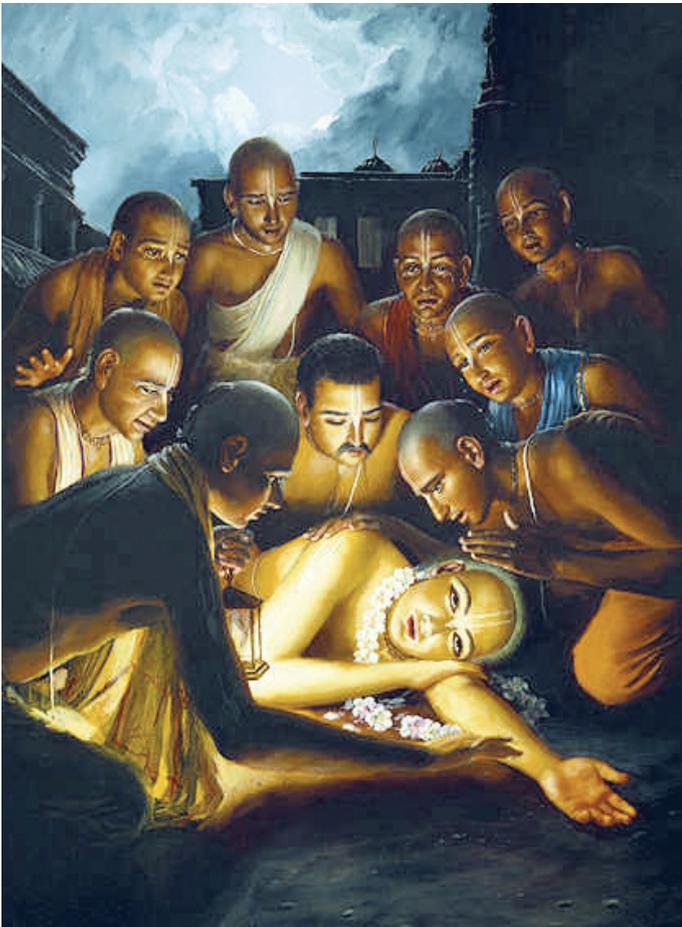


THE MARKET PLACE OF THE HOLY NAME

	Discoveries	Practice
Amṛta Vāṇī 1	<i>the power of faith</i>	<i>silence</i>
Amṛta Vāṇī 2	<i>all things will be revealed through chanting</i>	<i>controlling the mind</i>
Amṛta Vāṇī 3	<i>the name has the same effect as the form</i>	<i>purity</i>
Amṛta Vāṇī 4	<i>the fuel for spiritual life: mercy</i>	<i>contemplating the meaning of the mantra</i>
➤ Amṛta Vāṇī 5	<i>chanting with feelings of separation</i>	<i>patience</i>
Amṛta Vāṇī 6		<i>steadfastness</i>

DISCOVERIES

CHANTING WITH 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 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. Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura writes, “The feeling of separation from Krishna, or transcendental *vipralambā* 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). If you want to leave this attachment for matter behind, you have to learn to redirect your feelings of separation towards Kṛṣṇa.

Śrīla Prabhupāda spoke about this: “So we are addressing, Hare Kṛṣṇa, Hare Kṛṣṇa: ‘O the energy of the Lord, O the Lord, please accept me.’ That’s all. ‘Please accept me.’ We have no other prayer. ‘Please accept me.’ Lord Caitanya taught that we should simply cry, and we shall simply pray for accepting us.

That's all. So this vibration is simply a cry for addressing the Supreme Lord, requesting Him, "Please accept me. Please accept me." (lecture on *Bhagavad-gītā* 8.21-22, New York, November 19, 1966)

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)



—❖❖❖ PRACTICE ❖❖❖—

THE FIFTH STEP TO PERFECTING ONE'S CHANTING:

A-vyagratva – Patience

Patience means that we should not rush through our chanting simply to finish it quickly. *Vyagratva* refers to the mind's restless quality. When Arjuna asked Kṛṣṇa how the turbulent mind could be controlled, Kṛṣṇa offered two means: suitable practise (*abhyāsa*) and detachment (*vairāgya*).

In the purport to this verse (*Bhagavad-gītā*, 6.35), Śrīla Prabhupāda explains that if we regularly hear about

Lord Kṛṣṇa, we will become more and more enlightened and thus automatically detached from everything not connected to Kṛṣṇa. Chanting and hearing about Kṛṣṇa are two remedies that work together and dispel the darkness of ignorance covering our soul. The idea is that we can actually feel while chanting that we are in the best place possible and thus feel no rush to finish the chanting. Imagine you are meeting the Lord – should there be any rush to finish that meeting?

