

What is Japa?

The Sanskrit word *japa* is derived from the root *jap*-meaning "to utter in a low voice, repeat internally, mutter".

"Japa" is a spiritual discipline involving the repetition of a mantra or name of God with or without counting devices such as malas / rosaries. The mantra or name may be spoken softly, enough for the practitioner to hear it, or it may be spoken purely within the recitor's mind. Japa may be performed whilst sitting in a meditation posture, while performing other activities, or as part of formal worship in a group. It is a practice used by aspirants of all religions all around the world as a powerful tool to control the mind & increase the positivity in & around them.

At the time of japa one repeats a mantra for a prescribed number of times such as 108 times or multiple of 108, so in order to keep account of the number of repetitions made one uses a mala consisting of specific number of beads. In order to count the number of rounds of japa done; grains of rice are used; the grains of rice are counted and put in a metal pot. Each time a mala is completed, one grain of rice is removed from the remaining number of grains.

Malas get charged with energy after they have been used for japa frequently. If one has done 125,000 repetitions of the mantra on a mala, it becomes charged with very high energy (siddh).

There is a methodology to perform japa; one should strictly follow the same in order to perform effective japa. To know more on the same visit [How to perform Japa?](#)

Purpose of Japa

The aim or goal of japa varies greatly depending on the mantra or intention involved and the religious philosophy of the practitioner. In both Buddhist and Hindu traditions mantras may be given to aspirants by their guru, after some form of initiation. The goal could be moksha, nirvana, bhakti, or simple personal communion with God in a similar way to prayer. People also practice japa for cleansing of their soul or to develop intuitive powers.

Performing japa gives the person lot of peace, calmness, stability & keep negative thoughts, stress, depression, fear, complexes at bay. They exercise their mind by doing prayers or japa, often with rosaries / malas.

One can use a mala of 27+1 beads or 54+1 beads or 108+1 beads specifically to perform japa, however one round of japa is completed only on chanting the mantra 108 times. To know more about the significance of specific number of beads in a rosary visit link [significance of 108 beads](#).

Do write to us if we could be of any further help to you, we would be glad to assist you.

Possess the Power of Rudraksha.....RudraBlessings.