

# Śaraṇagati

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## FULL ABSORPTION

If you want to purify your consciousness you take up a *sādhana*, a spiritual practice. This can be compared to thoroughly washing a piece of cloth by beating it. You get up early, even if you are tired. You “beat” your consciousness. You stay awake. You chant Hare Kṛṣṇa and you go on *Girirāja-parīkramā*, even if your feet are screaming.

But what do you do with deep *samskāras*? The washing method doesn’t affect them. The only thing you can do to clean a really dirty cloth is to burn it! This is what you have to do with your materialistic and proud mind filled with embarrassing material thoughts. You have to burn it by full absorption in Kṛṣṇa. This is the only way how you can get rid of the deep material contamination in the heart.

Lord Kapila gives an analogy for this full absorption:

*“Bhakti, devotional service, dissolves the subtle body of the living entity without separate effort, just as fire in the stomach digests all that we eat.”<sup>1</sup>*

Bhakti, loving absorption in Kṛṣṇa alone can free you from these terrible western and eastern, German and Bengali *samskāras*. A little “Hare Kṛṣṇa, Hare Rama” will not help you – at all. You must become absorbed. *Nāma-samādhi* is necessary! Otherwise your practice just scratches the surface of the mind a bit, giving you a few nice theoretical “Oh, Kṛṣṇa here and Kṛṣṇa there” ideas. But in order to really dissolve the materialistic tendencies in the heart you need to become absorbed.

From a lecture by Śacīnandana Swami, Govardhana, India, November 5th, 2010  
<sup>1</sup>Śrīmad-Bhāgavatam 3.25.33

## THE LOVE OF VRINDAVAN

*“Oh my tender Kṛṣṇa, why did you take birth in a family of cowherds, where you must walk after the grazing cows? With a body such as yours, which is softened by the nectar of auspiciousness, you should have been born in a royal family.”*

Hearing this ocean of faltering words from his mother, Kṛṣṇa humbly waited before going into the forest and stood in front of her. Mother Yaśodā, whose life was almost gone, became aware of this and embraced Kṛṣṇa, showering him with the tears of her love. Mother Yaśodā recovered from her swoon, because of Kṛṣṇa’s blissful embrace as Kṛṣṇa forced her to drink the nectar of parental love.

She became overwhelmed with feelings of love as she protected her son’s body with the names of Lord Nṛsimhadeva, telling Balabhadra, Subhadra, Vardhana and other leading boys that stood before her, *„Oh boys, my Kṛṣṇa is your younger brother, friend and very life. Don’t I know that? [...] Although Hari is so tender, he is the leader of all the rowdy boys, and although he is very intelligent, he does not know his limits. Although he is weak, he is also very dashing. Therefore, you should stay around him to protect him. He cannot be controlled by his father, his mother or any of his superiors, but he may listen to you. I hope my request to you will not be in vain. If you see Kāmsa’s cruel demonic servants you should run, leaving even the cows, and quickly take shelter of us! Oh Subala,*



*Ujjvala, Kokila and the other boys, don’t play so roughly with your heart’s friend, Kṛṣṇa. Are there no [other] games in this world for men? Oh Raktaka, Patraka and other expert servant boys, I’ll tell you about Kṛṣṇa and Balarāma’s nature. Listen!*

## THE LOVE OF VRINDAVAN (continued)



Even if they are hungry they're not aware of it, because they're so absorbed in playing and even if their throats are dried up from thirst they will not feel thirsty“

Kṛṣṇa, who wore these words of his afflicted mother like earrings, revived her by sprinkling her with the nectar from his moonlike smile. Kṛṣṇa humbly replied, „Mother, you have not seen the forest path. I feel no trouble in tending the cows at all. It's my greatest pleasure! We're playing in the dense, cool shade of the fragrant trees in the forest on the bank of the Yamuna,

looking at the cows. It's also no problem for us to keep the cows together. For that, I have my expert new Muralī flute. And the paths also don't give me any pain: the camari deer sweep them with their tails, the trees shower them with their honey and the nabhi deer scent them with their navel musk. These paths are flawless, and as soft as cotton! With its fragrant caves and kuñjas where the cuckoos sing, the peacocks dance, the honeybees buzz, where the vines with their different flowers are always swung by a soft breeze, and where there are many cascading waterfalls, Govardhana hill attracts our minds at every step. The joy of your jewelled abodes give me nothing compared to the joy I feel in these mountain caves! Here, I am adorned with flowers by my māyas [friends' or girlfriends'] and here I lie down in great joy. Why are you so vainly distressed?“

Saying this, Kṛṣṇa quickly and secretly embraced the eyelashes of the jewel of girls, Śrī Rādhikā, with his eyes. This meeting made the corners of both their eyes melt. In this way, the corners of Rādhā and Kṛṣṇa's charming eyes cleverly briefed over each other's heartaches. This gave the hearts of the young couple some temporary relief.

❧ Viśvanātha Cakravartī Ṭhākura. Śrī Kṛṣṇa Bhavanāmṛta, ch. 7

## PRAYER TO ŚRĪMATĪ RĀDHĀRĀṆĪ

munīndra-vṛnda-vandite triloka-śoka-hāriṇī  
prasanna-vaktra-pankaje nikuñja-bhū-vilāsini  
vrajendra-bhānu-nandini vrajendra-sūnu-sāngate  
kadā kariṣyasiha mām kṛpā-katākṣa-bhājanam

“Adored by the host of great sages, she drives away the grief of the three spheres. Her face like a lotus blooms with joy. Delighting in love's games in secret groves, she is the daughter of King Vṛṣabhānu and lives in the heart of the son of the King of Vraja. When will she shower upon me her sidelong glance of overflowing grace?“

❧ Śrī Rādhā-kṛpā-katākṣa-stava-rāja, verse one

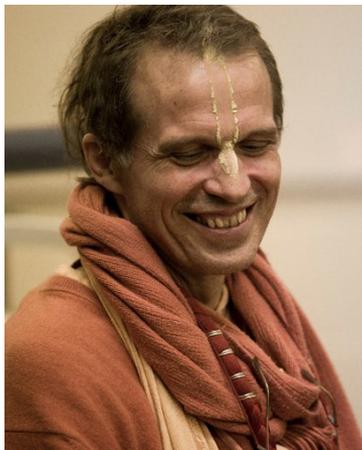


Photo by Mickey Shah

### ❧ MEET ŚĀCĪNANDANA SWAMI

Events over the next two months:

Nov. 13th- Nov. 18th	Japa-Retreat, Varṣāṇā, India
Nov. 17th	12 h Akhaṇḍa-kīrtana, Kṛṣṇa-kuṇḍa, Varṣāṇā
Nov. 23th- Sep. 29th	Govardhana-Retreat, Govardhana, India
Dec. 4th- Dec. 8th	Seminar: Entering the Ocean of Gauracandra's Nāma-rasa, Śrīdhāma Māyāpur

You can find a more detailed schedule at [www.śaranāgati.net](http://www.śaranāgati.net)