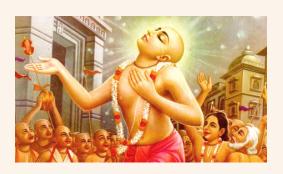


# KŖṢŅA SAMĀDHI



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### THE GLORIES OF BHAKTI

In the Śrīmad-Bhāgavatam (9.4.64) Śrī Kṛṣṇa says, "Without saintly persons for whom I am the only destination, I do not desire to enjoy My transcendental bliss and My supreme opulences." One may ask: but is Kṛṣṇa not self-sufficient? Why does he have to say, "I don't want to be without my devotees and without our exchange of love?" And how is it that Kṛṣṇa feels so much pleasure when his devotees love him?

Śrīla Jīva Gosvāmī explains it as follows: The Lord experiences a pleasure called *svarūp ānanda*, that is a pleasure (*ānanda*) which lies in his own form or personality (*svarūp*). The moment this pleasure flows out of his heart it is called *svarūp-śakty-ānanda*. It has now become a *śakti*, an energy, also called the *hlādinī śakti*.

Kṛṣṇa invests this energy into the heart of his devotee and then the devotee feels *bhagavat-prīti*, love for the supreme Lord. Witnessing the ecstatic love the devotee feels for him, the Lord becomes extremely pleased and overwhelmed. Thus, the love flows in a circle. You can only experience *bhakti*, when you are connected to this circle. *Bhakti* is something divine, something that does not originate from the human psychology.

Śrīla Jīva Gosvāmī gives us an example: A musician carries music inside of himself and this gives him some pleasure. As soon as he starts playing his instrument, the music comes out of him and he can hear it and relish it even more. Kṛṣṇa is this musician. He gives what is inside of him to his devo-

tees. Then his own sound or love comes back to him and he enjoys it very much. In the words of the *Caitanya-caritāmṛita* (*Antya* 18.18):

"Ecstatic love makes Kṛṣṇa dance, ecstatic love makes the devotee dance, ecstatic love dances itself. All three dance together in one place." That is bhakti.



Bhaktidevī, who comes into our hearts, is an expansion of Śrīmatī Rādhārāṇī, Kṛṣṇa's most confidential devotee. In other words, *bhakti* is very precious and Kṛṣṇa will carefully decide to whom he can give it. Therefore we need to beg for *bhakti*. We need to kneel down on the ground for *bhakti*, be prepared not to sleep for *bhakti*. *Bhakti* cannot be found within this world, but it comes to us when we live in an active relationship with Kṛṣṇa. *Bhakti* will heal our heart and make it whole.

#### **Exercise:**

When you sing and dance before the deities during *kīrtana* first connect with the deities. Look at them and realize: "O Rādhā Madan-Mohan [or the name of your deities], you are so beautiful." Then this feeling of appreciation for Kṛṣṇa and his love for you will make you dance in a way that gives him pleasure. Then, Kṛṣṇa becomes unthinkably happy with you and starts dancing on the altar. In short: First connect with the love in Kṛṣṇa's heart and then dance for his pleasure. That will be your joyous dance for eternity.

## VISUALIZING KŖṢŅA IN YOUR MIND

Śrīla Prabhupāda writes: "Yogīs take advantage of the process of smaraṇam, whereas bhakti-yogīs take special advantage of the process of hearing and chanting." (Bhāg. 3.28.26, purport)

As devotees we especially like to chant Kṛṣṇa's names in order to attain absorption. However, while we chant we should be mindful of the person whose names we are chanting. Thus, during chanting it is beneficial to visualize Kṛṣṇa in your mind. Kṛṣṇa wants to see that we relate to him as a real person and engage with him in an earnest manner. You can find the meditation on the individual limbs of the Lord, which we practiced, in the Śrīmad-Bhāgavatam 3.28.21–33.

#### SIDEBAR: Absorption in All Activities

You might have the desire to be absorbed in Kṛṣṇa, not only during hearing and chanting, but also during your practical services. There is a simple question you can ask yourself before you start your service which will help you to stay absorbed in all your activities: "For whom am I doing this?" The moment you know whom you are serving it becomes devotional service and stops being simply an action.



### MEDITATING ON THE LORD'S LOTUS FEET



When being asked by Śrī Caitanya Mahāprabhu, about the supreme method of meditation, Rāmānanda Rāya answered that the chief meditation was to fix one's mind on the beautiful lotus feet of Rādhā Kṛṣṇa. Kṛṣṇa's louts feet are the perfect object of meditation because they sever the attachment from material life and fulfill the desires of the devotees.

In order to meditate on Rādhā Kṛṣṇa's lotus feet, you might like to visit

http://www.sacinandanaswami.com/en/s1a555/meditations/radha-krishnas-lotus-feet.html