



## KṚṢṆA SAMĀDHI



Amṛta Vāṇī 1	The Foundation – How to Give Up Material Life
Amṛta Vāṇī 2	Our Process of Attaining Full Realization
Amṛta Vāṇī 3	The Glories of Bhakti
Amṛta Vāṇī 4	Bhakti brings Bhagavan
Amṛta Vāṇī 5	How to practice Bhakti while Living in this World
Amṛta Vāṇī 6	Becoming Absorbed by Feelings of Separation

## BECOMING ABSORBED BY FEELINGS OF SEPARATION

Whilst chanting, we should think of Kṛṣṇa and bring some feeling into our practice. At the moment, the most realistic and relevant way of thinking about him is in the mood of separation: “I am now separated from Kṛṣṇa and I want to be reconnected to him.” When you think of Kṛṣṇa with deep feelings, he will come into your heart.

Most of us already cry out in separation – but we cry for the wrong things. We cry for personal enjoyment, not for Kṛṣṇa. If you want to leave your attachments to matter behind, then you have to learn to redirect your feelings of separation towards Kṛṣṇa. Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura writes, “The feeling of separation from Krishna, or transcendental vipralamba is the only practice by which the spirit soul can achieve perfection. Material feelings of separation give rise to a despondency that reveals the attachment one has for matter, whereas the despondency that results from the feelings of separation for Krishna are the best proof of one’s desire to bring pleasure to His senses.” (Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura in a purport to Śrī Caitanya-caritāmṛta, Antya 8.26-31). The last sentence of this quote beautifully expresses the idea of vipralamba-bhāva. A devotee feels: how unfortunate I am being separated from Kṛṣṇa because in this state, I am not able to serve him and I cannot fulfill my eternal dharma.

Chanting in this mood will bring about an inner meeting, as Śrīla Prabhupāda writes “Those under the shelter of the lotus feet of Śrī Caitanya Mahāprabhu can understand that His mode of worship of the Supreme Lord Kṛṣṇa in separation is the real worship of the Lord. When the feelings of separation become very intense, one attains the stage of meeting Śrī Kṛṣṇa.” (Śrī Caitanya-caritāmṛta, Ādi 4.108)



### SIDEBAR: Enter the mood of separation by following the footsteps of our previous ācāryas

They can confer upon us this right mood of separation. The following is an extended version of the 5th verse from the Śrī Śikṣāṣṭaka, prayed by Lord Śrī Caitanya Mahāprabhu:

“O son of Nanda, Kṛṣṇa, king of the country of love, I appeal for your affection. I am your servant. I feel deep within myself that I have some connection to You. I am subordinate to You, but somehow I am now in adverse circumstances. There are so many enemies within me trying to take me away from You. Therefore I cannot give my full attention to You and Your name. At the same time I feel, from the deepest place in my heart, that You are my master. You are all and everything to me. My heart will never be satisfied without Your companionship, so I appeal to You. I am under unfavorable circumstances. I am suffering. And without Your grace I do not find any relief from my present imprisoned condition.”