

|| Narayan Narayan ||

SAPT SITAARA

🌀 Jeevan Ke Sutra 🌀

NARAYAN REIKI IN GIVING WE BELIEVE



IN GIVING WE BELIEVE

《 Narayan Geet 》

Narayan Narayan ka udghosh jahan
Ram Ram madhur dhun vahan
Sabko khushiyan deta aparam paar
Jeevan mai lata sabke jo bahaar
Khole unnati, pragati, safalta ke dwar
Banata Satyug sa sansar
Wo hai wo hai hamaara

Narayan Reiki Satsang Parivar

Hamara NRSP Pyara NRSP, Nyara NRSP
Pyar, adar, vishwas badhata
Rishton ko majboot banata,
majboot banata,
Paropkar ka bhav jagata
Sachhayee, namrata,
seva mei vishwas badhata
Sat ko karta angikar
Banata Satyug sa sansar
Vo hai, vo hai, hamara

Narayan Reiki Satsang Parivar Satsang Parivar

Muskan ke raj batata
Tan, man, dhan se dena sikhlata
Humko jeen sikhlata
Ghar ghar prem ke deep jalata
Man, kram se jo hum dete hai
Vahi lout kar aata, vahi lout kat aata
Banata Satyug sa sansar
Vo hai, vo hai hamara

Narayan Reiki Satsang Parivar

NRSP, NRSP

Narayan Prayer

Early morning - Hold your left wrist with your right hand and say: -

Thank you, Narayan, for always being with us because of which today is the best day of our life filled with love, respect, appreciation and jackpots. Thank you, Narayan, with your blessing there is infinite energy and peace within us. Thank you, Narayan, for blessing us with abundant wealth which we utilize well. With your blessings, Narayan, every person, thing, place, circumstances,

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environment, time, wealth, weather, transport, horoscope associated with us is favourable to us. We are blessed, we are lucky with Narayan's infinite blessings on us, blessings on us, blessings on us. Thank you, Narayan, our house is blessed with happiness, peace, prosperity and completely secure. We are successful in all spheres of life. We are positive in thoughts, words and deeds. We always speak truth and follow the right path. Thank you, Narayan for blessing us with seven types of Happiness. Thank

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you Narayan for granting us the boon of lifelong good health because of which we are absolutely healthy. We are peaceful and joyous. Our mutual relationships are full of love and trust. We are happy and contented. Narayan, with your blessings we are leading a seven-star life and our golden period is going on and it is our firm belief that it will continue forever.

When you say this prayer, you will see that your life gets moulded according to the words you use in the prayer.

Thanks, giving technique

After saying Narayan Prayers in the morning, express gratitude to Narayan for at least five things you are blessed with. You can start with thanking Narayan for blessing you with a new day. Then thank Narayan for bringing the people and things in your life that make your life easy. According to NRSP Tuesday is Thanksgiving Day. Every Tuesday energize a candle with Ram Ram (108) 11 times and before going to sleep ignite it with gratitude to Narayan.

Reverence technique

Respect everyone. As you wake up in the morning, say, “I Love You, I Like You, I Respect You” to your parents and family members. Keep your mother's hand on your head and seek her blessing with the chant of Ram Ram 21. Mothers should bless their children by putting hands on the crown chakra of their children along with the chant of Ram Ram 21.

Precious 16 Technique

As soon as you wake up in the morning, look at your favourite idol or Guru's picture. Now hold your left hand's wrist with your right hand and say, 'Thank you Narayan for blessing me with a wonderful day.' Next, thank Narayan for all the blessings in your life and tell Narayan the type of day you want. Read a good book for 10 minutes, which shall act as nourishment for your mind and soul. Take oath that everyday you will do something, which brings smile on the face of your near and dear ones. (This technique takes 16 minutes.)

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Sunrays meditation technique

Everyday pray to the golden sunrays which enter your house to spread in each and every corner of the house and bring with them abundant happiness, peace, prosperity, growth, joy, bliss, enthusiasm and health Sanjeevni.

You can ask for any other specific wish also. Visualize your home and family members getting blessed by sunrays.

This process has to be visualized for 5- 10 minutes.

Do Ram Ram 56

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One-minute short prayer technique

Say your wish 3 times and
pray with the chant of
Ram Ram 21-5 times.

Chant of Ram Ram 56

For the fulfillment of any wish
chant Ram Ram 56,
56 times for 40 days.

Care account technique

To accumulate wealth, we open a bank account, similarly to accumulate healthy relationships, we need to open a care account. Care for all. Help everyone and try to bring a smile on the face of people associated with you. Care account is an immortal account which promises to be with you during your life time and after your life time.

Samadhan visiting minutes technique

Choose and assign 17 ½ minute from the entire day (according to your convenience). This time will be dedicated to resolve problems. Choose a corner, where you sit in solitude and ponder over the problems. Take a paper and pen and jot down your problems priority wise. Read the paper and you will realize that, some problems are insignificant and can be ignored. Some problems do not have immediate solutions hence can be reviewed later. Ultimately, we

are left with only one or two problems on which we need to work and resolve. You will find that the problems in your life will start decreasing, because now you are focusing on solutions.

Narayan magic mantra technique

When you are angry or disturbed then repeat the magic mantra, '**I am feeling Good, I am Happy**'. Along with this, present your wishes to Narayan because at that moment Narayan is closest to you and the fulfillment of wishes becomes easy, just like our parents agree to fulfill our wishes when we are annoyed. Similarly, Narayan also blesses us with our choicest wish to see us happy.

Happy formula technique

To be Happy, adopt this technique. Give your best to everyone, especially the person because of whom you are hurt and that too without any expectation. At times, unknowingly we hurt someone or get hurt by someone and share our thoughts with dear ones but we should restrict ourself from doing so.

Forgiveness technique

- a) In this process visualise the person with whom you are hurt or the person you have hurt, sitting in front of you. Hold the other person's left hand with your right hand and say, **I am sorry, Please forgive me, Thank you for forgiving me** and then say the Narayan mantra- **I love you, I like you, I respect you, I know you Love me, Narayan bless you** and

chant Ram Ram 21. If the person is elder to you, touch his feet as a mark of respect and if the person is younger to you then hug him. Visualise the person in white light leaving happily. Repeat the process till you totally forgive that person.

- b) For mistakes committed in the past which have caused hurt to someone or if you have been hurt by anyone then do the well-wishing mala of Ram Ram 56, 7 times for 40 days. Nature says that for the number of

times you seek forgiveness from the heart, whether the person from whom you seek forgiveness forgives you or not, God will pardon you.

Work accomplishment technique

To have confidence in your abilities and to encourage-say these magic mantras to yourself in all challenging situations:-

- I can handle.
- I can manage.
- I can afford.

These Magic Mantras become task accomplishing mantras and transform every unfavourable situation into a favorable one.

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Positive band technique

Whenever people speak negative in front of you, then fold the thumb of your left hand inside and roll the hand as a fist and pray to divine energies that only his positive energy is reaching you.

Narayan meditataion prayer technique

Early morning - Hold your left wrist with your right hand and say :-

Thank you, Narayan, for always being with us. Then pray to Narayan that he has filled you with tender attributes of benevolence, kindness, compassion, love, affection, care and forgiveness. With your right-hand feed energy in your left hand with the chant of Ram Ram 21, like you fill a pot. After you finish the mala, place this

pot filled with gentle attributes on your head. Slowly, when you feel your hands becoming lighter then place your hand on your lap. Calmly focus on your third eye chakra and sit for 15 to 30 minutes. Rub both the palms together and then open your eyes saying Narayan Narayan.

Shanti kalash meditation technique

Sit in a comfortable position

Visualize a beautiful golden pot (kalash) full of peace on your crown chakra and visualise the peace and calm entering your body. Then say the following statement - “Narayan aapka dhanyavaad hai, aapke ashirvaad se hamare bheetar aseem shanti hai, aseem shanti hai, aseem shanti hai.”

(“Thank You, Narayan, with your blessing, I am filled with infinite peace, infinite peace, infinite peace.”) Repeat this statement 14 times. Do this process four times a day(as you wake up, before lunch, before dinner and before you sleep).

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Techniques to be positive

a) Make happiness an integral part of your character. If you are hurt by anyone then, to come out of that hurt in the night before sleeping - place your left hand on your heart chakra and your right hand below it on the solar chakra and repeat “ I am peaceful and joyous” and chant Ram Ram 21. Repeat this process till you fall asleep.

b) If words uttered by someone are disturbing you and you are unable to come out of it then, place your left hand on

your heart chakra and your right hand below it and say “Narayan Give me strength to accept only positivity and blessings from the words spoken by others for me”.

Pleasant and positive word technique

Speak sweetly and positively in a pleasant manner to all. Make it a regular practice. After following this for a week test your health parameters. You will find your BP and sugar readings towards normal.

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Energizing Tizoreee technique

a) Energise your lockers, purses etc where you keep your money and valuables

Visualize your locker or the place where you keep money stacked with bundles of new notes of all denominations + a silver bowl filled with coins + jewelry and other valuables. Address it –“You are lucky for me. The wealth kept in you prospers, whenever you go to someone - fulfill their requirements, bless him with lots of prosperity (barkat

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badhautri) and come back to me in multiples. Say-I love you, like you, I respect you, Narayan bless you

Then do Ram Ram 56.

b) This Process can also be done with a Rs 10/- note daily and this energized note should be placed in the locker. You can use this note whenever required.

Energizing dining table/ office table technique

Visualize that all the edibles kept on the dining table which we are going to consume, work like sanjeevini in our body. Energize the same with Ram Ram56. In the similar manner energize all the edibles in your kitchen and energize the drinking water too. This process can be done for all the edibles and even your medicines. This process has a very positive impact on your body.

Value addition technique

Whenever you give anything to any one, give it with the blessings of abundance. Give the message to that thing-
“Whomsoever, you are going, please fill their lives with peace, prosperity and Happiness”. And chant Ram Ram 21.

Special prayer technique

State your objective and chant Ram Ram 21-56 times. For wealth related prayers you should chant Ram Ram 56, 56times.

For Memory-Small finger prayer technique

For remembering things gently stroke the small finger of your left hand, request it to remind you about the things you need to remember. Chant Ram Ram 21.

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Favourite subject prayer technique

To make any subject as your favourite subject, say-This is my favourite subject and I score maximum marks in this subject.

Wish fulfilling technique

For the fulfilment of any wish repeat the wish 200 times.

Positive security ring technique

Before sleeping tell this statement to your own self “ I am peaceful and joyous” . This sentence will create a security ring around you, make you calm and peaceful in your behaviour.

Praying for others technique

Whatever you need in your life, be it happiness, peace and prosperity, and if the same is required by another person then you should first pray for that person. Prayers done for others, open the door of abundance in your life. Your wishes are easily manifested.

Narayan help technique

Whenever you are disturbed then hold your left wrist with your right hand and say, 'Narayan Help' and ask for the solution from Narayan and see how instantly Narayan gives you the solution.

Narayan Reiki Satsang Parivar

is a social organisation with the mission that everybody leads a happy, healthy, wealthy, prosperous and harmonious life with success and progress in all spheres of life . To take the mission forward our Guru,

Rajeshwari ji Modi, "Rajdidi"

guides us through talks and satsang. Every Wednesday and on every second Sunday of the month Satsang is organised. Along with this, Narayan reiki, Karuna reiki, Vardan reiki , foundation to success and leading a meaningful life courses are organised. Our monthly magazine "**Satyug**" helps in spreading positivity.

Other publications

Monthly magazine,
" SATYUG "
Hindi and English together



Narayan Shastra ke
Anmol Vachan



Treasure of positive words

Narayan Reiki Satsang Parivar

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