

NĀMA RUCI - CHANTING WITH TASTE



Amṛta Vāṇī 1 Śraddhā

Amṛta Vāṇī 2 Removing Anarthas through the Association with Devotees

Amṛta Vāṇī 3 Practicing on the Level of Steadfastness

Amṛta Vāṇī 4 Practicing on the Level of Taste

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Amṛta Vāṇī 6 Taking the Retreat Home

DISCOVERIES

*ceto-darpaṇa-mārjanam bhava-mahā-dāvāgni-nirvāpanam
śreyah-kairava-candrikā-vitaranam vidyā-vadhū-jivanam
ānandāmbudhi-varধানam prati-padam pūrṇāmṛtāsvādanam
sarvātma-snapanam param vijayate śrī-kṛṣṇa-saṅkīrtanam*

Let there be all victory for the chanting of the holy name of Lord Kṛṣṇa, which can cleanse the mirror of the heart and stop the miseries of the blazing fire of material existence. That chanting is the waxing moon that spreads the white lotus of good fortune for all living entities. It is the life and soul of all education. The chanting of the holy name of Kṛṣṇa expands the blissful ocean of transcendental life. It gives a cooling effect to everyone and enables one to taste full nectar at every step.

1.) The Effects of Chanting

- Chanting the holy names without offenses cleanses our heart from all unwanted things.
- Chanting attentively invokes Kṛṣṇa's blessings.
- Once you receive blessings, you will develop a natural inclination to serve. I.e. a variety of services will blossom in your heart. And this means your life becomes auspicious.
- With such blessings and auspiciousness, you will welcome the queen of *bhakti* into your heart.
- Further on, you will reach the desired goal of realizing that the holy name and Kṛṣṇa are identical.
- Then you advance quickly on the path of divine love and experience its different blessings like swimming in an ocean of bliss.



2.) How Chanting brings Us to the Highest Realization

Śrī Caitanya Mahāprabhu explains that chanting of the holy names is the *parama upāya* or the most feasible means of salvation in this age of *kali*. (CC, Antya 20.8)

Furthermore, the *Śrīmad-Bhāgavatam* (7.15.42) tells us about the *kīrtana* arrow where the Vedic mantra is the bow, the pure living entity himself is the arrow, and the target is the Supreme Being.

In this way, Śrīla Prabhupāda asserts that, chanting *nāma-saṅkīrtana* of the Hare Kṛṣṇa *mahā*-mantra is the gift of Caitanya Mahāprabhu and the most feasible way for attaining *prema*.

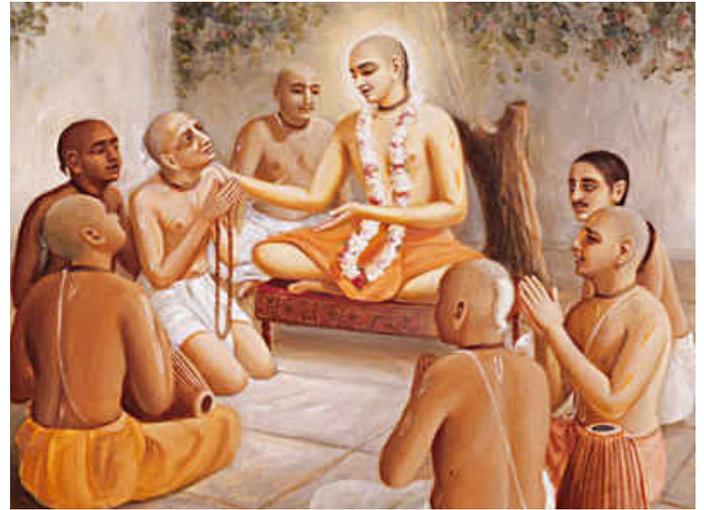
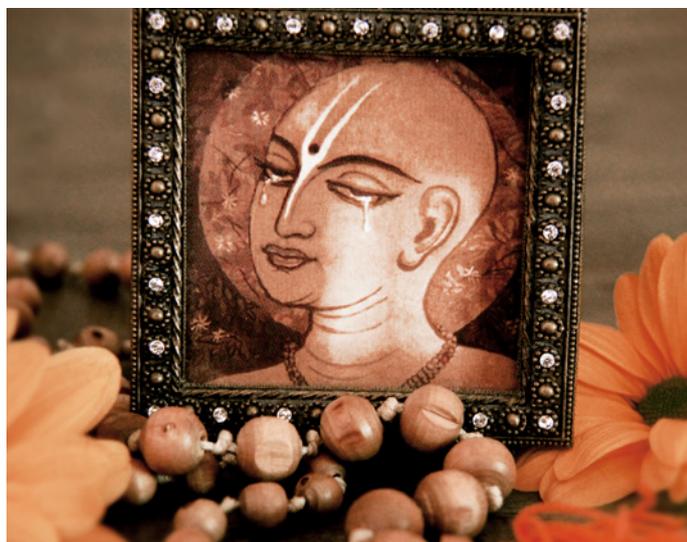
If we want our arrow to hit the target, if we want to reach Kṛṣṇa, we must learn to utilize this powerful process of chanting the holy names in a proper way. For this reason, Caitanya Mahāprabhu gave us instructions on this so that we know how to use the *kīrtana* arrow in the right way.

3.) The Process of Bhajan Rahasya

As you advance in chanting, the holy name will reveal more and more of its astonishing glories. Śrīla Bhaktivinoda Ṭhākura compared the advancement in chanting the holy name with the blossoming of a flower which will show more and more of its various features like form and fragrance, as it grows from a bud into a beautiful flower.

- The bud of love is the very abode of astonishing mellows. Such is the power the holy name possesses - if it blossoms a little further it takes our heart to Kṛṣṇa.
- When it fully blossoms it takes us to Vṛndāvana and reveals the Lord's pastimes to us
- In this way it will also reveal our spiritual form and always keep us close to Kṛṣṇa..

Kṛṣṇa takes the form of the holy name to purify our hearts and shows us first that we are a spirit soul.



Where do we start?

Bhaktivinoda Ṭhākura says:

- 1) Learn to chant with full attention
- 2) And, chant avoiding offenses

The result of following these two steps is that we realize that we are an eternal spirit soul, separate from both body and mind.

When we hear, remember and chant properly, Kṛṣṇa enters our heart and removes everything dark from it, like the five elements that cause misfortune (ignorance, false ego, attachments, hatred, envy, and absorption in material life). He removes *anarthas*, controls our mind and senses and gives us realizations. Just like the wind removes all traces of clouds in the sky, Kṛṣṇa removes every trace of misfortune in us. Once we have realized that we are the spirit soul (*sam-bandha-jñāna*), different from the body and mind, the holy name will reveal Kṛṣṇa's spiritual form to us.

In this way we have to nourish our faith (*śraddhā*) and experience the process of chanting. Experience is the most powerful teacher and the most powerful proof there is for us.

4.) Summary

We can invest our absolute faith in chanting as the main process, the *parama upāya*, because Kṛṣṇa himself is identical with his name and when his name is chanted Kṛṣṇa comes into the heart and becomes active there by dispelling the darkness of *avidyā*, or ignorance which clouds us. In this way, Kṛṣṇa very nicely attracts us more and more. Hence, our process starts with *śraddhā* - we must have faith. Depending on your faith or your lack of faith the holy name will reveal itself. Chanting is not like a mystic yoga process where everything is dependent on our own efforts. No, chanting is a process of *bhakti* and *bhakti* depends entirely on Kṛṣṇa, not on us. Of course we give our endeavor, but ultimately our advancement is only possible by the mercy of Kṛṣṇa. One who really makes advancement in chanting is one who has faith. Did you know that the faithful are rewarded with divine strength?

