

Kartik Inspirations 2016

Kartik Inspiration Day 26 . 10 NOVEMBER, 2016

OVERCOMING DISTRACTEDNESS

Haridasa Thakura points out the main problem in the *japa*-practice of many of us. He says, *“Simply by one’s own effort no one in this world can overcome distractedness. Such a victory can only come by Your merciful blessings. It is impossible for any jiva to overcome inattention by personal effort. By Your mercy alone, O Lord, it can be accomplished very easily. Therefore it is absolutely necessary to beg for Your grace with great humility for this is the only means of salvation.”*

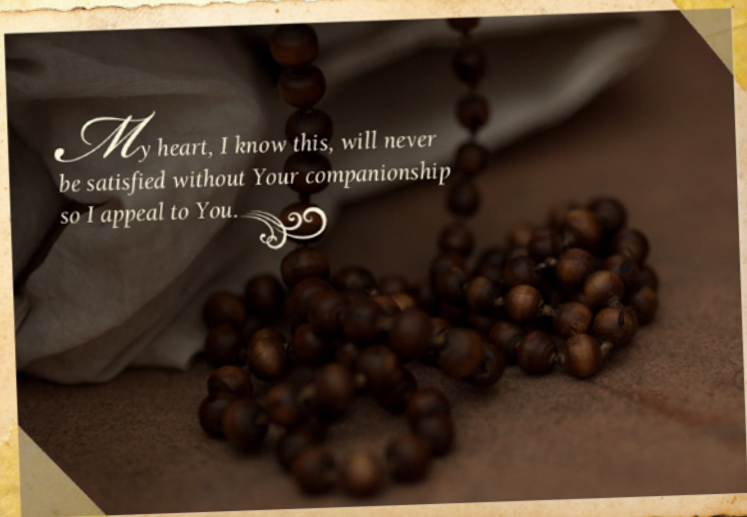
How can we beg for Krishna’s mercy as we chant and bring our *japa* to life?

I would like to go through a prayer with you inspired by the fifth verse of Sri Chaitanya Mahaprabhu’s *Shikshashtaka*, in which He expresses that He has been thrown into the ocean of *samsara* and wants the Lord to pick Him up. Here is this prayer:

“O Son of Nanda, Krishna, King of the country of love. I appeal for Your affection. I’m Your servant. I feel deep within myself that I have some connection to You. I’m subordinate to You, but somehow I’m now in adverse circumstances. There are so many things within me trying to take me away from You, therefore I cannot give my full attention to You and Your name although I want it. At the same time I feel from the deepest place within my heart that You are my master. You are all and everything to me. My heart, I know this, will never be satisfied without Your companionship so I appeal to You. I’m under unfavorable circumstances. I’m suffering and without Your grace I cannot find any relief from my present imprisoned condition.”

As we chant, we can insert life into our *japa* by expressing our helplessness and sincere desire to turn to Krishna and to be recognized by Him, to have some relationship.

Hare Krishna.



*My heart, I know this, will never
be satisfied without Your companionship
so I appeal to You.*

ŚACĪNANDANA
Swami