



**An Introduction to  
Śrīla Prabhupāda's  
— KISS FORMULAS —**



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— Presented by Śrīmatī Dāsī and team  
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# Śrīla Prabhupāda’s *KISS* Formula for Protection — and Perfection *KISS!* — Keep It Simple, *Sādhu* — *KISS!*

## (1) The Simple Things He Taught Us — A Drop A Day Wears the Stone Away —

Our Śrīla Prabhupāda gave us so much, so easily. There was no fanfare, for he was graciously unassuming, seeing himself simply as an instrument and messenger of his Guru Mahārāja. Our conditioned nature may sometimes have trouble with this, for that nature tends to be a little gross, doubtful and forgetful. Perhaps the preciousness and potency of what Śrīla Prabhupāda gave us has not really impressed upon our hearts. Perhaps our enthusiasm to follow the simple things he taught us has waned with the passing of time, or been butchered by mechanical, mindless habit. And so, let’s take another look at some of the simple things he taught us — this time through the divine eyes of Śrīla Sanātana Gosvāmī.

### Please Offer Obeisances

Just by offering obeisances to Lord Hari even once, a devotee can attain His transcendental abode.

— *Śrī Hari-bhakti-vilāsa, Vilāsa 8, Text 367 (V8.367)*



Those who offer obeisances everyday to the Supreme Lord, who is unlimited, the destroyer of demons, and beginningless, can avoid taking a trip to the abode of Yamarāja.

— V8.374



Even if one offers obeisances to Lord Hari with duplicity, all of his sinful reactions that have accumulated during hundreds of previous lives are at once eradicated.

— V8.370

### Please Honor *Caraṇāmṛta*

Know for certain that in Kali-yuga, drinking Lord Hari’s *caraṇāmṛta* is the best atonement for all kinds of sinful activities. Just by drinking *caraṇāmṛta*, one’s body becomes purified.

— V9.26,51



Planetary positions cannot harm a person who regularly drinks *caraṇāmṛta*, nor can thieves and rogues plunder him.

— V9.43



Lord Hari's *caraṇāmṛta* is more sanctified than all the holy places of pilgrimage and it destroys the sinful reactions of killing millions of living entities. Simply by drinking *caraṇāmṛta* and sprinkling a few drops on one's head, a devotee can please all the demigods.

— V9.25

### **Please Offer Kṛṣṇa Incense and a Ghee Lamp**

Those who offer incense to the Supreme Lord achieve prosperity in this life and enter the spiritual world in the next. Just as the incense smoke rises, the devotee who offers incense every day advances towards an exalted destination as a result of his devotional activities.

— V8. 25



The purification one achieves by bathing in hundreds of millions of holy places can be achieved simply by smelling the remnants of incense offered to Lord Hari.

— V8. 30



Lamps give us vision and upliftment. The more a devotee offers lamps to the Lord, the more he makes advancement.

— V8. 70



Lust, anger and pride that are born of ignorance, as well as one's material entanglement, are destroyed simply by worshiping the Lord with a beautiful ghee lamp.

— V8. 303

### **And Please Carefully Study Your “ABCs” Daily**

By drinking Ganges water in the form of hearing *Bhagavad-gītā*, which was spoken by Śrī Kṛṣṇa and which is the essence of the *Mahābhārata*, one does not have to experience birth again in this material world. Those who desire to accomplish the four objectives of life should daily recite or hear the *Bhagavad-gītā*, which has emanated from the lotus mouth of Śrī Kṛṣṇa.

— V6.226-227



The piety one achieves by studying all of the *Vedas*, histories and *Purāṇas* can be achieved simply by studying the *Bhagavad-gītā*. A person who regularly recites the chapters of the

*Bhagavad-gītā* containing the revelation of the universal form and the descriptions of the opulence of the Lord will become pleasing to everyone in the universe.

— V6. 221-222



One who recites the *Bhagavad-gītā* is considered to possess all kinds of knowledge, and he obtains the merit of giving 10,000 cows in charity. One who recites the *Bhagavad-gītā* every day achieves the eternal abode of the Supreme Lord, which is beyond the jurisdiction of fear.

— V6.218



**Amazing, isn't it?! Each of the simple little things Śrīla Prabhupāda taught us has the potency to take us Home, to free us from the debilitating bondage of sinful reactions. So why aren't we always feeling the benefits? It's a question we have to individually and honestly answer, isn't it?!**

**Please Cherish Your Relationship with the Process  
Śrīla Prabhupāda Has Given  
— Please Don't Minimize It! —**

# Śrīla Prabhupāda’s *KISS* Formula for Protection — and Perfection

***KISS!* — Keep It Simple, *Sādhu* — *KISS!***

## (2) The Potency of *Harināma* to Protect Us

[**The sages at Naimiṣāranya to Sūta Gosvāmī**]: Living beings who are entangled in the complicated meshes of birth and death can be freed immediately by even unconsciously chanting the holy name of Kṛṣṇa, which is feared by fear personified. The transcendental name of Kṛṣṇa, even though uttered unconsciously or by force of circumstances, can help one obtain freedom from the hurdle of birth and death.

— ŚB 1.1.14+p



In the *Kali-santarāṇa Upaniṣad* it is stated:

“The sixteen words—Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare/ Hare Rāma, Hare Rāma, Rāma Rāma, Hare Hare—are especially meant for counteracting the contaminations of Kali. **To save oneself from the contamination of Kali, there is no alternative but the chanting of these sixteen words.**”

— Teachings of Lord Caitanya



[**The Viṣṇudūtas to the Yamadūtas**]: One who chants the holy name of the Lord is immediately freed from the reactions of unlimited sins, even if he chants indirectly [to indicate something else], jokingly, for musical entertainment, or even neglectfully. This is accepted by all the learned scholars of the scriptures.

— ŚB 6.2.14



**The material existence of our present status is full of fear. Out of the four problems of material existence, namely the food problem, the shelter problem, the fear problem and the mating problem, the fear problem gives us more trouble than the others. We are always fearful due to our ignorance of the next problem. The whole material existence is full of problems, and thus the fear problem is always prominent. This is due to our association with the illusory energy of the Lord, known as *māyā* or external energy, yet all fear is vanished as soon as there is the sound of the Lord, represented by His holy name, as it was sounded by Lord Śrī Caitanya Mahāprabhu in the following sixteen words:**

*Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare  
Hare Rāma, Hare Rāma, Rāma Rāma, Hare Hare*



**We can take advantage of these sounds and be free from all threatening problems of material existence.**

— ŚB 1.11.2p



In the present age of Kali there will eventually be a great scarcity of water (*anāvṛṣṭi*), for the general populace, due to ignorance and the scarcity of *yajñic* ingredients, will neglect to perform *yajñas*. *Śrīmad-Bhāgavatam* therefore advises: *yajñaiḥ saṅkīrtana-prāyaiḥ yajanti hi sumedhasaḥ*. After all, *yajña* is meant to satisfy the Supreme Personality of Godhead. In this age of Kali, there is great scarcity and ignorance; nonetheless, everyone can perform *saṅkīrtana-yajña*. Every family in every society can conduct *saṅkīrtana-yajña* at least every evening. In this way there will be no disturbance or scarcity of rain. **It is essential for the people in this age to perform the *saṅkīrtana-yajña* in order to be materially happy and to advance spiritually.**

— ŚB 5.4.3p

**Please Cherish Your Relationship with Nāma  
— Please Don't Minimize It! —**

# Śrīla Prabhupāda's *KISS* Formula for Protection — and Perfection

***KISS!* — Keep It Simple, *Sādhu* — *KISS!***

## **(3) *Prasādam* Means Protection**

The devotees of the Lord, who are in Kṛṣṇa consciousness, offer food to Kṛṣṇa and then eat — a process which **nourishes the body spiritually**. By such action not only are **past sinful reactions in the body vanquished**, but **the body becomes immunized to all contamination of material nature**. When there is an epidemic disease, an antiseptic vaccine protects a person from the attack of such an epidemic. Similarly, food offered to Lord Viṣṇu and then taken by us **makes us sufficiently resistant to material affection**, and one who is accustomed to this practice is called a devotee of the Lord. Therefore, a person in Kṛṣṇa consciousness, who eats only food offered to Kṛṣṇa, **can counteract all reactions of past material infections, which are impediments to the progress of self-realization**. On the other hand, one who does not do so continues to increase the volume of sinful action, and this prepares the next body to resemble hogs and dogs, to suffer the resultant reactions of all sins. **The material world is full of contaminations, and one who is immunized by accepting *prasādam* of the Lord (food offered to Viṣṇu) is saved from the attack, whereas one who does not do so becomes subjected to contamination.**

— Bg 3.14p



**The devotees of the Lord are released from all kinds of sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin.**

The devotees of the Supreme Lord, or the persons who are in Kṛṣṇa consciousness, are called *santas*, and they are always in love with the Lord as it is described in the *Brahma-saṁhitā* (5.38): *premāñjana-cchurita-bhakti-vilocanena santah sadaiva hrdayeṣu vilokayanti*. **The *santas*, being always in a compact of love with the Supreme Personality of Godhead, Govinda (the giver of all pleasures), or Mukunda (the giver of liberation), or Kṛṣṇa (the all-attractive person), cannot accept anything without first offering it to the Supreme Person. Therefore, such devotees always perform *yajñas* in different modes of devotional service, such as *śravaṇam*, *kīrtanam*, *smaraṇam*, *arcanam* [SB 7.5.23], etc., and these performances of *yajñas* keep them always aloof from all kinds of contamination of sinful association in the material world.** Others, who prepare food for self or sense gratification, are not only thieves but also the eaters of all kinds of sins. How can a person be happy if he is both a thief and sinful?

— Bg 3.13+p

**Please Cherish Your Relationship with *Prasādam*  
— Please Don't Minimize It! —**

# Śrīla Prabhupāda’s *KISS* Formula for Protection — and Perfection

***KISS!* — Keep It Simple, *Sādhu* — *KISS!***

## **(4) *Bhagavad-gītā* As It Is — The Protective Power of Transcendental Sound —**

**Lord Śiva said. “My dear Pārvatī, now I will relate to you the glories of the Ninth Chapter of *Śrīmad Bhagavad-gītā*.**

There was once a town of the name Māhiṣmatī on the bank of the Narmadā River where a *brāhmaṇa* of the name Mādhava lived. That *brāhmaṇa* very strictly followed all the injunctions of the *Vedas* and possessed all the good qualities of the brahminical class. Due to his being so learned, he would receive a lot of charity. And with his accumulated wealth, he started to perform a great fire-sacrifice. A goat was bought for offering and when they started to cleanse it in preparation for sacrifice, to everyone’s great surprise the goat started to laugh and in a loud voice said; “Oh, *brāhmaṇa*, what is the benefit of performing so many fire-sacrifices that simply bind us to the wheel of birth and death. Just see my position due to my performing so many fire-sacrifices.”

When everyone gathered there heard the words of the goat they became curious, and the *brāhmaṇa* inquired with folded hands, “Dear Sir, how did you become goat? In your previous life, which caste did you belong to and what activities did you perform?” The goat replied, “Oh, *brāhmaṇa*, in my previous birth I was born in a very pure *brāhmaṇa* family and I very carefully performed all the ritualistic activities enjoined in the *Vedas*.

One day my wife wished to worship Durgā, so that our child might be cured of his disease. For this purpose she requested me to buy a goat. When we sacrificed the goat at the temple of Mother Durgā, the goat cursed me, “Oh, sinful, lowest of all, you wish to make my children fatherless. For this reason you will also take birth as a goat.” Oh Mādhava, when the time for my death came I attained this body of a goat, but by the grace of Lord Govinda I can remember my previous births. If you wish to hear another interesting story, I will tell you. Please listen carefully.

In the place known as Kurukṣetra which is capable of giving liberation, there once lived a king of the name Candraśarmā, who was in the dynasty of the sun-god. Once, at the time of the solar-eclipse, the king wished to give charity to a *brāhmaṇa*. Included in that charity was a *śūdra*, whose body was completely black. After going with his priest and taking bath in the sacred lake, putting on clean cloth and applying sandalwood, he returned to his palace. With devotion he gave charity to a qualified *brāhmaṇa*. After he had presented the charity, all of a sudden from that gifted black *śūdra*’s heart, a very sinful *caṇḍāla* (dog-eater) appeared and

after a little while, a female *caṇḍāla* also appeared from that black *sūdra*'s body, and together they went very close to the *brāhmaṇa*. All of a sudden they entered in to his body. But that *brāhmaṇa* remained undisturbed and started to chant the Ninth Chapter of *Śrīmad Bhagavad-gītā*, while remembering Lord Govinda. Witnessing all these activities the king was stunned and unable to say anything. As soon as the words of the Ninth Chapter of *Śrīmad Bhagavad-gītā* came onto the lips of that *brāhmaṇa*, the Viṣṇudūtas appeared and chased away the two *caṇḍālas*.

At that time the king inquired from the *brāhmaṇa*, “Oh, learned one, who were those two persons and which *mantra* did you chant? Which Deity did you remember?” The *brāhmaṇa* replied, “Taking the form of a *caṇḍāla*, sin personified appeared, along with offense personified in the form of that female *caṇḍāla*. They tried to destroy me by entering my body. At that time I started chanting the Ninth Chapter of *Śrīmad Bhagavad-gītā* which is capable of releasing one from all fearful situations. By reciting this Ninth Chapter of *Śrīmad Bhagavad-gītā*, I am always able to remember the lotus-feet of Lord Govinda”.

Upon hearing this the king learned the chanting of the Ninth Chapter of *Śrīmad Bhagavad-gītā* from the *brāhmaṇa*. Gradually he also managed to attain the lotus feet of Lord Govinda. When Mādhava heard this discourse from the goat, he immediately freed him and started to engage in reciting the Ninth Chapter of *Śrīmad Bhagavad-gītā* daily and thus he also gained the lotus feet of Lord Govinda.

— **Gītā-Māhātmya**

**Please Cherish Your Relationship with  
*Bhagavad-gītā* As It Is  
— Please Don't Minimize It! —**