

## THE LIVING NAME

## PART 4

### A Guide to Chanting with Absorption

## VIPRALAMBHA

### The Govinda necessity

We all have an urgent need: to reestablish our most important relationship to Kṛṣṇa. All other needs are second place! Śrīla Prabhupāda introduced us to this necessity and thus showed the secret of real *japa* and *kīrtana*, “Śrī Caitanya Mahāprabhu has given up the whole world – he became a *sannyāsī*. He does not want anything. Then, why is he crying so much? He is crying for Govinda. That is the real necessity... Govinda necessity.”

(Morning walk, Honolulu, 28th May 1976)

Chanting the Holy Name in a mood of sincere longing attracts Kṛṣṇa’s grace, who reveals Himself more and more to a sincere chanter. Śrī Caitanya Mahāprabhu has taught us that to chant in *vipralambha* is the real perfection of our chanting. He taught us how to open our hearts to deep feelings of separation through a simple but pivotal prayer:

*ayi nanda-tanuja kīnkaram  
patitam mām viśame bhavāmbudhau  
kṛpayā tava pāda-pānkaja-  
sthita-dhūli-saḍṛśam vicintaya*

*Oh My Lord, O Kṛṣṇa, son of Mahārāja Nanda! I am Your eternal servant! But because of My own acts, I have fallen into this horrible ocean of nescience. Now please be causelessly merciful to Me! Consider Me a particle of dust at Your lotus feet.*

(Śrī Sikṣāṣṭaka, verse 5)

Exceptional grace comes when we chant with *vipralambha*. *Vipra* denotes distance and *alamba* is to attain. Thus, the word means ‘to attain that which is in the distance.’ When you sing *kīrtana* or chant *japa* in the spirit of separation with some longing for the Lord, something wonderful happens. externally, Kṛṣṇa may be far away, and your situation as a soul fallen into the material world remains, but if you imbibe this mood of separation Kṛṣṇa will come into your heart without delay. *Vipralambha* means: outside absence, inside presence. Externally, we feel apart from Kṛṣṇa but internally we feel connected.

### WHERE TO OBTAIN THE MOOD OF LONGING?

Go to the great devotees like a beggar goes to rich men! Śrīla Kṛṣṇa dāsa Kavirāja Goswami speaks about this in the *Śrī Caitanya-caritāmṛta*:



*kṛṣṇa-bhakti-janma-mūla haya ‘sādhu-saṅga’  
kṛṣṇa-prema janme, tenho punaḥ mukhya aṅga*

*The root cause of devotional service (bhakti) to Lord Kṛṣṇa is association with advanced devotees.*

(Śrī Caitanya-caritāmṛta, Madhya 22.83)

Even after one’s dormant love for Kṛṣṇa awakens, association with devotees is still most essential because from it we receive more and more feelings of *bhakti*.

Try to chant in the association of śrīla Prabhupāda and other advanced Vaiṣṇavas. Devotion is infectious! Before chanting remind yourself that when you chant with an empty heart Kṛṣṇa is not attracted to and will not come. He is attracted only by *bhakti*. At the start of your *japa* or *kīrtana* you can pray to Śrīla Prabhupāda and to the *paramparā* for their help. Then you should pray to Śrī Caitanya Mahāprabhu and His associates who taught the world how to obtain love of Godhead through singing the Holy Names and are kind enough to forgive all offences.

### TRY THIS:

- Chant with the inner resolve: I really need and want only You.