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“When all other sadhanas fail you, go and sit in the assembly of devotees. Just be there, and you will see how your anxieties begin to evaporate.”

Ramanujacarya

## No More Anxiety

Welcome to this Kartik Inspiration.

Another question for you in the beginning, “Where do you take shelter when life moves in such a way that you can’t manage it? Is it in your money? Is it in some friends? Or is it in some telephone service where you ask for advice? Some coaching firm? Where do you take shelter?”

In Vrindavan, we learn to take exclusive shelter in Krishna. At that time, all anxieties stop.

Krishna has one amazing grandfather who was once the king of the Vrindavan area. His name is Parjanya. He speaks very sweet words to Krishna, always bows down to his little grandson, and shares delightful jokes that he whispers into Krishna’s ears.

Once, the entire Vrindavan was attacked by Indra when Krishna was only seven years old. Indra became angry because Krishna had diverted all the milk sweets and sacrificial items used for his annual Indra puja. Krishna had instructed the cowherd men to offer all the items during a huge festival for Govardhan.

At that time, Indra sent his clouds of universal destruction to Vraja. He was firmly determined to annihilate all the cowherd boys, the cowherd men, the residents, the cows, the calves, and even the monkeys and others. Krishna acted at that time and lifted Govardhan for seven days and nights, holding it steadily on His little finger to protect the Vrajavasis from rain, hail, thunder, and all other dangers.

At that time, His grandfather was so confident about being with Krishna that he showed not the slightest hint of anxiety. In fact, he jokingly addressed the clouds and said,

“Oh, hey clouds! My name is also Parjanya. (It can mean cloud.) But tell me, what audacity do you have to try to inundate my kingdom as long as I’m here? I have this little grandson next to me. See what He can do! And let me now see how you will defeat this little grandson of mine who carries this huge mountain. Then I will take you seriously and argue with you.” See, this comes when someone has taken shelter.

To take shelter in Krishna during difficult times, what could that mean? Well, the first thing in taking shelter is that you turn to the shelter and move towards it. A good way to move towards Krishna is through prayers.

I can’t stop to glorify the Saranagati prayers; even here, they have so much meaning for me. For instance, there’s a prayer that says, “My dear Lord, please nourish and maintain me by giving me taste in Your holy name.” That’s what someone needs who chants the whole day. He needs to have taste. So, you can turn to Krishna through prayer.

Another very good way that always works is to turn to Krishna’s devotees. Ramanujacarya makes this point by saying, “When all other sadhanas (spiritual practices) fail you, then move towards an assembly of devotees. Just sit there and you will see how your anxieties will evaporate.”

Taking shelter is something we do all the time, unconsciously or consciously. If we can learn to run or move toward that shelter, which shelters all the universes and everyone within them, including the ants, then we will have no more anxiety.

I wish you all the best and see you for the next Kartik Inspiration.

*Ramanujacarya*

SACINANDANA SWAMI