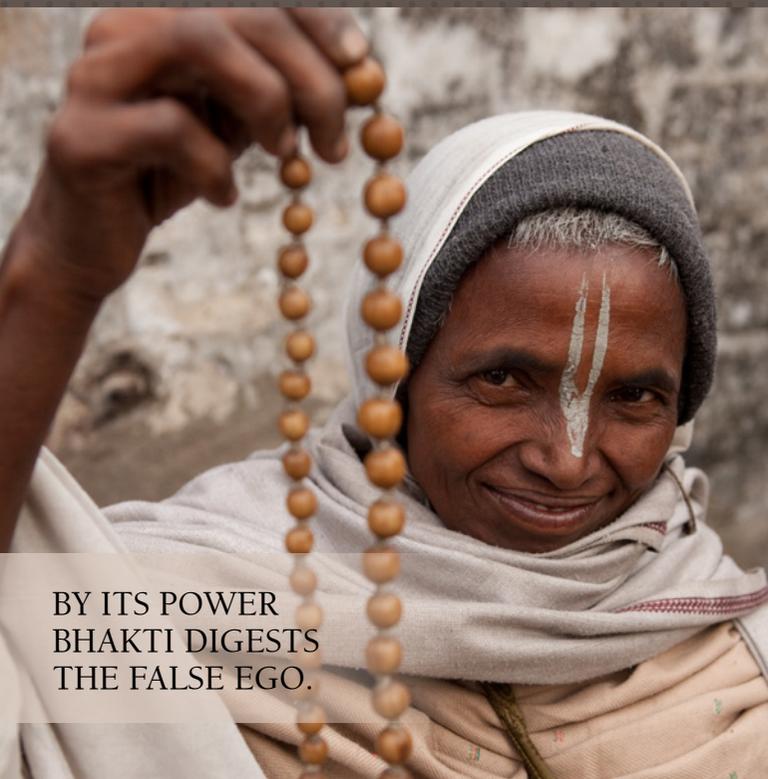


KARTIK INSPIRATIONS 2018



BY ITS POWER
BHAKTI DIGESTS
THE FALSE EGO.

DAY 24 · 16 NOVEMBER, 2018

THE EGO-DEATH

Part of my Kartik-vrata is to read Krishna's instructions to Uddhava before He left this world from the 11th *canto* of the *Srimad Bhagavatam*. The Lord makes an important point there – that the knot in the heart, the *ahankara*, the false ego, is destroyed by *bhakti*. He says: “*When one engages constantly in worshiping Me through loving devotional service, his heart becomes firmly situated in Me. Thus all material desires within the heart are destroyed and the knot in the heart is pierced, the ego knot.*” (11.20.29)

This is the power of *bhakti*. It so to say digests the ego. What happens when something is digested? After the stomach burns the food the good portions go into the blood stream and the unnecessary ones are eliminated and leave the body in the bathroom. This happens automatically, you don't have to analyse what happens, you don't have to think about it to make it happen. It works by the power of digestion.

So, the *Bhagavatam* states that *bhakti*, devotional service, dissolves the subtle body including the ego, without any separate effort, just as the fire of digestion digests everything we eat. If you have ego problems, this means your spiritual digestion is not so strong. In such moments, ask yourself: ‘How can I step up my practices of *bhakti*? How can I chant? What can I do today that is just for Krishna's pleasure, without having my own selfish desires in my mind?’ Then offer service with feelings and you will see how your spiritual digestion will become ablaze.

I'm sitting here in Vrindavan, I chant and do it only for the pleasure of my Lord. I can see so many good insights, realisations and clarity of mind coming from this. I wish that you also use the month of Kartik in whatever way possible to increase your spiritual fire of digestion, your *bhakti*.