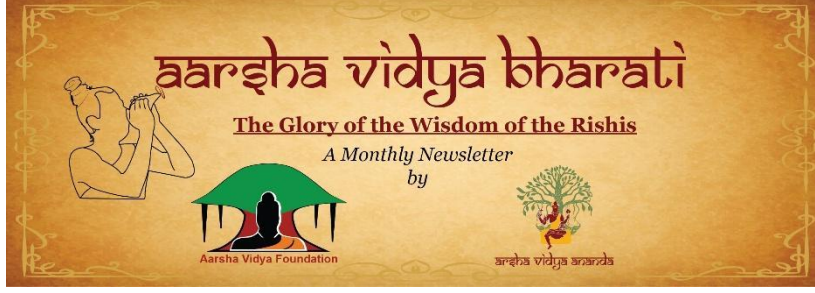

Aarsha Vidya Bharati – Dec 2023

Agrahayana - Pausa 2080

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [dec 2023 issue](#) and read any of [the articles](#).

Vishnu Krupa

By Rashmi Kaikini, Mumbai

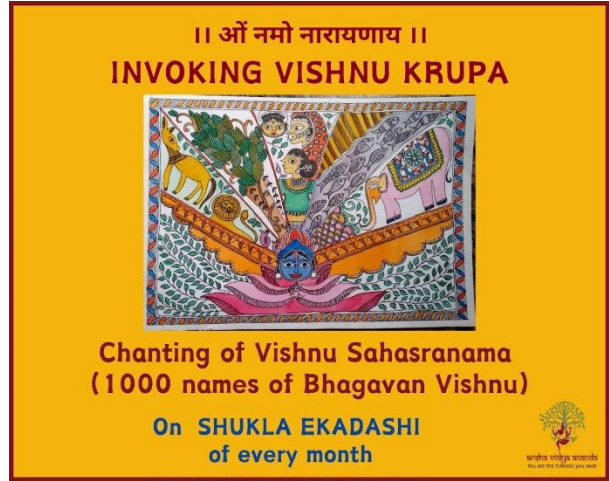
On *Akṣaya Tritīya* day in 2015, Swamini Brahma-prajnananda had begun sharing Pujya Swami Dayanandaji's teachings from the great treasure that is in the form of *Viṣṇu Sahasranāma*.

For more than 2.5 years, the meaning of one word a day on a facebook group and whatsapp group was shared daily. This teaching was intended to be an online supplement to the study of the *Bhagavad Gīta* for most of the offline and online Vedanta students. But it became bigger than that. Many others joined and were able to discover much joy and meaning in their lives with the discovery of *Īśvara*.

The idea of forming a Vishnu krupa group to just chant *Viṣṇu Sahasranāma* was floated a few years ago. The idea picked up steam when Vedanta students of Borivali, Mumbai started meeting every *Śukla-pakṣa Ekādaśī* to chant the *Viṣṇu Sahasranāma*. Seeing the benefits of chanting and the enthusiasm of the members we decided to chant on a daily basis from 2023 Jan onwards and took a *sankalpa* for *Loka-kalyāṇa*, wellbeing of the world.

These are the steps followed –

- Every evening at 5 pm IST, the group meets online.
- Besides *loka-kalyāṇa*, a specific *sankalpa* is made for people who are going through crisis or illness for healing and blessings of Lord *Viṣṇu*.
- Each member takes turn to arrange and conduct the *pañcopacāra pūjā*, five step *pūjā*.



- Tulsi leaves are offered while chanting “*Om namo bhagavate vāsudevāya*”, 54 times. Each one gets to chant some verses from the *Viṣṇu Sahasranāma*. Some join just to listen to the chanting.
- Meaning of the importance of a *nāma* of *Bhagavān Viṣṇu* is also read out. The group disperses after chanting the *Swasti mantra*-s.
- Due to different commitments, some people may miss some evenings. Even if two people are present, we meet online.

Some of the members were glad to share the blessings of chanting,

I am very thankful to Swaminiji, Rashmi and all the members of the Viṣṇu Sahasranāma group for providing an opportunity to learn and study it. This is a great way to start us on the Vedanta path. It has helped in learning the chanting method. We are learning about the glories of Lord Vishnu and its impact on our day to day lives. – Ajit Pillai.



Chanting of Viṣṇu Sahasranāma has brought abundant blessings to me personally, some of them being: 1) Tremendous self-confidence / assurance of backing from God, 2) Physical and mental healing, 3) Enhanced decision making, both personally and professionally, 4) Freedom from improbable fear, 5) Self-awareness, 6) Protection from disasters / misfortunes. - Jyoti Kudalkar.

A significant insight for me is that I include people I know are seeking Bhagavan's grace in my prayers during our chanting. Personally, the daily chanting of Bhagavan's names has been aiding my recovery from hearing loss. – Madhurima Srivastava.

It helped me gather control over my emotions and expanded my thoughts process to pray for everyone around me! Lastly, I feel it has helped better my memory and made me more organised. – Neelima Bafna.

I started chanting Viṣṇu Sahasranāma since past 1 year. Needless to say it gives a very positive vibe in your daily routine. Moreover, I was operated for Tongue Cancer which impacted my speech to some extent. Due to regular chanting of Viṣṇu Sahasranama, my speech has improved considerably. – Girish Shetty.

Viṣṇu Sahasranāma is a compilation of 1000 names of Lord Viṣṇu. It occurs in the ‘Anuśāsana - parva’ of Mahābhārata. Repeating the names of the Lord is a karma which produces both seen and unseen results, the Lord being ‘karma phala dātā’, the giver of the fruits of our actions.

To ask for you or your loved ones to be included in the group prayer, please contact Rashmi at 9869538090.

**How about you too start a Vishnu Krupa group once a month?
You and others will only be blessed.**

[Click here to find a link to download the "Teachings of the Viṣṇusahasranama"](#)

[Subscribe](#) | aarshavidyabharati@gmail.com | [Vedic Wisdom Festival](#) | [Arsha Vidya Ananda](#) | [SHINE](#)