

QUOTES ON CHANTING 16 ROUNDS

1. As far as our ISKCON movement is concerned, we simply ask that one observe the four prohibitive rules and chant sixteen rounds. - SB 4.8.72 Purport
2. We have recommended in our Kṛṣṇa consciousness movement that a devotee chant sixteen rounds on beads daily and follow the regulative principles. That will help the devotee be fixed in his spiritual advancement in life. - SB 4.22.24 Purport
3. Follow the regulative principles and chant sixteen rounds daily of the Hare Krishna mantra. In this way, one's spiritual life will never be disturbed. - SB 4.23.5 Purport
4. If one rigidly observes the regulative principle of chanting sixteen rounds of the mahā-mantra every day, his dealings with the material world for the sake of spreading the Kṛṣṇa consciousness movement are not different from the spiritual cultivation of Kṛṣṇa consciousness. - SB 5.16.3 Purport
5. The devotees have been advised to refrain from four sinful activities—illicit sex, intoxication, meat-eating and gambling—and to chant sixteen rounds a day. These are bona fide instructions. - SB 10.2.31 Purport
6. One must first become a pure devotee by following the strict regulative principles and chanting sixteen rounds daily. - Cc Adi 8.73 Purport
7. If they follow the rules and regulations and chant sixteen rounds daily, their endeavor to preach the cult of Sri Caitanya Mahaprabhu will certainly be successful. - Cc Madhya 7.82
8. Chanting sixteen rounds does not take much time, nor is offering respects to the tulasī plant difficult. The process has immense spiritual potency. One should not miss this opportunity. - Cc Antya 3.100
9. we recommend our disciples to chant at least sixteen rounds on their japa beads daily, and this should be completed. But if one is not even able to chant sixteen rounds, then he must make it up the next day. He must be sure to keep his vow. - NoD 7
10. chant sixteen rounds of Hare Krishna daily, and execute all the functions of bhakti-yoga. In this way, we become attached to rendering service to Krishna, and we become practiced in this science. - Teachings of Lord Kapila 17 Vs Purport
11. We too can practice sad-achara if we perform devotional service regularly, including daily attendance at maṅgala-ārati and chanting sixteen rounds of the Hare Kṛṣṇa mantra on beads. These practices will gradually cleanse us of material contamination. - A Second Chance 12
12. You must practice how to love Kṛṣṇa. First you have to rise early in the morning. You don't like to, but you think, "I will rise early to satisfy Kṛṣṇa." This is the beginning. Then, "I have to chant sixteen rounds of the Hare Kṛṣṇa mantra on my beads." You may be lazy, you may not want to do it, but if you want to love Kṛṣṇa you must do it. You must do it. - Quest for Enlightenment 7

13. If one rigidly observes the regulative principle of chanting sixteen rounds of the mahā-mantra every day, his dealings with the material world for the sake of spreading the Kṛṣṇa consciousness movement are not different from the spiritual cultivation of Kṛṣṇa consciousness. - SB 5.16.3 Purport
14. Panchadravida: What if the person cannot chant sixteen rounds a day. He says, "I can't..."
15. Prabhupāda: Then he is not even a human being. He is a rascal. That's all. He is not a human being. What to consider of talking...? Don't talk about him if he cannot chant sixteen rounds. He is not even a human. He is animal. - Morning Walk Conversation, Hyderabad, April 20, 1974
16. Somebody, after initiation he promises, "Yes, I shall follow these rules and regulations. I shall chant sixteen rounds," before the fire, before the Deity, before the guru, and if he does not follow, then he is a cheater. - Morning Walk Conversation, Hyderabad, April 20, 1974
17. Chant sixteen rounds, and if you follow, that is surrendering to Kṛṣṇa. - Bg 7.1.3 Lecture
18. Why sixteen rounds? You chant sixteen hundred rounds. That is minimum, because you cannot concentrate your mind in chanting, you have no attachment for chanting, that is a, a regulative principle. You must. You must finish this. - SB 1.8 Lecture
19. Steady means if you follow the rules and regulations and chant sixteen rounds, then you will remain steady. And if you neglect, then māyā will capture you, immediately. - SB 1.8.20 Lecture
20. If everyone follows the simple rules and regulation, he will be successful. There is no doubt about it. There is no doubt about it. The four simple regulative principle: no illicit sex, no meat-eating, no gambling, no intoxication, and chant sixteen rounds. Very simple method. - SB 1.16.22 Lecture
21. Our line of action is not difficult: chanting sixteen rounds regularly, following the four regulative principles, take prasādam, read books, we have got so many books, speak, discuss about the subject matter amongst yourself, and this is the process. - SB 2.1.1-5 Lecture
22. We observe strictly the regulative principles and chant sixteen rounds minimum. That will save us. - SB 2.3.19 Lecture
23. We have to practice abhyāsa-yoga. You must chant sixteen rounds. That must be done. Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare/ Hare Rāma, Hare Rāma... You must rise early in the morning, perform maṅgala-ārātrika. Sādhu-śāstra. - SB 3.25.17 Lecture
24. The more you strictly follow the regulative principles, chant sixteen rounds regularly, the more you'll realize. - SB 5.5.1-8 Lecture
25. Deity worship and watering the tulasī plants, chanting sixteen rounds at least, and observing the rules and regulation, regulative principle... Then your life is successful. Don't neglect. Very seriously continue. - SB 6.1.49 Lecture
26. Anyone who takes to Kṛṣṇa consciousness, he becomes free from the material bondage and goes back to Godhead, back to home. So take seriously about this movement and execute the principle, namely no

meat-eating, no illicit sex, no intoxication, no gambling, and chant sixteen rounds. That's all right. - Arrival Lecture, Mexico, February 11, 1975

27. Take shelter of Kṛṣṇa and avoid these four principles of sinful life and chant sixteen rounds. Then easily you become advanced in spiritual consciousness, Kṛṣṇa consciousness. And as soon as you understand Kṛṣṇa, you become liberated immediately. - Initiation Lecture, Hyderabad, August 22, 1976
28. It is not very difficult to chant sixteen rounds and following the regulative principles, but if you follow strictly, rigidly, you'll get spiritual strength and you'll be honored all over the world. Just take this secret. - General Lecture, San Francisco, June 28, 1971
29. If we follow the regulative principles and chant sixteen rounds, that is our safe position. - Department Lecture, Mexico City, February 18, 1975
30. When I was child, I was not desiring to take medicine, but my parents desired. That desire should be forced. Similarly, this Hare Kṛṣṇa mantra, if actually the state is serious to do the best desirable thing, they should make a law that anyone who is not chanting sixteen rounds, he will be hanged! - Philosophy Discussions
31. The first beginning is chanting. If he follows the regulative principles and chants sixteen rounds, that is his qualification. And by that process, he'll come to the point of full surrender. - Room Conversation, May 4, 1972, Mexico
32. Our spiritual strength—to observe the regulative principles and at least chant sixteen rounds. Then you do other things. - Conversation with GBC -- May 25, 1972, Los Angeles