



## Let Mantra Japa Carry You to the Highest!

Allow your mind to be charged with the vibrations of your mantra. Repeat your mantra, or simply Om, with feeling and understanding.

Enter into the state of profound silence. Surrender your will to the Divine Will. Discover the presence of the Divine Self as the basis of your existence, and as the substratum of all the functions of the mind.

Perceive the world as a manifestation of the Divine Name. Focus your mind on the earth element. Concentrate at Muladhara Chakra at the base of the spine. See the material world consisting of mountains, rocks, stars, and planets as vibrations of the Divine Name.

Ascend to the Swadhishtana Chakra, at the root of the generative organ, and meditate upon the water element. Feel that the expansion of the water element is constituted of the vibrations of the Divine Name.

Ascend to the Manipura Chakra at the navel center and reduce the water element to the fire element. Consider the world as a manifestation of the fire element—a manifestation of light expressing itself in various forms and colors. See the expansion of light as a surging expression of the Divine Name.

Rise to the heart center—Anahata Chakra—and convert the fire element into the air element. See the universe as an expression of subtle vibrations of energy. Associate the Divine Name with the air element. Perceive the world surging with the vibrations of the Divine Name.

Rise to the Vishuddhi Chakra at the throat and perceive the world reduced to the ether element. Feel that the world is founded on a subtle abstraction in which all forms have been withdrawn. That subtle abstraction is filled with the vibrations of the Divine Name. Here the Name is coming closer to the Divinity who is named. The distance is being bridged gradually.

Rise to the Ajna Chakra between the eyebrows. Convert the ether element into the expansion of the Cosmic Mind. Allow the intellect to be lit up with the light of intuition. Expand into infinity. Feel the world as the expression of thought-processes of the Cosmic Mind. Feel that the thought waves are vibrations of the Divine Name in the subtlest state.

Ascend to the Sahasrara Chakra at the crown of the head. Here you go beyond the Cosmic Mind to perceive the Self as the only reality. The Name is gradually transcended with the perception of the Divine Self. The Name and the Named have become one. Enter into profound *samadhi*. You are not this individual personality. The world is not a reality, but an appearance of the Absolute Self through the limitations of the mind. Here you have transcended the limitations. You have torn the veil of ignorance through the light of intuition. You are beyond the ego-self. You are one with the Universal Atman. Realize, “I am That.” This is the goal you must attain through an insight into *japa* (repetition of Divine Name).