

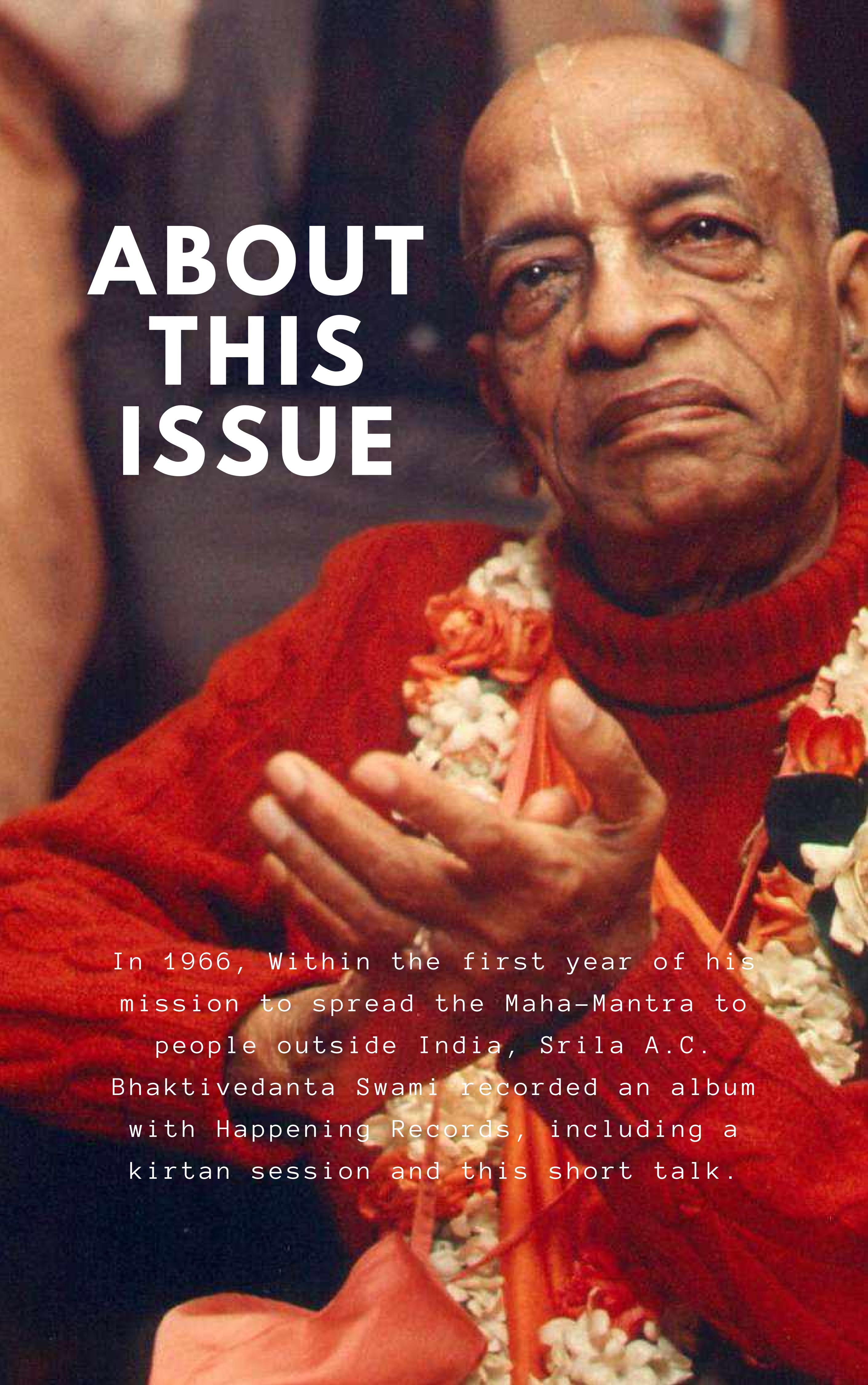
MANTRA

A GUIDE FOR THE MODERN SEEKERS

CHANTING HARE KRISHNA

A.C. BHAKTIVEDANTA SWAMI PRABHUPADA EXPLAIN THE
IMPORTANCE OF MANTRA MEDITATION

ABOUT THIS ISSUE



In 1966, Within the first year of his mission to spread the Maha-Mantra to people outside India, Srila A.C. Bhaktivedanta Swami recorded an album with Happening Records, including a kirtan session and this short talk.



WHY CHANT ?

A . C . BHAKTIVEDANTA SWAMI PRABHUPADA

The transcendental vibration established by the chanting of Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare is the sublime method of reviving our original spiritual consciousness. As living spiritual souls we are all originally Krishna conscious entities, but due to our association with matter from time immemorial, our consciousness is now polluted by the material atmosphere.

The material atmosphere, in which we are now living, is called Maya, or illusion. Maya means "that which is not." And what is this illusion? The illusion is that we are all trying to be lords of material nature, while actually we are under the grip of her stringent laws.

When a servant artificially tries to imitate the all-powerful master, this is called illusion.

In this polluted concept of life, we are all trying to exploit the resources of material nature, but actually we are becoming more and more entangled in her complexities. Therefore, although we are engaged in a hard struggle to conquer nature, we are ever more dependent on her.

This illusory struggle against material nature can be stopped at once by the revival of our original spiritual consciousness. Krishna consciousness is not an artificial imposition of the mind; this consciousness is the original energy of the living entity.

When we hear the transcendental vibration, this consciousness is revived. And this is the process recommended for this age by authorities. By practical experience also, one can perceive that by chanting this maha-mantra, one can at once feel a transcendental ecstasy coming through from the spiritual stratum.



INTO THE SPIRITUAL REALM

When one is factually on the plane of spiritual understanding-surpassing the stages of the senses, mind, and intelligence-one is situated on the transcendental plane.



It springs automatically from the spiritual platform, and as such, anyone can take part in the chanting without any previous qualification, and dance in ecstasy.

We have seen this practically. Even a child can take part in the chanting, or even a dog can take part in it. Of course, for one who is too entangled in material life, it takes a little more time to come to the standard point, but even such a materially engrossed man is raised to the spiritual platform very quickly.

When the mantra is chanted with love, it has the greatest efficacy on the hearers, and as such, this chanting should be heard from the lips of a pure practitioner, so that immediate effects can be achieved.

This chanting of Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/Hare Rama, Hare Rama, Rama Rama, Hare Hare is directly enacted from the spiritual platform, and thus this sound vibration surpasses all lower strata of consciousness—namely sensual, mental, and intellectual.

There is no need, therefore, to understand the language of the mantra, nor is there any need for mental speculation or any intellectual adjustment for chanting this maha-mantra.

The word Hara is the form of addressing the energy of the Divine, and the words Krsna and Rama are addressing the Divine directly. Both Krsna and Rama mean "the supreme pleasure" and Hara is the supreme pleasure energy of the Divine, changed to hare in the vocative. The supreme pleasure energy of the Divine helps us to link with the highest plane of existence.

The material energy, called Maya, is also one of the multi energies of the Divine. And we, the living entities, are also the energy-marginal energy-of the Divine. The living entities are described as superior to material energy.

When the superior energy is in contact with the inferior energy, an incompatible situation arises; but when the superior marginal energy is in contact with the superior energy, called Hara, the living entity is established in his happy, normal condition.



These three words, namely **Hare**, **Krsna**, and **Rama**, are transcendental seeds of the maha-mantra. The chanting is a spiritual call for the Divine and His internal energy, Hara, to give protection to the conditioned soul. This chanting is exactly like the genuine cry of a child for its mother. Mother Hara helps the devotee achieve the grace of the supreme Person, Hari, or Krsna, and this is revealed to the devotee who chants this mantra sincerely.

It springs automatically from the spiritual platform, and as such, anyone can take part in the chanting without any previous qualification, and dance in ecstasy.

**NO OTHER MEANS OF
SPIRITUAL REALIZATION,
THEREFORE, IS AS EFFECTIVE
IN THIS AGE AS CHANTING
THE MAHA-MANTRA**





His Divine Grace A. C. Bhaktivedanta Swami Prabhupada was born in 1896 in Calcutta, India. He first met his spiritual master, Srila Bhaktisiddhanta Sarasvati Goswami, in Calcutta in 1922. Bhaktisiddhanta Sarasvati, a prominent devotional scholar and the founder of sixty-four branches of Gaudiya Mathas (Vedic institutes), liked this educated young man and convinced him to dedicate his life to teaching Vedic knowledge in the Western world.

At their first meeting, in 1922, Srila Bhaktisiddhanta Sarasvati Thakura requested Srila Prabhupada to broadcast Vedic knowledge through the English language. In 1965, at the age of sixty-nine, Srila Prabhupada traveled to New York City aboard a cargo ship.

The journey was treacherous, and the elderly spiritual teacher suffered two heart attacks aboard ship. Arriving in the United States with just seven dollars in Indian rupees and his translations of sacred Sanskrit texts, Srila Prabhupada began to share the timeless wisdom of Krishna consciousness.

His message of peace and goodwill resonated with many young people, many of whom came forward to become serious students of the Krishna tradition.

Srila Prabhupada's most significant contributions, perhaps, are his books. He authored over 70 volumes on the Krishna tradition, which are highly respected by scholars for their authority, depth, fidelity to the tradition, and clarity.

Several of his works are used as textbooks in numerous college courses. His writings have been translated into 76 languages. His most prominent works include: *Bhagavad-gita As It Is*, the 30-volume *Srimad-Bhagavatam*, and the 17-volume *Sri Caitanya-caritamrita*.

CHANT AND BE HAPPY

HARE KRISHNA
HARE KRISHNA
KRISHNA KRISHNA

HARE HARE

HARE RAMA
HARE RAMA
RAMA RAMA
HARE HARE