

**SOUL CURRY***The only cure for  
the unloved heart***CHAITANYA CHARAN DAS**

**S**cared of disappointment, betrayal by partner or ultimate devastation, most people do not dare to love. But they do not realise what they are missing in life. The heart that does not love is profoundly empty. It is unfortunate, nay tragic, that most people live with empty hearts, without savouring the best that life has to offer.

Most people have rejected the certain cure of spirituality and needlessly embraced the analgesic of artificial enjoyment. And in doing all this, they think of themselves as very advanced and intelligent, pragmatic and practical persons. But the passage of considerable time is showing almost conclusively that neither is such a life of artificial enjoyment satisfying, nor is a society espousing artificial lifestyles sustainable.

Despite the best and extravagant overdose of facilities for bodily enjoyment, western and westernised societies are witnessing at present an alarming rise in negatives like divorces, criminality, addiction and suicides. Stress, a disease unheard of in earlier times across the globe, has now become synonymous with the modern lifestyle. All these are symptomatic of hearts that are profoundly and desperately empty. The disease of the empty heart has spread everywhere and the condition of the patients has worsened so much that in many cases even the painkiller of artificial enjoyment is no longer working.

God, Krishna, is the ultimate object of pure love that we are all constantly searching for. Those who successfully adopt the process of reawakening their dormant love for Krishna can very soon experience Krishna and His love in their lives. Countless people throughout history have had these spiritual experiences.

And even today ISKCON (The International Society for Krishna Consciousness) is freely distributing this cure for the soul to anyone and everyone all over the world. Thousands are now experiencing the joy of Krishna consciousness in their lives. Seeing the medicine of Krishna consciousness working in their lives, they no longer need the analgesic of artificial enjoyment. For them, self-restraint is not a source of regular mental and physical torture, but a welcome gateway to higher happiness.

But still it is not too late. The cure of genuine spirituality is easily available. It is safe, simple and sublime. And it works for those who give it a sincere try. The process of filling what theologian Michael Novak has called "the empty shrine" at the heart of modern existence is the most exciting and glorious of all intellectual, and human, adventures. The onus is on the bold and the intelligent to take up the challenge.

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