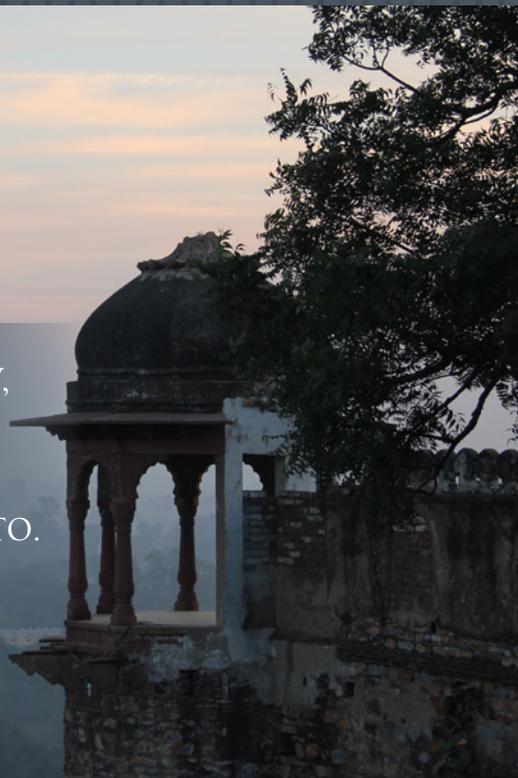


KARTIK INSPIRATIONS 2018

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ATTACHED TO.



DAY 17 · 9 NOVEMBER, 2018

THE SCHOOL OF ATTACHMENT

How can I increase my attachment to Krishna?

We all know that things we are attached to, come to us easily. For instance, if we like to eat and there is a good feast in front of us, we don't have to force ourselves to finish the meal. Ultimately, a person always does what he is attached to. If he thinks his attachment is harmful, he might be able to suppress it for a while, but not for long. At some point the attachment will break all the chains you have tied it to.

So, the question is: How do we become attached to Krishna in a true sense? On my little Holy Name marathon here, I realised the truth of the answer to this question: *“Do something repeatedly and after you've done it again and again, somehow taste will appear in your heart.”*

Jiva Goswami quotes a verse in the *Bhakti-sandarbha*, which addresses this:

“What should you do, if your mind is not attached to the infallible Supreme Lord Achyuta, if you don't appreciate Him enough? You should shamelessly chant the Holy Names, both during the day and at night. You should do so alone, without fear, conquering sleep, detached from material thoughts, keeping your mind fixed on the goal. Eat only as much as necessary and remaining peaceful. This will awaken love for Krishna in you.”

In a study in Japan, scientists found that students who held a pen in their mouth in a way that forces a smile onto their faces, after some time actually felt happier and were more productive. Similarly, devotional practices may at first be a bit forced, but will eventually yield the success of true devotion.

Bhaktivinoda Thakura has written a song about this: *“Giving up sleep, both during the day and at night, undisturbed and peacefully, the devotee who desires to become attached to Krishna, should shamelessly utter the Holy Names again and again. This will produce love for Krishna.”*

Please, find some time you can exclusively dedicate to chanting the Holy Names. Not mechanically, though! Before you start, stimulate your remembrance of Krishna by reading appropriate literature. Then, chant with Krishna in your mind and you will see, love will soon come into the house of your heart.