

THE MARKET PLACE OF THE HOLY NAME

	Discoveries	Practice
Amṛta Vāṇī 1	<i>the power of faith</i>	<i>silence</i>
Amṛta Vāṇī 2	<i>all things will be revealed through chanting</i>	<i>controlling the mind</i>
Amṛta Vāṇī 3	<i>the name has the same effect as the form</i>	<i>purity</i>
Amṛta Vāṇī 4	<i>the fuel for spiritual life: mercy</i>	<i>contemplating the meaning of the mantra</i>
Amṛta Vāṇī 5	<i>chanting with feelings of separation</i>	<i>patience</i>
➤ Amṛta Vāṇī 6		<i>steadfastness</i>

❖❖❖ PRACTICE ❖❖❖

THE SIXTH STEP TO PERFECTING ONE'S CHANTING:

A-nirveda – Steadfastness

Steadfastness refers to persistence even in the absence of the expected results. Chanting means offering service to Rādhā and Kṛṣṇa. They are the enjoyers of the practice. To move from ego-centred chanting to Kṛṣṇa-centred chanting will help us not to become negligent under any circumstances whatsoever. We from the Śaraṇāgati-Team wish you all the best in applying these six steps.

During the recent *japa* and *kīrtana* retreat we focused especially on the practise of bringing the mind always back to the first 'Hare' of each *mahā*-mantra and then staying with the mantra as long as possible. I would like to encourage all of you to make this your central practice over the next few months.

To bring our chanting of the mantra to perfection, we have to try over and over again, and it is only in this way that we will strengthen our chanting muscles. Good luck!

