

THE LIVING NAME

PART 3

A Guide to Chanting with Absorption

SEVĀ

Kṛṣṇa is irresistibly drawn to us the moment we chant with a service attitude.

Śrīla Prabhupāda emphasised that we can chant the real Holy Name only when we try to serve Kṛṣṇa. To illustrate this point, he invokes the well-known verse from *Bhakti-rasāmṛta-sindhu* which says,

*ataḥ śrī-kṛṣṇa-nāmādi
na bhaved grāhyam indriyaiḥ
sevonmukhe hi jihvādau
svayam eva sphuraty adaḥ*

“Therefore material senses cannot appreciate Kṛṣṇa’s Holy Name, form, qualities and pastimes. When a conditioned soul is awakened to Kṛṣṇa consciousness and renders service by using his tongue to chant the Lord’s Holy Name and taste the remnants of the Lord’s food, the tongue is purified and one gradually comes to understand who Kṛṣṇa really is.”

(quoted in *Śrī Caitanya-caritāmṛta, Madhya 17.136*)

So chant in a spirit of service, and pray to Kṛṣṇa to be allowed to serve Him. Take yourself out of the center of your life and place Kṛṣṇa there.

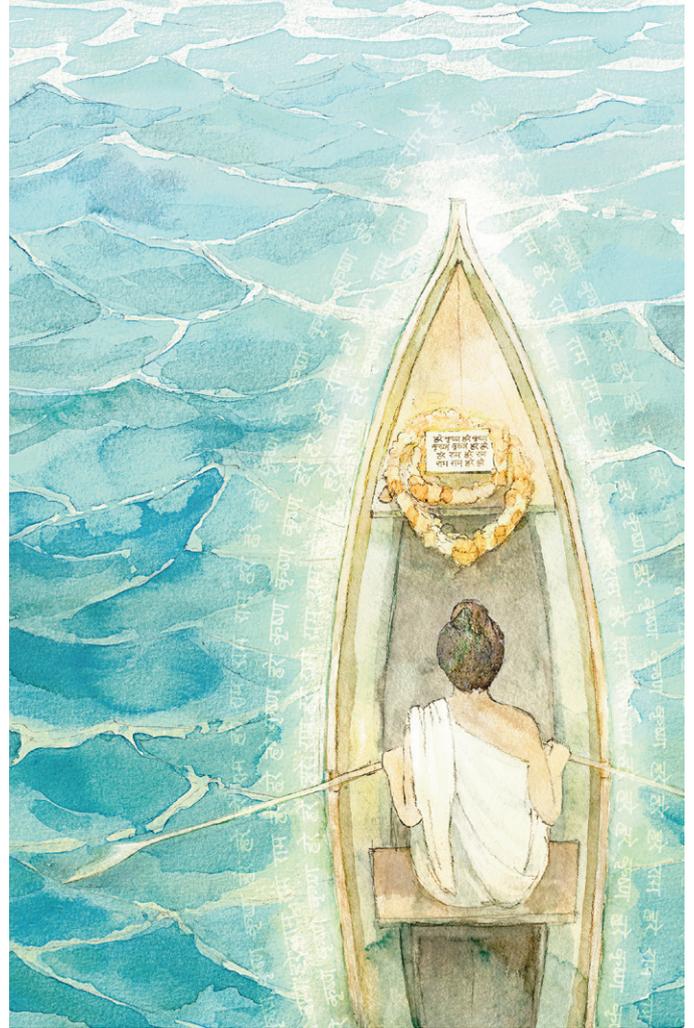
Chanting in the mood of service starts with giving your attention to the Holy Name, as the foundational service in *kīrtana* and *japa* is to listen to the Holy Name and welcome Him with rapt attention. Be present-minded and not absent-minded while hearing, singing and meditating on the Holy Name...

Turn to Kṛṣṇa while you chant and be mindful of the simple meaning of the mantra Śrīla Prabhupāda gave us:

“My dear Śrīmatī Rādhārāṇī, my dear Lord Kṛṣṇa, please engage me in Your service!”

At another time Prabhupāda condensed the meaning of the *mahā-mantra* to a simple devotional call: *“Please accept me!”*

Another way to chant in a spirit of loving service is to share the glories of the holy name with others by speaking them, organizing *kīrtanas*, and in other ways.



TRY THIS:

- Offer your chanting in the spirit of *loving service* to Kṛṣṇa.
- Contemplate the meaning of the mantra
- Pray for service to the Holy Name, like sharing His glories, or in other ways.