



Dear budding Bhajanists,

Radhe Krishnae

Aim & Effect of Naamasankeerthanam

The Process: Name and form are absolutely essential for us to deal with anyone and even with God. We deal with friends and relatives directly because they have a form and a name. To deal with God we keep a photo or idol and utter the name of that God (as God has no form or name) in the form of Japa, Bhajanam, or Bhajanai.

The Objective: Welfare of all living and non living beings, especially to give us peace of mind, prosperity, long life and sound health, devotion to God, good character, sharp intellect and guidance in leading a moral life.

The Effect: Naamasankeerthanam purifies one's mind and brings it to a one pointed attention on the form and name chosen or the song being sung. It thus, increases the power of concentration, sharpens the intellect, which receives new knowledge. Thus the memory power is sharpened and we succeed in all our learning – even the school lessons. Our character is built up on a sound footing, respecting elders, being kind to poor and younger ones, practicing humility, forbearance, forgiveness, sympathy towards others, helping nature, etc.

Yoga Practice: There are four Yogas prescribed by our Vedas to achieve human evolution (growth). Karma Yoga, Bhakthi Yoga, Gnana Yoga and Hata Yoga which keep our body, mind and intellect healthy always. The body, mind and intellect should function collectively and in co-ordination and they should be in good condition. This is achieved by doing some prescribed Yogas, i.e. exercises. All these four yogas are achieved in performing Naamasankeerthanam. By doing Bhajan for the welfare of all (without selfishness) we are doing Karmayoga. While doing Bhajan, as we do it with full devotion to God, we are in Bhakthi Yoga, while performing Bhajan, we learn the meaning and build up our character. This is Gnana Yoga. In Bhajan we perform dance and do abhinaya with body movement. This is equivalent to Hata Yoga.

DHYAYAN KRUTHE YAJAN YAJNAI: THRETHAAYAAM DWAPARAARCHAYAN YADAPNOTHI THATHAAPNOTHI KALOW SANKEERTHYA KESAVAM

There are four Yugas (which is the time span divided in four groups) – KRUTHA YUGA, TGHRETHAA YUGA, DWAPARA YUGA and KALI YUGA. We are all living in the fourth Yuga, i.e. Kaliyuga. To get prosperity and boons, people had to do Dhyanam (Tapas) in Krutha Yuga. In Thretha Yuga, people were performing Yaagam/Yagam. In Dwapara Yuga, the same was achieved by performing Pooja/Archana. All these were very time consuming, hard and expensive. To make things simpler, in each yuga, the method has been simplified gradually from hard to soft method. In Kaliyuga, through merely doing **Naama Sankeerthanam**, we can achieve what was achieved in the earlier three Yugas. What an easy and inexpensive method to get what we want!

Is it not our duty to grow in strength and prosperity and at the same time go near God with good deeds, which is achievable through NAAMA SANKEERTHANAM?

Achalabhakthan

