

Chant remedies as per the ailments

(Includes chants of Deities, *Bījamantra*, *Ankajapa*, etc.)

Preface

In the present Text under the series 'Chant remedies' chants that will prove beneficial for over 300 physical and psychological ailments have been mentioned. To enable finding them easily, they have been listed. They contain mainly chants of Deities. Since the human body is made up of *Panchamahābhūta* or *Panchatattva* (The five Cosmic Principles - *Pruthvī*, *Āpa*, *Tēj*, *Vāyu* and *Ākāsh*), the ailments associated with the body are also associated with the *Panchatattva*.

The Deities function at the *saguṇ* (Materialised) and the *nirguṇ* (Non-materialised) levels. While performing the mission at the *nirguṇ* level, the Deities transcend the *Panchatattva*; whereas, during their mission at the *saguṇ* level they encompass *Panchatattva*. Hence, every Deity encompasses *Panchatattva*. Therefore, every Deity has the power to cure all the ailments associated with *Panchatattva*. Yet, the reason for prescribing a particular Deity's chant for curing a particular ailment is that, a Deity that has greater proportion of a particular Principle among the *Panchatattva*, can cure the ailment associated with that Principle quickly than other Deities.

This Text includes *Shabdabrahman* (Chants of words from *Gayatrimantra* [A sacred mantra from the *Rugvēda* (3.62.10), dedicated to the Sun Deity]), *Akshar-brahman* (Chants of letters in which the Principle/*Shakti* [Spiritual energy] of the Deities is accumulated), *Bījamantra* and *Ankajapa* that are of progressively higher levels. Considering the basic nature of an individual, his spiritual practice of the past or present life, his spiritual level, etc. the chant of progressively higher levels can also be useful to him.

Information on *mudrās* (a particular hand posture or position used for directing the flow of spiritual energy) and *nyās* (a self healing technique consisting of focussing of energy flow through the medium of the fingers joined together at the tips) to be performed for effective chanting and valuable suggestions such as how to sit for chanting, what to do for chanting with *bhāv* (Spiritual emotion) are given in the Text - 'Chants that can cure ailments'.

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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