

Chants for curing ailments

Preface

Generally, Hindus know about chanting as a form of worship of the Deities, but they do not know about the usefulness of chanting Deities Names for treating ailments. In-depth research on the chanting of 'Om̄kār' is being conducted in western countries such as in the USA and by chanting 'Om̄kār' many people in western countries are getting cured, but in India, Hindus are unaware of the effectiveness of chanting prescribed by their own Dharma (Righteousness) This is such a misfortune. Through the Text series 'Chant remedies', Hindus will be able to learn the importance of their Dharma and Deities.

Mostly the root cause of physical and psychological ailments in human beings has spiritual causes. To eliminate these causes, remedies at the spiritual level need to be performed. 'Chanting' is a very powerful remedy. *Prārabdha*, which is destiny that is experienced in this birth, is one of the major spiritual causes for problems in life. By chanting, the patient's mild destiny is completely overcome. If a patient has moderate destiny, it can be reduced by chanting. Even if a patient has severe destiny, by chanting the individual can obtain mental strength to face and endure that severe destiny.

Every Deity has specific vibrations. Chanting the Name of a particular Deity develops that Deities' vibrations in the body. Due to this, unnatural or imbalanced vibrations in the body are taken care of, which helps in curing ailments. Chanting not only helps in curing ailments but also provides mental strength to endure the pain and misery caused by the ailments.

'Chanting' is the easiest remedy for all. Chanting has no restrictions of space and time, purity and impurity or even correct pronunciation (as in the case of chanting a *mantra*). Chanting is not as difficult as performing *Yoga* or *Yāga* (Ritual of sacrificial fires). At times, medicinal herbs may not be available during adverse times, but the spiritual remedy of chanting can be done at anytime, anywhere.

Various types of chanting and the underlying science are mentioned in this Volume of the Text series. Knowing the underlying science of chanting will help in developing faith in it. In Kaliyug (The present era of strife), man has more faith in modern science than he has in Spirituality. The research conducted with the help of scientific instruments on chant remedies has also been provided in this Spiritual text. Through this, even intellectuals will be able to develop faith in chanting.

When Divine Rule is established in the near future, knowledge of treatment given by using chants will be included in the syllabus of schools and colleges. Hence, the future generations will have easy solutions to reduce the distress arising out of ailments at a very young age.

We pray unto the Holy feet of Shrī Guru and Shrī Nārāyaṇ - the protector of the Universe - 'May more and more people who are suffering be cured quickly by performing these chant remedies'. - **Compilers**

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