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■ Standard procedure for any kind of japa, mantra. Golden rules to remember.

•No japa, mantra or chanting or any strotram should be done without apt knowledge or d■k■■ from an able Guru.

•Everyone is not destined to get a Guru and you do not get guru's through



advertisements, hence simple hari naam sa■k■rtana, lighting lamp for God in morning and evening, chanting shiva n■ma etc. are best.

•Going to a proper temple is very important. Laziness, greediness and ease of living will restrict this.

•Start your mantra with Ganpati ■hy■n

, do mental offerings to Sri Ganapati, Kuladevtha etc and then do the required meditation.

•Always tell the deities to go back to their respective domains after the prayers and offer apologies for recalling them. This is udv■sana and Kshama paan.

•Always clean yourself first

and then sit in clean surroundings during pooja. Torn clothes, clothes with holes, growth of nails, untidy hair should be totally avoided during up■sana.

•Never accept mantras from books, newspapers or gullible advertisements. It will be a lifetime regret.

•Tapasya is

different from all this. It includes sleeping on floor, brahmacharya, eating only once a day, observing mauna and taking vows for fast. It is not meant for ordinary people and not very apt for grihastha.

•Remember your karmas cannot be reduced by buttering or chanting mantras

of Gods. You will reap as you sow. God helps but only those who love him and those who don’t go begging every second day in a temple. Nobody likes being stalked all day not even God.

•God is afraid of love, because it has no motive. Motives kill bhakti.

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