

Śaranagati

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SOUND ADVICE IN DIFFICULT TIMES

“Oh, this is too unsettling I just can’t stand the pressure anymore.” S/He stood in the room and tried to calm down the mind. But it was in vain! Sounds familiar?!

We often become overwhelmed by difficult or disturbing situations and feel that our life is getting out of hand.

At that time, don’t despair.

In a lecture in India Śrīla Prabhupāda gave the remedy: Just pause for some time – sit down and chant. Soon the agitation will settle.

Please try it and see how you will soon see clearly.

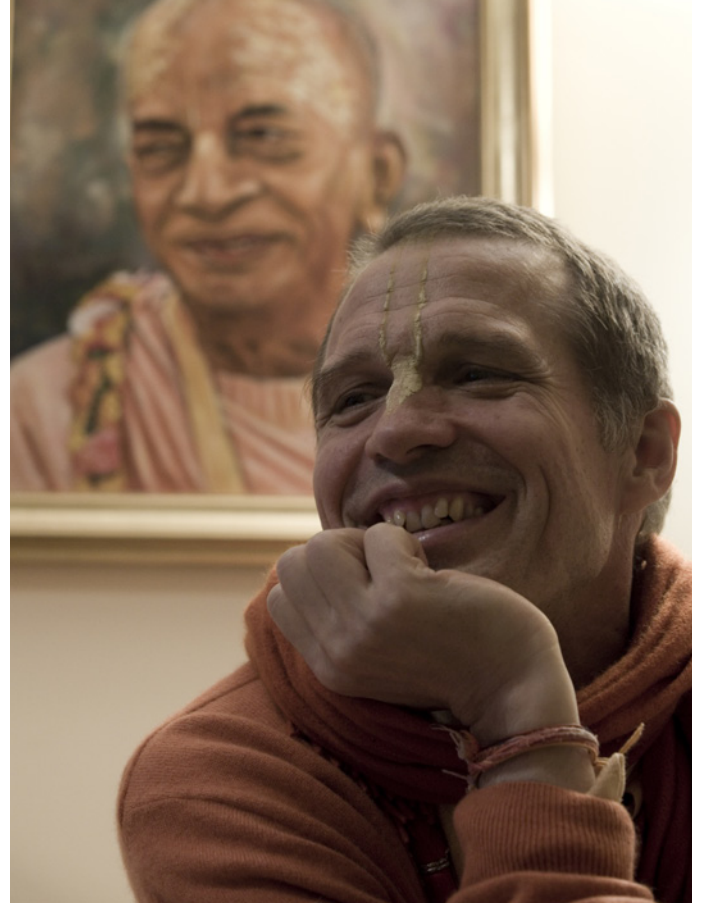
Here is the quote:

Something has dropped in the water, in the river. You cannot see the things dropped within the water by agitating the water. Just stand still for some time. As soon as the water is settled up, you’ll see the things as they are. So as soon as our enthusiasm is agitated, it is better to sit down in any temple suitable and chant Hare Krishna. There is no question of being disappointed. After all, we commit so many mistakes. That is human nature. To err is human. That is not fault. But try to rectify with cool head.
(lecture, Calcutta, January 27, 1973)

All the best in applying this sound advice!

Yours in sevā,

Śacīnandana Swami (January 2012)



THE PRINCIPLE OF ASSOCIATION

How can you change your desires? You need to associate with high things, then you also elevate your consciousness. In the *Bhagavad-gītā* (2.62) it is stated *saṅgāt sañjāyate kāmah* and Śrīla Prabhupāda writes about this term in his purport to the *Nectar of Instruction* (verse 4): “[...] one’s desires and ambitions develop according to the company one keeps. It is often said that a man is known by his company, and if an ordinary man associates with devotees, he will certainly develop his dormant Kṛṣṇa consciousness.”

Yes, my dear devotees, you can change! Raghunātha dāsa Goswāmī gives his own example: “I’m dishonest, I’m full

of wickedness, but even I can change if I have association with Giridhārī. Giridhārī will do something with me and finally throw me into the camp of love, the camp of Śrīmatī Rādhārāṇī.” (*Śrī Manaḥ-sikṣā*, verse 8, paraphrased)

This will work! Don’t associate with the computer (which I call “the mind of modern man without a conscience”). From texts like the *Manaḥ-sikṣā* you can learn to have association with the proper things. This association will turn us upside down and then lift us up high.

from a lecture by Śacīnandana Swami, Jatipur, India, November 25th, 2011

BECOMING DEAR TO KṚṢṆA

Early this morning Śrī Rādhikā-devī Herself came and ordered me: “Sarūpa, a brāhmaṇa from Mathurā who is My devotee is coming to My grove.

“Go there alone, the first thing today. Enlighten him with good instructions, console him, and help him quickly attain Kṛṣṇa’s grace.”

On Her instruction I swiftly came here, overjoyed, without even a thought about missing the enjoyment of Kṛṣṇa’s company.



Śrīla Sanātana Gosvāmī comments: To carry out his assignment, Sarūpa left home early in the morning, before Kṛṣṇa went out to the forest with His friends. Sarūpa did not mind missing Kṛṣṇa’s company for one day, because he knew that carrying out Śrī Rādhā’s order would endear him to Kṛṣṇa – and this would surely increase the happiness he enjoyed with Kṛṣṇa.

◉ Śrīla Sanātana Gosvāmī, Śrī Bṛhad-bhāgavatāmṛta, verses 3.7.9-11

THE NECTAR FROM KṚṢṆA’S LIPS

Everyone from every part of the universe is anxious to get the nectar from Kṛṣṇa’s lips. This is because whatever Kṛṣṇa touches with His lips, whether it is food, drink, betel or His words, it becomes just like nectar and is imbued with a tremendous potency to invoke *bhakti*. When you receive Kṛṣṇa’s remnants you will obtain Kṛṣṇa-prema, just like that. Therefore everyone who is knowledgeable about spiritual life wants to have the nectar from Kṛṣṇa’s lips. In the *Śrīmad-Bhāgavatam* (10.21.9) the *gopīs* complain about the flute, “We should receive the nectar from Kṛṣṇa’s lips, but this unqualified bamboo stick, this small *veṇu*, is stealing the nectar from Kṛṣṇa’s lips and then, boldly announcing its audacity, it loudly sings, ‘I got it all and you got nothing!’”

Kṛṣṇa’s flute has different effects depending on how He holds it. When He holds it to the left the love of the *gopīs* and the wives of the *devatās* is aroused. When Kṛṣṇa takes His flute to the right both men and women are equally aroused. When He takes it upwards all the gods tumble, Śiva gets distracted in his meditation, Sankarṣaṇa shakes, and the planets move. When Kṛṣṇa points the flute downwards, His love goes to all the birds

and beasts and awakens love in them. This is the nectar of Kṛṣṇa’s flute, the nectar from His lips.

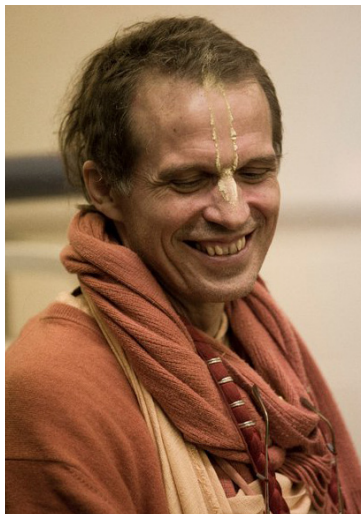
Dear Devotees, what is the nectar from Kṛṣṇa’s lips that you can get? For the *gopīs* it’s the *klīm* and the *veṇu-nāda*, the flute sound. For Kṛṣṇa’s cowherd boys the nectar of Kṛṣṇa’s lips is His chewed betel nut. For us in this world it is Kṛṣṇa’s *mahā-prasādam* and *Kṛṣṇa-kathā*. The narrations about Kṛṣṇa are potent, because they have touched Kṛṣṇa. And all this is extremely rare, even the *devatās* long to obtain it.

If you learn to hear about Kṛṣṇa, you will feel three effects of this nectar.

One is that you want to drink it again and again and you will think, “More about Kṛṣṇa! More about Kṛṣṇa!” and “Not enough about Kṛṣṇa, I want more!” The second effect is that your suffering gets destroyed, and finally all kinds of mundane attachments disappear.

◉ from a lecture by Śācīnandana Swami, Jatipur, India, November 25th, 2011

Photo by Mickey Shah



MEET ŚĀCĪNANDANA SWAMI

Jan 20th-22th	YogaExpo, Munich, Germany
Jan 28th-30th	Rādhadeśa Mellows & Kirtana-convention, Rādhadeśa, Belgium
Feb 2nd	Yoga Is Music concert Ljubljana
Feb 3th-6th	Vyāsa-pūjā Festival & Yoga is Music concert, Zagreb, Croatia
Feb 7th-15th	Balkan tour (various programs & a weekend workshop)
Feb 22th-25th	Kīrtana-Melā, Śrīdhāma Māyāpur
Mar 8th-11th	Gaura-pūrṇimā festival & Sacred Space Weekend, Zurich, CH

You can find a more detailed schedule at www.śaranāgati.net