - must be 7min to chant one round. BVT says we must 6 to 7 mins to chant one mantra. Some of our mouths are not so eager to chant and maintain this speed but it need consistency. Krsna doesn't have stopwatch to keep track on chanting, your heart must be there to chant nicely to focus. But we must have 6-7 min.
- To get up of schedule time - look at the whole day and if you have time that day to rest little longer and appropriate late eve and then I would recommend to sleep early and rise early.

When the day is full than you should see when you have time. SP said you should chant before breakfast, after lunch and dinner.

- SP Said if you are tired then walk and chant and then you can simply do standing and chant your rounds. And its possible to chant by walking. But when you wont tired than
- Baldev vidhyabhusan - prayers and japa should ideally done more by sitting. Sattva is more conducive to spiritual practice by sitting and lying down is tamas. So it recommends once should chant by sitting mostly.