

# A Nitty-gritty Reality Check

## Have I Attained the Stage of *Nāmābhāsa* Chanting?

*Nāmābhāsa* means a semblance or facsimile of the Holy Name. Chanting *Nāmābhāsa* can't give us Kṛṣṇa-prema, but it does give positive secondary results. Śrīla Bhaktivinoda provides a very useful guide so that we can easily assess whether we have attained this stage of chanting. Let's take a personal reality check.

*Nāmābhāsa*: (the semblance of the Holy Name) removes whatever sins one has committed; the semblance of the Name gives liberation and destroys the influence of Kali;

The semblance of the Name makes a man capable of purifying even the pious; the semblance of the Name protects one from all disease.

All worries are subdued by even a semblance of the Holy Name. One who chants the semblance of the Name is free from all fear and distress.

Demons, ghosts, goblins and witches, wicked creatures of all sorts are kept at bay by the influence of *Nāmābhāsa*, as are all other obstacles.

Even if one has fallen into hell, he still attains liberation easily, for even one's old *karma* is destroyed by the semblance of the Holy Name.

*Nāmābhāsa* is greater than the *Vedas*, greater than all the places of pilgrimage; as such, it is superior to any kind of pious activity.

The shadow of the Holy Name takes one to Vaikuṅṭha.

*Nāmābhāsa* gives the chanter *dharma*, *artha*, *kāma* and *mokṣa*. It is all powerful and has the power to deliver the conditioned souls.

It gives joy to all the world and raises one to the supreme state, giving the supreme state to even one who is without refuge.

*Nāmābhāsa* takes one to spiritual abode of Vaikuṅṭha, especially in the Kali-Yuga, declare all the scriptures.

— *Harināma-cintāmaṇi* 3.29-37

## Let's Take a Personal and a Private Reality Check