

DAILY JAPA INSPIRATIONS



KEEP THE SOUND VIBRATION
OF THE HOLY NAME
WITHIN THE HEART.
HOLD IT THERE.
DON'T LET IT GO.



KEEP THE SOUND INSIDE THE HEART

For any type of prayer, also chanting mantras, there is one secret: bring the mind into the heart.

In Navadvip, when Sri Caitanya Mahaprabhu met His devotees, who had brought bananas, flower garlands, ghee, and yoghurt to gift to Him, He personally instructed: *“Hear this Hare Krishna maha mantra and be happy.”*

Let us think a little bit about this *“hearing.”*

Srila Bhaktisiddhanta Sarasvati Thakura explains what this really means. He says: *“One achieves perfection in chanting the mantra, when one keeps the vibrated sound within his heart and controls his materially attached mind.”*

This is the whole idea. The sound should be captured by the mind and brought into the innermost chambers of the heart. Practically speaking, this means you chant from the heart or you chant with devotion, with a feeling of gratitude, with a feeling of longing. Something which resides in the heart should be expressed through the sound. And then you keep the vibrated sound within the heart. You stay there. Of course, as we always know, our materially attached mind might wander. No problem—catch it and bring it back. Bring it back to the heart.

Understand that material desires are not in control of you. You are in control of desires. At least you are when you come from that place in the heart, the devotional place where the sound vibrates. So keep the sound in the heart. Hold it there. Be there. Do not go out of the house of your heart. Stay inside, where you have the best guest: Krishna in the form of His holy name.

Raviandana Pravis

ŚACINANDANA SWAMI