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## **The Teachings**

### **A Partial Teaching on JAAP**

#### **Definitions**

##### **JAAP**

JAAP is the repetitive audible vocal chanting or singing of the syllables corresponding to the sound wave frequencies of the [Name of GOD - OMNMNKAAR](#).

##### **Kann**

One unit of Spiritual Energy generated by an individual for himself or herself through one [recitation of OMNMNKAAR](#).

The size of each single Kann will be dependent upon the **effort** and **intensity** with which that individual has spoken or recited OMNMNKAAR.

#### **Discourse**

##### **The Advice**

[GOD says: "When you need me remember me by my name OMNMNKAAR."](#)

GOD is One and the sounds of HIS Name are the same and available in every religion, culture and region of the universe.

When you remember GOD by reciting OMNMNKAAR, you receive [Blessings](#) as Nano particles.

## **The Promise**

[GOD](#) has given you a simple promise: “When you remember me by my name OMNMNKAAR, then I will come there to satisfy your need.”

**The sensing mechanism present in each ear is tuned to the frequency and wavelength of that individual’s voice only.**

As soon as you recite OMNMNKAAR, your ears convey your voice to GOD.

[Your communication channel to PARAMATMA](#) gets activated through your own voice and recitation of OMNMNKAAR.

On hearing OMNMNKAAR in your voice, PARAMATMA immediately manifests next to you and senses your needs on each of which HE bestows one [Ashirwad](#) each.

## **JAAP**

JAAP is a [Duty](#) to be performed by every female, male, young, old, sick and healthy, in every condition of life including pregnancy and while [nursing a child](#).

[OMNMNKAAR is to be spoken, recited, or sung, as a continuous word, the sounds of the letters which form OMNMNKAAR .](#)

When you recite HIS Name in the short version continuously, it is known as JAAP.

“OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR  
OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR  
OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR  
OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR OMNMNKAAR  
OMNMNKAAR OMNMNKAAR .....

**GOD has not laid down any restrictions, prohibitions, prescriptions, or conditions on JAAP.**

It is your choice, inclination, and responsibility.

If there is any doubt, ask [The Teacher](#).

OMNMNKAAR is to be spoken, or recited, or repeated, or sung phonetically.

O M N M N K A A A R are individual letters of the alphabet.

**You are not to read the individual letters.**

You have to pronounce the phonetic sounds associated with each letter of OMNMNKAAR in a smooth flow.

Some of the Partial Teachings are listed here from the [Index](#):

1. A Partial Teaching on [GOD](#)
2. A Partial Teaching on [Atma / Soul.](#)
3. A Partial Teaching on [Salvation](#)
4. A Partial Teaching on [Atma at The Court of The Chief Judge](#)
5. A Partial Teaching on [Sin](#)
6. A Partial Teaching on [The Story](#)
7. A Partial Teaching on [Purpose of Life](#)
8. A Partial Teaching on [Carrying Out The Life Task by Atma / Soul](#)
9. A Partial Teaching on [Time](#)
10. A Partial Teaching on [Satsang](#)

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