

KARTIK INSPIRATIONS 2024

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WHEN WE SIT DOWN TO
PERFORM ANY TYPE OF WORSHIP,
THERE ARE NOT MANY THINGS
TO REMEMBER. IT'S ONLY THIS,
'I AM YOURS, AND YOU ARE MINE,
NO MATTER WHAT.'

A VERY BAD DAY

Welcome to our *Kartik Inspiration!*

I am going to start with a less inspired idea. Today, I tried all my techniques and everything I teach, but nothing worked. Pure chanting cannot be achieved by our efforts alone—it's not a matter of techniques that you read in a book. Sometimes these efforts and techniques work, but on other days, like today, they don't.

Haridasa Thakura, the *nama-acharya* and great example of chanting the holy names, addresses this point. He says, "It is impossible for the *jiva*, the living entity, to single-handedly avoid and overcome the illusion of distraction. However, by the mercy of the Lord, this is accomplished with ease." Therefore, it is essential to prayerfully beg for the Lord's grace with great humility, for this is the only means to salvation from inattention. And it is precisely this inattention that lies at the root of all our problems; it's the breeding ground of distractions and so on."

One learns that whether there is sunshine or rainstorms in one's chanting, just showing up in all circumstances convinces the Lord of one's sincerity. In time, He may send some mercy, and what was once impossible—that is, overcoming the various distracted moods of the mind—becomes possible and is given.

Ultimately, when we sit down and perform any type of worship, we want to enter a simple space. It's very uncomplicated; there are not many things to remember. It's only this, '*I am Yours, and You are mine, no matter what.*'

Welcome to our next *Kartik inspiration* where we will address this point a little further.

Śacīnandana Prāsādi

ŚACINANDANA SWAMI