

Importance and benefits of Chanting

Preface

Our Guru Saint Bhaktaraj Maharaj has explained the importance of chanting God's Name, through His *bhajans* (Devotional songs). Many Saints from India such as, Sant Tukaram, Brahmachaitanya Gondavlekar Maharaj and Sant Kabir have also explained the importance of chanting God's Name. Many people have doubts about how one can cross the vast ocean of *Māyā* (The Great Illusion) and attain the state of God-realisation with the help of a small boat of chanting God's Name. Without chanting, we cannot get the spiritual experience of God; at the same time, we cannot start chanting without understanding the concept intellectually. Due to this confusion, without attempting to even chant, many conclude that 'chanting is useless'.

We have compiled this Spiritual text for the purpose of clarifying all doubts about chanting wherein we have explained numerous facts highlighting the importance of chanting God's Name. Among the many valued ones, even the *Vēdās* (The most sacred Hindu scriptures, revealed directly by God) state that God's Name is the saviour of both, the virtuous and the sinner; God's Name is necessary for the completion of any spiritual practice, even for the seeker who has been liberated from the cycles of birth and death. After reading this Spiritual text, faith in God's Name will certainly increase.

Chanting God's Name helps in alleviating physical and psychological ailments, increasing concentration, reducing sorrow, nullifying all sins, and is useful even after death. As listed above, many other benefits of chanting God's Name at various levels are narrated throughout this Spiritual text. There are many Paths of spiritual practice, such as Karmayoga (Path of Action), Bhaktiyoga (Path of Devotion), Dhyānyoga (Path of Meditation), Jnānyoga (Path of Knowledge). This Spiritual text also explains how those living a worldly life can adopt the Path of Chanting, which is simple, without restrictions of time and place and which can constantly keep us in communion with God. Thus, chanting God's Name is the only Path in which spiritual practice can continue uninterruptedly. From all the above aspects it will be evident, why it is important for all of us to follow the Path of Chanting.

It is our prayer at the Holy feet of Shrī Guru, that may every reader understand the importance of chanting God's Name as explained in this Spiritual text and be inspired to start the spiritual practice of chanting.

- **Compiler**

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