

DAILY JAPA INSPIRATIONS



“THE MORE ATTENTIVELY AND
SINCERELY YOU CHANT THE
NAMES OF THE LORD,
THE MORE SPIRITUAL PROGRESS
YOU WILL MAKE.”

SRILA PRABHUPADA



SRILA PRABHUPADA'S GUIDELINES

Welcome to our Japa inspiration.

In his book *The Quest for Enlightenment*, Srila Prabhupada provides us with very clear guidelines how to chant good japa. After saying that it's best to set a specific time of the day where you regularly chant, he goes into detail.

“Concentrate on hearing the sound of the Holy Names. As you chant, pronounce the Names clearly and distinctly, addressing Krishna in a prayerful mood. When your mind wanders, bring it back to the sound of the Lord's Names.”

These are very practical guidelines. Whatever you do regularly builds up potency, therefore set a specific time of the day to chant. Then pronounce the Names clearly and distinctly. When we are not so focused, we slur the mantra or mumble, so take care to pronounce the Names very accurately.

Then the next thing is to **concentrate**. When the mind wanders, bring it back to the sound of the Lord's Names. It's good to be aware throughout the japa so that you are able to immediately catch the mind as it moves away and gets derailed, so to say.

And then finally he says to **enter a prayerful mood**.
“Oh energy of the Lord Hare, oh all attractive Lord Krishna, oh Supreme enjoyer Rama, please engage me in Your service.”

And Srila Prabhupada ends these guidelines, with something which is so inspiring. He says *“The more attentively and sincerely you chant the Names of the Lord, the more spiritual progress you will make.”*

Śācīnandana Prāsādi

ŚACINANDANA SWAMI