

Kartik Inspirations 2016

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MEDITATING ON THE LOTUS FEET

In the second *canto* of the Bhagavatam it is said that when meditating about Krishna it is best to start with His lotus feet. Once Chaitanya Mahaprabhu met Ramananda Raya and asked him: »There are so many types of meditations, but which one is the best?«

Ramananda immediately replied: »The chief duty of every living entity is to meditate upon the lotus feet of Radha and Krishna.« Essentially, meditating upon the lotus feet means meditating upon the qualities of the divine couple. Whenever we think of someone's characteristics, we immediately also think of them. For example, when we think of someone's kindness, or their ability to sing nicely, or the way they always greet us by offering us something nice to eat, that immediately conjures a smile on our face because we are together with that person. We think of them, and they are then very close.

So, one of the qualities of Radha and Krishna is Their great mercy. The symbol of the upward tending lifeline on Their left and right feet indicates that everyone who holds onto those lotus feet is saved from drowning in the ocean of material life.

Once, when I was young and swam too far out into the ocean, I was taken by a current and started to drown. I needed to be saved, so my brother brought a rope and rescued me with it – this kind of rope is called a lifeline.

Thinking about Radha and Krishna in any way is like a lifeline. The lifeline on Their lotus feet will immediately pull us out of the material world to the beautiful spiritual world.
Hare Krishna.



ŚACĪNANDANA
Swami