

Likhita Japa

Editorial

It is normally believed that remembering and repeating the name of the lord is the best method of realizing the presence of the Almighty. Although there are many ways and methods of remembering the lord, chanting his name is the easiest and simplest way to do it. There are many types of “Naam Japa” (sacred chants) such as mental, verbal and physical. In the present world, which is also known as Kaliyuga, it is very difficult to concentrate mentally, hence one takes the help of verbal and physical aspects to do one’s Japa.

Oral Japa means pronouncing the name of the lord audibly and this method definitely aids the mind to concentrate on the Divine form you are imagining. Along with this practice, if you gather all the senses within you and start writing his name (written Japa) with full concentration, you will achieve the highest and the best method of practicing “Naam Japa”.

When all three types of Japa are practiced together, you are writing the name (physical Japa), you are seeing with your eyes whether the writing is neat and clear and in proper place, while in your mind, you are continuously reciting and remembering his name. Whichever name of the lord is dear and sacred to you; the lord resides in that name in the form desired by you.

Rama naam mein Rama ko sada virajit jaan

“Rama is always present in the name of Rama-Naam.”

Excerpts from Amritvani by Swami Sri Satyanandji Maharaj

While writing the name of the lord, imagine that, **“The square on Rama Naam paper is my heart and in that I am feeling his presence.”** This is a way of offering your humble obeisance to the Divine One.

Establishing your contact with the Almighty through the practice of written Japa is a very ancient method. Our holy scriptures confirm that in the beginning, all praises of the Almighty, through the Vedas, were performed verbally, but as time passed, the Vedic hymns started disappearing. It was then that Sri Vedavyasji started the method of writing these hymns in the praise of the lord. This can be considered as his very first offering of written Japa.

Vedas are actually the incarnation of the Divine Lord in the form of hymns. The Lord was inscribed in the hymns of the Vedas. His defined form came later on. The written description of the Lord was later transformed into a desired shape or formation which could be remembered by us humans in any language or script which was easy to decipher only to provide a link with the Almighty. This is known as written Japa.

To write the Holy Scriptures, religious books and the hymns of the Vedas, to dedicate them to great scholars and deserving individuals, and to publicize them has an important and great significance. After listening to the happenings of ancient religious

events and then putting these in writing and presenting them to a capable person for discourses from the sacred place known as Vyas Peeth is an important part and a type of written Japa.

If you read a book once, twice or several times, you may remember some parts but it is difficult to remember the whole. But if you write the same book, you will definitely remember each and every line or word. Even a teacher makes his students write their lessons repeatedly so that it settles down in their mind which they can later recall at any time. Therefore, it is quite evident that writing something is always more effective than just uttering or thinking about it. The purpose of written Japa is to carve the name of the lord in our hearts.

One of the branches of spiritual meditation is Tantra Upasana. Written Japa has great significance during this type of meditation. When concentration during meditation becomes difficult or delayed, switching over to written Japa makes it easy for us to achieve our purpose. Tree-leaves (Bhojpatra) and huge slabs of stones have been used to record our ancient scriptures and sacred hymns. Various types of writings and forms have been engraved on these slabs so that in the generations to come, they become the instruments to make us understand our ancient religion, holy sayings and heritage easily. These methods are also a type of written Japa.

People have a habit of writing the name of their family deity several times, making it into a lucky charm, placing it before their family deity, worshipping it and then wearing it around their neck to ward off evil spirits. The paper, on which you write the name of your God, with total honesty and dedication from the bottom of your heart, is itself Almighty Lord.

Before worship, we go through the process of preparing for the Pooja and finally we worship the deity of our choice. Similarly, if you strongly believe and accept that written Japa is also one of the several manifestations of our Lord and worship with total faith and dedication, we can achieve all worldly as well as heavenly success -- there is no doubt about it. It is a proven fact that if you put a condition saying if my desires are fulfilled, I shall write so many mantras, you will definitely achieve your desire even before completion of your commitment. Determination is necessary.

Written Japa definitely fulfills your daily wishes but the real aim of written Japa is to achieve salvation. If you practice written Japa with true dedication and without selfish motive, this little hard work will give you enlightenment and bring you face to face with the Almighty.

If ill health or different reasons prevent one from writing, many renowned people have meditated with oral Japa. Whether the Japa is written or printed, reciting it with deep concentration is also a very good way of Naam Japa.

Books printed for the purpose of writing Rama Naam are freely available in the market, otherwise self-written Japa is also equally rewarding. However written Japa is always more effective than oral Japa.

According to Ananda Ramayan,

Japachchhat gunam punyam Rama naam pralekhane. Meaning -- written Japa is hundred times more effective than oral Japa.

Brihannaaradiya Puaraana says

**Smarnaat kirtanachchaiv shravanallekhanaadapi
Darshana dwarnadev Ramanaamakhileshtadam**

Meaning - recollecting, singing hymns, experiencing His vision, meditating on and writing of Rama Naam will definitely grant you all you have been craving for, all your life.

Naarada Puran also states repeatedly that pronouncing self-written Sacred Words (mantra) is a method of high power Japa.

Reading the written Japa written by self or someone else, filling spaces left blank in the mantrapatra, decorating the sacred papers, delivering these papers to proper devotional centers, are all excellent types of service to mankind.

According to the holy scriptures, repairing, reconstructing and renovating old and dilapidated temples and holy places (in this case the Rama Naam papers) is a hundred times more rewarding than constructing new temples.

Some of the direct benefits experienced by those involved in the practice of written Japa.

1. This disciple of written Japa attained mental peace and happiness and found solutions to family conflicts.
2. This student who wrote Rama Naam learnt the value of time and his concentration in studies increased.
3. Those suffering from health problems regained good health.
4. Prisoners in jail became virtuous and started following the path of truth.
5. The aged and helpless joined hands to help write the sacred words and injected their drab lives with new enthusiasm and vigor.
6. Due to the practice of written Japa, a new awakening was experienced by people involved in it and we also started having unshaken faith in the sayings of our ancient and devoted sages, born in this pious land called Bharat.

Given hereabout are only a few examples of the benefits experienced by different strata of our society. We humbly request you to participate in this obeisance to the Lord. Rewards are innumerable. All your wishes will be fulfilled.

Awakening towards Nama Japa

**Ek Rama ke Naam bina, jeev ki jalan na jaaye
Dadu kete pach muye, kari kari bahut upaaye**

**Chhin chhin Rama sambhaaltaan, je jiv jaye to jaye
Aatam ke aadhar ko naaheen aan upaye
(Shri Dadu Vani - Sumiran ka ang)**

Ram Naam Japa has great importance in our life and greater is that of written Japa, because it increases concentration and concentration in Rama Nama is what is needed.....

His Holiness (Shree Dadupeethacharya) Shri Shri 1008 late Shri Hariramaji Maharaj, Narayana, Rajasthan

Offerings from the soul

Writing the name of Rama is life's greatest offering to the Lord. The more offering one makes into the holy pyre (havan kund) of Rama Naam writing, the greater the fulfillment and success one gets in life.

Real concentration to the inner self is possible only by writing the name of Rama (written Japa). Divine peace of mind and experience of the Lord comes about by continuous practice of written Japa.

Swami Sri Kaniramaji Dadupanthi,

President : Akhil Bhartiya Shri Dadudayal Mahasabha Pranyaas - Jaipur.

The importance of written Japa in Kaliyug

Rama Naam Japa is the one and only means of happily crossing the journey of human life. Uttering the name of the Lord (Rama) is always worthwhile but putting it (name of the Lord) in writing has greater significance because one's senses stop their wandering unnecessarily and achieve rest.

Mahamandleshwar Swami Sri Atmaramaji Maharaj, Vyakran Vedantacharya,
Shree Dadudwara, Bagad, Dist:Jhunjhunu, Rajasthan.

The importance of Rama Naam writing

**Vridhhi aastik Rama ki, shubh mangal sanchar
Rama naam ka lekh kar, sab mil karo vistaar**

Absolute concentration of the body and mind in the name of the lord provides inner fulfillment and realization of his presence. The easiest method for this achievement is the written Japa. When you think of the name of Rama, your hand picks up the pen to start writing it. Your mind and body automatically get centered on this name. The more you practice this exercise, the greater is your fulfillment of inner peace and happiness.

Slowly but steadily continue the auspicious deed, and spread the written Japa which is today's need.

Swami Shree Ramasukhdasji,

Dhahar Ke Balaji, Jaipur, Rajasthan.

The Essence of Rama Naam Japa

According to our holy scriptures, our mind is the cause for our bondage as well as liberation in this world. The mind is full of ifs and buts, to be or not to be - contradictory thoughts.

According to our holy sages and seers, the creation of this universe is also the whim of the Almighty. He wished to become one in many and many in one, hence the creation of this universe as per his wish. Therefore it is obvious that the human being is, in reality, the Almighty himself. It is because of our mind and the contradictory thoughts that parade our mental state that we are either belittling ourselves or thinking to be free from all bondage. When the contradiction going on inside our mind stops, we will definitely feel that our mind has no existence. Then that supreme feeling of oneness with the lord dawns on us and we experience eternal peace and happiness (Parama Ananda).

Now the question arises as to how to stop these contradictory thoughts parading our mind. In other words, how can we fully have control on our mind?

We find many ways and methods of controlling our mind but Shri Daduji Maharaj has described the following method to stop the mind from distraction.

**Koti yatna kar kar muye, yahu man dah dish jaaye
Rama Naam rokya rahe, naaheen aan upaaye
(Shri Dadu vani - Parichay ka ang)**

“You may try a thousand means but this mind will stray in all directions, the only solution lies in the chanting of the sacred name of Shri Rama, which prevents it (the mind) from straying.”

It becomes quite obvious to us from the above words how to control our mind, but how to know the method and its effect? In this connection, Sri Daduji Maharaj says:

**Naa liyaa tab jaaniye, je tan man rahe samaay
kabahoon bhooli na jaaye**

Aadi ant Madhya ek ras,

When someone thinks of a particular person, this person's presence should be felt by every single part of the body of the one who is thinking about this person. The presence of that person should be felt so strongly, that it should dissolve into the other person's existence so that he can never be forgotten, the thought about that person should be continuous and everlasting.

The scriptures and sayings of our sages in ancient days have emphasized strongly the effectiveness of Naam Japa. But it is also essential to cross the hurdles that come in the way of our Naam Japa. When a seeker (one who wants to meditate on the name of the Lord - Sadhak) tries to meditate on Naam Japa, the mind brings forth so many imaginations and confusions, it becomes difficult to concentrate. Lack of concentration results in failure in achieving benefits of the prayer. Therefore, Likhita Japa is a definite and sure way of concentrating on your prayer.

In the past, there was paucity of writing material due to lack of technical facility. Today, with the advance of science and technology, writing materials are available in abundance. To experience the brilliance of every art, one has to dedicate it totally to the Almighty. With the continuous practice of written Japa, the person will gradually but definitely have full concentration in the Lord. With the practice of written Japa for some time, the devotee will succeed in Traatak (constantly looking at an object or image without baiting the eyelid), Dhyana (meditation) and Pranayam (controls in and out breathing) without any difficulty.

1. Dhaarana (retention/ understanding)- Since all your body parts such as mind, tongue, hands and eyes are trying to concentrate on one thing (written Japa), there is no possibility of becoming restless. With understanding what you are trying to do, your retention power will increase and you will succeed in your attempt.
2. Niyantaran (control) - Written Japa helps in concentration of mind which in turn helps to complete any work successfully.
3. Pragati (progress) - Repetition of written Japa instills inner spiritual values with which you progress towards the upliftment of your soul or inner self.
4. Shanti (peace) - By concentrating on one topic, your mind stops wandering and you experience eternal peace within you.
5. Shakti (energy & strength) - Spiritual atmosphere is automatically created around the place from where a devotee starts his written Japa practice. This eventually aids the spiritual and physical progress achieved by the devotee.

Therefore, to avail of the benefits of Likhita Japa all devotees should start writing Mantra (sacred word) immediately.

Mahanta Bajrangdasji Maharaj,

Principal, Shri Dadu Sanskrit Mahavidyalaya, Jaipur, Rajasthan.

Religious basis of written Japa

Ramaye Ramabhraye Ramachandraye vedh se
Raghunath nathaye Shri Seetaya pataye namah

Meaning, the word Rama is the essence of all the Vedas. **R** for Rig Veda, **A** for Yajur Veda, **M** for Sam Veda and **A** for Atharva Veda. That is the reason Tulsidasji wrote in Ramacharitmanas:

**Ehi manh Raghupati naam udaara
Atipaavan puran shruti saara**

There is provision for both chanting and writing the name of Rama. Those who can concentrate on just chanting the name can do so but those who cannot concentrate their mind and whose eyes are wandering in delusion should practice writing (Likhita Japa) the name. Likhita Japa gradually purifies the mind and the eyes of the Sadhaka. In Ramcharitmanas, Shri Goswamiji while writing the virtues of Rama Naam, along with Japa, also mentioned the importance of writing the Mantra:

**Eku chhatru eku mukutmani, sab barnani par jou
Tulsi Raghubar naam ke, baran birajat dou**

The whole scriptures go to the extent of mentioning that once the two letters Rama have been installed in your mind, the very sound of these two letters rises above everything. Hence if these two letters can rise above all materialistic things in the world even while being soundless, then the persons chanting this name will definitely reach sublimity and rise above the worldly desires. This magnitude of benefits derived from chanting and writing the two letters of Rama is emphasized by Goswamiji. Therefore all those who have a tendency to get attracted to the worldly pleasures should immediately start the practice of Likhita Japa. This will bring blessings to them from the Almighty in this as well as future life.

The difference between writing the name of Rama and writing the Rama Mantra:

Rama Naam is just the formation of two letters whereas Rama Mantra means writing of these letters. Scriptures have praised both these methods in different ways. Rama Naam is most valuable, meant for everyone. Rama mantra is the accumulation of the essence, meaning and salutation of the letters 'Rama'.

Bhagawati Sitaji was the first person to actually feel the presence of Rama Mantra. She passed on this experience to Sri Hanumanji when he met her in Ashok Vatika. Hanumanji passed it on to Brahmaji, who in turn told Vashisthaji about it. Vashisthaji expressed this feeling to Shakti, Shakti gave it to Parashar, Parashar to Veda Vyas, Veda Vyasji to Shukracharya, Shukracharya to Purshottamacharya and he passed it on to Raghavanandacharya and finally to Ramanandacharya. In this way, according to tradition, the earliest or the founder of Rama Mantra is Sitaji and the last Acharya is Ramanandacharya.

The value of Rama Mantra is so great that Goswami Tulsidasji has created entire cantos of Ramcharitmanas corresponding to each letter of the Rama Mantra and when in the end there was Anuswar, he wrote the last chapter of Ramcharitmanas (Uttarkand) based on this Anuswar. According to Goswami Tulsidasji, he who has recited the Rama Naam Mantra continuously all the time, has achieved salvation without meditation, has given alms without donating anything, and has fulfilled all his duties without performing a single work. By written Japa, and recitation of the sacred

Rama Mantra, the devotee is rewarded with the fruits of Tapa, Daan, Karma and other good worldly deeds without performing any of these acts.

(Parama Puja Jagatguru Sri Ramanandacharya Swami, Shri Shri 1008 Ramabhadracharyaji Maharaj)

Writing the name of God (written Japa)

Japa means repeating a name or certain alphabets or certain Mantras in a particular state of consciousness so that you get in contact with the power or force of the deity representing that mantra of your Japa.

The method of written Japa is as ancient as the methods of oral Japa or singing the praises of the Almighty. No one knows when and how this system started, but it is true that our holy sages started this tradition and there is no doubt that this is the most effective way of practicing Japa. For ordinary human beings, written Japa is the easiest means of getting their minds to concentrate on their Japa.

The Holy Scriptures as well as holy sages all agreed that silent Japa (moving the lips or tongue inaudibly) is better and more effective than audible Japa. Mental Japa is even better than silent Japa. Mental Japa has several variations and every variety is considered among the best. Like, imagining that you are pronouncing the name of God or a Mantra with every breath you take, imagining that you are doing your Japa with each pulse beat, thinking about the Mantra (Japa) just as one think about one's worldly happenings. These are all different types of mental Japa.

It is very difficult for the ordinary person to concentrate his mind only on the thought of the Almighty even for a few minutes. The mind wanders even at the time of audible and silent Japa. So singing the praises of the Lord in chorus (Sankirtan) is considered better than different types of Japa. But then singing God's praises cannot be continued for a long period of time at a stretch and also there is no guarantee that your mind will not wander elsewhere while you are singing in chorus, the praises of the Almighty.

Considering all the above distractions, our holy saints started the method of written Japa. If you follow the rules, there is no question of your concentration wavering elsewhere while you write the name of the Almighty (practicing written Japa). This is a very simple and easy way of mind-concentration. This is also the reason why written Japa is considered superior to all other types of Japa.

Usually all those people and organizations which provide inspiration for written Japa have similar guidelines, hence we find rarely any difference in the methods of written Japa.

There is no compulsion on how many times you write the name of God daily. There is also no rule that you write the name just once a day.

For example, there was a railway signalman who used to signal off the train from his station and then involve himself in written Japa till the signal for the next train had to be put up. He utilized the time between the two trains, in this way.

What to do with written papers?

This question is very common. Everyone who is involved in writing Rama Naam faces this dilemma. The oldest method of utilizing these written Japa was to first cut each square, put it inside some kneaded flour, make small round balls with it and feed them to the fish in the pond. Even now, many people adopt this method but this is actually not the proper utilization of written Japa because there is a chance of harming the fish when they swallow the paper.

The famous and well known sage of Gujarat, Sri Puneetji Maharaj has inspired the maximum number of people to write Rama Naam and held a proper ritual to offer a large number of these papers into the sacred river Narmada. This event took place not so long ago.

Some organizations preserve these Rama Naam papers and actually worship them, treating them as sacred documents. If any of our readers know of such organizations, which are willing to preserve these written Japa, we request them to first get their permission in writing and then send their papers there.

There is also the Om Namah Shivaya bank in Varanasi which publicizes the mantra of Shiv Panchakshar (5 sacred letters of the mantra).

In Ayodhya, the name of Sita Rama is publicized. People there are encouraged to write this sacred name of Sita Rama. Some organizations tell people to write only Rama, others tell them to write Shri Rama Jai Rama Jai Jai Rama, yet others advocate for Gayatri Mantra. There is an institution in Mathura known as Gayatri Tapobhoomi where written Gayatri mantra is preserved in large numbers.

About 25 to 30 years ago, a sacred Stupa was erected over the written Rama Naam papers at the famous Pashupathinath Temple in Nepal. Devotees worship and circumambulate the Stupa even today.

In places like Uganda and Nairobi in Africa, the Gujarati saint Bapaji collected 10½ million Rama Naam papers and built a temple over it.

In Kolkata, there is a place known as Akhanda Sankirtan Bhawan where a large collection of Rama Naam papers are preserved and worshipped.

In a temple in Satna (MP), there is a place known as Manas Sangh, Ramvan where 15 million Rama Naam papers are being preserved and many devotees reverently circumambulate around the temple.

For the benefit of Rama Naam devotees, this organization accepts all papers where the name of lord Rama is written with pure mind and thought.

By- Shri Sudarshansingh Chakra

Courtesy 'Kalyan', published by Gita Press, Gorakhpur.

Communion with God through Likhita Japa

Questions and Answers

Q. Master! I pray to be enlightened with regards to the written Japa. What is its greatness?

An. When a child has to remember his lesson, he is made to write it on his slate or notebook several times. This practice will instill the lesson into his mind and he will not forget it. Similarly, chanting the Mantra is in itself a very pious deed but if you put it into writing, your mind gets concentrated on the sacred word and it goes straight inside your mind. While chanting the name may or may not inspire you to imagine the form of Rama or Sita, but after concentrating your mind on the Mantra, and writing it down on paper, a clear picture appears before you and helps to link you with the lord.

Q. Master, is it possible to be able to experience divine realization by practicing Likhita Japa?

An. Absolutely! If the mind is concentrated and in unison with the lord, the link with him has been established.

Q. Master. Should we believe that the squares in the book provided for Rama Naam is actually the temple and the name of Rama which we write in it is the statue of the lord and we worship and decorate it this way?

An. Yes, yes.

Sri Ramabalakdasji Maharaj

Auto writing Tran medium Séance dated 03-05-97

Concentration through 'Written Japa' or 'Written Japa' with concentration

During one of the discourses of Sri Rambalakdasji Maharaj through transcendental medium, a devotee asked - Maharajji, sometimes in spite of repeated efforts we are not able to meditate and neither do we experience Astral traveling, etc. In such a situation, what must be done?

Shri Maharajji. - "Concentrate on 'Rama Naam' writing." All devotees present were quite surprised by the answer, no one understood any thing; hence, they again enquired - "Maharajji, please suggest something practical, we haven't understood a thing.

S.M. - Ok, close your eyes.

Everybody closed their eyes and said- Yes, Maharajji, we have closed our eyes.

S.M. - What can you see?

Answer - Only darkness.

S.M. - Very good - now amidst this blackness, make a huge white circle.

Listener- Ok, Maharajji, we have done it.

S.M. - Now make a bright yellow colour circle within the white circle in such a manner that the white border is uniformly visible everywhere.

Listener - Yes, Maharajji-we've made it. Now it is properly visible.

S.M. - Now, amidst this yellow circle, write 'Rama' in big letters with bright red colour.

Listener - Yes, Maharajji.

S.M. - Now for sometime, concentrate on the bright red colored 'Rama'. Look, there are tiny light rays emerging from all sides.

Listener- Yes, yes, yes Maharajji! (Every one was overjoyed)

S.M. - Now see, these rays are glowing like blinking decorative lights.

Everyone nods happily.

S.M.-Now just watch this scene for sometime, and then make another similar twin circle with 'Rama' written inside and see the light coming out from all sides and then think of both the 'Ramas' glowing together .

Everybody in the audience is spell bounded and says, "Yes, yes."

S.M.-Now write a third 'Rama' and then the fourth, and then the fifth -the wall in front is self illuminated but fill it with 'Rama, Rama, Rama'.

Everyone shouts and says - Yes, yes, this has happened effortlessly.

S.M.-Very good! There is only 'Rama' written every where in front of you and all these names are illuminated by a divine light.

Every body says -Yes, yes.

S.M. - Now practice this for a little while.

S.M - (After a short while) now fill the wall on your right side also with illustrious 'Rama, Rama'. Then fill the wall fully on your left side also with similar 'Rama Naam'.

Every one screams with joy and says this has been done by it self. S.M.- Now see ,you have the 'Rama Naam shining in front of you, at the back of you, in the left and right and top and bottom. You are ecstatically sinking in happiness the like of which even children experience while playing with balloons in a Balloon Pool. Similarly, you too play with these Rama, Rama' balloons, enjoy them, touch them, catch them, and crush them. Even though they are crushed beneath your feet, you will not be committing a sin, this is my guarantee. Play with them and experience abundant happiness. The result of total concentration is Eternal Bliss. When and as you play in this ocean of 'Rama, Rama', as and then you start visualizing your ideal Gods and Goddesses (like 'Rama-Sita', 'Radha-Krishna' or your 'Gurudev' etc).The ideal form of God you visualize in your meditation gives you pure joy. If you meditate with dedication , you will definitely see your ideal God , then if you want you can play with Him, joke with Him, pray and worship Him, offer Prasadam and have it yourself too and make all your colleagues and myself (i.e.Maharajji) also a party to the Prasadam. At this stage you can get entry in to the special parts of God's kingdom. I, Pratap, Rishi Sahib and many from the group of saints keep on waiting for you people. Come and meet us-Make us joyous and you too experience lots of joy- and slowly and gradually you will experience the divine and true form of God. First experience that happiness - keep your mind happy for 24 hours - keep us always with you - we are all dancing with you, you too dance with us - give us a small corner in your heart - a small spot will also do, I do not want more - if you want, I can pay you rent - I will take care of your well-being.

Astral traveling is no big deal; you keep on doing something or other. At the present time, you are staying in my world, sailing in my boat, what else do you want? Do not persist for live Darshan. You need to be prepared for this or you shall be scared. What ever is there is all correct. Consider us there, I am making you write so many words, 'Om' or 'Rama' what ever you can concentrate on, keep a place in your heart where you can keep on serving the Lord. Or keep a day in the month on which you only meditate (concentrate on Written Japa); even while eating and drinking, meditate; this one day gives strength equivalent to 6 months. Practice proceeds slowly. Be happy- Keeping no desires in your mind will keep you happy- or surrendering the reins of your heart to the lord will keep you happy- these are all the ways of achieving Eternal Bliss.

- Shri Rambalakdasji Maharaj, Auto writing Tran medium séance Jan, 98

Experience through writing

Q. Maharajji, sometimes one gets bored of writing 'Rama Naam'. You are unable to write even if you make an effort. We quit after writing a little. What should we do then?

S.M. -You must take this as the Almighty's blessings. Leave the page you are writing on and take another one.

A devotee questions in between that what happens if there is no other page?

S.M. -Leave the side you are writing on and turn the page over. If the opposite side is filled, go to the next line and start writing from the left side of the block 'Mara'. The mind shall start concentrating again. Complete the page in whichever manner you want. It doesn't matter if the writing varies in one single page. Think that you have got rid of one of the emotional blocks. Keep this page properly, whenever the mind is disturbed, read it

'Rama bihai mara japte, bigri sudhri kavi kokil hoo ki.'

The phrase in the title implies that the right way to write is to "Write, read, correct, rewrite". Don't write just for the sake of it, write beautifully and wholeheartedly. I don't want 1000 pages, only one block written with complete love and devotion is acceptable. We should feel that in the block- the idol of the lord is beautifully visible and it is constantly showering affection and rays of happiness. This should be the feeling.

All the people present were so joyous and they all hailed the Lord.

A devotee questioned Maharajji, whether he wrote Rama Naam.

S.M. -Yes, yes why not. I don't have a material body like yours but I am the driving force behind what you are writing. You are all my forms. I am manifest in what is written by you.

Sagun - agun bich naam susaakhi,

Ubhay - prabodhak chatur dubhashi.

When you write the lord's name in the block, you inscribe the form of your ideal lord. Your own true real self is 'Rama', Writing Rama Naam in this manner and worshipping it, we are worshipping our own higher self- this is an ideal process for meditation, worship and feeling of the Lord's abstract form. In this ever-changing world, the only constant factor present is the Self, which epitomizes happiness which is visible in the

'block'. On the basis of the strength of love and trust, it is you only; feel it and remain in bliss. This is very easy with Rama Naam writing.

Everyone present was astonished. No one was in a state to ask or say anything. The audience dispersed.

- Sri Rambalakdasji Maharaj

Auto writing Tran medium séance, Dated 09.02 98

Writing Ramnam is not misuse of paper

He alone is the blessed one by lord, who has been appointed by Lord Rama to propagate his 'Naam' (name). Such a holy person is found one in a thousand. In other words, this holy man gives a lot of people reformed lives. We are very lucky to fall under the same category of Rama Naam writers and propagators. Your innumerable sins committed in one life can just be destroyed by writing Rama Naam once. Thus, to get salvation from this cycle of 84 lakh rebirths, all we have to do is to write 84 lakh times the name of the lord. This is the easiest solution, one can find in Kaliyug to attain perfect union with god. To attain salvation in one birth, if we cannot write Rama once also, which is so simple, then how can one expect to overcome the pains which one has to experience while passing through the cycle of 84 lakh rebirths. Therefore to escape the innumerable sorrows and extreme pain, one should write Rama Naam. Take a little pain to write Rama Naam; do not be so lazy and delicate.

Who ever says this is a waste of paper; to them I ask a question. In our country, in the name of good literature, such obscene and filthy books and magazines are published on precious paper which are not only unnecessary but which also have a devastating effect on the minds, money, character and future of children, the aged people, the teenagers, men, women and our society in general. So is this not a destructive use of paper? Due to a bit of carelessness, sometimes we waste paper which has not even been used. Many a times we use paper in useless decorations and posters etc. Aren't those people who are literate and educated and unemployed, not doing anything useful and those who keep on wandering here and there without a purpose, have destroyed and wasted enough paper? In spite of being learned, some people are devoid of humanity and human feelings and lead an animal type of existence, aren't these people destroyers of paper? Is paper in offices or for that matter anywhere else used properly?

According to Guru Nanakdevji-

Dhannu sukagaj, kalam dhanu, dhanu bhaanda dhanu massu;

Dhanu lekhari nanka jini, naam likhaiya sachchu.

Courtesy -'Ishvariya beema',

Sant Shri Ramji, Ishwariya Beemawale, (Delhi)

'Rama' in Rama Naam

In this Kaliyug, there is only misery and misery. Whosoever you see or talk to is disturbed and sounds miserable. Every human being is leading a life full of restlessness, anxiety and tensions. He is getting caught in the web of conspiracies. Tolerance and patience are gradually disappearing from the human nature. In such a situation, if the Almighty lord bestows his favor on any person and he starts remembering God, he gradually starts experiencing a change in his nature. Life starts becoming more stable and subtle.

'The body which is burning because of the heat of the sun gets soothed when it comes under the protective shelter of shady trees. The mind also receives similar happiness once it comes under the shelter of god.'

Because of Rama Naam writing, I have experienced a Divine Peace. Adverse circumstances, misery, happiness, sorrow in our life are a result of our good and bad deeds of many lives. They keep on coming and going. But in this Kaliyug, if any human being besides remembering god also writes his name, this should be considered a special favor bestowed by the great Almighty upon him. Today, man has sunken so much in sorrow that he is constantly in search of happiness. To attain a happy living, he indulges in robberies, cheating, drinking liquor and other malpractices. This is probably a result of the deeds of his past life. This is true that every person's account of his good and bad deeds of his past life move along with him. But with the help of Rama Naam, saintly and good persons bear their sorrows with great ease and by doing so weaken their misdeeds.

It is definitely due to some good deeds done in one of my past births that I have found the path to Bhakti with Rama Naam writing. I have got the good fortune of coming close to God. This Dadu Jyoti(enlightenment) has been gained by me because of the blessings of Shri Daduramji.

My wife keeps on going to the Satsang (religious discourses). This incident is of 7-8 years back. Before sleeping, my wife had the habit of narrating to me what she had heard in the discourses but I never listened to her on the pretext of sleeping because of my next morning busy schedule. But in spite of my reluctance to hear, she managed to narrate something or the other. I used to keep thinking about what she had said. I started feeling, I was wasting my life. I wondered whether my entire life would be spent in materialism. During those days, my wife got some books for writing Rama Naam and said -"Spend some time in earning this true wealth." I asked -"What is it?" She kept Rama Naam books in front of me and said -"Write." It was by lord's grace I started writing Rama Naam from that day onwards. Initially, for the first few days, I used to write a little less. As I continued writing, I started attaining peace of mind. Now, I want to spend maximum time writing Rama Naam. By lord's grace, I was saved from complaining and criticizing others.

By god's grace, I started introducing variation in Rama Naam writing; by writing with various rainbow colored inks. I started experiencing immense joy. I felt as if innumerable lamps of divine light were lighted in my mind. I felt every pore of my body humming Rama Naam. I had begun to feel that I should write Rama Naam with more

variations and designs and appease the lord in various ways. We decorate the idol, clothe it, decorate it with ornaments, and beautify the lord. By lord's will, I keep trying to decorate the Mahamantra of Rama Naam, and I get great mental peace. I started showing people the various decorations of written Rama Naam. Seeing those pages, many people started writing Rama Naam, this is what I wanted by Daduji's grace. I know I am enjoying it and I am sure whosoever writes, shall also enjoy it. We should dedicate our lives to writing of Rama Naam and also serve the lord in this manner. If we write, it is only by his Supreme grace that we can do so. We should keep making the most of this priceless treasure.

Through Rama Naam writing, all our senses get apparently dedicated to the lord. While writing Rama Naam, every being's mind, intellect, hands, eyes get immersed in Rama Naam.

Some saint has said- When a desire to pray arises in our heart, we should understand that the devotional flowers have blossomed and if we continue to try, fruits too shall come. 'O, my lord! Make me so greedy that I can see flowers on the branch of my devotion. O Savior! Keep me blessed always with your grace. I wish to be submerged in this nectar of Rama Naam writing. Do not keep me deprived of your devotion, Oh lord! May I always keep drinking the nectar of you name.

Truly speaking, spread Rama Naam. You shall yourself realize the strength that lies in the name. Gradually, an armor of Rama Naam shall be formed around you. Your heart shall go on to become pure and selfless. You will be able to sustain all good and bad times with patience. Irrespective of whether devotion enters your life early or late, your life shall go on to become divine.

'Seen the world, now only one thirst remains. Oh friend, the yearning for the complete surrender.'

Rama Rama hi simar man, Rama Rama Shri Rama.
Rama Rama Shri Rama bhaj, Rama Rama hari Naam
Rama Rama japa hai mana, amrit vaani maan.
Rama Naam mein Rama ko, sadaa viraajit jaan.
- Kamalkant Pasari, Mumbai.

Mahatma Gandhi, the father of the nation and Rama Naam

1. Chanting Rama Naam from the heart is seeking help from a super power, even an atom bomb is nothing in front of it.

-Harijan sevak (bulletin) Date: 13-10-1946

2. Natural cure plays a great role in curing diseases, even in that Rama Naam is very important.

-Harijan sevak (bulletin) Date: 24-3-1946

3. **Rama Naam is an invincible mantra.** You might say you don't believe in Rama Naam, you don't know it, but you can't take a single breath without it .you might call it Ishwar, Allah, God or Ahur Mazda. 'As many people in the world, those many the names.' There's no other name like Rama in this world. He is great. No one in the

world is greater than him. He is infinite, endless and subtle; my Rama is like this. He alone is my lord and master.

-Harijan sevak (bulletin) Date: 24-11-46

4. To remove spiritual diseases, Rama Naam is an ancient cure, but because small things can reside in big things, I bet even physical Rama Naam, the cure of all cures, can cure ailments.

-Harijan sevak (bulletin) Date: 7-4-1946

5. Surprisingly, doctors & physicians die but we still run behind them; but the Rama that is immortal & is an infallible physician is forgotten by us.

-Sevagram Date: 30-12-1944

Importance and Utility of Naam Japa

In the present age, Naam Japa is the most simple, easily available and meaningful path of self – realization. No matter how you do, Naam Japa is always beneficial; there is no need of any rules, regulations, facilities, self- control, time, and place for doing Naam Japa. Saints and teachers have unanimously vouched upon the benefits of Naam Japa.

For the past few years, a new dimension has been added to Naam Japa. Writing of Naam Japa is slowly and steadily becoming more popular. As such all the different ways of doing Naam Japa have their own importance but writing of Naam Japa is comparatively more effective and beneficial because of the total concentration of all the senses.

While writing Naam Japa, the devotee writes the name of the lord in the small squares, it is as if he is enthroning Lord Rama in his heart. With the continuous writing of Rama Naam each day, Lord Rama will undoubtedly start dwelling in the heart of the devotee. The importance of writing Rama Naam has already been established in the Tretayug by Lord Rama himself, who made his dear monkeys, and bears write Rama - Rama on the boulders.

Our heart is not heavier than those boulders. Therefore, undoubtedly we can establish Lord Rama in the core of our heart, by continuously writing Rama Naam, and this ocean-like world without any effort.

Blessed are those who are whole heartedly involved in the written Naam Japa Mahayagna. Those whom God favors, He blesses them with the human form; those whom He specially favors, He gives them His name(written Japa) and those who are very special to Him, he involves them in making the Rama Naam Japa popular.

-Dr. Ramdeen Banuda, Mumbai

Writing of Rama Naam

Japa is undoubtedly the only means for human welfare. There are various ways. “Mala(rosary) Japa” is the most ancient form. Writing of Rama Naam means writing the name of God on the small squares made on paper. Writing of Rama Naam makes the devotee more enthusiastic and it is a source of inspiration for others. In order to get the total benefit from Likhita Japa, there should be a combination of a couple of things like

concentrating one's mind on visualizing God, His form in the eyes, chanting His name from the mouth and writing the same with hands.

After Rama Naam is written on paper or in a notebook, it should be installed in the foundation of a temple or in a sacred place. Blessed are those who get notebooks or papers printed for this noble work. They are serving the God means they are doing Bhakti. We must do this with wits, vigor and riches. Those who are doing this task all over India are really blessed and they are instrumental in lessening the ill-effects of the vices, which are widespread in the society. May god bless them!

-Chandrashekar Agrawal, Mumbai

Pujya Dongreji Maharaj and Likhita Japa

'Sadvichar Parivaar' is an institute favored by Pujya Dongreji Maharaj. Pujya Maharaj Shri has given his Kathas (religious discourses) with full dedication. On his 55th birthday, a Katha was given in Ambaji. The aim of this Katha was not raising funds, but whosoever writes maximum number of Hare Rama, Hare Rama, Rama Rama Hare Hare' will be the chief host; one who writes less times than him shall be 'Utsav' host, then one who writes even lesser than him shall be 'Pothi' host.

-Harilal V. Panchal, Sadvichar parivaar, Ahmedabad, Gujarat.

The famous, learned thinker and philosopher Shri Dongreji Maharaj has written a summary (Saar Roop) of Shrimad Bhagwat namely Bhagwat Rahasya originally in Gujarati. Late Shri Lalji had published its Hindi translation and instead of selling it for cash, he gifted this epic to those who wrote 125000 names of God and sent to him.

-Nanalal Bhatt, Prabhavati Devi Trust,
59, Govindappa Street, Chennai-600001.

Rama Naam synonymous to God

Rama Naam is synonymous to God. Even stones could float, after Rama Naam was written on them. If after writing consistently, Rama starts dwelling in the heart of human beings, then they will not only become great human beings, but God Himself. The best way to attain peace of mind is adorning oneself with the jewellery of Rama Naam Mahamantra. Writing makes the Asana stable, and this makes the mind stable and peaceful. Writing the Mantra has great power of eliminating all types of miseries. Our eyes function as a camera. The pictures clicked by them appear in the heart. Pictures taken by the static camera or papers printed in the press do not get washed out by water; similarly Rama Naam Mantra printed on the heart cannot be washed off with the flood of earthly desires. Just as eyes function as doors to enlightened living and progress, similarly the entrance door for the sins, worldly pleasures, and destruction is also our eyes only. Eyes, which make our heart impure by inspiring us to sin, also become witness to writing of the Mantras and absolve our sins. There is incessant hammering by God through the medium of Mantra writing and permanent spiritual values are established in the mind. Due to these spiritual values, possibility of progress is confirmed. The place where writing of Mantra is done, in that place due to the co-

ordination of the devotee's efforts and thoughts, an invisible aura is formed which creates a divine atmosphere, this becomes a bridge to success in the field of spiritualism.

-Pujyashree Krishnachandraji Shastri
Shri Bhagwanam Mantra Bank, Ahmedabad

The founder of Likhita Japa - Shri Ganeshji

Whoever goes around the world and comes back first shall be worshipped first. Ganeshji was disappointed by this condition of the Devtaas, but at the request of Naradji; Ganeshji wrote Rama on the earth and went around it. Due to this, his was considered to be the first circumambulation. After this, it was decided among the Devtaas, all religious ceremony would begin with Ganesh Pooja. Thus after knowing this importance of Rama Naam, Ganeshji became the first to be worshipped.

(On this basis, it can be said that writing of Shri Rama Naam was first done by Shri Ganeshji.)

-Sponsored by great saint Swami Shri Ramsukhdasji's
"Manas Mein Naam Vandana"

Rama Naam Likhita Japa Yagna

When you participate in Rama Naam chanting Yagna, while writing there is remembrance, there is increase of right virtues (Sattvaguna); and our hands, eyes and mind are involved in the Yagna. Let this right virtue spread in society, let people's mind and body become pure, let the right spiritual values pervade our intelligence. May people of every caste, religion and community be enlightened by writing Mantra of their own deity, by this means may everyone be united together and let peace and love spread in the world. With this aim, due to selfless endeavors by generous saints this Yagna began and received encouragement. All those who get the opportunity to write or get Rama Naam written worldwide are blessed. Abstain from impure food and deeds during the days when you write Mantras. Due to this the benefit of Mantra writing becomes infinite.

-Great saint Shri Asaramji Bapu, Sabarmati, Ashram, Ahmedabad

Enlightenment by writing

While writing Rama Naam, man starts seeing, knowing and recognizing Rama. There is Karma involved in writing, therefore Karma becomes pure. Concentration increases hence mind becomes pure.

-Santpravar Pujyapad Shri Morari Bapuji

Trishakti Yoga

The specialty of Mantra writing is that our whole consciousness is involved in it. Action, thought, emotion are same and this way all the three powers-action power, thinking power and power of emotions are involved together. While chanting, mind may wander here and there, but while writing, it cannot go anywhere and hence one can do it with full concentration.

Santpravar Puujyapada, 'Bhaiji'

Shri Ramesh Bhai Ojha

Natural concentration

There is a lot of importance of all the methods leading to Rama Naam. The method of writing Rama Naam is special because when we write; eyes, mind and hands have to become one. So there is proper coordination between the mind and senses both.

-Manas expert Shri Ramkinkarji

Rama Naam Kali Abhimatdata

All devotees from ancient times have crossed mile stones(Sidhhi) in the path of spiritualism by taking shelter of God's name. One experiences the real feel of the omnipresence of God due to Rama Naam. In Kaliyug, Rama Naam is believed to be 'Kali Abhimatdata.' The work of spreading Rama Naam by Shri Daduleela Rama Naam Parikrama Shodh Sansthan is praiseworthy. The more popular the Rama Naam becomes, the society can be saved from the sin of lust. Desire is bondage and lack of desire is salvation. I wish to God that Rama Naam echoes in every house. Let it spread through writing so that it benefits India and the entire world.

Swami Shri Satyamitranandji Giri, Bharatmata Mandir, Haridwar.

Rama Naam takes you from falsehood to truth

Keep remembering Rama Naam, how much you can.

Keep writing Rama Naam, how much you can.

Keep spreading Rama Naam, how much you can.

Only Rama Naam can take you from falsehood to truth.

Only Rama Naam can take you from darkness towards light.

Only Rama Naam can pull you from the mouth of death and take you towards immortality.

Whenever you experience peace, it will be because of Rama Naam.

Do not give up Rama Naam.

Treasure Rama Naam in every inch of your body.

Let Rama Naam dwell in every breath of yours.

-Swami Shri Kutasthanandji Maharaj

The devine power of Rama Naam

'R' letter, according to Vedas is the key Mantra of Fire god. The work of fire is to burn. Fire can burn trash but fire does not have the power to burn our sin, that power is in

the letter 'R' of Rama. 'A' letter is the key Mantra of the sun according to the Vedas. Sun gives light. When sun rises, outside darkness vanishes, but the darkness of the heart remains as it is. 'A' letter of the Rama Naam has the power to remove the darkness of the heart.

'M' letter is the key Mantra of the moon. The moon gives tranquility, but the rising of the moon cannot reduce the pains of the heart. 'M' letter of Rama has the power to make it peaceful by making it devoid of any agitations.

-Santpravar Swami Shri Ganeshanandji,
Sat guru Dham, Delhi

Rama Naam writing is not for materialistic gains

Reverse word - is Likhita Japa for gain? We have chanted Rama Naam for materialistic gains in many lives. When done for the worldly pleasures etc, we get the same in return. Again, the same body, same emotions, friendliness, enmity, same lust, anger, desire and ego, are these called profits? We have done a lot for profit, lets just do one job, which is not for profit; only, and then shall we attain salvation. Lord is not the fruit of any action. It is not that if we do something, you shall find God. What is the sense of Likhita Japa for profits, gains will all come according to destiny. Try doing it selflessly like Meera, what did Meera (Meera, Meera, Meera, ramee, ramee-ramki, ramki, ramki) get? '**Paayoji maine Rama ratan dhan paayo**'. For the unprofitable (lord), Meera left the profitable (palace). So friend, there are only losses and losses here. Will we lose something? The body shall get lost. During writing, the organs of action, knowledge, and intellect are the hand; eyes and mind respectively work together. While chanting only the mind, the mind and the hand in the rosary but while writing the mind, hand, and eyes have to be concentrated equally. Therefore all three are devoted to the lord together.

H.H. Shri 108 Atmanandji Giri, Devghat Dham, Nepal

Proximity to God

Prior to what we write it first has to settle in the mind. Writing and speaking are forms of expression. Before speaking, the subject is created in our mind and same in writing. When we chant the name of the lord, before chanting the lord is experienced by us in our mind and then expressed by our words. Writings and speeches are forms of expression and man expresses what he experiences. Thus, when we write Rama Naam we shall first feel it. Therefore Rama Naam writing, like Rama Naam chanting is very simple and an easy way to attain close proximity to God.

-H.H. Shri Dharmendraji Maharaj

Effects of writing

An effect observed while writing Rama Naam is that concentration increases. While chanting by the mouth, the mind may wander elsewhere, but while writing, the name of the lord settles in the mind.

-Prof. Prema Panduranga

Engrossed in devotion

The mind is deeply involved due to passion of writing. It becomes an obsession due to this. We are in a state of Yoga when we learn about God and we get engrossed in Him, and this is the best thing. Our bad Karmas of many births are destroyed due to writing. The power of our soul is increased due to writing God's name. It is very necessary today to increase the power of our soul.

-Brahmakumari- Pujyaniya Yogini Bahanji, Mumbai

Purification of senses due to writing

In writing, all our senses are used; our mind, intelligence, our hands and eyes are used together. Sometimes, we speak and write, and then our mouth also is used. When all our senses are involved in the most sacred of work, they become divine. When we write the name of God or write a Mahavakya (virtuous saying), or an auspicious line, then we develop good values due to the use of mind and intellect. When values are formed, we naturally start thinking about God.

Brahma Kumari- Pujniya Padma Bahanji. Mumbai

Toddler's steps

Bhav kubhav anakh aalashun, naam japat mangal disi dashahoon.

With Rama Naam, all the stars and planets are pacified and one achieves success in every field of life. In whatever way you take the name, its effect is visible. Knowingly or unknowingly, if you touch fire, its effect is shown immediately. In a similar manner, Naam Maharaj shows its effect too. '**Yen kenapi upaayen**'(anyhow) remember Rama. When we try to remember someone, we write his name repeatedly. Many persons write the name of their beloved on paper, on sand, on stone, on the trunk of trees or at times on body also. In the same way, Rama Naam Lekhan is a simple, natural process, to please and call for our beloved. In childhood, when 'A' is repeatedly written on slate, 'A' gets embedded in the mind permanently. Similarly, Rama Naam spreads in the heart permanently due to writing. This is a very simple path. Rama is difficult, but the saints and devotees of Sadguru Shri Dadu Dayalji Maharaj are making this easily attainable. One can't concentrate on chanting, but in writing; eyes, hands, tongue, intelligence and mind gets coordinated automatically, therefore we can naturally concentrate and meditate. **Jagat kukri ko bhusaba de, tu to Rama simar jag hansaba de.** God says - I dwell at the place where devotees remember my name, sing and do

Kirtana. Due to writing of Rama Naam, there is a fusion of memory, Kirtana and singing. Come let us write Rama Naam and be intoxicated.....

- Saint Shri Balkishanji Agrawal, Mumbai

Appropriate Sadhana of present age

Like the oral chanting of God's name, the writing of God's name is also very important and it can be said to be the appropriate Sadhana of present age. While pronouncing with the tongue, there is a coordination of mind, speech, vision and action. Asana Sidhhi and concentration of heart and purity of Saadyah are the direct results. There is no difference between the Naam(name) and the Naamee(named). Therefore after seeing the written form of Naam and after writing, we gradually bear the fruits of God's Darshan. Not only this but when we install the name in every square thinking it to be a temple we get a Punya of worshipping God's statue.

Bhanwarlal Porwal, Organiser-Shri Ram Naam Bank, Ujjain.

Writing Japa, a request

Pujya Gurudev (Swami Shri Chinmayanandji) believed, that the importance of sacred places increases when more and more devotees offer God's written names there. Therefore, Swami Tejomayanandji has directed the devotees to start the daily writing of "Om Shri Chinmaya Sadguruve Namah."

- Sponsored by July 96, Chinmaya Sandesh

Say 100 times, write once

Writing Rama Naam once, is equivalent to chanting it hundred times. Writing increases concentration. Many times people ask about the use of writing, when the mind is somewhere else. But, if you write regularly, there certainly will be concentration of mind. One listener asked- "Rama Naam can be written without concentration also, then how concentration will increase?" Munishree's reply was- "One cannot write without concentration; because without concentration the letter formation will not be proper, they will not be in line, how will you write if there is a difference in the handwriting? Therefore, concentration is naturally.

-Respected Munishree Sudhasagarji Maharaj

Rama Naam is God personified

While writing, God first enters in the heart of the person writing, then in his pen. Rama Naam is God Himself. One should consider no difference in written Rama Naam and lord Rama himself. Rama pervades the heart of the person writing Rama Naam, which implies that God Himself now dwells in his heart

Balkrishna Ganpatji Mahajan, Khargon (M.P.)

Rebirth

I am 88 years old. Doctors had given up. I was bed-ridden. Due to Rama Naam Patras, I have received a fresh lease of life.

- Muralilal Kedia, Khamgaon, Maharashtra

I am obliged, I am obliged!

I had gone to Jodhpur with the intentions of having Darshan of saints. It was my desire of many births that had been fulfilled, and I visited all 4 Dhamas. I felt obliged and blessed again and again. About 30 to 35 saints appreciated Rama Naam Patras and it spread among Lakhs of people. Our Guru Maharajji (Shri Ramprakashacharyaji Maharaj, Jodhpur) announced over the mike that Rama, the epitome of unity should be written in the squares of the Patras and either you can deposit Patras here or can be sent by post at any of the given addresses in the Patras. Lakhs of people came to hear Satsang and sermons. 700 to 800 Patras were also taken. Next day, they were filled up and brought back. But, I regret that I had only 800 Patras. It would have been better if I had more, but I did not have that experience before. If there were a Lakhs Patras also, they would have been filled up in one day.

Jodhpur Yatra Sansmaran, Jeevaram Sutar, Pune, Maharashtra

The complete base for emancipation

Super Lord God or God Ramaji's Rama Naam Likhita Japa is not only a blessing, but also a base for salvation. Actually Sadgurudev induces his spiritual power in us. The main force is Gurudev Swamiji Shri Kshamaramji Bhagwan, we are only the puppets. He makes us wish and he makes us perform. We wholeheartedly bow down at his lotus feet.

Kunwar Narendra singh, Ruthiai, M.P.

'Satyaram' - Rosary

Now, see, open your eyes.

O, crazy brains! Now see, open your eyes.

Every moment the body is dying, life is precious.

Chant Satyaram with the string of religion in hand,

Dadupalkan Dham is calling, you come there,

Only there you will get satisfaction and salvation,

Do not wander in the desert of the world,

O crazy mind.....

In the fragrant ornamental garden of Rama, beautiful flowers are growing,
Do not err by picking up the sharp thorns of lust, anger, intoxication, greed,
Weigh every breath of life in the scale of knowledge of Guru,
O crazy mind.....

Take the favor of your deity Daduram, know his greatness.
God has given you this priceless gift of the human body,
Write, memorize, Rama Naam in and say Satyaram.
O crazy mind.....

-Shivnarayan Shrivastava, Jobat, M.P.

Removes the negative lines of destiny

Writing gives you peace; it increases your faith in God. Time is not wasted. The inspiration from saints, the company of saints and Satsang guides human beings. (Respected Dadaji was fond of Rama Naam from his childhood. He is involved in writing work for last 20 years. Dadaji doesn't forget to give Rama Naam patras, copies and red ink ball pen to whoever comes to our house whether relatives or friends- Sunil Mundra)

-Bisesarlal Mundra, Jalna, Maharashtra

Philosopher's stone

If anything is higher than ideal god Shri Rama, it is this name of Rama. The stones with Rama Naam written on them started floating in the ocean. In order to protect King Suketu, Rama Naam mantra chanting was done and even God's arrows became futile. This is all the story of Satyug. Today the influence of Kaliyuga has spread everywhere. If we want to get rid of its influence, then we must revive our faith in Rama Naam. We must regularly write, or chant Rama Naam. If we do it with devotion for few days, we will develop interest in it. According to my experience, there are only benefits in it; and no loss. If a particular number of Mantras are regularly chanted, then any difficulty or problem befalling on our self or family will surely be solved. Our beautiful is going to leave us one day. If there is anything that will accompany us, it is our earned Rama Naam.

Ashok Namdeo, Basroli, Rajasthan.

Philosophical revolution

I have been free from mental stress because of writing Rama Naam. My interest in writing is increasing day by day. Influenced by my writing work, my family members also became interested. Shri Rama Naam has given me peace of soul. There has been a philosophical revolution in our city due to Rama Naam writing. Young children and old people are all involved in this Sadhana. I bow my head with reverence in front of Rama dwelling in all our hearts. Oh! Shri Rama, bestow me with power and peace.

- Pandit Jagadish Narayan Tiwari,
Dewri, Sagar, M.P.

Self peace

Happiness and grief are a part of our life due to our past deeds. I am a man of limited intelligence and it has been my experience that after being blessed by this Rama Naam writing, my devotion for God has developed and due to that I have experienced self-peace. I pray to both Guru and Govind that his love should keep increasing in this humble man's heart.

- Suresh Chandra Shandilya, M.A. Hindi, Dip. T. Tip. C.
Ex President, M.P. Teacher's Association, Devri.

Self satisfaction

I have been chanting Shri Rama Naam from the time I have grown up and I have experienced eternal peace of mind and soul from it. Then I started writing and I experienced tremendous self- satisfaction. Due to this writing, I am blessed with wealth and prosperity. Today also, impossible tasks are executed easily.

- Rajendra Kumar Jain, "Rajjan", Devri, M.P.

Highest duty

About 2 months back, my mind was very restless and I felt I would be mentally sick and become insane. Then I met a member of Rama Naam Lekhan Prachaar Samiti and due to his encouragement and I started writing Rama Naam and got it done from friends. I experienced tremendous mental peace. Now my friends and I are writing Rama Naam, thinking it to be our duty. According to my opinion, all worldly happiness is hidden in Rama Naam. Therefore, all human beings in the world should chant Rama Naam and also animals and birds should be made to hear it, and it is only then our human life will be meaningful and successful.

- Jinesh Kumar Jain, Badkul, Devri, M.P.

Miracle of writing

After resolving to write one crore Rama Naam, I was acquitted and my reputation was intact in a case in which I was framed dishonestly. Few loans had to be repaid and money was arranged in a surprising manner. This is only the miracle of writing Rama Naam. This is the whole truth. I believe that whenever this fact will be fully acknowledged, at least from the 35000 people in Devri, 10000 people will fall head over heels in love with Rama Naam.

Krishnanand Saxena, Devri, M.P.

Sacred revolution

"Yes, you can bring about dynamic changes in Likhita Japa revolution."

The greatness of God's name is very well known in our Vedas and scriptures. There are hundreds of examples where due to writing of God's name, there have been surprisingly positive results. You will be happy to know that in these modern times,

many great men, thinkers, social workers and lovers of writing Rama Naam have brought together a revolution in writing of Rama Naam. If you wish to benefit by participating in this sacred revolution, then you can at least do these-

1. If you have the facility, you can coordinate people by discussing or publicizing and you can at least make one phone call everyday.
2. If you are owner of a transport company or courier service, you can send these Patras at a proper destination.
3. If you are financially capable, you can contribute towards paper, ink, printing or postage expenses.
4. If you are a part of educational institution, then can encourage children to write Rama Naam and sow the seeds of good values in them.
5. If you have a printing press, you can cooperate in the printing work.
6. If you are a social worker, you can help people benefit from this.
7. If you are a political person, then through your contacts, you can introduce this to the common man.
8. If you are involved in religious work, you can help devotees realize its importance.
9. If you are connected to the government machinery, you can bring electric speed to this revolution, through your influence.
10. If you are an industrialist, then you can regularly contribute a part of your income for this noble cause and set an example for other people.
11. If you are a working man or woman, you can introduce your colleagues into this and be a partner in this good deed.

The crux of this matter is that wherever you are or at whatever level you are or in whatever situation you are placed, you can constantly without stopping contribute in this sacred task.

There are many people who due to various reasons are unable to write God's name, but then they need not be disheartened. Besides this writing work, there are other related activities in which they can participate enthusiastically and play a meaningful role and in the process undoubtedly earn the blessings of God.

You must resolve this very moment, that you want to be associated with this revolution in some way or the other or otherwise consider your human birth to be futile.' The whole truth lies in the fact that there is nothing greater than God's name and those who contribute in this work are really blessed.

Dr. Prem Gupta (Vastus specialist and palmist), Mumbai.

Refuge to God's name

'Ami parechhi shyam naamer dwaar, haster bhushan aamar charan sewan,
Mukher bhushan aamar shyam gungaan, karnar bhushan aamar naam shrawan,
Nayner bhushan aamar roop darshan, Krishna naam lekh aamar anga bhare.'

“I am lying at the door of Shyam Naam, the ornament of my hands is the service rendered at feet of Lord Shyam Sunder, the beauty of my mouth is the incessant chanting of the name of Shri Shyam Sunder, the ornament of my ears is listening to His name, the jewel of my eyes is to indulge in his eternal Darshan and every inch of my body is inscribed with Krishna Naam.”

Shri Shri Chaitanya Mahaprabhu

The importance of Rama Naam

Being born in the most coveted human species means utilizing this highest attainment in the cycle of 84 lakh rebirths for propagating Bhakti. Even after attaining human body, we are deprived of its benefit until we construct a bridge inscribed with Rama Naam. The scriptural evidence of Shri Ramcharitmanas forms the irreversible truth of our life. When Ramji with his army of monkeys crossed the ocean to regain Bhakti in the form of Sita, who was kidnapped by Ravana; it was possible to cross the ocean only with the help of a bridge, which was constructed with the help of stones inscribed with Rama Naam. If Ramji wished, he could have resolved and done all this easily, but he performed different Leelas (divine acts) to present an ideal human life in front of us and to guide us to the path of devotion. The ray of this Lekhan Sadhana, undertaken by the army of monkeys; has become an inspiration to our spiritual path by the grace of Shrimad Dadu Dayalji Maharaj. Sadgurudev says-

Naam re, Naam re, sakal shiromani Naam re, main balihaari jaaun re.

Dustar tare paar utaare, nark nivaare Naam re.

Taaranhaara, bhavjalpaara, nirmal saara Naam re.

Noor dikhaave, tej milaave, jyoti jagaave Naam re.

Sab sukh daata, amritraata, Dadu maata Naam re.

– Shri Dadu Vani, hymn no. 270

Pooja and Archana of Shri Naam Maharaj

All devotees do the Pooja-Archana of their deities in accordance with their devotion and capability. The best of every thing is offered to God. They worship God with incense, lights, leaves and flowers. This is how we have seen devotees expressing their feelings towards God in different ways. In Kalikaal, with god's inspiration, the most simple, natural and easy Sadhana is the Pooja of Naam Maharaj. By participating in this, man of today gets the benefit of Tapasya of Satyug, Yagna of Treta and Poojan-Archana of Dwaapar.

The Tapasya of Satyug means, sitting on a clean Aasana with chastity, everyday at a fixed time, for a fixed period and regularly writing Rama Naam.

The Yagna of Treta is to install the written Prapatras in temples or Ashrams in an auspicious Muhurat.

The way of worship of Dwaapar age was to make beautiful Rangoli on special types of Patrak (Bhojpatra, gold, silver or copper Patra) with best of ink like saffron, gold, and various rainbow colors.

As man cannot do difficult Sadhana in Kaliyug, with the inspiration of God, after simplifying the Sadhana of the remaining three Yugas, it was presented in the form of Naam Lekhan. Shri Naam Maharaj is present everywhere in visible form and this can be experienced naturally with the grace of Sadgurudev. This is how, we doomed creatures of Kalikaal are specially blessed because we have been bestowed with this very divine path to salvation.

As there are countless, beautiful forms of our Gods and Goddesses in front of us, in the same way our Naam Maharaj is also appearing in front of us with the inspiration of God and ornamented in various ways with the emotions of devotees. This ray of God's grace is unique and ecstatic. May, with the pen of devotees, Shri Naam Maharaj be decorated in many rainbow colors and no one knows how many how many forms they have taken like in the form of our Gods and Goddesses; Hanumanji, Ganeshji, Durgaji, Swastika, Kalasha, flag, trident, Deepak, Shivalinga, outline of Land of Bharata, Saakhis, hymns are made. Like Hari is infinite, the saga of Hari is also infinite. Similarly name of Hari is also infinite. Decoration of Naam is infinite. This view has been established today. This unique path to the ultimate goal (Bhakti) of human life on the path of spirituality appeared with the special favor of Shrimad Dadu Dayalji Maharaj. Sadgurudev says:

Din din navtam bhakti de, din din navtam nao,
Din din navtam neh de, main balihaari jaaon.
(Shri Dadu Vaani, Vinti Ka Ang)

O lord! May I behold you everyday in new forms, ornamentations, in your new incarnations and experience novel Bhakti everyday, so that I am totally immersed in your Bhakti and I naturally offer myself to you.

Lekhan yoga

Come; let us taste a few more divine words of Shri Gurudev

Shatchakra pawna fire, chhah saun shastra ek bees,
Jog amar jam koon gile, Dadu viswa bees.
(Shri Dadu Vani, Sanjeevan ka Ang)

In the 6 Chakras (Muladhar, Swadhishtan, Manipurak, Anhad, Vishudhha and Aagya) situated in human body, we breathe 21600 times everyday. A Yogi(Sadhaka) who keeps Rama in every breath removes Yama(death) from his path and attains salvation very naturally.

Saying the name of God in every breath is the highest duty of human life. Due to the influence of Kalikaal, if an ordinary human being forgets to take the name of Rama in every breath, one can fulfill the most important duty of human life by regularly participating in Rama Naam Lekhan Sadhana given by Shri Sadguru. If one tenth of 21600 i.e. 2160 Rama Naam are ornately written everyday, every breath of the devotee will become fruitful and the present will become sacred. (With the unique favor of Sadgurudev, the present Patraaks printed by the Sansthan have 2160 squares, which is a very unique and happy coincidence.)

The sins of many births start disappearing. One whose present is pure, the future is surely going to be divine. This kind of devotee virtually inspires relatives, friends who

come in his contact and is capable of bestowing peace and tranquility in the form of Rama Naam to the atmosphere, society, nation, world and the whole universe. Rama Naam Lekhen is not only a means, but is a unique fruit of god's worship, which is hidden in this Sadhana itself. As the devotee starts getting engrossed in this, he starts experiencing the nectar of Rama Naam slowly and gradually.

O Sadgurudev, seeing the joy filled emotions of devotees towards Lekhan Sadhana everyday, let this writing flood flow incessantly; so we all, today inspired by you, pledge before you to write 51 trillion Rama Naam. We firmly believe that the stream of your blessings will not only stop at 51 trillion but will transform into writing infinite names make the human life fragrant with the flowers of Bhakti for innumerable ages.

-source of inspiration, Mahanta Maharaj Shri Ramvallabhdasji, Swami Kshamaramji
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