

## Master JinBodhi's Q&A

### **When Our Body Is Spinning During Chanting**

A person's body was spinning when chanting The Earth Store Bodhisattva's Heart Mantra. He quickly opened his eyes, and was asking for help. I have been chanting this mantra for a long time, but I have never felt my body spinning. If that is the case, it is better not to chant anymore.

This is the first time I have heard of this. Practicing under several dharma schools could make you confused. In my Bodhi school, we practice for health, fortitude and wisdom. Wise people are always able to control what they are doing. Our body is relaxed; but we are conscious of what we do. You won't ask me what you should do when you feel like killing, right? You know the answer; you can't kill because it is wrong.

We practice so as not to lose our reason and self-control. I suggest you chant with your eyes open. Evil fears the light. When you open your eyes, the light will enter your heart easier. This will banish any evil within you. If your body continues to spin, just stop chanting.