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Sadhanas : JAPAM



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Om Sri Gurubhyonamaha

INITIATION OF MANTRA & ITS SIGNIFICANCE

A disciple must take “*Mantra* initiation” in a proper way from an enlightened spiritual *guru*. Any *Mantra* sought otherwise will not yield optimal results.

The *Mantra* when taken directly from the spiritual *guru*, helps the disciple to progress in his spiritual path, and also spiritual energy will be transferred from *guru* to disciple through *Mantra*.

It is imperative for the disciple to have faith (*śrad'dha*) in *śāstrās*, i.e. spiritual texts and *guru*, without which the disciple cannot progress in the spiritual path. If a disciple takes initiation without faith or having doubt about the *guru*, then there will be no use for that *Mantra* initiation. It is better for both *guru* & disciple not to go for initiation if there is no faith in the disciple.

The spiritual seekers who have immense faith in the words of the *guru* (directly or indirectly) will have great spiritual progress and ultimately lead to

self-realisation (*divya sākṣātkāram*). The spiritual practices (*sādhanās*) without faith in the *guru*, even though one possesses intelligence, will not lead to self-realisation, and all the efforts are in vain.

One must understand the meaning of the *Mantra* while chanting to have the complete benefit of the *Mantra*. Initially, one finds it difficult to focus on chanting the *Mantra* and does the chanting mechanically. But through the regular practice of chanting *Mantra* and knowing the meaning of *Mantra* along with immense faith in *guru* and scriptures, one starts experiencing tremendous changes in one-self.

All negative thought patterns will be corrected, and the divine energy in one-self will start expressing out through the regular practice of initiated *Mantra*. This is the word of great *gurus* (*mahātmās*).

Chanting of *Mantra* purifies the disciple in all three areas of mind, speech and actions. One can progress spiritually only when the thoughts, words and deeds are pure & divine. For purity to take place, our thoughts in mind, the words we speak and the deeds that are performed by the body must be pure.

Spiritual progress can only take place through pure mind, words and deeds.

Through the continuous chanting of *Mantra*, the mind, body & words get purified, which in turn evokes a spiritual energy field around the disciple and provides a protective wall.

This divine energy field then unfolds the dormant *Kundalini* energy in the disciple. While travelling through the vagus nerve (*suṣumna nāḍī*), the awakened *Kundalini* energy gives the disciple inexplicable experiences. These experiences will give spiritual effulgence to the seeker. As one continues to practice *Mantra* with effort regularly, eventually, it becomes effortless.

But there are some obstacles that seekers encounter in this path. They are -

- 1. Carelessness**
- 2. Forgetfulness**
- 3. Negligence**
- 4. Laziness**
- 5. Lack of Faith**
- 6. Ignoring divine force**
- 7. Self-indulgence in sensuous pleasures**
- 8. Indulgence in wealth and fame**
- 9. Lack of fortitude.**

These obstacles do not let us grow in our spiritual path. A disciple who continues his/her practice with immense willpower and ultimate faith in the *guru* will easily overcome the obstacles and progress with speed.

The disciple has to observe some careful precautions while initiating and after being initiated with *Mantra*.

At the time of initiation, one should have a divine feeling towards the *guru* and feel that it's a golden opportunity to get initiation.

The disciple should maintain inner peace before getting initiated and must see the *guru* as god himself giving initiation. The words spoken by the *guru* at the time of initiation must always be remembered by the disciple and also should practice the mantra as directed by the *guru*.

The disciple should remember the day he/she gets initiated as this day is very auspicious than a birthday or marriage day. This day should be considered a great milestone achievement in one's life.

Every year at the time of celebrating our birthday, it is clear that our life span is getting shorter. But by remembering and celebrating the

day we got initiation, we feel that we are nearing god every year and to ultimate self-realisation. Also, one gets energised, encouraged and fortified by celebrating the initiation day. God's grace will be showered upon a disciple while getting initiated. Divine energy, along with the *guru's* blessings and grace, will enter into the disciple through the *guru's* hand during initiation. But the hard work and practice of the disciple decide his/her spiritual progress.

Those who cannot hold onto the *guru's* divine grace are unlucky. The reason that one can't hold on to the divine grace of a *guru* is negligence.

Negligence is nothing more than forgetfulness, i.e. forgetting the auspicious day of initiation, forgetting the divine gracious blessings of the *guru* one tends to remember one's own birthday and the birthdays of people in our lives but will forget the most important day that changes the life course through the divine initiation of *guru*. This shows apparent disrespect towards the *guru* and divine energy.

It is the duty/responsibility of a disciple to remember the divine words given by the *guru* as a *Mantra*.

Those with sincerity and willpower remember the day they got initiation and practice rigorously every day the *Mantra* chanting. While doing *Mantra* chanting *sāadhanā*, one has to listen to *śāstrās* which are nothing but *Upaniṣads*.

These *Upaniṣads* must be learned from a *sathguru* who is proficient in *śāstrās*, Self-realized and compassionate. This higher knowledge must be learned with a clear, open mind and single-pointed concentration. One should clear their doubts immediately by approaching the *guru*.

This learned knowledge should be recapitulated repeatedly until fully comprehended with firm understanding, followed by contemplation and meditation with Self-analysis. This Self-analysis and *dhyāna* leads to Self-experience. The core of spirituality is Self-experience.

One has to correlate the daily routine incidents with that Self-experience as witnessing principle. Whatever happens at the worldly and body level should be viewed as a witness, not as a doer or an experiencer. This is called aloneness (*Kēvala sākṣi*).

As per *Kaṭhōpaniṣad* (2-25)

यस्य ब्रह्म च क्षत्रं च उभे भवत ओदनः ।

Yasya Brahma ca kṣatram ca ubhē bhavata oḍanaḥ

This Mantra means that one who has acquired Self-knowledge and practices dispassion immensely (detachment / *Vairāgya*) will not have any desire or attachment to worldly objects. They are free from duties and responsibilities, perform the activities without attachment and desire, and observe as witnessing principle with *Brahma bhāvana*. Such elevated individual with intense dispassion (*Vairāgyam*) and firm desire for liberation will have perfect mental calmness with which one turns inwards and experiences the Self and gets firmly established in *Brahman(Paramātmā)*.

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय माऽमृतात् ॥

