

# Śaranagati

ISSUE NO. 45

SRAVANA, 10|04|14

## MOLDING LIFE'S ACTIVITIES

Our life should be formed in such a way that in our every activity there will be God consciousness. That is the technique of *yoga-sthaḥ*. You do not have to be seated in meditation separately for yoga, as we generally understand. How much of your time can you devote to meditation? Perhaps one hour in the morning or one hour in the evening. But if you mold your life in such a way that always, twenty-four hours, you are in meditation, that is the platform of *yoga-sthaḥ kuru karmāṇi*.

When you think, “I am earning for the supreme Lord. Then, when I earn, I bring things for cooking, I am thinking, ‘Oh, this thing will be cooked for Lord,’” that means there is God consciousness. The cooking will go on. Even if you don’t think of God, you require cooking, because you want to eat. The cooking is there in the program. But if you think that this cooking is done for God, then your God consciousness is there.

Is it very difficult thing? Anyone can accept this. Anyone can do it. Simply the mode of thinking has to be changed. That’s

all. A small technique: “I am earning for God. I am cooking for God. I am also eating for God.” One may ask, “How is it that your eating is for God?” “Because my body is dedicated to the service of the Lord, and if I don’t eat sufficiently to keep my body fit, then how can I work?”

So your eating is also God consciousness. Your sleeping is also God consciousness. That is the way. We have to mold our life’s activities. When I think, “I have to keep this body fit for working for God,” that is not the bodily conception of life. Just like when you think, “My car has to be kept very nicely so that I can make nice use of it” then you are not identifying with your car – you simply want to take make use of the car. Similarly, if you think, “This body is required for acting, for working on behalf of the supreme Lord and therefore I must keep the body fit to work,” it is not your identification with the body. But if I use this body for sense gratification and therefore I make my body stout and strong for sense enjoyment, that is the cause of my bondage.

From a lecture by Śrīla Prabhupāda, New York, USA, April 1, 1966.

## GO ON WITHOUT FEAR

Two years back I climbed a high cliff in Australia. The wind was blowing so strongly that I had to hold tight onto an old iron railing. The ocean thundered on the black rocks right under where I was standing. It was fascinating to watch how wave after wave crashed onto the cliff face. Although I was high above the ocean, the salt water fell often in a heavy spray over me. But I did not care. The elements roared, and the seagulls, who were enjoying the gale, became inspired to fly in acrobatic ways around me.

As for me, I was singing wild melodies, joining in with nature’s orchestra in glorification of my Lord. It was a magical moment as it reminded me of my happy childhood when I was growing up on an island in the Baltic Sea. It was always my desire to write about that moment but I did not have the right words to share what I felt. Only a week ago a friend sent me a little story about an “enlightened wave”. Through that story, I became inspired to share my Australian experience with you. Here is what I felt at that magical moment:



## GO ON WITHOUT FEAR

Once there was a little wave  
Dressed by the sun in joyful glitter

As she gleefully danced on and on  
She suddenly saw a frightening scene:  
A storm starting to brew up  
And wave after wave came crashing upon the rocky cliff face ahead.

At first they seemed to try to jump high to escape  
But then they inevitably and helplessly  
Turned into white foam, withering away in pain.

Should she attempt to turn around  
And flee out into the open sea?

Suddenly the entire ocean, once so friendly  
Appeared to have conspired against her  
And violently pushed her into the white chaos.

She cried for help like she had never cried before  
Until another larger wave rolled by:  
“What’s wrong, sister wave?” she called out.  
“Look ahead, we are doomed to die  
Just like the humans who have been shipwrecked.”

“You are wrong” smiled the taller wave.  
“Don’t you see - you are not a wave  
But always and forever a part of the ocean!”

And then the small wave became thoughtful:  
Everyone, waves and humans alike will never die  
But remain part of the One who never changes  
Although their forms will be replaced many times.

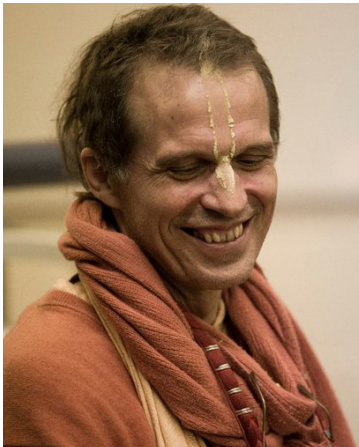
Therefore go on without fear!

Śacīnandana Swami. September, 2014.

## ATTAINING THE GOAL OF LIFE

“When a devotee with all his heart and soul serves Kṛṣṇa, dresses him in nice garments and gives him a flower, Kṛṣṇa smiles. If you can get Kṛṣṇa to smile upon you just once, your life’s goal is fulfilled.”

From a lecture by Śrīla Prabhupāda, New York, USA, April 1, 1966.



## MEET ŚACĪNANDANA SWAMI

upcoming seminars & events:

Oct. 8 - Nov. 7 Kārtika, personal retreat, Vṛndāvana, India

Nov. 9-14 Holy Name Retreat, Varṣāṇā, India

Nov. 19-25 Holy Name Retreat, Govardhana, India

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