



# The Nectar of Chanting

*Swami Muktananda, Bhagavan Nityananda*

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Do not be lazy in Swadhyaya (chanting and reciting sacred texts) - do not neglect it! Swadhyaya is, in fact, a way to study yourself. It has been practiced from time immemorial by great beings - enlightened beings, leaders, teachers, preceptors and fully realized masters - and they have inspired others to practice it as well. Swadhyaya increases inner radiance, mental vigor and agility. Its practice is far more uplifting than indulging in futile thoughts and unnecessary mental activity or following worthless tendencies. Swadhyaya embraces all aspects of yoga and grants all its rewards.

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