

Japa

- [How to not chant Japa](#)

How to not chant Japa

<https://mahatmadas.com/32-ways-to-not-chant-japa/>

TO DO LIST JAPA

Meditating on your to do and shopping lists, sometimes adding and deleting items between mantras.



To Do List Japa

Meditating on your to do and shopping lists, sometimes adding and deleting items between mantras. This may also include mentally balancing your check-book or mentally going over which bills you have to pay. Caution: This process can cause you to lament about how many bills you have to pay, and thus changing your prayers from "Oh Lord, please engage me in your service," to "Oh Lord, please add a few more zeroes to the end of my bank balance."



I Hate Him Japa



While chanting, meditating on who hurt you, how badly you were hurt, how much you hate that person, and what you'll do to get back at him. By the end of 16 rounds your hatred has increased tenfold and you have developed excellent plans and strategies to take revenge.

I AM RIGHT JAPA



Meditating while chanting on how right you are and how wrong someone else is, and with every mantra you become more convinced how right you are. Also know as “Pump Your Ego Japa.”