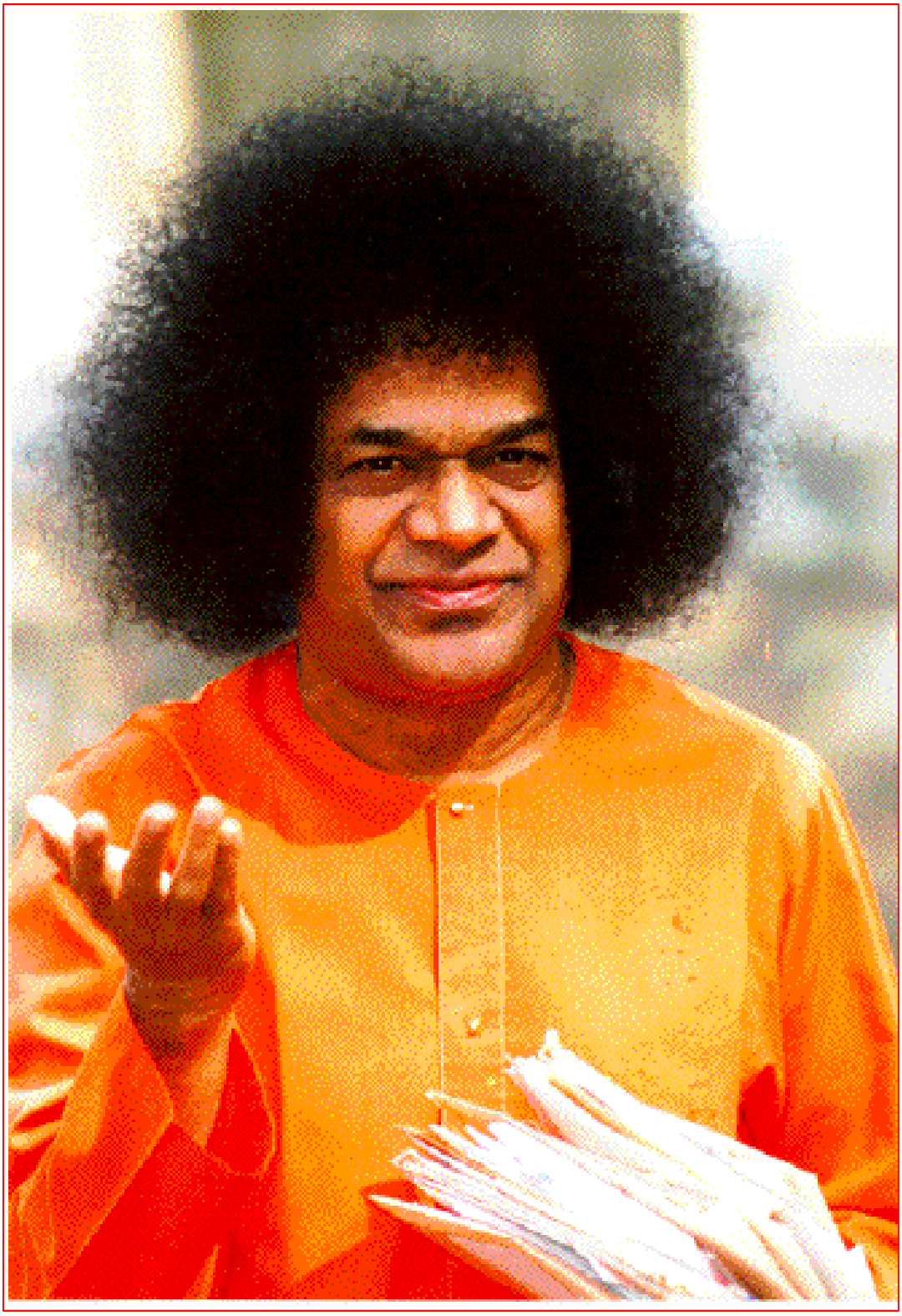
AUM SHREE SATHYA SAI BAABAAYA NAMAHA



LIKITHA JAPAM (writing the name of God)

AUM SHREE SAI RAAM

Simultaneously contemplating the Lord's name mentally, through verbal recitation and by the writing of the name, helps to purify the mind, speech and action. It also creates unity of thought, word and deed.

There is only religion; the religion of Love. There is only one God; He is omnipresent. Hence, the name that is chosen may be that of any form of God, from any religion. Please choose the name that is dearest to you.

The following points are advised:

- Maintain physical and environmental purity in order to keep your thoughts pure during this exercise.
- Use legible writing with no crosses or dirty marks.
- Use the same name of God throughout the book.
- Use a similar type of pen throughout the book, to ensure consistency of presentation.

AUM SHREE SAI RAAM

Mantra and *Japa* are essential for all types of men. What is a *mantra*? *Ma* means *manana* (ruminating) and *tra* means saving; so *mantra* means that which can save you if you meditate on it. *Mantra* will save you from being caught up in the coils of this worldly life which is infested with death, grief and pain. Of all *mantras*, the *Pranava* is the highest and the best. It is the very head and crown of all of them.

Prasnottara Vahini, Chapter XIII

The Lord's name is like a boat for a man crossing the ocean of life. It is supremely important in the *Kali* Age. It has been declared that there is nothing greater than the name of *Hari* in the *Kali* Age. By no other spiritual or religious practices can peace be attained in this age. The Divine name can turn poison into nectar. It can revive a lifeless thing. It is surcharged with infinite power.

Sathya Sai Speaks, Vol XXII; Discourse on 22 June 1989