

# Chants that can cure ailments

(Includes *mudrā* and *nyās*, besides guidance on chanting)

## Preface

This Volume of the Spiritual text series 'Chants for curing ailments' lists chants of some Deities and the various ailments for which they are helpful so that when the need arises, the correct chant is easily found. The reason for giving this information in this manner is - Everyone has strong faith in their *Upāsyadēvatā* (Deity of worship) or spiritual practice of chants such as 'Om (ॐ)'. If the Name of the *Upāsyadēvatā* or the Name chanted as spiritual practice is to be chanted for curing ailments, it will help in curing the ailment faster if it is done with more faith.

Ailments are caused due to imbalance of one of the *Panchatattva* (Five Cosmic elements) in the human body, and to cure the ailment caused by the imbalance, it is useful to chant the Name associated with that Principle. Just as chants are useful in curing ailments, *mudras* (a particular hand gesture or position) and *nyās* (a self healing technique consisting of focusing of the energy flow through the medium of the fingers joined together at the tips) too are useful in curing imbalance in *Panchatattva*. The spiritual remedies, where chanting is supported by making *mudrās* and performing *nyās*, are more effective. Therefore, this Spiritual text in the Spiritual text series also provides information on the *mudras* and *nyās*.

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

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