

KARTIK INSPIRATIONS 2024

LET'S CHANT BEFORE GIRIRAJ

Welcome to our *Kartik Inspiration*.

It is said that if you can't be in a holy place physically, you can still derive a similar benefit by going there in your mind.

Today, I'd like to invite you on a short meditative journey so that by the end, you're sitting right before the sacred mountain, Giriraj, ready to chant. Let's start.

We cross a path where cows walk and enter the sacred forest surrounding Giriraj. The trees are tall, lush, and green. We continue along a dusty path toward the sacred mountain. On our right, we see a devotee worshipping a Giriraj-sila, a small rock from the mountain, with painted eyes. But we move on, not delaying. We see an elderly man walking the circumambulation path, chanting, "Radhe, Radhe", and we follow him at a respectful distance so as not to disturb his meditation.

After some time, we feel the urge to find our own spot. So, leaving the *parikrama* path, we re-enter the forest. There's a beautiful tree nearby, and another, just next to it, where green parrots perch on its branches. But we sit beneath our own tree—the silent one—and face Giriraj. His rocks are radiant, effulgent, and though to us He may look like a mere stone, we feel a soothing

energy coming from Him, an atmosphere that opens our hearts, allowing us to feel the vastness of our existence.

In this space, we feel how we are souls belonging to the Supreme. We reflect on Prabhupada's words, which tune us into Krishna's love:

"Krishna is so kind to His devotees that if you go to Him, the combined kindness of millions of mothers will be surpassed by His affectionate and tender dealings. When everyone and everything else fails to bring peace to our heart, Krishna is able to help. And as soon as one places the Supreme Personality of Godhead within one's heart, everything becomes easy and successful."

So let's place the image of Krishna within our heart and chant His sacred names in a prayerful mood. Let's chant in the mood, 'Please accept me. Please accept me.'

Let's remain in this meditative space for as long as we like. Later, when we go through our day, let's remember that there is a place—an "out of this world" place. It's a sacred place where it's easy to hold Krishna in our hearts.

Śacīnandana Prāsāda

ŚACINANDANA SWAMI

VRINDAVAN IS A PLACE
WHERE IT'S EASY TO HOLD
KRISHNA IN OUR HEARTS.