

# KARTIK INSPIRATIONS 2019

## Crash Down

DAY 29 · 10 NOVEMBER, 2019

Yesterday was a day of turmoil and tests for me. I had a serious case of acidity that attacked my nervous system. I felt like I could neither live, nor die, and had a head-splitting headache. I got up and laid back down. What I noticed during this time is a gift I would like to share with all of you.

When we are here in this world, we receive many gifts that we often take for granted but they can be taken back. Our health, our peace of mind, peace of life and ability to function – all these are gifts that are given to us, but they ultimately don't belong to us, they can be taken away.

The understanding that a gift needs to be honored, has really informed my *bhajan* and life. Today, when the headache is down and the acidity is controllable, I feel very grateful to have this human form of life. I told my assistant this morning: *"It's so good to be alive."*

Let us use our gifts, the possibilities and opportunities, before they are for sure one day taken back to the source they came from. In the scriptures it is said, *"The human form of life is a valuable boat. It can be used to cross the ocean of material suffering. The spiritual master is the captain, and the Holy Names are the oars that move us."* But most importantly, the scriptures say, *"The mercy of Krishna is the wind that pushes the boat forward."*

Let us appreciate what we have and use it wisely for the time it is with us. Haribol.

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ŚACĪNANDANA  
Swami