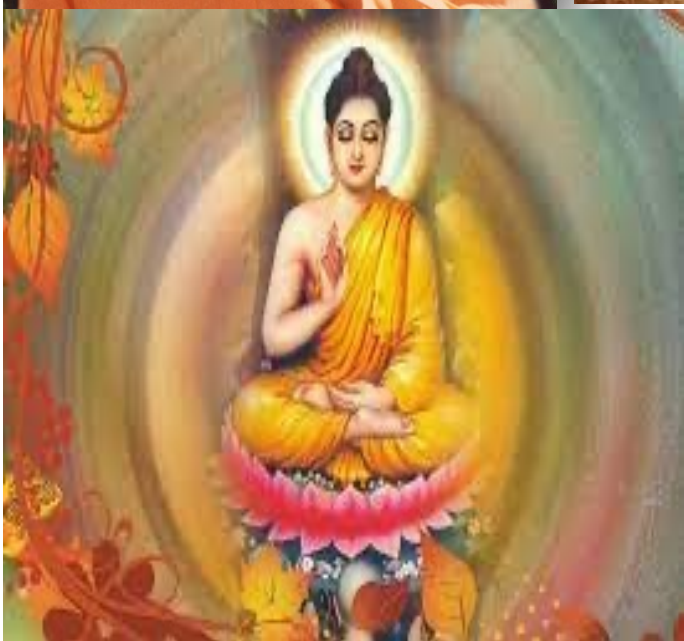
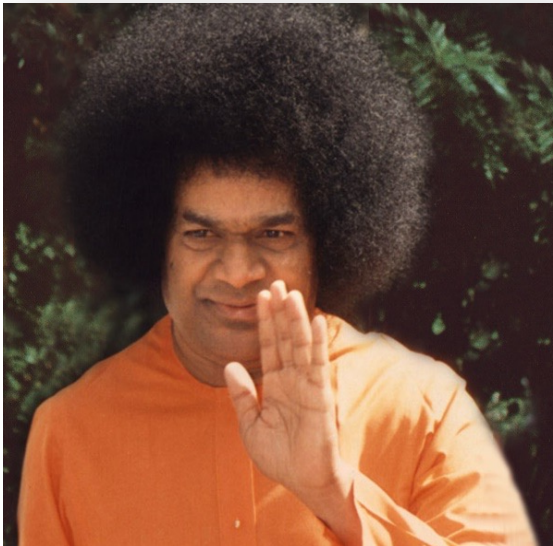


GROUP NAMA

ALL NAMES ARE HIS



Chanting the divine Name Is a simple prescription for wellness



How to chant A Divine Name/Mantra

Repetition with Faith, Devotion, Regularity

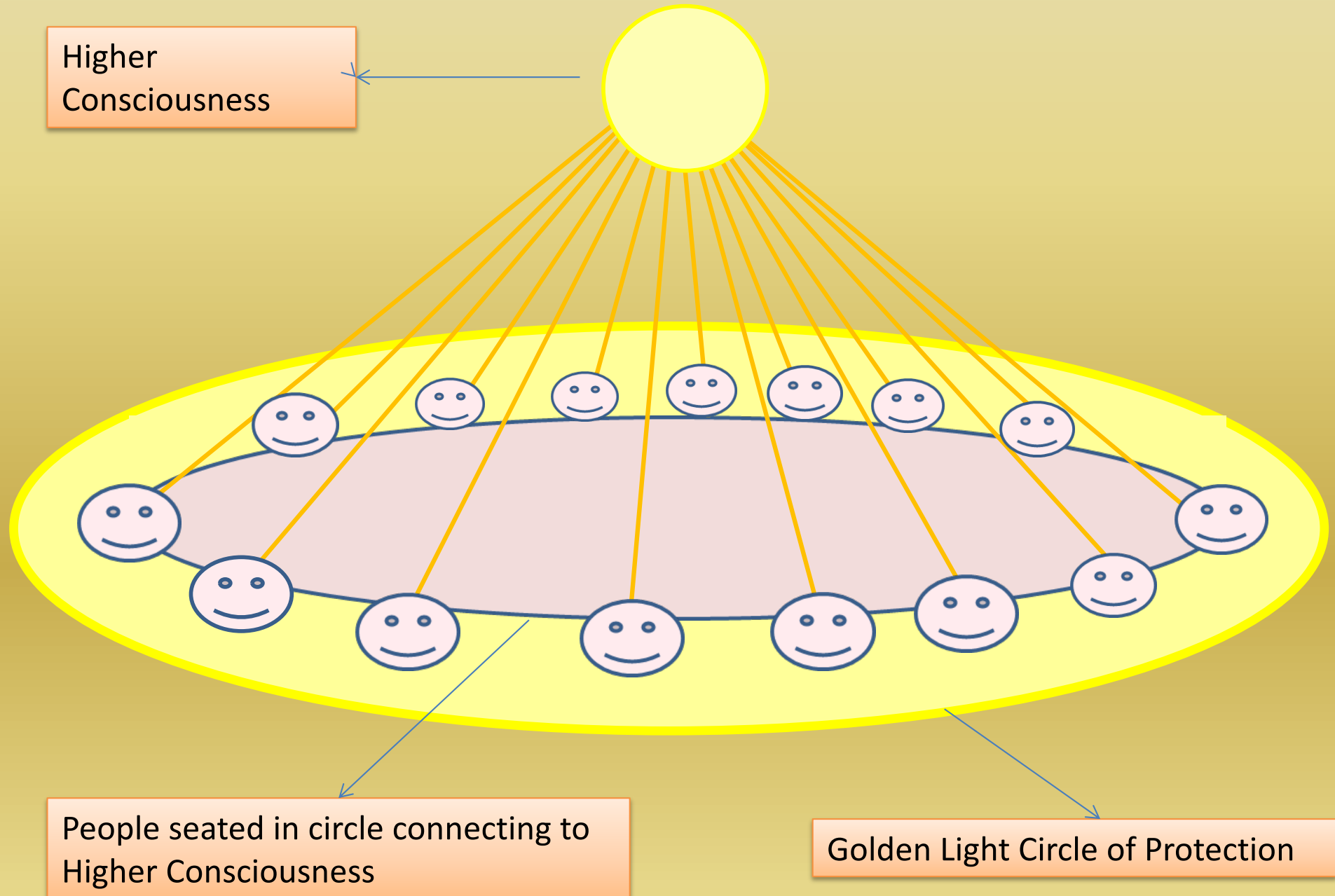


Intention

Attention

Result

Group Nama Smarana



Healing through group Namasmararam



- Ladies and gents to be seated separately.
- Inner circle hands in receiving mudra.
- Outer circle hands in giving mudra.
- Visualize a golden circle of light with a pyramid.(Circle of protection).
- Ask for protection.
- Inside the circle visualize a golden pyramid, invoke or invite the presence of Baba. Visualize all connected at the feet, heart and at the apex visualize Baba.
- One pointed chanting of His name with full focus and giving His love, light and wisdom for 108 times to others in inner circle.
- Pranam with gratitude to Baba

Group healing for all creations



- After earlier exercise of drawing a golden circle and pyramid. Stand facing the other's heart chakra from the back in a circle.
- Chant *Sai gayatri and Samastha Loka Sukino Bhavantu* seeing an electric blue light moving clockwise and like a ripple in a pond see Baba's love energy moving outwards to all creations and the Universe.
- Pranam with gratitude to His lotus feet.