

KARTIK INSPIRATIONS 2019

PROTECT YOUR MIND
BY KEEPING IT IN A
SPIRITUALLY PROTECTED
ATMOSPHERE.

Remain in the Spiritual Atmosphere DAY 25 · 6 NOVEMBER, 2019

Today I made an amazing realization. I was walking under the hot Indian sun and became physically and mentally exhausted, like a flat tire. I looked around, the countryside was baking in the heat, the ground was dry, there was no shade and it was a long walk to the next village.

Then, I decided to make an experiment - and that made all the difference. I focused my mind on chanting and remembered Krishna, Who is always present in Vrindavan. I thought of a pastime He performs during that particular time of the day, the forenoon, when He goes into the forest and starts herding the cows. As I connected to an inner landscape, an inner picture, I placed a frame around my mind which I didn't allow it to leave. I stayed with the mantra and remembering Krishna.

This became a deep lesson. I forgot the heat, I forgot the countryside withering in the sun. I forgot the dry earth and the dust stirred up by the wind. I just kept my mind in that frame of chanting and remembering Krishna.

You can apply this anywhere: frame your mind! Keep it in an uplifting environment, reaction and thoughts. Don't allow it to leave that frame and interact with the *tanmatras*, the five material elements and their movements under the powerful control of the material nature. Protect your mind by keeping it in a spiritually protected atmosphere.

I owe this day a lot, for my chanting and life. I will frame my mind, keep it there and in this way stay beyond the influence of *maya*, the illusionary energy.

ŚACĪNANDANA
Swami