

- 27 -

A General Universal Mantra to protect people from all dangers and calamities (physical and psychological), to cure all diseases (physical and mental) and to solve all problems (personal, social, official, political etc., - say non-marriage of girls, estrangement from husband, taking to drugs / alcohol, serious surgical operations, children not studying well and behaving in an atavistic manner, a boss with unberable temperament and behaviour, transfer to an unfavourable city or place etc., etc., in life):-


1. Rāmnām (रामनाम)

The foremost and almost unfailing remedy for all ills is to write Rāmnām atleast 108 times daily, which would hardly take 3 minutes.

One has to write daily (it can be done at any time in morning, day or night) - ŚRĪRĀM, ŚRĪRĀM, ŚRĪRĀM or श्री राम, श्री राम, श्री राम 108 times approx. (minimum).

This written japa is several times more effective than verbally chanting the name. Writing Ramnam in preference to other names of God (There is ultimately only one Supreme Reality) has been found by many saints to be several times more effective, powerful and quicker in gaining results in all worldly matters and crises in our lives.

Many sadhaks avow that in desperate situations and crises, writing SĀIRĀM, SĀIRĀM, SĀIRĀM, etc., or साई राम, साई राम, साई राम 108 times had produced wonderful and quick results.



This is such a BROAD SPECTRUM REMEDY; this does not require a Guru. From childhood if one practises to write it daily till the end of life, one will be able to avert all types of troubles, calamities and crises, serious ailments and diseases etc. WRITING RĀMNĀM daily is a MUST for all.

Here is an interesting anecdote of what actually happened in respect of RAMNAM. Once Mr. P and his wife S lived in USA and were conducting regular Satsangs and Bhajans of RAMNAM in a centre affiliated to Anandashram of SWAMI RAMDAS (in KANHANGAD). Perhaps in 1980s, S' (wife's) sister's baby fell ill (a bad incurable case of hole in the heart) and the expert Doctors declared that the child would not live for more than three days. In sheer desperation Mr. P phoned up Mother Krishna Bai of Anandashram (India) and pleaded with her to do something to save the child. The mother asked him to ring back after an hour. Meanwhile she walked into the room where she had a RAMNAM Bank where several notebooks of RAMNAM written by various devotees were



neatly stacked in groups of 5 to 10 lakh numbers. She took out one group of 15 lakh Ramnams, placed those notebooks on the samadhi of Ramdas as an offering and prayed there for a while. She then told Mr. P over the phone that the child would surely recover fully by next day. She, simultaneously imposed a condition that as she had taken a loan of 15 lakh Ramnams from the Bank, Mr. P and his family should replenish them within another 21 days or so by writing an equal number of Ramnams afresh and send them to Anandashram. The child recovered completely and miraculously by the next day to the astonishment of all including the Doctors. Mr. and Mrs. P as also the latter's sister sat up night and day writing Ramnam in order to finish the quota by the deadline prescribed by the mother. In this process, they forgot their body-sense and their mind and body were full of Ramnam night & day. They atlast finished the 15 lakh Ramnams and sent them to the Mother at Anandashram by the due date. Why should we not build up a Ramnam Bank in each house so that we could draw on it in times of need and crisis?