

DAILY JAPA INSPIRATIONS



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BRING IT BACK

Welcome to our Japa inspiration!

Sometimes when we see our mind has again wandered off, we become frustrated. I suggest we change that, and feel elated instead. Yes, now when we have noticed that our mind has gone astray, we can again make a fresh start to chanting in a focused way. Imagine we would not have noticed it.

I remember sometimes walking with a friend who took his dog along on our walk. From time to time the dog left us and chased after a deer or hare. It was good when we noticed it, because then my friend could blow a whistle and the dog returned. Sometimes he did not notice, and then the dog caused trouble.

Bringing the mind back is possible when you notice that it has wandered off. Krishna addresses this in the Bhagavad-gita, sixth chapter. He says *“From wherever the mind wanders due to its flickering and unsteady nature, one must certainly withdraw it and bring it back under the control of the self.”*

The moment we notice our mind has gone, bring it back to focused chanting. Focused chanting is actually described to be the clearing stage of japa. All the clouds, the mental coverings, go away. The tradition is full of glorification of this stage. Just completely hearing even one single mantra is most wonderful. Then our life is blessed.

Śācinandana Prāṇī

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