



## Mantra Initiation

Our forefathers have described that eternal, pure Principle as formless and attributeless, and also as having form and attributes. The formless Principle is unmanifest and invisible to the senses and intellect, while the one with the form is manifest and visible. In between the manifest and unmanifest, there appeared the Cosmic sound called '*Nada Brahman*' or '*Shabda Brahman*'. It serves as the link between the two Principles. Based on this '*Nada Brahman*' a system of spiritual practice, *Japa Yoga* (*Yoga* of repetition of the Name of the Lord or *mantra*) has been formulated. The name that is manifest in the form of *mantra* was revealed by the seers in their superconscious state (*Samadhi*). Each mantra has got its own separate Deity, and its *Japa* will yield a distinct result.

Saints declared that there is actually no difference between the Name (of the Lord) and the Lord himself. Sages, at times, have even said that the Name of the Lord is superior even to the Lord Himself. One can obtain release from the bondage of birth and death through mere chanting of *Sri Hari's* Name. The latent power of the *mantra* becomes manifest through its repetition. The subconscious layers of the mind are awakened. It leads to perfection in due course of time.

For *Japa sadhana* no special qualification is required. In other systems of *Yoga* practice, the preceptor has to distinguish between the qualified and non-qualified (aspirants) before he gives initiation in those systems. But in *Japa sadhana* this can be obviated, for the repetition of a *mantra* itself transforms a non-qualified person into a qualified person, the impure into the pure, and a sinner into a sage. This is the unique advantage of *Japa Yoga*. If a disciple receives *mantra-initiation* from his Guru, he actually receives his own accumulated power.

The constant repetition of a mantra transforms the very life of the aspirant – his evil qualities disappear slowly and divine qualities take their place. *Rajas* and *Tamas* get transmuted into *Sattva*. A *mantra* is divinity and through its repetition the extrovert mind becomes introvert, the tossing of the mind is removed and the mind along with the senses is subdued, and takes the aspirant to the state of *Japa-sahita* dhyana (meditation with *Japa*) which subsequently takes the form of *Japa-rahita* dhyana (meditation without *Japa*). The aspirant in his superconscious state (*Samadhi*) gets Self-realisation, and attainment of Bliss and final Liberation.

May God Bless You All!

■ *Swami Chidananda*