

Which Deity's Name to chant and why ?

Preface

In human life, we generally find that the extent of sorrow we experience is more than that of happiness. *Nāmajapa* (Chanting the Name of a Deity) bestows the ability to tolerate sorrow. God can be experienced as 'Sat-Chit-Ānand', and hence, chanting His Name continuously makes life blissful.

As per the times, in the present phase of subtle adversities, the extent of distress caused by negative energies has increased drastically. Almost every individual is suffering from distress caused by negative energies to varying degrees. Not only do they create immense problems in an individual's life and make it sorrowful, they are also harmful for his spiritual practice. Hence, we should chant God's Name mainly to overcome the distress caused by negative energies. In addition, this Booklet also mentions the Name to chant so as to progress spiritually. Progressing spiritually depends on various factors, such as the number of years a seeker has been performing spiritual practice, the ability to develop seekership qualities, performing *samashṭi sādhanā* such as propagating Spirituality, etc. This Booklet also recommends the most appropriate Name to chant according to the above mentioned aspects at various stages of spiritual practice. Supplementing chanting with *mudrās* and *nyās*, and repeating autosuggestions for the elimination of personality defects and ego is very helpful. This Booklet also mentions the science underlying how this phenomenon of transformation takes place.

We pray at the Holy feet of Shrī Guru - 'May all make faster spiritual progress upon chanting God's Name as mentioned in this Booklet !' - **Compilers**

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