

Kartik Inspirations 2016

Kartik Inspiration Day 6 . 21 OCTOBER, 2016

GIVING ATTENTION

Consider this: wherever we place our attention, that is the direction our life will take. For example, if you give your attention to a specific person, a friendship to that person develops. If you focus on reading regularly, you become a well-informed person, eventually even a scholar. On whatever you focus your attention, whether it is singing or playing the mridanga drum, that is where your world will develop.

Because this is such an important principle for all spiritual people, especially for Vaishnavas, Raghunatha dasa Goswami wrote a guidebook for the mind: *Manah Siksa*. There he tells us that, if we want to become Krishna conscious, and if we want to become servants of the youthful couple of Vraja, Radha and Krishna, we will need to develop attachment to them. Then he lists spiritual personalities and devotional processes which can help us focus our attention on Sri Sri Radha Krishna.

During this month of Kartik I would like to request all of you, in fact all of us, to learn this: how to give our full attention. Give your full attention to what your soul is hankering for – a relationship with Radha and Krishna. And from there you will know what to do, what will help you.

Ultimately, make this the best month of your life, a month in which you are blissfully surcharged with a lively spiritual life.



ŚACĪNANDANA
Swami