

Benefits of Chanting



In this materialistic world, the chanting of the Sree Lalitha Sahasra Namam, a Sanskrit namavali from the ancient Brahmanda Purana, forms an integral part in creating a mind devoted to mankind, sincere love, unity and by thus to God, and in avoiding hatred and animosity towards our enemies,

Human beings naturally have to face many obstacles and setbacks in life. However, it is our will to conquer them makes us successful in our endeavors. We should have the Belief, Confidence and Determination to try and attain this. In some cases, these qualities are inborn. But for many they must be cultivated, and a useful and beneficial way to do this is to seek solace in God, by chanting prayers while knowing their meanings. It will give the most benefits if one chants keerthans [inspirational hymns] and namavalis [lists of Divine names], with their meanings in mind. The devotee will be able to achieve more expressiveness and get closer to God.

May I, with the blessings of Goddess Sree Lalithambika (otherwise called as Durga ma, Kali ma, Lakshmi, Saraswati, Bhagavathi, etc, etc), list some of the benefits of regular chanting of Sree Lalitha Sahasranamavali:

* It is the most favored form of prayer to Goddess Lalithambika, and is also more secret and powerful than any other form of Tantra or Mantra.

* Regular chanting of Sree Lalitha Sahasranama is as beneficial as visiting religious places, taking bath in a holy river, offering food, or offering materials. It is an indirect blessing to those who cannot do these kind of offerings to Goddess.

* Regular chanting of Sree Lalitha Sahasranama will ward off the evil from uncompleted pooja vidhis or rituals etc. It is also a method of penance.

* Regular chanting of Sree Lalitha Sahasranama will ward off premature death, will provide a long and contended healthy life.

Fever can be cured by religiously chanting Sree Lalitha Sahasranamam by touching on a person's forehead. The more times you chant it, the more benefit you are likely to get. The vibhuti used for Sree Lalitha Sahasranama archana can be applied then on the forehead, which will give much relief to fever and headache.

* It is said that if one chants religiously Sree Lalitha Sahasra Namam keeping a glass of water (or in a vessel) in front and then pours it over the head, all sorts of troubles related to once planetary positions and from evil spirits will be warded off.

* It is said that if a person chants Sree Lalitha Sahasranama keeping in mind a picture of Sree Lalitha Devi situated in the divine ocean which contains 'Amrut,' s/he will be cured from any kind of disease related to poison.

* It is said that if a person consumes ghee, which is kept while chanting Sree Lalitha Sahasranamam, s/he will be cured of infertility and will have children.

* Regular chanting of Sree Lalitha Sahasranamam will ward off any kind of evil deeds or rituals (black magic) aimed at the person who chants the namam. The power derived from the chanting supersedes all other forms of prayers, and the person will no more need to consult astrologers or any sorts of occultists. S/he will have tremendous self-confidence.

* Through the regular chanting of Sree Lalitha Sahasranamam, the atmosphere will be purified. Each nerve in our body will be invigorated and subtle energies will be awakened in the person.

* A person who regularly chants Sree Lalitha Sahasranamam will be protected from accidents and the attacks of enemies and will make him victorious in all his good deeds.

* Regular chanting of Sree Lalitha Sahasra namam will make a person blessed with word power, fame, good will etc. Particular emphasis should be given to chanting Sree Lalitha Sahasranamam on Fridays, which are very auspicious for the blessing of Devi.

* Sree Lalitha Sahasranamam is a form of prayer that any one and every one can chant at any time and every time. It does not matter if one cannot complete it. Because each of the namam is in itself powerful and will provide all sorts of benefits. It depends on what you wish and how you go about it.

* It is said that chanting the name of Lord Siva once is as good as chanting the name of Mahavishnu a thousand times. And chanting the name of Devi once is as good as chanting the name of Siva, a thousand times. And of which Sree Lalitha Sahasranamam is the most important one to Sree Lalitha Devi herself.

* It is very beneficial if all members of the family unite and chants Sree Lalitha Sahasra namam once in a day in the evening or whenever time permits. A family that prays together stays together. It will bring about unity, peacefulness, clear mind to perform and by thus prosperity.

* In homes where Sree Lalitha Sahasranamam is chanted regularly, there will never be any shortage of the basic necessities of life. This is the reason why the ancient Gurus would instruct their disciples to chant Sree Lalitha Sahasranamam even after initiating them into the mantras of other deities such as Lord Krishna, Lord Rama and other Gods and Goddesses.

* It is also to be noted that by religiously chanting Sree Lalitha Sahasranamavali, we are seeking the blessings of Sree Lalithambika, who is also called Kalima, Durga ma, Devi, Parasakthi, Bhagavathi etc, who in turns is the universal mother. And how can a mother ignore her children when they are in distress or duress or troubles of any sorts? So keep utmost faith in her and start chanting.

* Each one of the namam by itself is a powerful weapon against many sorts of day-to-day problems. The importance and benefits and related stories of

each one of them will be listed successively in our page as per the wish of Sree Lalithambika.

NOTE: The Sri Lalitha Sahasranamam can be chanted in two different ways: In Stotra form or in Mantra form. In Stotram form, all 1,000 namams are separated into stotrams of a few namams each and recited in this way. In mantra form, each namam is said individually, preceded by "Aum" and followed by "Namah". When chanted in mantra form, the endings of each namam are generally changed to "e" or "yai". Mantra form is commonly used to recite Lalitha Sahasranamam during archana. Both ways, however, are equally effective.

<http://lalitha-sahasranama.blogspot.com/>