

Kartik Inspirations 2016

Kartik Inspiration Day 7 . 22 OCTOBER, 2016

ALWAYS BY KRISHNA'S SIDE

We all sometimes go through rough times, purifications, that force us to leave our false shelters and take real shelter. Today, it is my turn. My body feels terrible, stiff, and I have a headache – the whole »autumn blues«, as they say.

Now, the question is: how can we remain on the spiritual level, even when body and mind give us trouble? In itself, it's not a problem that the gross and subtle bodies sometimes cause difficulties, that's their nature, but the question is: how can we remain on the spiritual level? Srila Prabhupada once explained how to do this in an early lecture: *»At the present moment we are entangled and encaged within this body. The question now is, how to engage the body in such a way that even now we can be situated on the spiritual platform, in our natural environment«.*

He gives us very practical advice on how to do this. He says that we can meditate how everything, which we find in our lives, is a gift from the Lord and we can give it back to him as a sign of gratitude and appreciation, and render some service to him. But before we do this, we have to get it into our mind to think of Krishna. And I think there is no meditation more powerful than to remember that Krishna is always by our side: he is not far away, he is very close.

Srila Vishvanatha Chakravarti Thakura gives us a beautiful meditation, where he says: *»When Krishna says: 'Always think of me', it can mean: be completely absorbed in me as Shyamasundara, the beautiful, dark-complexioned Lord. Think of my moonlike face, surrounded with shining locks of hair and beautiful, curved eyebrows. As I shower you with a rain of nectar, my glance is filled with sweet mercy.«*

So, Krishna is always by our side, he is in our heart, he is next to us, he surrounds us. Please think like this. Krishna is not far, he is close.



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he is in our heart, he is next to us,
he surrounds us.

ŚACĪNANDANA
Swami