

Mantra Meditation Guide

Meditation for the Modern Age



Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare

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

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.



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

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

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.

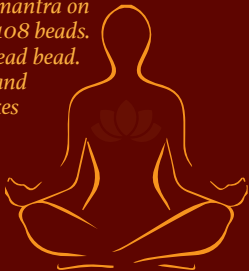
Habits can make us or break us.



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!



Chant this Mantra:

Hare Krishna
Hare Krishna
Krishna Krishna
Hare Hare



Hare Rama
Hare Rama
Rama Rama
Hare Hare



Vedic Cultural Center
ISKCON Seattle

1420 228th Ave SE
Sammamish, WA 98075
www.vedicculturalcenter.org

2022 Event Calendar

J A N	13	• Vaikuntha Ekadasi	S E P	03	• Radhastami
	14	• Makar Sankranti (Pongal)		TBD	• Rathayatra
F E B	12	• Varaha Dvadasi	O C T	07	• Appearance of Lord Vamanadeva
	13	• Nithyananda Trayodasi		08	• Srila Bhaktivinoda Thakur Appearance
M A R	21	• Srila Bhaktisiddhanta Sarasvati Thakur Appearance Day	09	• Bhadra Purnima / 3rd month of Chaturmasya	
	01	• Maha Siva Ratri	02	• Durga Puja	
	03	• Srila Jagannatha Dasa Babji Disappearance Day	04	• Sri Ramachandra Vijayotsava (Dussehra)	
	17	• Gaura Purnima	09	• 4th month of Chaturmasya (Karthik)	
A P R	18	• Festival of Jagannatha Misra (Holi)	24	• Dipavali	
	TBD	• Festival of Colors	25	• Govaradhana Puja	
	01	• Ugadi	28	• Srila Prabhupada Disappearance	
M A Y	10	• Rama Navami	30	• Krishnaween (TBD)	
	03	• Aksaya Tritaya	TBD	• Festival of Lights - Seattle Center	
	10	• Srimati Sita Devi Appearance	01	• Gopastami	
	14	• Nrsimha Caturdasi	03	• Srila Gaura Kisora Dasa Babaji Disapp.	
J U N	12	• Panihati Cida Dahi Utsava	N O V	04	• Bhishma Panchak Begins
	TBD	• Boat & Swing Festival		06	• VCC Event - Tulasi Saligrama Vivaha
	TBD	• Vegan & Vegetarian Festival	24	• Thanksgiving Appreciation Dinner	
J U L	28	• Srila Bhaktivinoda Thakur Disapp.	D E C	03	• Advent of Srimad Bhagavad-Gita
	04	• VCC 14th Anniversary		11	• Srila Bhaktisiddhanta Sarasvati Thakur Disappearance
	13	• Chaturmasya Begins	TBD	• Santa coming to VCC	
A U G	30-31	• Ananda Mela (TBD)	25	• Christmas Appreciation Dinner	
	11	• Lord Balarama Appearance Day / 2nd Month of Caturmasya	31 Jan 1	• New Year Celebrations / Harer Namaiva Kevalam Kirtan Festival (TBD)	
	19	• Sri Krishna Janmashtami			
	31	• Nandotsava / Srila Prabhupada Appearance Day			