

Letter to a Householder on Constant Chanting of the Lord's name

*By Swami Shantananda Puri Maharaj,
Hari Om Ashram, Nadiad, 01-09-97*



My Dear _____,

Hari Om. Narayana Smaranam.

I got your letter of 24/6/97 by 1st of July or so.

All the time, while awake, whether taking bath, walking or talking or doing office work, go on taking the Lord's name mentally – say HARI OM, SRI RAM or the Guru Mantra whatever you like. At home, continuously chant loudly RAMNAM in a tune (musically) or any names. It is as effective as any mantra. If you can loudly chant daily for 1 hour (and you should hear it also – not mechanically chant it with your mind elsewhere), mind will get Ekagrata one pointedness and merge in that sound. While chanting with LOVE keep your consciousness on the chanting.

Mind will go to all the places in Dhyan and it can come to a standstill only with PRACTICE (again and again, when the mind goes elsewhere bring it back to God – even if it has to be done one lakh times do it with enthusiasm). See Sloka No. 26 of Chapter 6 and Sloka 34 and 35 of same chapter of BHAGAWAD GITA. When your child begins to walk, it will again and again go to a place wherefrom it may fall. Tirelessly again and again you will go and catch

*Loud chanting of
LORD'S NAME ALONE
CAN TAKE ONE TO
MOKSHA. The
vibrations of the
SOUND are so
powerful. Never forget
GOD even for a
moment. Constant
smaran.*

the child and bring it back. You do it with pleasure and not displeasure. So with the mind. You should go on thinking of the figure and features of your Guru and try to become one with it. Establish oneness with it until no Mr. ... remains and only his Guru is there. This is called TAADAATMYA Bhav and this is your target.

It does not matter how many years it takes to reach it. When I say MANASMARAN 12 hrs a day is to be done for 4 years – it is so. No explanation will be given till you finish that target. Further explanation or instructions will come to you then, irrespective of whether my body exists or not at that time.

A surrender means complete faith in God or Guru that he will look after all our affairs and I need not worry or be anxious – whether family problems, office problems or our physical problems- leave it all to the Guru to solve and you will be free and only chant your Mantra and Nam.

Whatever solution he gives, whatever calamity or suffering takes place accept it with pleasure. This is my GURU'S WILL and so ultimate good is there. That is why he has given me suffering. So absolute faith in Guru to renounce of all wants is the surrender. There is a small book "PATHWAY TO GOD" by M. K. Gandhi. It is an excellent guide for surrender. If you can get, read "For Seekers of God" by Sivananda (RAMAKRISHNA'S direct disciple) – R. K. MISSION publication.

My Sadhana is not only for me and it is meant for all who depend on me. I pray for all who have taken DIKSHA from me. I leave Nadiad on 27-9-97 (this month). After going and staying at RAJKOT, AHMEDABAD, BOMBAY, PUNE, INDORE, DELHI, MUZAFFARNAGAR, LUDHIANA, etc. I reach VASISHTA GUHa on 11-11-97. I have Bhagawat discourse at LUDHIANA from 28/10/97 to 10/11/97 and at V. Guha from 2-12-97 to 8-12-97. On 10-12-97 I leave Delhi. I shall reach MADRAS on 17-12-97 and remain there till 21-12-97. I reach BANGALORE VIA PUTTABARTI on 25-12-97 to 30-12-97. I reach Ramanasramam by 2-1-98 and remain upto 28/2/98 uill Sivatarri (22/2 or so). The book "how to talk to _____" is at Guha. I shall send it to you from MADRAS. Love and Om

Yours Lovingly,
Shantananda

* * HARI OM * *

Note: All the capital words / emphasis / sentences are as written by Swamiji. No editing has been done in order to retain the original form of the letter.

Website: <http://www.swamishantanandapurimaharaj.org/>