

KARTIK INSPIRATIONS 2019

WHEN YOU GIVE YOUR
FULL ATTENTION TO
YOUR SPIRITUAL PRACTICES,
A PROFOUND SHIFT IN
CONSCIOUSNESS TAKES PLACE.

The Helpful Meditation

DAY 4 · 16 OCTOBER, 2019

We are now into our fourth day of the Kartik month. Have you noticed that when you give your full attention to your spiritual practices, a profound shift in consciousness takes place? I would like to speak about this.

When I went out yesterday, I came to my favourite holy place and somehow there was not a single disturbance. No dog, no raging bull, not any of the unpredictable things that happen in India. It was calm and peaceful and I could enter the atmosphere.

Entering. That is what you need when you do your spiritual activity. Fully entering the activity with your consciousness. To help you do this I would like to offer you something practical today - a simple meditation. You can either do it now, or if you are not in a situation suited for meditation, you can replay it in the evening before your Kartik ritual.

Sit down in a peaceful place where you will not be disturbed. Sit upright and imagine you are completely on your own. Let everything around you slowly and gently disappear. If you have any thoughts or concerns, put them on a parking place. Take a few deep breaths, in and out, to relax yourself even further. Tell yourself: "I'm calm now. I'm ready to enter."

To help you establish a divine connection I will recite an ancient verse now:

"My dear Lord Krishna. Although I have forgotten You for so many long years in the material world, today I'm surrendering unto You. I'm Your sincere and serious servant. Please, engage me in Your service."

Take a few deep breaths. You might like to end this meditation with words of your own spoken in the mind.

Thank you, you are done. This simple meditation can be done at any time, in any circumstances. It can be done before you offer your light, or before you read or chant. It will help you enter into the presence of the Lord.