# KŖŅA SAMĀDHI



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### BHAKTI BRINGS BHAGAVĀN

Kṛṣṇa tells Uddhava in the Śrīmad-Bhāgavatam (11.14.20): My dear Uddhava, the unalloyed devotional service rendered to Me by My devotees brings Me under their control. I cannot be thus controlled by those engaged in mystic yoga, Sānkhya philosophy, pious work, Vedic study, austerity or renunciation.

Bhakti has the power to bring God under the control of the bhakta. Bhakti can bring you to the Lord and bring the Lord to you. It is what attracts the Lord to you.

In the Madhurya Kadambini (chapter 8) Kṛṣṇa expresses how moved he feels by the bhakti of his devotee:

"My dear devotee, you have sacrificed wife, children, wealth, and home countless times in many births. You have tolerated such sufferings as the ravages of scorching summers, freezing winters, hunger, thirst, pain, and disease only so you could serve Me as I had asked you to. You have disregarded a million humiliations from others and maintained your life by begging, yet so far I have been unable to reciprocate with you and offer you anything. This makes Me indebted to you. Now tell Me, what can I offer you? Lordship of the entire universe, the position of Lord Brahma, all the mystic opulences, and so on are not befitting, hence how can I offer them to you? Is it becoming of a gentleman to offer grass, straw, and other animal fodder to a human being? Considering all this, I offer Myself to you; although I am unconquerable and indomitable, I am won over by you-I am now your property. I shall simply depend on your gentle disposition."

Kṛṣṇa is so moved by the love of his servant that he feels unable to repay him, he feels he cannot respond and remains

a debtor. Let us always seek the association of devotees who have *bhakti* in their hearts and can help us to reform our hearts. Pray for *bhakti*, it is all you need!



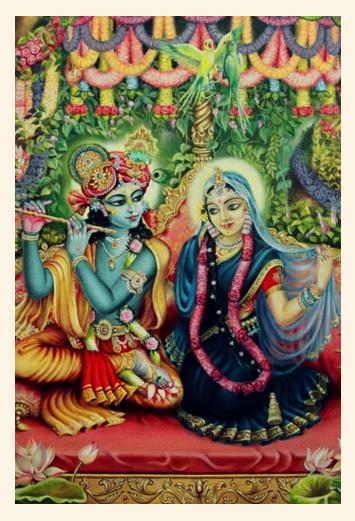
## RĀDHĀ-KŖŅA MEDITATION

- 1. Sit tall and focus on the sounds you presently hear. Focus on the objects you see. Just become aware of the present reality. This will help you to withdraw your thoughts from the busy day or from any other thoughts and emotions.
- 2. Now start to focus on your breathing. Become aware of your incoming and outgoing breath. Just observe the flow of your breathing for some time. This practice will calm your mind and prepare you for the next steps.
- 3. Bring your attention to the heart. Imagine a bright sun. When you inhale the sun expands: you see a golden color, and feel the warmth and the light expanding. When you exhale the sun contracts slightly. The sun is pulsating with your every breath expanding when you breathe in and contracting when you breathe out. Stay with this practice for a while.
- 4. Meditate on the following scene:

Kṛṣṇa is sitting on a jeweled throne under a kalpa-vṛkṣa tree in Vrndāvana forest. He is dark like a monsoon cloud, dressed in yellow garments and garlanded with forest flowers and lotus whorls. His face is splendid like ten million moons, his eyes move restlessly and his head is crowned with a peacock feather. His forehead is marked with tilaka of sandal paste and musk and he wears earrings that resemble two rising suns. His perspiration-anointed cheeks are like two glistening mirrors. With raised eyebrows he playfully glances at his beloved's face. The tip of his gracefully raised nose is decorated with a glistening pearl. His bimba-fruit lips are splendid in the moonlight of his teeth. His hands are splendid with bracelets, armlets and jeweled rings and he holds a flute in his left lotus hand. His waist is decorated with a graceful belt and his feet with beautiful anklets. Kṛṣṇa's eyes are restless with the nectar of amorous pastimes, he jokes with his beloved and makes her laugh again and again.

On Kṛṣṇa's left side sits his golden Rādhā, dressed in blue garments. With the edge of her garment she covers her

graceful lotus smile. Her restless *cakor*ī-bird eyes dance on her beloved's face and with her forefinger and thumb she places betel nuts and crushed betel leaves in her beloved's lotus mouth. Around her neck she wears a glistening pearl-necklace and her hips are decorated with tinkling ornaments. She wears jeweled earrings, finger rings, toe rings, bracelets, armlets and golden anklets. Rādhā's limbs are graceful, she is at beauty's best, she is in the prime of youth and is always plunged into the nectar of bliss. Rādhā's friends devotedly serve her with fans and other articles.



#### **Exercise:**

During the retreat you started to devise a plan of what you could do in order to become more absorbed in Kṛṣṇa in your daily life. Perhaps you chose to think of a trigger, which you could place in your daily surroundings that would remind you of Kṛṣṇa. Or maybe you decided to read more and share spiritually inspiring things with others. How is your plan working? Does it need to be changed in any way? Perhaps you would like to write down answers to the following questions:

- 1. What is my present relationship with Kṛṣṇa?
- 2. In which areas do I wish to improve my relationship to Krsna?
- 3. How do I wish to do that?
- 4. My next steps (what will I do and when will I do it?)
- 5. Which obstacles may get in my way? How will I deal with them?
- 6. Who can give me support?

