

The Ultimate Transformation

Alchemy attempted to transform baser metals like iron into gold. However, the Vedic texts describe an even more amazing science, a verifiable science that brings about an even more miraculous transformation: the transformation of negative emotions into positive, selfishness into selflessness, exploitation into compassion, enjoying mentality into service attitude. Let's see how this science works.

Krishnadasa Kaviraja Gosvami, a sixteenth century philosopher-saint compares lust with iron and love with gold. Lust is essentially a selfish material drive that incites us to exploit the bodies of the opposite sex for our physical gratification. On the contrary, love is primarily a selfless spiritual emotion that inspires us to serve others for their ultimate well being. Just as iron, when covered with a gold plating, can look like gold, lust, when covered with sweet speech and action, can look like love. We often see 'love' marriages ending in divorce in a short time, because they were based on lust, not love. Relationships can be sustained only when there is the selfless desire to serve, not the selfish desire to exploit. When we let ourselves be controlled by lust, we become dissatisfied and we make others fearful. On the other hand, when we choose to become vehicles of divine love, we relish and share contentment.

Kaviraja Goswami further compares lust with blinding darkness and love with illuminating sunlight. Lust blinds us to the spiritual reality of our existence; whereas love, especially when it is directed towards Krishna,



illuminates our heart with spiritual and material wisdom. When we love Krishna, we naturally love all living beings because we see them as our brothers and sisters in our divine family.

This time-tested process to transform lust into love is called bhakti-yoga or the science of devotional service. How does bhakti-yoga work? Our original love for Krishna, when covered, becomes misdirected to matter and perverted into lust. Bhakti-yoga is the practice of using our senses to serve Krishna and thus re-directing our love back to Him. This practice reverts lust back to love and shatters the soul's coverings on the soul, thus enabling us to break free from negativity.

In fact, bhakti-yoga also transforms other base emotions into their divine counterparts: greed to contentment, anger to tolerance, pride to humility, envy to respect and illusion to reality. In the current age called Kali-yuga, the easiest and best way to practice bhakti is by chanting the holy names, especially the Hare Krishna maha-mantra. Chanting rapidly redirects our heart from matter to Krishna and enables us to experience the fullness of love instead of the emptiness of lust.

Excerpt from the book
 "E.N.E.R.G.Y. Your Sutra
 for Positive
 Thinking" by
 Chaitanya
 Charan Das

