

## Why Starve Ourselves?

*Imagine a miser who refuses to feed himself fearing that the expense on food will deplete his treasury. When he finds himself becoming painfully sick, whom can he blame?*

We are all spiritual beings, souls, parts and parcels of God, as explained in the Bhagavad-gita (15.7). The Srimad Bhagavatam (4.31.14) further describes, “As pouring water on the root of a tree energizes all its parts, and as supplying food to the stomach enlivens the senses and limbs of the body, similarly worshipping the Supreme Lord through devotional service automatically satisfies all living beings, who are His parts.” If a foolish gardener thinks, “The fruits and flowers grow on the branches, so why



should I water the root? Let me water only the branches,” he will simply cause the tree to dry up. Most of us spend all our time in accumulating the fruits of positions and possessions that grow on the tree of life. And we neglect to water the root of that tree – God. We don’t invest time in remembering and serving God – and thus we cause our heart to dry up.

Worse still, are we not starving our own souls like the miser? When we are spiritually undernourished, we are unable to find any happiness within ourselves. Consequently, we start searching for happiness externally, and thus make ourselves susceptible to a host of negative emotions like anxiety, stress, depression, envy, hatred and bigotry. Statistics confirm that more people become godless, more they are overwhelmed by negative emotions. If we went back with a time machine to India as it was a couple of centuries ago, we would see most villagers happily relishing the glories of the Lord as recited by the local saints. Hardly anyone had stress or depression and practically no one committed suicide.

Therefore, why should we, in the name of not having time, continue our self-imposed torturous spiritual starvation? The sacred scriptures unequivocally assert that the soul subsists on the glories of God. The easiest and best glorification of God is to chant His holy names. By nourishing our souls through the ears with the divine sound of the Hare Krishna mahamantra, we can find lasting fulfillment. ❧