Name: _____ Date: _____

2. Kirtanam (Chanting)

Why is chanting the holy name the Yuga dharma for Kali Yuga?

There are different processes to achieve perfection in each age. In the Srimad Bhagvatam (12.3.52) it is explained that:

kṛte yad dhyāyato viṣṇuṁ / tretāyāṁ yajato makhaiḥ
dvāpare paricaryāyāṁ / kalau tad dhari-kīrtanāt

In Satya Yuga, the process to achieve perfection is meditating on the Supreme Lord.
In Treta Yuga the process to achieve perfection is performing yajnas.
In Dvapara Yuga the process to achieve perfection is deity worhip in the temple.
In Kali Yuga the process to achieve perfection is chanting of the holy names of the Lord.

In Kali Yuga, it is not possible to perform the processes recommended in the other three yugas. Why is that? In the Srimad Bhagavatam (SB 1.1.10) it is explained:

prāyeṇālpāyuṣaḥ sabhya / kalāv asmin yuge janāḥ
mandāḥ sumanda-matayo / manda-bhāgyā hy upadrutāḥ

In Kali yuga, we cannot practice all the processes practiced in other ages because:
People in the age of kali are:
1. Short lived,
2. Quarrelsome,
3. Lazy,
4. Misguided,
5. Unlucky and,
6. Always disturbed.

Therefore in Kali Yuga the only method recommended is the repeated chanting of the holy names of the Lord.

Chanting was powerful in other ages too, but it is especially powerful in Kali Yuga. Simply by chanting the holy name of Krishna one can be liberated and return home, back to God Head. So even if you are able to perform other processes of devotional service you can make chanting the main method for your own spiritual progress.

What are the qualifications required to chant Hare Krsna?

Hare Krsna Hare Krsna Krsna Krsna Hare Hare / Hare Rama Hare Rama Rama Rama Hare Hare

There are no hard and fast rules to chant Hare Krsna. It can be done by anyone, at any place and in any circumstances of life. Even if someone doesn't have a good birth, is sick, is uneducated or poor, the chanting of the holy name will still act for him.

The holy name can be compared to: Medicine, Fire and Poison. Just as medicine, fire and poison will act on any one who comes in contact with them, irrespective of their situation, similarly the holy name will also benefit anyone who comes in contact with it.

Is chanting Hare Krsna a waste of time?
Life is a preparation and death is the final examination. Just as an intelligent person prepares for his examination early, or just as a professional athlete prepares for years or decades before the final Olympic race, similarly a devotee chants Hare Krsna throughout his life, so that at the final moment of his life (death) can remember krsna.

What is the advantage of remembering Krsna at the time of death?
For one who remembers Krsna at the final moment of his life, he will be liberated from the repeated cycle of birth, old age, disease and death and will be taken back home back to Godhead to live an eternal life joy and bliss with Krishna.

In Bhagavad Gita (8.5) Krishna explains:
anta-kāle ca mām eva / smaran muktvā kalevaram
yaḥ prayāti sa mad-bhāvaṁ / yāti nāsty atra saṁśayaḥ

"Whoever, at the end of his life, quits his body remembering
Me alone at once attains My nature. Of this there is no doubt."

Therefore the scriptures recommend;
Harer Nama Harer Nama Harer Namaiva Kevalam
Kalau nasty eva nasty eva Nasty eva gatir anyatha

Translation: "In this age of quarrel and hypocrisy the only means of deliverance is chanting of the holy name of the Lord. There is no other way. There is no other way. There is no other way."

The holy name to be chanted in the modern times is the Hare Krsna Maha Mantra,

Hare Krsna Hare Krsna Krsna Krsna Hare Hare / Hare Rama Hare Rama Rama Rama Hare Hare

What are the different ways of Kirtanam?
☺ **JAPA**: We repeatedly recite the Hare Krishna Maha Mantra on beads, only loud enough for ourselves to hear.
☺ **KIRTAN**: We sing Kirtan loudly, along with mrdanga drum kartals for our benefit and for benefit of other people.
☺ **KRISHNA KATHA**: Chanting also means hearing lectures about Krishna or telling someone about Krishna's pastimes, His wonderful qualities and His beautiful form are also ways of chanting.

Parent's Sign: _____

Hare Krsna Hare Krsna Krsna Krsna Hare Hare / Hare Rama Hare Rama Rama Rama Hare Hare