

Hari Om

Guidelines for Effective Japa or Upasana

We must follow strictly the following five most important regulative principles as per Vedic scriptures while performing chanting (Japa) of mantras for attaining faster and greater results, spiritual growth and purification of mind and also for meeting God in our Heart while praying.

1. Non-violence.
2. No illicit, inappropriate or improper sex life.
3. No eating of meat. (Preferred in general and a must for Vedic mantras)
4. No cheating or stealing
5. No intoxication (not consuming or addicted to any intoxicants such as alcohol, cigarettes, coffee, tea)

Prayers may not give results and spiritual progress if you make one or more of the following ten offences.

1. Not having absolute faith in scriptures.
2. Not having faith in Guru.
3. Committing sinful activities on the strength of prayers or chanting mantras or performing regular Japa.
4. Keeping material goals as top priority
5. Harming, insulting or hurting mentally, verbally or physically fellow devotees.
6. Lack of compassion.
7. Having strong attachment to material goals.
8. Resentment and Lamentation (lack of forgiveness and acceptance)
9. Having pride and vanity and lack of humility.
10. Performing prayers for selfish and harmful goals.

GF Blessings. Om Tat Sat.



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