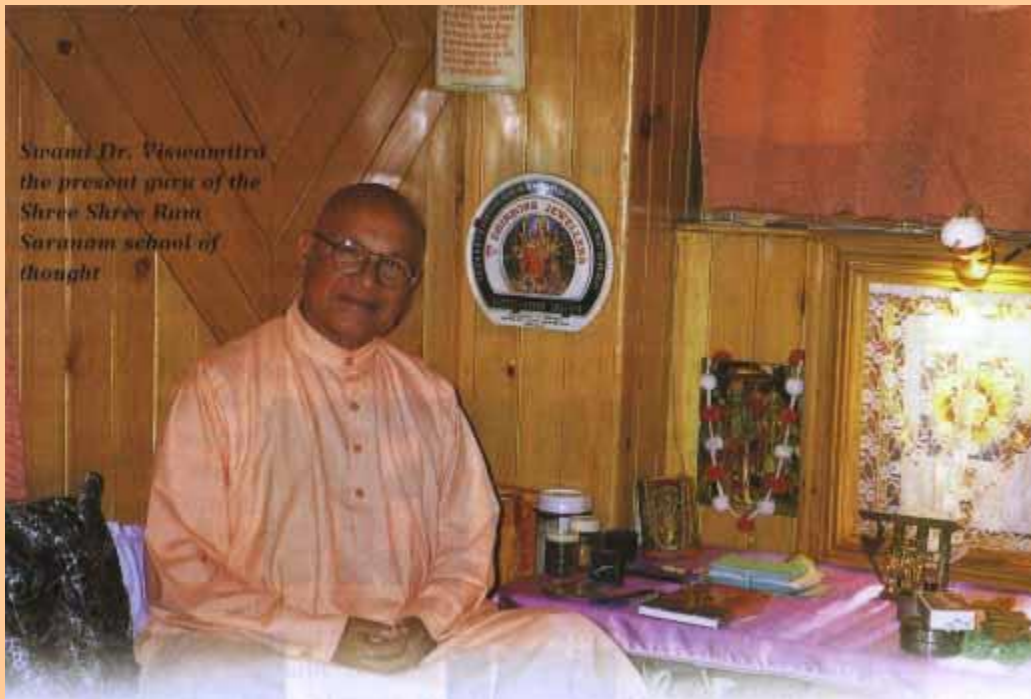


# The Celestial Sound of Ram Naam

Explaining the mysticism of Shree Shree Ram Sharnam, Swami Dr. Vishwamitter Ji Maharaj explained in an exclusive interview with Discover India at Manali.

Dr. Gautam Chatterjee

In Manualaya, the land of God and sages, lies Shree Shree Ram Sharnam Ashram. It stands amidst a tranquil environ of apple orchards that are laden with fruit throughout the year.



Swami Satyanand Saraswati was born in 1868 on Shukla Purnima (full moon day) in Rawalpindi (modern Pakistan). Before long, he lost his parents, and he was brought up by his uncle. By the time he was 17, he got the opportunity to interact with Jain Munis. Empowered with a sharp memory and dedication, he mastered the literary brought him name and fame. But, with the passage of time, he decided to move on and so he entered the Arya Samaj which preached the Vedas.

There after he preached the philosophy of 'Ram', the eternal sound, so that the common man could get an attainable spiritual direction without dogmas or ritualistic worship. Today, this sacred name besmeared millions around the world under the auspicious banner of 'Shree Shree Ram Saharnam' which literally means 'taking refuge in Ram'.

Swami Satyanand Saraswati propounds the theory of **Naam Japa** (reciting a name) on a scientific line of 'sound' phenomenon within and outside every human being. He looked into it more as a 'research scientist' of name theosophy where the end result remains a matter of 'experiencing' the bliss and living through it to attain enlightenment. There are no rituals or dogmas. The central theme is worshipping the name of Ram, and the utterance is the method of attainment of enlightenment.

In the doctrine of **Naam Yoga** one has to install the celestial sound in one's heart as the 'sound idol'. Though the process of loud and silent chanting within it envelops the mind and body. Then it works as a system of 'theosophical medication' curing ailments caused by chaos within and restores peace and tranquillity.

In the Shree Shree Ram Sharnam school of thought the name of Ram a certain number of times is not prescribed as a 108 or 1001 which is prevalent in other systems. Rather, one may chant the name as many times as possible even while working. And then there is the concept of **Ajapa Jaap**. This is a state of mind where internally the name continues to resound even when one is in deep sleep. Chanting name an unlimited number of times leads to creation of 'sacred space' which throws away the 'evil' of the mind and body thus purifying the soul. This is a method of 'sound' bathing. The sound 'Ram' works as a creative sonic energy within and wipes out human weaknesses to strive for the attainment of enlightenment.

Swami Satyanand attained parinirvana on November 13, 1960. Thereafter, a close disciple, Premji Maharaj, a homoeopath and spiritual healer, took the lead to expand the philosophy of Naam Daan. After him, the trust appointed Dr. Vishwamitter Ji Maharaj, a renowned ocular micro-biologist who has 22 years of service at the All-India Medical Sciences in Delhi.

Explaining the mysticism of Shree Shree Ram Sharnam, Swami Dr. Vishwamitter explained in an exclusive interview with Discover India at Manali that there are three primary **Ss** in Naam Japa:

**Simran** - taking the name of the Lord ceaselessly. Through this process the attributes of Lord Rama Besmear the soul. Thus, Rama dwells in the heart of the devout.

The second '**S**' is **samyam** (self-control) which develops ethical and moral refinement.

And the last '**S**' is **sewa** (service). This service does not mean donation of money or offering one's service but service to God by means of japa (counting the beads) and praying for others. Thus, Shree Shree Ram Sharnam also propounds the theory of **Vasudhaiva Kutumbakam** (the whole world is one family).