

JAPA

Japa means repetition.

Repetition of sacred sounds.

Repetition of the holy name.

In the age of the Kali Yuga, Japa is the highest spiritual practice.

In this age, man is weak; physically and mentally.

He doesn't have the required energy to transcend the illusions of the mind.

The mind cannot focus; it cannot stay still.

Fortunately, it doesn't have to do so...

Movement is the nature of the mind.

Patterns or "habits" is the nature of the mind.

Through Japa we encourage the mind to move in a certain pattern.

The mind loves to do so!

We don't need to fight with our mind anymore.

Now we cooperate with it.

The restless movement of the mind, that has ever been an obstacle to the perception of Reality, becomes now a powerful tool for our Self-realization.

The ceaseless movement of the mind, that has ever clouded our inner peace, becomes now a precious friend in our quest for the peace supreme.

Japa is very easy to practice.

Simply take the mantra, given to you by your Master, or by a spiritual man that inspires you and repeat it mentally.

That is all!

The more you repeat it the better!

In this manner, all the energy that was until now wasted away in useless imaginations, desires, worries and expectations, is now transformed into a bright, joyful Light to awaken the Self from Its timeless slumber.

O Beloved, substitute the meaningless dwelling on all worldly matters, that is only a cause of sorrow, with the nectar-like repetition of the holy name, which is a perennial source of bliss.

Seek to know the “holy name” from the lips of a Self-realized Sage. This mantra, known also as the Guru-mantra is the most precious companion in our spiritual journey.

In case you have not yet met with a sage that inspires you, you can repeat the Gayatri mantra, the most genuine and ancient of mantras.

In this manner, substitute the meaningless movement of the mind with the repetition of the holy name, and pave your way towards the Truth of your Being.