

# Śaranagati

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## WHAT FORM OF KṚṢṆA?

When a devotee has once seen Kṛṣṇa directly, from that time on he or she will have an intense longing for this particular form of Kṛṣṇa and will experience profound sadness if that form of Kṛṣṇa is not present. The devotee then wants only this form of Kṛṣṇa.

What does this mean for us who have not yet seen Kṛṣṇa? For what form of Kṛṣṇa should we long?

What our *bhakti* tradition recommends us to do at our level is to hear from the scriptures about Kṛṣṇa and his various forms. Then, eventually there will appear an attraction to one of the forms. Śrīla Prabhupāda writes about this, “*Special natural appreciation of the descriptions of a particular pastime of Godhead indicates the constitutional position of a living entity.*” (Śrī Caitanya-caritāmṛta, Adī 4.34)

So, in our situation we need to hear a lot about Kṛṣṇa and if we do that, in our heart there will be a spontaneous awakening of *śraddhā* and then *rati* and then *prema*. We need to hear for a long time and we need to keep what we have heard in our hearts. The example that is given by our *ācāryas* in this regard is that of Rukmiṇī-devī who heard about Kṛṣṇa from the saints who visited her father. Later, when the time came for her to get married – to another person – she wrote a letter to Kṛṣṇa, “*I only want to have you!*” Just from hearing about Kṛṣṇa, her attraction to Kṛṣṇa was born and she desired him very strongly. I personally share this hope – that by hearing Kṛṣṇa’s holy name for many more years, maybe for many more lifetimes in this world, one day the attraction to Kṛṣṇa will come to me. However,



er, I have also noted that by the chanting process alone we may not be really focused on Kṛṣṇa. Therefore it is very important to hear about Kṛṣṇa.

From a lecture by Śacīnandana Swami in Delhi, India, October 13, 2014.

## ON DETERMINATION



If one is very ill and under treatment in a hospital, one experiences a struggle in the body. The disease is being attacked by the medicine and it attacks back. But if the treatment continues, one day the disease will be overcome and be gone. In a similar way, hearing about Kṛṣṇa is the effective medicine against the disease of repeated birth and death. And we cannot stop hearing about him as long as we are still conditioned, just as we cannot stop taking medicine and treatments while we are still sick. It would have had consequences. If the devotee interrupts his chanting and hearing, the disease of material life could come back. This determination of the devotee – to not stop but to continue to chant and hear under all circumstances – is equal to his ultimate success.

From a lecture by Śacīnandana Swami in Delhi, India, October 13, 2014.

# OUR PERSONAL SPIRITUAL PRACTICE



Just as the roots of a tree are usually not visible because they grow under the earth, your spiritual roots are something that you do not display in public. Taking care of our spiritual roots must be done in a transcendental relationship invisible to the eyes of others. It is what you do in the morning hours or before going to bed, or when you leave your desk during business hours and go to a park and just re-center yourself in a spiritual way. When we talk of spiritual nourishment we must be prepared to do this without the public seeing it.

There is a great benefit in congregational worship. We carry each other. For example, in a *kīrtana*, when at some point we see other participants standing up and starting to dance we become inspired to also take a more lively approach to the process of chanting and thus come to a different level in our own *kīrtana*. This happens by the power of association and there is great great benefit in it. However, in this situation it sometimes happens that the relationship between you and Kṛṣṇa becomes secondary and you rather think,

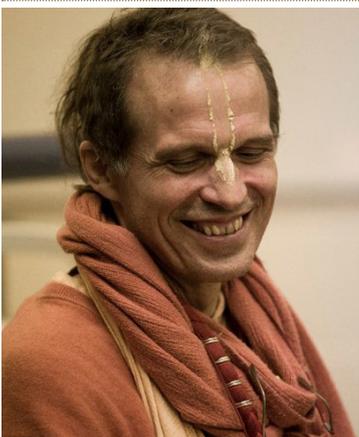
*“Oh, I’m together with my friends and I’m dancing and sweating with them (and that’s enough).”*

But spiritual nourishment is something that happens only between you and Kṛṣṇa. I appreciate this very much in my life; this chanting and worshipping in solitude. Where no one sees it, where I bow down as long as I want while offering my prayers to Kṛṣṇa, where I start by offering a little lamp to Śrīla Prabhupāda while singing the *guru-pūjā* prayers.

A spiritual program should really touch your heart. When you come out of your personal spiritual program you should feel a change from how you were before and how you are after doing it. And this is possible by being really there and by leaving your own mental world behind to enter that wonderful world of Kṛṣṇa’s.

☪ From a lecture by Śacīnandana Swami at New Govardhana, Australia, September 14, 2014.

Photo by Mickey Shah



## MEET ŚACĪNANDANA SWAMI

upcoming seminars & events:

Sep. 12-15	Saṅga-melā, Golaka-dhāma, Germany
Jan. 23-25	Radhadesh Mellows, Rāḍhadeśa, Belgium
Jan. 30-Feb. 2	Vyāsa-pūjā Celebration, Goloka-dhāma, Germany
Feb. 15-20	Kirtana Melā, Śrīdhāma Māyāpur, India

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