



How Japa leads to meditation?

Please clarify how:
Japa leads to meditation!
The 1st stage of Japa is you go on chanting – sometimes mechanically but mind is elsewhere.
2nd stage is MIND CONCENTRATES either in wordings of Japa or on the form of the DEITY.
3rd stage – Whatever work you may be doing – eating, reading, the Japa goes on internally without your volition.
4th Stage Japa starts – The Japa disappears – you the one who chanted, you i.e. consciousness of body disappears – MIND & I disappear – only 'THAT' remains i.e. SAMADHI.

Question: Please clarify how:
Japa leads to meditation!

Response:

The 1st stage of Japa is you go on chanting – sometimes mechanically but mind is elsewhere.

2nd stage is mind concentrates either in wordings of Japa or on the form of deity.

3rd stage: Whatever work you may be doing – eating, reading, the Japa goes on internally without your volition.

4th Stage: Japa starts – the Japa disappears – you the one who chanted, you i.e. consciousness of body disappears – Mind and I disappear – only 'THAT' remains i.e. Samadhi.

would not a commentary (not so very brief)
be very nice?

jākarō janma vicchedah pakārah
pāpāśanah

janmakarmaharō yasmāt tasmājjapa itī
smṛtaḥ

The root meaning of JAPA is
to recite repeatedly - 'Jap' to recite.

This is an acronym where each alphabet
making up the word is considered as a
mnemonic device to emphasise the
effects of JAPA.

This has two letters: - Ja + Pa

Ja stands for JANMA VICHEDA i.e.
once for all cutting off the Birth-
Death cycle + sending us to the Land
of 'NO RETURN'

'Pa' stands of annihilation of sins.

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This has two letters: - Ja and Pa.

JA stands for Janma Vicheda i.e.
once for all cutting off the Birth-
Death and sending us to the land
of 'No Return'

PA stands for annihilation of sins.

What is a 'sin' – At the lowest level of understanding it is the transgression of ten commandments & the ordinance of Scriptures all ~~great~~ ^{MAJOR} sins (Maha papa) & minor sins (Upa-papa) have been listed out – killing a man of spiritual eminence, sleeping with Guru's wife, drinking etc. are MAJOR SINS.

At a higher level, the only sin is identifying our Self with the body. This is the root sin from which all other sins have emanated.

So All these sins are uprooted for good by Japa – & indicated by 'pa' (papa nāsa)
↓
DESTRUCTION.

Thus it takes away (HARO) or dispels (1) future births (JANMA) and (2) SINS – Because of this two fold effect, the name Japa has come.

What is a 'sin'?

At the lowest level of understanding it is the transgression of ten commandments and the ordinance of scriptures. All major sins (maha papa) and minor sins (upa papa) have been listed out – killing a man of spiritual eminence, sleeping with Guru's wife, drinking, etc. are major sins.

At a higher level, the only sin is identifying our Self with the body. This is the root sin from which all other sins have emanated.

So all the sins are uprooted for good by Japa and indicated by 'pa' [papa nāsa (destruction)].

That it takes away (Haro) or dispels (1) Future births (Janma) and (2) Sins – because of this two-fold effect the name Japa has come.

Similarly word 'BODY' comes from
 ANGLO SAXON – (I think) BODIGS (it is
 there in OXFORD THUMB INDEX DICTIONARY)
 which means "THE INDWELLER"
 The word 'personality' is from
 LATIN "Personare" meaning a
 MASK with two slits (THAT is what
 our personality is -)
 In SANSKRIT – for 'BODY' two
 words are used (1) DEHA (2) SARIRA
 (Sarira)
 DEHA → comes from TWO ROOTS
 (1) DAHYATĒ (from root दह्) – THAT
 WHICH IS FINALLY BURNT OFF-CREMATED.
 IT IS NOT ORDINARY BURNING.
 The GROSS BODY CAN BE CREATED
 What about the SUBTLE & Ethereal body
 which transmigrates to another body in
 a womb? YES THAT IS ALSO 'BURNT
 OFF by the FIRE OF KNOWLEDGE
 AS BOTH BODIES FALL OFF by
 KNOWLEDGE
 (PT.0)

Similarly word 'Body' comes from
 Anglosaxon – (I think) Bodigs (it is
 there in Oxford Thumb Index
 Dictionary) which means "The
 Indweller"

The word 'personality' is from Latin.
 'Personare' meaning a mask with two
 slits (That is what our personality is -)

In Sanskrit – for 'Body' two words are
 used (1) Deha (2) Sarira

Deha → comes from Two Roots

(1) Dahyatē (from root दह्) – That
 which is finally burnt off-cremated.

It is not ordinary burning. The
 Gross body can be cremated.
 What about the Subtle and
 Ethereal body which
 transmigrates to another body in
 a womb? Yes that is also burnt off
 by the Fire of Knowledge.

So both bodies fall off by Knowledge.

(2) Second meaning is from root दह्
 "DIH" to assemble.
 Just like a motorcar, the body is an
 assembly of various parts, hands, feet etc
 II SARIRA comes from root 'SRING'
 – THAT WHICH ~~DE~~ PROGRESSIVELY
 DEGENERATES / DEPRECIATES or wastes
 off daily.
 Each word in SANSKRIT is an
 Entire PHILOSOPHY

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Just like a motorcar, the body is an
 assembly of various parts, hands,
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II. Sarira comes from root 'Sring' -
 that which progressively
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Each word in Sanskrit is an entire
 philosophy.