

“When will I wash off the dirt from my dirty body and my identification with it, while repeatedly bathing in the water of the Yamuna?”

Prabhodananda Sarasvati

More Than a Bath

Welcome to this Kartik Inspiration!

When in Vrindavan, there are times when it acts like a mirror, showing you the things you still need to work on. At that time, you are reminded of your conditionings—the material covering.

But still, being in Vrindavan is like standing before a curtain in a theatre. You sense there is a movement behind the curtain. The curtain moves, there are some sounds; the actors are getting ready, the scenery is beautiful, and it is only a matter of time before the curtain opens.

In the same way, being in Vrindavan confronts you with the veil—the veil of matter, the veil, which is knit or woven with the three gunas, with the mistakes of others, with the problems, with cheating, with everything—it is a big veil. But at times when you are alone and when you remind yourself that the stage is set, and every distraction is gone, you can now be with Krishna. At those times, these “alone with Krishna” times, you can feel or sense that behind this curtain there is a wonderful world, and it is only a matter of time, days, months, or whatever before the curtain parts, and opens, and gives way to the beautiful spiritual reality.

Now, what can help us lift the veil? There are many recommendations, such as engaging in the five powerful processes of bhakti, which bring your inclination towards Krishna. However, today I want to speak about taking a sacred bath, which is perhaps the simplest thing you can do.

When you take a bath in the Yamuna, a very nice prayer is recited. The prayer is from Radha Rasa Sudha Nidhi, where Prabhodananda Sarasvati says, “When will I wash off the dirt from my dirty body and my identification with it, while

repeatedly bathing in the water of the Yamuna, which is muddled with the musk that comes from Srimati Radharani’s chest?”

Yes, sprinkling ourselves with sacred Yamuna water, either in reality or in meditation, will wash away our conditionings.

Here is how you take a sacred bath.

- ☉ You approach the sacred body of water,
- ☉ you say a prayer, or if you don’t have one you can say a self-composed prayer,
- ☉ and then you respectfully pay your obeisances.
- ☉ Before entering into the water, you take three drops of water, sprinkle them over your head, then
- ☉ touch with the water your two eyes, your two ears, your two nostrils, and your mouth—all the openings of the body.
- ☉ And then, you can either physically or meditatively enter the sacred water.

I always like to open my eyes when I am under the water, and often I see movements, colors, and so on in the sacred water, which are highly inspiring because they indicate that something is going on behind the veil, something going on beyond my conditioning, a sacred movement.

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

But perhaps before we end, take a bath in meditation. You might even take help from a photo of the Yamuna, and that will do very, very good things for you and soften your heart.

Prabhodananda Sarasvati
SACINANDANA SWAMI