

DIGITAL RELIGIOSITY AND MAGICAL MANTRA

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Abstract

There was a time when people were more spiritual compared to today. Nowadays we see people as workaholic. They are no more interested in Puja ,archanas or reciting shloka from holy books like Bhagwat Gita, Koran , Bible, Gurugranth Sahib in any religion. Today's generation prefers in living in nuclear family thus the take away for next generation is they are unaware about the supreme power, rituals compared to the earlier one . The upcoming generation is said to be more hi-tech or techno- savvy in forms of technology they believe only those facts and figures in which they can apply logic and reasoning. Thus there was a time when verses were recited blindly believing in the existence of God. These chanting of mantras and verses actually created magic which has been forgotten by people. This drop in religious practices is due to lack of relationship, nuclear family and young generation busy in school and college and more involvement in Internet. In this paper I would like to explain the magic of reciting mantras in your life either digitally or individually to get the bliss of the creator, which further leads to human development.

Key words- Digital religiosity, Nuclear family, Internet, Human Development.

FULL PAPER

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In1990 Cyber religion was the term that arose to describe the interface between religious input and virtual reality. By the word cyber religion refers to presence of religious organization and religious activities in the semi imaginative place. By 21st century Digital religion became more famous and was catching pace among youngsters and often been studied among youngsters as web 2.0. It also focused on difference in terminology like

“**RELIGION ONLINE**” religious practice facilitated by people digitally and an “**ONLINE RELIGION**” religious practice transform and offers new forms of religiosity in digital sense. Digital religion is the practice of religion in the digital world, and the academic study of such religious practice. To be more precise in early 2000s, Christopher Helland(2000) introduced the distinction between religion online indicating established religious groups that use the Internet to enhance their activities, and online religion, describing interactive online practices existing mostly, or exclusively, online.

Thus it was found that religion could build social networks based on different religious traditions, doctrines, and values (Dana,2009). This suggest that religion can influence creativity and innovation through norms, customs, and beliefs that are to some extent pervading (Herbig and Dunphy,1998). Connecting digitally with different religion would lead to globalization and interaction with different culture, religion with their ethics and interest. The reconnection with religion digitally inspired a lot of people because people who were running after power, money and love were lonely at heart and they required peace of mind. Thus digital religion helped in reviving the magic of mantras, shloka and epics. The simplest of which is reciting mantras.

The word mantras come from two Sanskrit root words: **man** (mind) and **tra** (instrument). While meditating mantra is an instrument to focus and attune your mind. The sounds made by the repetition of mantras or phrases relax your mind and body and brings you in contact with eternal bliss. Chanting has benefits to both your body and mind. The rhythm and the tune of mantra, gives you some vibrations in your body and brings peace to mind and even reduces tension and stress. Rhythmic chanting regulates your breath and activates the chakras in your body, thus gives you a lot of energy. There are three main types of mantras **BIJA (seed) SAGUNA(with form), and NIRGUNA(without form)**. The Bija mantra can be used individually but are most often incorporated into Saguna mantras to invest them with special seed power. We use mantras to enhance our wellbeing.

SADGURU says – Mantra means a utterance of a sound or a syllable. Today modern science sees the whole existence as reverberation of energy at different levels of vibration. Thus where there is vibration there is sound which is amalgamated in Universe. Thus whole existence is filled with such sounds called mantras. If you use them intelligently they help in opening new dimensions of your life.

Some Magical Mantras which can change your life:

1. **OM**- The king of mantras. The OM is the sound of universe, resonating at 432HZ; this is the entire world in just one intensely pleasurable sound.
2. **OM Hari OM** is a universal mantra that removes suffering. This mantra contains within itself the cosmic vibration.
3. **OM GAN GANPATAYE NAMAHA**- Beej mantra of Lord Ganesh, if you chant it 108 times a day you can see significant difference in your professional life.
4. **OM NAMAH SHIVAY**- It means I bow to lord Shiva which is your true inner self, the divine consciousness that resides within you. It is said to be called the Panchaksari mantra.
5. **GAYATRI MANTRA – OM BHUR BHUVAH SVAH TATSA VITUR VARENIYAM BHARGO DEVASAYA DHI MAMI DHIYONA PRACHODAYAAT**. It is the most revered mantra from RIG VEDA. We meditate the glory of that being who has produced the universe; may he enlighten our minds.

6. **MAHAMRITYUNJAYA MANTRA – OM TRYAMBAKAM YAJAAMAHE SUGANDHIM PUSHTHIVARDHANAM URVAARUKAMIVA BANDHANAAN MRITYOMUKSHEEYA**

MAAMRITAAT- We worship the three eyed lord **SHIVA** who is fragrant and who sustains all living being. It is helpful for overall health and enlightened.

7. RUDRA GAYATRI MANTRA- OM TATPURUHAYE VIDMAHE MAHADEVAYE DHIMAHI TANNO RUDRA PRACHODAYAT- Oh the mightiest of the gods, the ideal Purusha Mahadev bless me with the higher intellect and enlighten me with knowledge.

8. OM NAMOH BHAGVATE VASUDEVAYA- This mantra is dedicated to lord **VISHNU** and lord Krishna meaning- “ prostration to krishna” or “ surrender to krishna” or salutations to the universal god Vishnu.

9. HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE HARE RAMA HARE RAMA RAM RAMA HARE HARE- It is called the Maha mantras of the Vaishnavas.

10. OM NAMO NARAYANA-means adoration to lord Vishnu or Narayana.

11 HANUMAN MANTRA- MANOJAVAM MAARUTATULYAVEGAM JITENDRIYAM BUDHHIMATAAM VARISHTAM VAATAATMAJAM VAANARAYOOTHAMUHYAM SHRI RAAMA DOOTAM SHARANAM PRAPRADYE – This manta helps to overcome depression and gain mental peace.

Basically I am stressing on practicing these mantras online because nowadays we are busy in multi task. By joining such religious sites online and chanting mantras while travelling to office, or during morning walk or evening stroll or during your workouts or yoga lesson are neither disturbing your schedule nor have you to spare additional time for it. If we are connected online with some religious sites we are connected to God and at the end of the day you get some food for thought where we are landing, our inner conscience pricks us to be a good human being. So if we practice by promising to recite the mantras first one mala and then at least 11 mala per day. If we put this much effort also then we see the change in our life. The magic of reciting the mantras can be felt; you remain more calm and composed during tough time and keep on saying to yourself that God is standing beside me with his arms open ready to help me in this materialistic world. If you have this yearning than you need not devote time to read scriptures or Vedas you have achieved everything.

A manta is a healing device, and nowadays in order to overcome their boredom children or adults are engaged in more online game, chatting, facebook, instagram with no physical work. A little change can make a big change in your life. Activities in which they are engaged can make them as well as destroy them, time spent on facebook, insta can be utilized to connect too Community, learn and spread the word of God. Chanting mantras together can even strengthen the bond between the child and parent, make a peaceful atmosphere around you help you to understand your kid more, virtual chanting or live chanting helps you to be more social with people. A mantra is simply a word or phrase that has meaning for you. This meditation consists of five mantras- or five words- each of which you repeat for one minute. The five words are the following: **Release, Peace, Tranquility, Love and Joy.**

Benefits of Chanting Mantra-

1. It helps in removing all the negative things from your body and mind making you calm and cheerful.
2. It cleans your aura.
3. It increases self confidence and will-power.
4. It develops angelic qualities ie compassion, truth, love, purity, fearlessness, patience, courage and honesty.
5. Your intuition power increase.
6. It sharpens your mind.
7. It makes you more energetic.
8. You get sound sleep and it helps to cure insomnia.
9. It increases your concentration.

10. It controls your lust anger and greed.
11. It removes toxin from your body.
12. OM chanting gives strength to your vocal chords and muscles around it.
13. It controls your blood pressure and your heart will beat at a regular rhythm.
14. It reduces stress.
15. It improves your endorphins level which improves your mood and feels refreshed and relaxed.
16. It improves emotional stability.
17. Develops a stable and balance personality.

Conclusion:

People require too learn the magic of mantras because they are living an artificial life, with no peace of mind. They are only running after money, power and lust. The present life has become so monotonous that they don't have time to sit and talk to each other. The unresolved grievances leads to break up in relationships , suicide at an young age, or addiction to drugs or drinking which further destroys the health of the person. Thus I request that in school and college not only value education classes should be conducted but the magic of mantras should also be taught and made compulsory. So that in future if a person losses his peace of mind in this materialistic world he can bounce back by reciting these mantras and handle his hardship without putting an end to his life.

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