

# KARTIK INSPIRATIONS 2024



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THE REAL VRINDAVAN  
IS WITHIN YOU.  
FIND THE PATH  
THAT LEADS YOU THERE!

## GIRIRAJ MEDITATION

Welcome to this *Kartik inspiration*.

Yesterday, I shared with you about my meeting with that sadhu at the side of Giriraj. Today, I want to take you to Giriraj.

Recently, one of my friends met a *sadhu*, who mentioned that nowadays, it's not so easy to find a peaceful place in the holy *dham*. Even Vrindavan is affected, at least externally, by the noise and busyness of Kali Yuga. There are so many people expected to come during Kartik, and it will be very loud! Very crowded! And they all will bring their restless minds with them. "So it is important," said the sadhu, "that in this time, you find the road that leads you within because it is only there where you can discover the real Vrindavan."

So, this is what we are going to do now. I know that most of you who are listening to these Kartik Inspirations are staying outside of Vrindavan in your own countries. But let me take you on this inner journey to Giriraj, where we will chant together.

- \* Find a quiet place where you can be undisturbed.
- \* Calm your mind for a moment with a few deep inhalations and exhalations.
- \* Know that this will now be your alone time with Krishna.

\* As your mind settles with the calm breathing, see yourself sitting before Giriraj. The landscape is lush and greener than usual because there was an unusually rich rainfall. Every leaf is green and vibrant. Behind you are trees, and in front of you, you see the large spiritual rocks that make up this beautiful mountain.

\* You've heard that Radha and Krishna enter the caves for Their loving pastimes here. You've also heard that Giriraj serves Krishna with fruits and juices and offers very soft grass to the cows of Krishna. It is a place which is perfectly peaceful. Only from time to time do you hear the chirping of green parrots and the sounds of the peacocks.

\* Now, as you sit here, it's time to enter a devotional relationship with Radha and Krishna. Chanting is mostly a process for entering this relationship.

\* There are many meanings of the holy names. I will read a few to you, but then you can chant on your own.  
"Please, accept me."  
"Oh my friend, oh my friend. Please, pull my heart to You."  
"May I develop a taste for You."  
"Please, show me how to serve You."

From this place, let us now chant. I will exit the meditation, but you can continue.

Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare,  
Hare Rama, Hare Rama, Rama Rama, Hare Hare.

*Raviandana Pravis*

ŚACINANDANA SWAMI