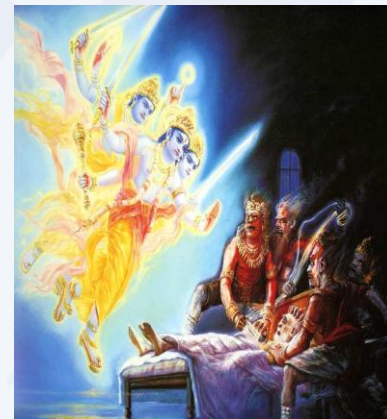
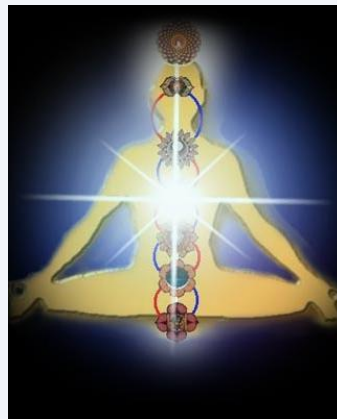




MANTRA MEDITATION



MANTRA MEDITATION

Brhad-Naradiya Purana:

*harer nama harer nama
harer namaiva kevalam
kalau nasty eva nasty eva
kasty eva gatir anyatha*



Translation

“In this age of quarrel and hypocrisy the only means of deliverance is the chanting of the Holy Name of the Lord. There is no other way, no other way, no other way”



Meaning of mantra

“Man” - “Mind”

“tra” - “Resting Place”


- **There is only one place where this restless mind can be peaceful - when mantra is being chanted**



Srimad Bhagavatam 12.3.52

“ Whatever result was obtained in Satya Yuga by meditating on Visnu, in Treta Yuga by performing sacrifices, and in Dvapara Yuga by serving Lord’s feet can be obtained in Kali Yuga simply by chanting the Hare Krsna Maha-mantra”

*kṛte yad dhyāyato viṣṇuṁ
tretāyāṁ yajato makhaiḥ
dvāpare paricaryāyāṁ
kalau tad dhari-kīrtanāt*



Characteristics of Kali Yuga

Srimad Bhagavatam 1.1.10:

“In the age of Kali, men have short lives, quarrelsome, lazy, misguided, unlucky above all, always disturbed..”

*prāyeṇālpāyusaḥ sabhya
kalāv asmin yuge janāḥ
mandāḥ sumanda-matayo
manda-bhāgyā hy upadrutāḥ*



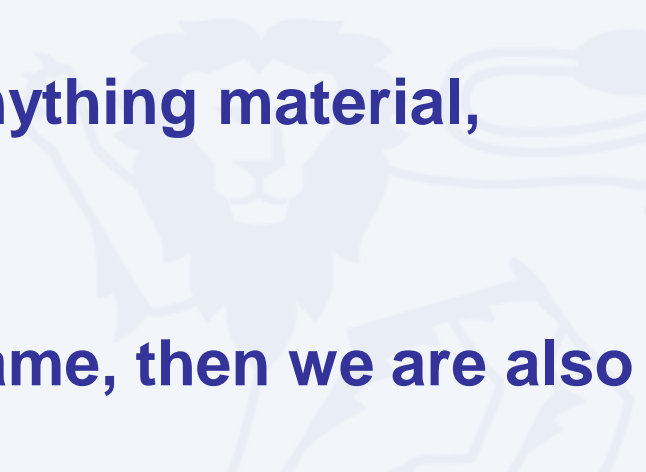
Why chant and meditate on mantra? – Part I

- The Supreme Lord has invested all His energies into His name.
- There are no hard and fast rules to chanting His names.
- 8.23.16 of Srimad Bhagavatam:

“There may be discrepancies in pronouncing the mantras and observing the regulative principles, and, moreover, there may be discrepancies in regard to time, place, person and paraphernalia. But when Your Lordship’s holy name is chanted, everything becomes faultless.”

*mantratas tantrataś chidraṁ
deśa-kālārha-vastutaḥ
sarvaṁ karoti niśchidram
anusañkīrtanaṁ tava*

Why chant and meditate on mantra? – Part II

- **The Holy Name is transcendently blissful.**
 - **It bestows all spiritual benedictions.**
 - **It is non-different from the Lord.**
 - **It is therefore untouched by anything material, including maya.**
 - **If we are in contact with the Name, then we are also not in contact with Maya.**
- 

Why chant and meditate on mantra? – Part III

3.33.7 of Srimad Bhagavatam:

“Oh, how glorious are they whose tongues are chanting Your holy name! Even if born in the families of dog-eaters, such persons are worshipable. Persons who chant the holy name of Your Lordship must have executed all kinds of austerities and fire sacrifices and achieved all the good manners of the civilised man. To be chanting the holy name of Your Lordship, they must have bathed at holy places of pilgrimage, studied the Vedas and fulfilled everything required.”

*aho bata śva-paco 'to garīyān
yaj-jihvāgre vartate nāma tubhyam
tepus tapas te juhuvuḥ sasnur āryā
brahmānūcur nāma grṇanti ye te*

Story of Ajamila

- Born into a pious brahminical family
- Worshiped Lord Narayana when he was young and observed all vows of celibacy morality etc. Got married to a young lady.
- One day, as he was gathering wood from the forest, chances upon two persons embracing in a lusty fashion
- His senses and mind were distracted and he succumbed to the charms of the lady
- As far as possible, he patiently tried to remember the instructions of the sastras and with the help of his knowledge and intellect tried to control his desires. But he failed to control the mind and lost all his good sense.
- Abandoned his wife and took in the lady and abandoned all religious principles
- Spent all his money, plundered just to satisfy her and so that she would always remain pleased with him.
- Transgressed all rules and regulations to lead a life of sinful activities
- 88 years passed by – had ten sons, the youngest was a baby named Narayana. Child was very dear to father

Story of Ajamila

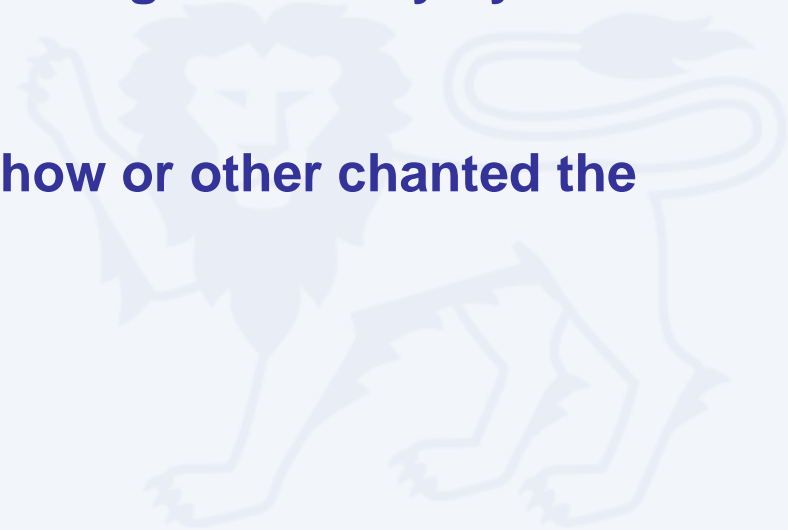
Ajamila's Attachment to his son

- Ajamila spent much time with his child and always called him lovingly by his name “Narayana”
- ‘When Ajamila chewed food and ate it, he called the child to chew and eat, and when he drank he called the child to drink too. Always engaged in taking care of the child and calling his name, Narayana, Ajamila could not understand that his own time was now exhausted and that death was upon him

Story of Ajamila

Ajamila's Time of Death Arrives

- When the time of death arrived, Ajamila began thinking exclusively of his son Narayana and called for him.
- The Yamadutas arrived to claim him and he became fearful and bewildered. Due to attachment for his child, who was playing a short distance away, Ajamila began calling him loudly by his name.
- Thus with tears in his eyes, he somehow or other chanted the holy name of Narayana.



Story of Ajamila

The Vishnudutas Intervene

- Upon the chanting of the holy name, the messengers of Lord Vishnu arrived and prevented the Yamadutas from taking the soul of Ajamila away for punishment
- The conversation between the two messengers of death and the Lord ensued.
- The Yamadutas claim that Ajamila had not atoned for any of his numerous sins and must be punished.
- The Vishnudutas disagree and state that Ajamila had atoned for more sins than he can commit because of constant chanting of holy name of the Lord, even though it was done inadvertently and in a helpless condition
- The Vishnudutas succeed and the Yamadutas leave Ajamila

Story of Ajamila

Why did Ajamila succeed in being freed from the clutches of Yamadutas?

➤ Because he chanting the holy name of the Lord without offence and in complete anxiety.

➤ Garuda Purana:

“If one chants the holy name of the Lord, even in a helpless condition or without desiring to do so, all the reactions of his sinful life depart, just as when a lion roars, all the small animals flee in fear...”

Story of Ajamila

- **The Link between sinful activities and peace of mind**



Story of Ajamila

Ajamila gets a second chance

- **Ajamila benefits from hearing the conversation between the Yamadutas and Vishnudutas.**
- **He gives up his life of forgetting the Lord and leaves for Hardwar to meditate fully on the Lord.**
- **He achieves liberation for the cycled of birth and death and eternal service to the Lord.**

Story of Ajamila



Conclusion - I:

- The mercy of meditation on the mantra of the Holy Name is boundless, does not require any qualification and is above all caste, creed and religion
- E.g. Haridas Thakur.



Conclusion - II

- The practical link between continuous chanting and behaviour

*trnad api sunicena
taror api sahisnuna
amanina manadena
kirtaniyah sada harih*

One should chant the holy name of the Lord in a humble state of mind, thinking oneself lower than the straw in the street; one should be more tolerant than a tree, devoid of all sense of false prestige, and should be ready to offer all respects to others. In such a state of mind, one can chant the holy name of the Lord constantly.

Conclusion - III

- Please start chanting – easy, free, no tax, takes up very little time and energy.
- Just add the Name to all aspects of your life.
- The Holy Name means to request to be always in service of the Lord – equates to peace and satisfaction.
- The Lord is spiritual and so is His Name.

Conclusion - IV

- **Sincere chanting from the heart – like a child calling for its mother.**
- **The Lord is ‘bhava-grahi janardana’ – He takes the essence of your devotional attitude not the result of it.**

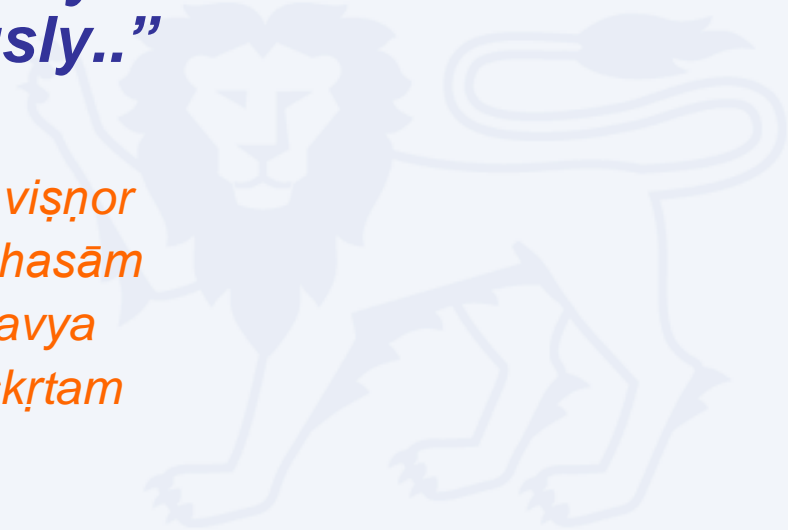


The power of mantra meditation

Srimad Bhagavatam 6.3.31:

“ My dear King, the chanting of the holy name of the Lord is able to uproot even the reactions of the greatest sins. Therefore the chanting of the sankirtana movement is the most auspicious activity in the entire universe. Please try to understand this so that other will take it seriously..”

*tasmāt sañkīrtanaṁ viṣṇor
jagan-maṅgalam aṁhasām
mahatām api kauravya
viddhy aikāntika-niṣkṛtam*



QnA

Website: <http://sites.google.com/site/BgitaNUS>