



KIRTAN AND MANTRA

The science of chanting

Extract from 8/2/10 Satsang

Om Shri Paramatmane Namaha

This chanting that we have been doing is a great science of sound for inner purification; for the purification of the mind. All these things that you are doing here are hundred percent scientific. This spirituality is a great science, which developed in India thousands of years ago. These traditions exist even now, although quite a large number of people have forgotten the reasons.

What is the chaos in the mind? The chaos is of thoughts, contradictory emotions and desires. These words, which we chant, are mantras. They are more powerful than the thoughts already running through the brain and they will, some day, push out all that rubbish of worldly thoughts and bring up permanent peace and happiness. They are charged words, pregnant with spiritual energy and Divinity. This science of sound is a great science.

In the same way, the sound ‘Om’ is the primordial universal sound. The modern scientists also say that there was ‘Big bang’ (sound) in the beginning. It was from the sound that creation developed and the first sound was Om.

It came to my mind to explain why we chant the mantras because in the West this tradition is not there and people want to know the reasons why they should do it. So, just to tell you – this chanting has very great logic and scientific reasoning to it. These mantras are devices (for spiritual development), discovered and developed by great seers in the past.

Editors note:

Some of the Mantras chanted with Gurudev:

‘Om Namo Bhagavate Vasudevaya’

‘Om Namo Shivaya’

‘Om Namo Narayananya’

‘Hare Ram Hare Ram, Ram Ram Hare Hare

‘Hare Krishna Hare Krishna, Krishna Krishna Hare Hare’

‘Ram Ram Ram Ram’

Gayatri mantra
