Twitter Thread by [redacted]



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#Thread
Benefits of writing SRI RAMA Jayam!!!

Writing Sri Rama Jayam is known as Likitha Japam- Writing Meditation. This gives one a complete sense of surrender to an inner conscience and peace while writing or chanting the mantras.

#Sri_Rama_Jayam #RamaNavami

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You can write this in any language of your choice. It is the connecting chords with the divine and your inner self.

Below are some points that we came across on the benefits :

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1. Vedas tell that as the sun dispels the darkness, the chanting of Rama Nama dispels all evil and obstacles of life. It is a way of liberation and salvation of human suffering.

2. When you think, that all roads are blocked to walk away from day to day problems..

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writing ‘Sri Ram Ram Ram’ gives you the most needed clarity of thoughts to find away out of odd situations.

3. It was told that a calmness engulfs as one indulges in writing the Sri Rama Jayam bringing in more clarity of mind, tolerance & strength to withstand obstacles in life.

4. Devotion of service of life and its varied forms is devotion to God. So there is no right or wrong way of writing this. The very thought and process to write is a connection with god and finds a inner meaning.

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5. It is a gateway to higher consciousness and spiritual uplift. The chanting of Ram Mantra protects you with divine flow of energy transforming a balanced progress in your materialistic well being and spiritual wellness.

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6. It dissolves all other sounds with it’s vibration and create acoustic silence.

7. Ram is the beej mantra of manipur chakra. this manipur chakra is the psychic center of human body where Sanchit karmasare stored..

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Ram nam writing helps to clean those karmas. It also helps to release suppressed emotions, negative samskaras from subconscious mind and unresolved issues of past.

#Sri_Rama_Jayam
#RamaNavami
#JaiShriRam
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