

# Śaranagati

ISSUE NO. 26

ŚRAVANA, 05|02|13

## THE LESSON OF THE LIGHT BULB

While I was lecturing and singing at the Yoga Expo in Stuttgart, I had a little moment of peace when I could retire for a little rest in one of the empty yoga rooms. Before I fell asleep on my yoga mat, I looked up at the high ceiling where I spotted a light bulb which was shining down on me – untiringly. Because of its being situated firmly inside its holding, the light bulb was being supplied with an inexhaustible amount of electricity. Should it

however lose its holding, and fall from its place it would shatter, become cold and lose all its light. As I was drifting off to sleep I prayed to Kṛṣṇa to keep me in his service, which is the ideal holding context for the soul.

Should I ever fall out of this holding my inner life will shatter and my heart become cold. Only in this holding will my soul shine with the light of *bhakti* – what a good lesson. And then I had a dream....

In a moment I saw my soul approaching me upon the banks of the Yamuna river in Vṛndāvana/India. It was full of light and it spoke, “You may think that you are in Stuttgart with many German people on a huge fair. But I am where your consciousness is - I am here in Vṛndāvana - on the strength of your service to your spiritual master. If you stay within that connection I can remain in the current of *bhakti* - wherever your consciousness is.

After 20 minutes, I awoke and was ready to dive again into the current of service opportunities. Let us stay tuned in to the higher connection! And understand that the light which shines through us is not our own light, but the light of the Lord.

As I go through life, lessons like that of the light bulb become my inspiration.



## WHERE SHOULD LORD RAMA LIVE?

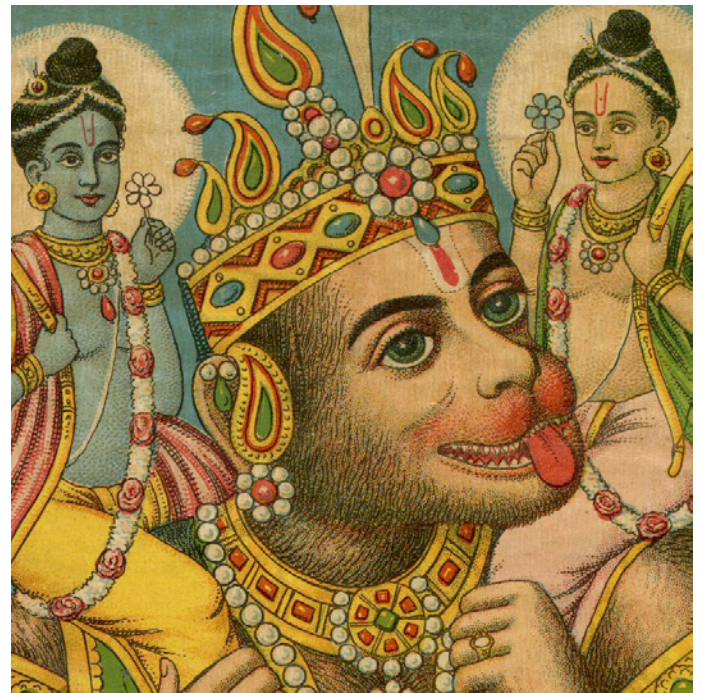
After Lord Rāma, Sitā and Lakṣman were sent into exile, they visited Vālmīki Muni's forest *āśrama* Rāma and asked him sweetly for some advice as to where they should stay. Before Vālmīki recommended them to go to the Citrakut mountains he gave them a very nectarean answer: “Stay inside the loving hearts of your devotees!”

*Vālmīki's request*

Listen - Rāma. I will tell you now the places where you may reside together with Sitā and Lakṣman.

Your abode shall be the hearts of those  
whose ears are like oceans  
who are never filled up  
although they are constantly nourished  
by the blessed rivers of your nectarean pastimes.

Your blissful homes shall be the hearts of those  
whose eyes are like the cātākī birds  
who constantly look out for the raincloud of your beauty  
and prefer one tiny drop of it to all the beauty of this world.



Dwell in the heart of those, O Rāma  
whose tongues like greedy swans  
gather up the pearls of your perfection.

Reside, o my Lord Rāma in the pure mind of those  
whose nostrils devotedly inhale the lovely fragrance  
of flowers, incense and sandal paste offered to you.

Live in the thoughts of those whose heads  
bow down submissively at the sight of  
the deity, the guru, a Vaiṣṇava or a brāhmaṇa.

Stay in the hearts of all those  
who are ever engaged in chanting your name  
– the king of all sacred mantras  
and who having done all this  
ask for only one boon as their reward:  
devotion to your feet.

O Rāma, your devotees regard you as dearer than life  
You are master, companion, father, mother and guru for them.  
Whatever virtues they possess they attribute to you  
and they hold themselves alone responsible  
for all mistakes and sins done in your seva.  
For your sake they have renounced  
wealth, good reputation, relatives and a happy home.  
For them heaven, hell and liberation from birth and death are all  
the same,  
for everywhere they look they only see you armed with bow and  
arrow.

O Rāma enthrone yourself in the temple of the heart  
of those who never ask for anything but are devoted to you with  
simple devotion,  
because it is there where your eternal home lies.

ॐ Inspired by the work of the great Rāma-bhakta Tulsi Dāsa

## HOW TO BEST PLEASE KRISHNA

Once there was a very learned Guru who was asked by his disciple:  
“Guru Mahārāja, how can we know what pleases Kṛṣṇa the most?”

The spiritual master answered, “Go to the to the burning ghāṭas and  
offend the dead.”

At this the disciple went to the burning ghāṭas and looked for some  
corpses who were being prepared for cremation. Then he offended  
them by saying, “You have wasted all your life! Nothing went well!  
Never was there a time when you spent your days remembering and  
praising Hari. You are all total failures, materially and spiritually,  
and so on.”

When he returned his Guru asked him, “So what did the dead people  
answer?”

The disciple was surprised at this question and answered, “well,  
Guru Mahārāja, these people were dead, they could not answer a thing.”

After thinking for a moment the Guru replied, “Very Good! Now go  
back to ghāṭas and praise the dead.” After his disciple returned the  
Guru asked, “So what did they say this time?”

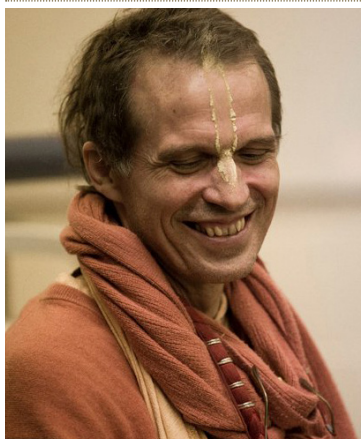
As before, the disciple was surprised, “but Guru Mahārāja, they  
were dead, they did not respond to my praise.”

The Guru by now had prepared his disciple for his instruction,  
“You have to become like those dead people when you hear praise or



infamy from ordinary people. You should not become inflated with  
vanity when praised nor should you become dejected when someone  
offends you. But when a great saint speaks you should listen carefully.  
Unperturbed by fame and infamy you should find and walk your own  
true path and thus please Kṛṣṇa according to the counsel of true saints  
and the voice of your own soul.”

Photo by Mickey Shah



## MEET ŚĀCĪNANDANA SWAMI

upcoming seminars & events:

May 9-10 Yoga Vidya Music Festival, Bad Meinberg, Germany

May 24-27 Sadhu Sanga Retreat, Texas, USA

May 31- Jun. 1 Bhakti Yoga Summer Festival, Chiemsee, Germany

Jun. 2-6 12h Kirtana & Tree of Life Seminar, Ljubljana, Slovenia

Read more: [www.sacinandanaswami.com](http://www.sacinandanaswami.com)