

## KṚṢṆA SAMĀDHI



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## HOW TO PRACTICE BHAKTI WHILE LIVING IN THIS WORLD

While living in this world we have to find a healthy way to deal with the world so that we can make spiritual progress. To do this, practice *yukta vairāgya*. This means: keeping yourself fit for real life, your prayers, your *sādhana*, your worship, your remembrance and your service. Pray to Kṛṣṇa: “Please increase my attachment to you, let it become natural just like the attachments seen between humans.” Then you can do everything nicely and Kṛṣṇa will take care of you. He will send what you need, he will give you the experiences that you need and he will bring you back home back to Godhead in the end.

### Becoming Absorbed

In the purport to the *Bhagavad-gītā* 6.10 Śrīla Prabhupāda lists three practices which help you to become absorbed in Kṛṣṇa:

- 1. Avoid distraction:** think of Kṛṣṇa and avoid thinking of things that are not related to him. The best way to start this is by monitoring one’s speech: speak about Kṛṣṇa, “no”, as Śrīla Prabhupāda said, “nonsense”.
- 2. Accept favorable and reject unfavorable conditions that affect your realization.** For this, you need to first find out what is favorable and what is unfavorable for your personal spiritual development. There are things that you like to do in your spiritual life – find out what they are and focus your attention on them. (This does not mean not doing austerities, but one should not push oneself too hard.)
- 3. Do not hanker after unnecessary material things that entangle you in feelings of possessiveness:** if you filled your mind with thoughts of your possessions, then your mind would be full and there would be no space left for Kṛṣṇa. You need to clean it

up and make space for Kṛṣṇa in your heart. There are only a few things you really need to have and do in order to lead a simple and healthy life of self-preservation.



### SIDEBAR: Serving Kṛṣṇa in the Mind

The service you render Kṛṣṇa in your mind is called *mānasa-pūjā*. It is natural that your mind will wander during meditations or *mānasa-pūjā*. What is important is to understand that Kṛṣṇa consciousness starts in the mind. To deepen this understanding it is helpful to practice *mānasa-pūjā* from time to time. Make sure that your meditation is based on authorized scriptures, not imagination.