

A close-up photograph of a hand holding a string of dark, round wooden prayer beads (mala). The hand is positioned on the right side of the frame, with the thumb and index finger gripping the beads. The background is a warm, textured orange-brown color. The text "Mantra Yoga" is overlaid in the center in a light blue, sans-serif font.

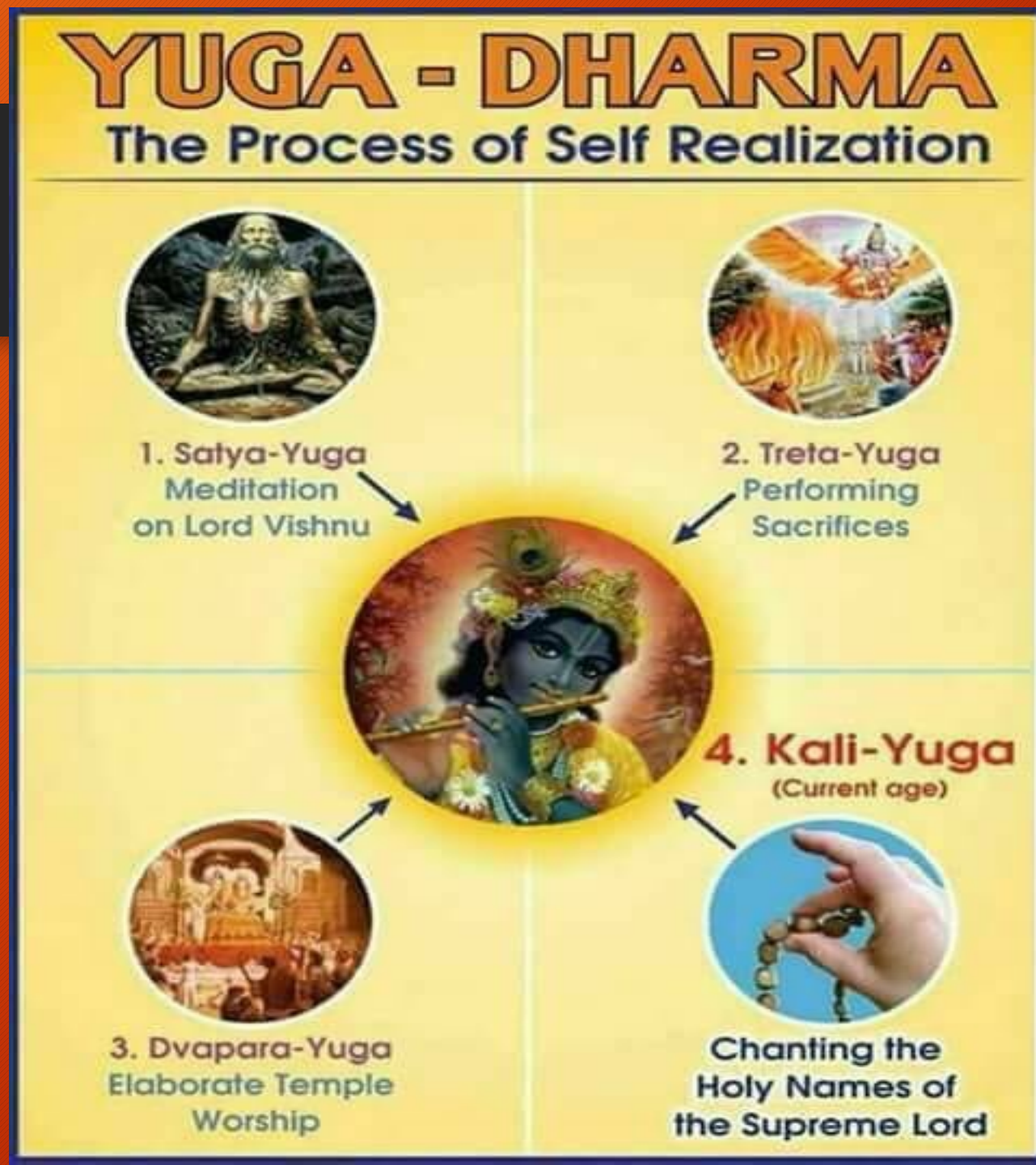
Mantra Yoga

Yuga Dharma-Different Ages

- The cycle of catur-yugas
- Dharma - Law of the universe
- Following Dharma - Goal of life
- Not following dharma - crime
- No opportunity to bribe the universal judgement

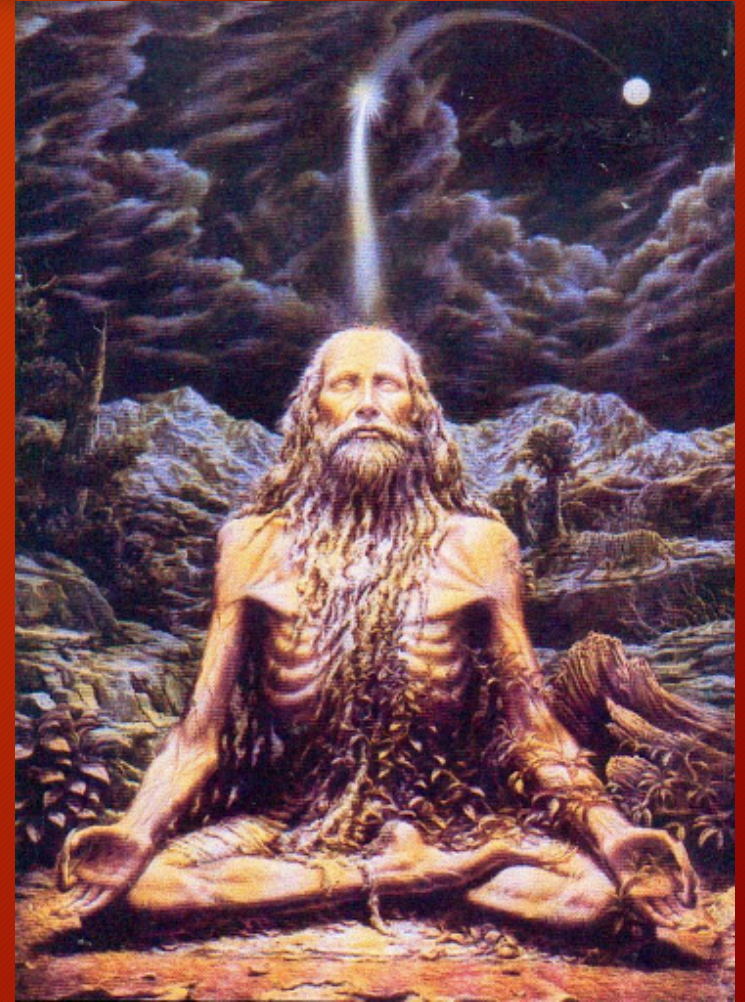
Four Yugas

- Satya Yuga
- Treta Yuga
- Dvapara Yuga
- Kali yuga



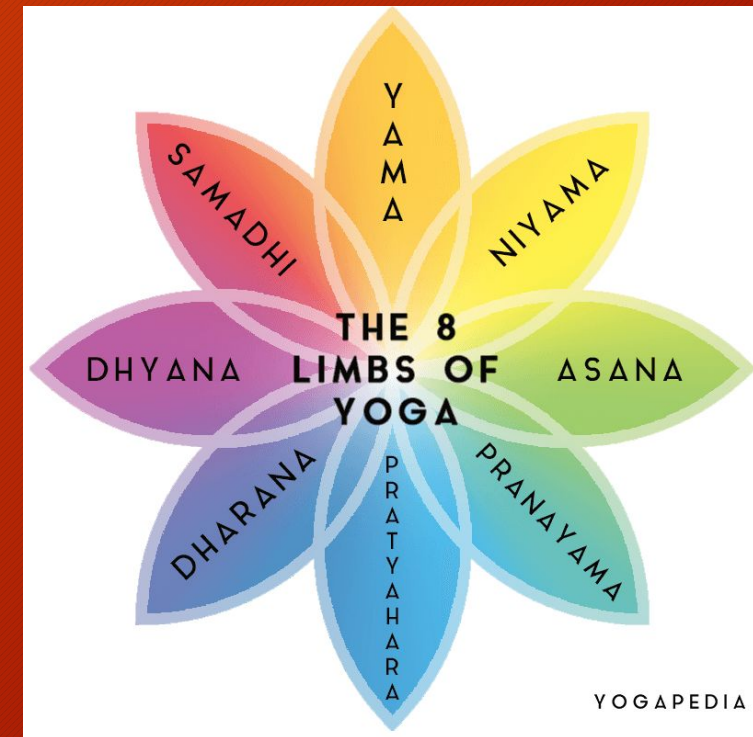
Satya Yuga

- Satya Yuga - Meditation
- Krita - perfect
- Strong sense control -
 - ❖ Flow of consciousness from senses to objects is in control
 - ❖ Capable of withdrawing senses very easily from sense objects perfectly



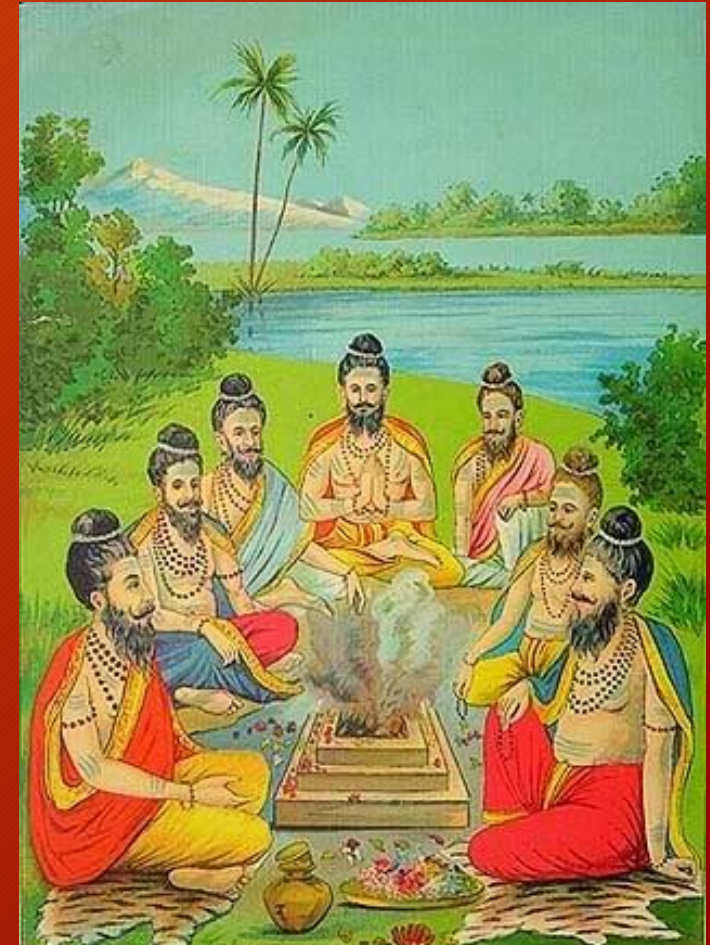
What is Meditation?

- Withdrawal of consciousness from outward direction & project it inward.
- Yoga is not merely breathing exercises
- 8 limbs of Yoga -
 - Yama - external purification
 - Niyama - Internal purification
 - Asana - Physical exercises
 - Pranayama - not just breathing but retaining air called kumbha (stop breathing)
 - Pratyahar - withdrawal of the senses
 - dhyana, dharana, Samadhi - steps in meditation levels



Treta Yuga

- Even in Treta yuga, the process could not followed.
What to speak of people in kaliyuga?
- Treta yuga - **Sacrifice**
- Sacrifice means offer everything to God
- Key idea - Through sacrifice one frees himself of material entanglement.
- Goal of the sacrifice - God or Krishna.



Dwapara Yuga

- Dwapara Yuga - people lost the ability to perform sacrifices.
- Deity worship - direct worship of the form of Lord. Not available in previous ages
- With each descending age, the process gets more and more simplified



Kali yuga

- Kali yuga - People lost even the ability to perform deity worship
- Directly address the Lord with his name
- Amazing & Unique prerogative
- Nava Yogendras with Maharaj Nimi (SB.12.3.51)

*kaler doṣa-nidhe rājann
asti hy eko mahān guṇaḥ
kīrtanād eva kṛṣṇasya
mukta-saṅgaḥ param vrajet*

- My dear King, although Kali-Yuga is an ocean of faults, there is still one good quality about this age: Simply by chanting the Hare Kṛṣṇa mahā-mantra, one can become free from material bondage and be promoted to the transcendental kingdom.



Chanting of the holynama

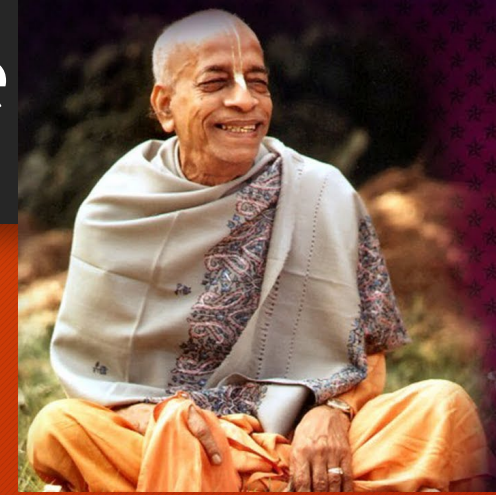
- CC Madhya 6.242
- *harer nāma harer nāma
harer nāmaiva kevalam
kalau nāsty eva nāsty eva
nāsty eva gatir anyathā*

TRANSLATION:

“ ‘In this age of quarrel and hypocrisy, the only means of deliverance is the chanting of the holy names of the Lord. There is no other way. There is no other way. There is no other way.’ ”

Benefits of chanting the Holy name

- Experience of inner pleasure, purity, peace
- Dharma for Kali Yuga - awards love of God
- Satisfies the hunger of the soul
- By chanting the Hare Krishna maha mantra, one can remain in a liberated state.



Hare Krishna
Hare Krishna
Krishna Krishna
Hare Hare
Hare Rama
Hare Rama
Rama Rama
Hare Hare

How to effectively chant the holy name?

□ Problem - Distraction

- ❖ Inner child - Mind

□ Interest brings emotional connection

- ❖ Cricket
- ❖ Concentration is easy

□ Concentration also comes with understanding the importance



Distraction, concentration and absorption

- **Distraction** - Not able to concentrate
- **Concentration** - With effort, we are able to focus
- **Absorption** - Effortlessly focus
 - ❖ Mayi arpita mano buddhir (BG 8.7)

Game plan for effective chanting

- The 2 channels for consciousness flow:
 - ❖ Mind, Intelligence
- Develop interest for chanting the holy name.
 - ❖ (emotional attachment - mind)
- Develop intelligence by understanding the importance of chanting
- Distraction-Concentration-Absorption