

# KARTIK INSPIRATIONS 2019

DO SOMETHING THAT  
INTENSELY CONNECTS  
YOU WITH KRISHNA.

## Get Rid of Your Ego

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One of the main questions of all spiritualists is: why is a spiritual activity sometimes absolutely relishable and nourishing, and at another time the same activity is not at all nourishing, but it's difficult even to convince yourself to do it?

For example, this holds true for practicing yoga. Sometimes you like doing it, sometimes not even ten elephants can pull you onto the yoga mattress. It is also true for chanting. Sometimes you spontaneously go into your rounds with energy, at another time after just one minute of chanting you think, 'How will I ever complete my number of rounds?' Everything we do on the spiritual path sometimes seems very tasty and at other times not at all.

Why is this so? And what can we do about it? Well, as long as the heart is surrounded and walled in by the false ego, envy towards others, pride and lust, the spiritual essence can't reach you and whatever you do will taste bitter. It's like chewing tobacco and drinking a generally tasty beverage at the same time. If you try to relish good cruelty-free milk while you are chewing tobacco, the milk tastes bitter. So what can you do? You have to spit out the tobacco, rinse your mouth and then drink the milk.

It is the same way when you try to perform *bhajan*, when you try to chant or do other spiritual activities and it doesn't taste sweet: most probably you need to get rid of something. You need to spit out your false ego, your pride, your lust, your various forms of material consciousness.

There is no better way to rid yourself of the false ego than joining an assembly of good devotees and chanting the Holy Names together. And when you dance, dance free from the false ego that 'I'm dancing here.' If you can't go to devotees, you can pick up a pair of *karatalas* in your own room and sing to the Lord with a sense of urgency in the heart. After some time the obstacle will leave you.

The main point is: do something that intensely connects you with Krishna. Look for association and practices that have this result for you. In this way you will get rid of the tobacco in your mouth so that you can taste the sweetness of *bhakti*.