

## **Benefit of Mantras**

All MANTERS Low him lengts:i) Projection of mind ii) Linking is with DIVINE CONSCIOUSNESS Even continuous repetition is good -If his conditions are added it is more bereficed: -I while in Jega near think I am dring as MOTHER IN any form or as Suprame ocean of Consciousness + Joursely a drop of it The scription Bays: ~ AHAMITYEVA VIBHAVAYE BEROVAN) THAT I AN M- CONSIDER - The Mother (1) War think that & MANTHA is of the MATHER MANTRA ITSELF IS THE SUBTLE SOLARD OF MOTHER - SO YOU ARE FONDLING MOTHER HEASELF IN JAPA where MIND becomes "NO MIND" - BUT an about consciousness remains. By remaining in that stone you we suddenly cataluladed to the HIGHER DINENSIONS in different Maris which you will not be able to duribe. goto composed you are suddenly light to the plan of dream. Efter when you wake up for cased describe the dreams.

All mantras have two benefits:

- 1. Purification of the mind
- 2. Linking us with Divine Consciousness

Even continuous repetition is good. If two conditions are added, it is more beneficial:

- 1. While in Japa, never think that I am doing Japa of a Mother. First consider yourself as Mother in any form or as supreme ocean of Consciousness and yourself a drop of it. The scripture says:
  - AHAMITYEVA VIBHAVAYE BHAVANI THAT I AM – CONSIDER – THE MOTHER MYSELF
- 2. Never think that the mantra is of the Mother. Mantra itself is the subtle sound of the Mother so you are fondling the Mother herself in japa.

Finally all japa leads to the state where mind becomes 'No Mind' – but an alert consciousness remains. By remaining in that stage you are suddenly catapulted to the Higher Dimensions in different planes which you will not be able to describe.

When you lie down awake, when mind gets composed you are suddenly lifted to the plane of dreams. Often when you wake up you cannot describe the dreams.