

# Tap the power of divine sound

CHAITANYA CHARAN DAS

**T**he positive programme for spiritual rediscovery given by Krishna is centred on the divine sound. Spiritual sound vibration is fundamentally different from material sound vibration. It is much more than a mere carrier of information. The divine sound contains within itself the potency to free the hearer from vicious material desires and to enable him to experience the higher realms of reality. Therefore the Vedanta-sutra, the condensed essence of all Vedic wisdom, concludes with the aphorism: anavrttiḥ śabdāt, "The uncovering of pure consciousness takes place through the divine sound."

The divine sound is the most effective when received from those living in accordance with the spiritual principles. Therefore, it is vital for an aspirant on the spiritual path to associate regularly and submissively with advanced spiritualists. In such a holy association, the aspirant can have his consciousness purified by receiving a wealth of spiritual knowledge and by trying to mould his life in accordance with it. The divine sound is also easily and universally accessible through the medium of the Holy Name, especially the mahamantra, Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. Krishna and His name are non-different. Therefore chanting of the Holy Names brings us immediately in contact with Krishna. This sublime contact provides us a glimpse of our spiritual joyful nature and thus stimulates the awakening of our original love for Krishna. Hence another essential principle that guides one on the path of progressive spiritual advancement is the regular mantra meditation.

A serious spiritualist also eschews activities that can greatly impede the swift awakening of his love for Krishna. The most detrimental among such activities are meat eating, gambling, intoxication and illicit sex. Abstaining from these four self-destructive behavioral patterns – meat eating, gambling, intoxication and illicit sex – is not however a necessary pre-requisite for embarking on the spiritual path. From any position in life, one can begin to adopt the positive principles of spirituality. A contact with the divine sound provides spiritual happiness, purifies the heart and elevates the follower to a higher level of consciousness, at which point, following the negative injunctions becomes easier.

People of the modern generations have worked really hard to tap the nuclear power for use of mankind. Why should we not strive at least a little to tap the mantra power? We have all the more reason to do so because immense and immediate personal benefits await us if we do. All we need to do is chant the holy names.

*The author is a spiritual mentor at ISKCON, Pune*