

The Open Secret

DAY 5 · 17 OCTOBER, 2019

KARTIK INSPIRATIONS 2019

Today I have something important to share regarding spiritual practice in the month of Kartik. Yesterday I encountered an obstacle. As many of you know, I try to spend the maximum amount of time during the day to increase my chanting. But yesterday I noticed that the juice was missing. I was sincerely trying, but there was not life, no élan vital. Nothing. And I thought, 'What could I change?' The answer came: *do it as a service for Krishna.*

Let me give you an example how an activity gets energy, life and juice when you do it for someone else with the intention to please them. Putting your room in order is most probably the most boring activity you can imagine. But when you know a dear guest is coming over and you wish to please him or her, you might even be faster and it's not a burden because you think of the person you will receive. You are no longer bored.

In the same way chanting and in fact all spiritual practices, especially your little Kartik ceremonies, should be done with the intention to serve the Lord. The moment that intention empowers your activity, the inspiration, the enthusiasm, the joy, the feeling of a deep deep spiritual meaning of what you do, comes back. And then you will move on in your spiritual practice in a happy and spiritually empowered manner.

Please, keep this in mind: what you are doing is purely for the pleasure of Krishna, Whom you serve with these activities.

THE MOMENT
THAT INTENTION
EMPOWERS YOUR
ACTIONS, INSPIRATION
AND A SENSE OF
MEANING RETURN.