



Benefit of Mantras

- All MANTRAS have two benefits:-
- i) Purification of mind
 - ii) 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 I am doing Japa of a Mother. First consider yourself as MOTHER in any form or as Supreme ocean of Consciousness + 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 MOTHER — SO YOU ARE FONDLING 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 dream. Often when you wake up you cannot 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.