

## Then & Now

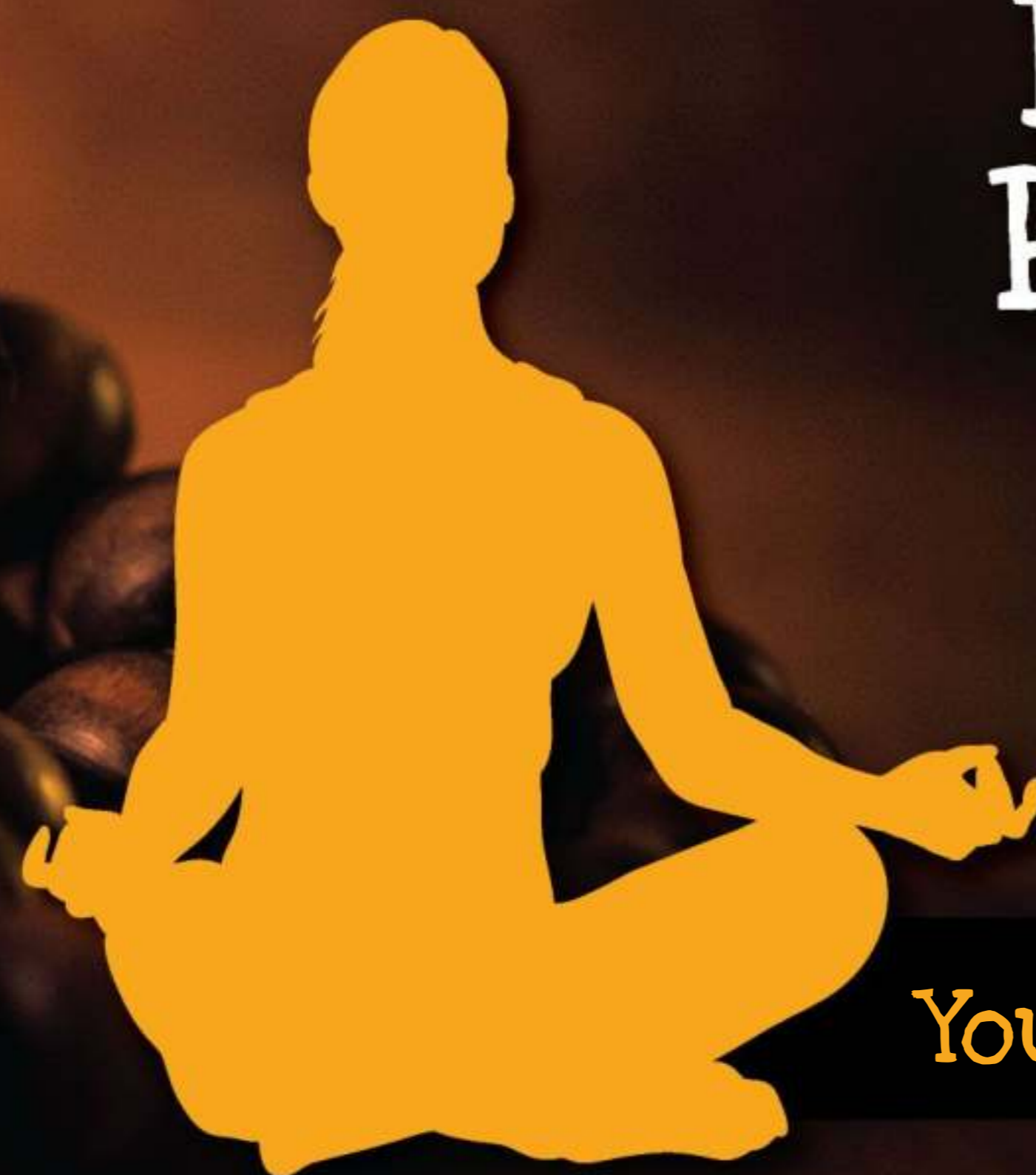
What was once a difficult path involving an isolated life of austerity in the Himalayan mountains, leaving family, bathing in cold rivers, eating forest food, and silently meditating for many years, has been perfectly adapted and condensed for modern urban life. **Simply by chanting this mantra** and focusing the mind on the sound vibration, even **for short periods of time**, any person can achieve the same lasting result.

Chant this mantra for perfection:

Hare Krishna  
Hare Krishna  
Krishna Krishna  
Hare Hare

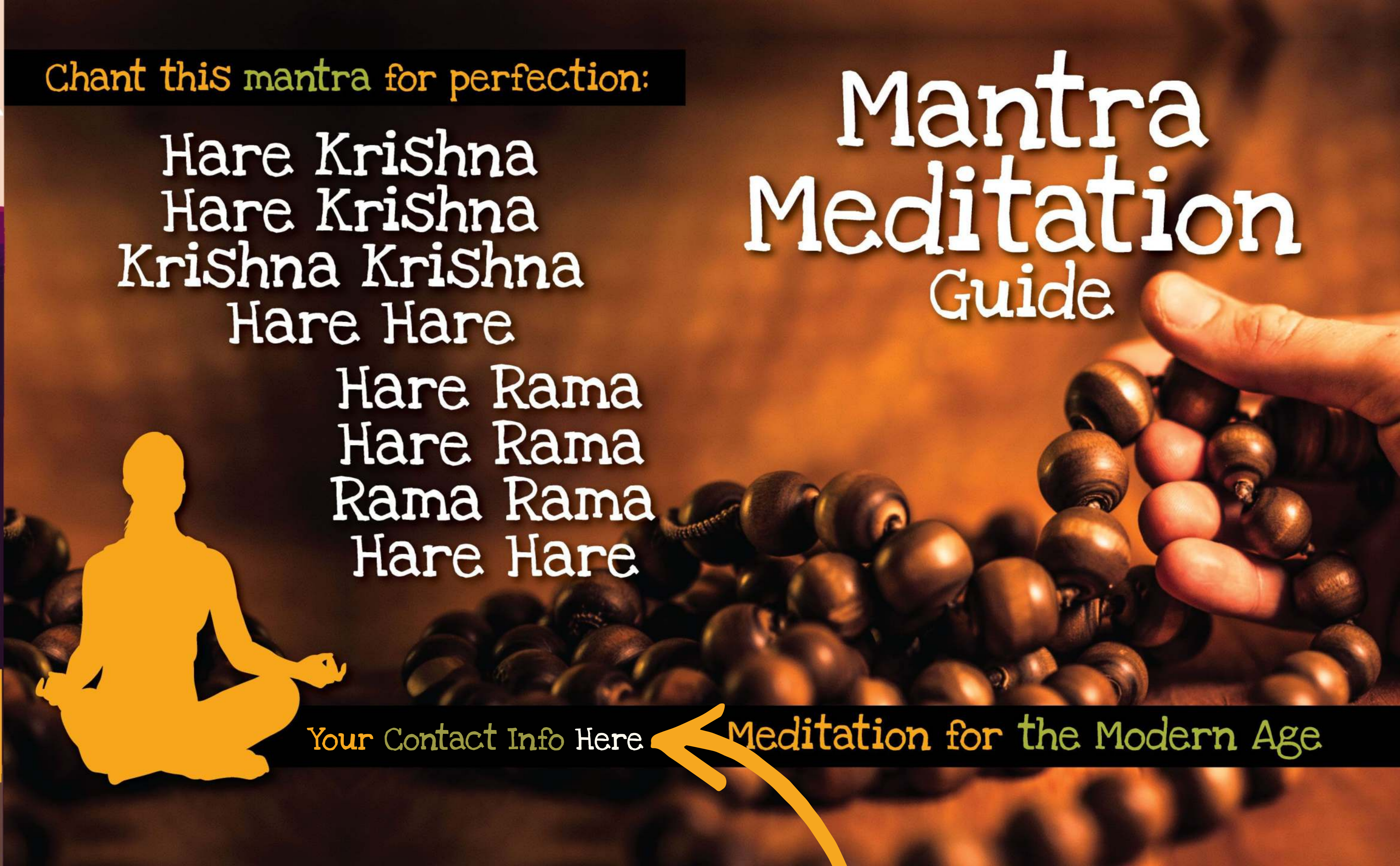
Hare Rama  
Hare Rama  
Rama Rama  
Hare Hare

# Mantra Meditation Guide



Your Contact Info Here

Meditation for the Modern Age 



1

# Chant

Chant this spiritual sound vibration:  
**Hare Krishna Hare Krishna  
Krishna Krishna Hare Hare  
Hare Rama Hare Rama  
Rama Rama Hare Hare**

**Pronunciation:** Ha-ray / Krish-na / Ra-ma

This mantra consists of sacred names and is the most effective method for self-realization in this age.

2

# Focus

This chanting is not an artificial imposition of the mind; this consciousness is the original energy of the living entity. When we hear the transcendental vibration, this consciousness is revived. Simply set aside time to absorb yourself in the sound of the Mantra.

**TIPS:** Chant clearly.  
Listen attentively.  
Repeat enthusiastically!

3

# Repeat

An essential principle for deriving full benefit from yogic practice is just that—practice! Regular daily practice of this mantra meditation, will enhance one's life.

Habits can make us or break us.

## Every Town and Village

Spiritual authorities suggest that if **1% of the people of this planet** take up this practice of mantra meditation, the world would be completely transformed. A **golden age** of spiritual consciousness has been predicted, and the only question is whether we will take part.



## My Mind, Friend or Foe?

For those who have conquered the mind, it is the **best of friends**.  
But for those who have failed to do so, the mind remains the **greatest of enemies**.

-Bhagavad Gita 6.6



## How to chant on Beads?

In your right hand, starting next to the head bead, chant the Hare Krishna mantra on each of the surrounding **108 beads**. Once you return to the head bead, turn the strand around and continue. Each **"round"** takes roughly **5-10 minutes**.

**Chant and be Happy!**