

DAILY JAPA INSPIRATIONS



GIVE YOUR MIND
TO THE MANTRA AND LET IT
TAKE YOU TO THE LORD.



LET THE MANTRA DO EVERYTHING!

Welcome to our japa inspiration!

After positioning your body, concentrating as much as you can on the sound, and directing your attention to Krishna, whose name you are chanting, it is very, very important to give yourself to the mantra.

Man-tra means to deliver the mind. Don't hide your mind, don't put it somewhere else—give it to the transcendental sound vibration who is non-different from Krishna. You will then see how mantra can work on you. The mantra will act almost like a train: when you enter the train, it takes you from here to there. But if you go to the station and the train comes and you don't get on, you will stay in the station. In the same way, when you chant and don't give your mind to the mantra, it will not be able to do its work! It will not be able to deliver you. It will not be able to bring you from here to there.

Techniques are required: sit properly, focus, bring your attention to the chanting—all this is necessary. But we must be very clear: we cannot reach the Lord on our own. He, in the form of the Holy Name, will take us when we enter the chanting with our mind, when we are there, when we entrust ourselves entirely to the transcendental sound vibration of the Holy Name!

Śācinandana Prāsādi

ŚACINANDANA SWAMI