

Helpmates on the Path

Inspirational and Practical Help

(1)

Some foolish people do not understand that the formula consisting of 16 names and 32 syllables is the *mahā-mantra*. Taking it to be another ordinary *mantra* that should be uttered silently or mentally, they artificially claim that it should not be chanted aloud or sung. Those who have attained love for Kṛṣṇa engage in loud chanting of these names in the company of other devotees. Through such chanting of the *mahāmantra*, everyone is initiated into the Holy Name. Anyone who chants the Name aloud will simultaneously hear and remember the Name. And because Kṛṣṇa and His name are not different from each other, a tendency to serve the Lord will awaken in anyone who chants aloud His names in *japa*.”

— Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura’s
commentary on CC Ādi 7.83

(2)

Chanting involves the activities of the upper and lower lips as well as the tongue. All three must be engaged in chanting the Hare Kṛṣṇa *mahāmantra*. The words “Hare Kṛṣṇa” should be very distinctly pronounced and heard. Sometimes one mechanically produces a hissing sound instead of chanting with the proper pronunciation with the help of the lips and tongue. Chanting is very simple, but one must practice it seriously.

— Śrīla Prabhupāda’s commentary on CC Ādi 17.32