



Many years ago, Ram Dass asked his teacher, Neem Karoli Baba, “How will I ever be able to return to the materialistic West, after having been in India, and learning what I am?”

Baba said, “*It's simple; Just love everyone, serve everyone and remember god.*”

Embodying the principles of Love (Prema), Serve (Sevā), and Remembrance of God (Namasmaraṇa)

Chanting and Meditation can be Guided by these Intentions:

◆ Chant & Meditate with love and devotion (Prema):

Prema is a Sanskrit term meaning unconditional, pure love, affection, and devotion, representing a selfless, deep spiritual connection rather than mere emotional desire.

- *When you chant, Infuse the repetition with feeling of pure love and devotion.*
- *Focus on cultivating love for the divine / expressing it through chanting.*
- *Bhakti Yoga is the path of love and devotion*

◆ Chant & Meditate as a form of loving service (Sevā):

Sevā is a Sanskrit word meaning “selfless service” or work performed without any expectation of reward, recognition, or personal gain. Rooted in Indian traditions like Hinduism, it is a form of karma yoga that serves humanity to cultivate humility, detachment, and devotion. In Buddhism, taking “right action” is loving service with intention to reduce suffering, do no harm, and being mindful of one’s words and deeds.

- *Understand chanting and meditation as an act of worship & loving service.*
- *This brings greater meaning and action to your practice.*

◆ Chant & Meditate with remembrance of the Divine (Namasmaraṇa):

Namasmarana in Sanskrit means: Nama (name) Smarana (remembrance)

It is the spiritual practice of constant, loving remembrance and chanting of the Lord’s name, serving as a powerful, simple method for achieving devotion and self-surrender. It involves repeating a sacred name or mantra—with the breath, in silence, chanting with your voice—to cultivate inner peace, purify the mind, eliminate negative traits, and connect with God. It is universal and accessible to all, allowing individuals to use any divine name.

- *Meditate on the names, forms, and qualities of the divine.*
- *This deepens your focus and helps you recall God throughout the day.*
- *Visualize images or think about stories associated with specific deities.*