

Kiirtan is the singing of a mantra aloud while ideating on the Supreme Being. It inculcates the feeling of bliss and prepares the mind for meditation, because in performing it all the motor and sensory organs are engaged and directed towards the Supreme. It can be done anywhere, any time, but the best time is just before meditation.

The mantra used for kiirtan is:

### **Baba Nam Kevalam**

*Baba* means "my most beloved One," *Nam* means "name of" or "to identify with," and *Kevalam* means "only." So the meaning of the mantra is "My most Beloved is the only One." The ideation is: "Everywhere I look, in everything I hear, feel, see, taste and smell, I perceive that one Supreme Consciousness which pervades all things."

Kiirtan has many benefits. It purifies the mind and prepares it for meditation, accelerating the speed of movement toward the Supreme. Because of the mental clarity achieved, one easily finds solutions to problems while performing it, as well as relief from physical and psychic ailments.

