

The Moonlit Path of Meditation

Today, I walked around the sacred mountain Govardhan, and there was an older man walking before me who taught me something about entering Vrindavan. He was singing and there were tears in his eyes as he pronounced the names of the Lord, which I wrote down afterwards, "Giridhari Shyama, Hari Murari, Shyama Pyari, Govardhanadhari, Govinda Gopala."

And then his voice choked, and he stopped singing. Then I stayed a little in the back, and he continued after some time, "Giridhari Shyama" and so on.

Yes, entering the world of Vrindavan only goes through the road of devotion. It's a spiritual place, and spiritual places are not accessible by tickets, normal roads, or touristic pilgrimages that are offered. They are accessed only through a devotional heart, the road of devotion.

There is a very nice book that discusses the secrets of entering Vrindavan in great detail. It's my handbook, Sri Vrindavan Mahimamrita, and there is a meditation which is offered on Vrindavan, which really brings forth some of the secrets of the life of Vrindavan-vasis.

So, please find a comfortable place to sit. Switch off your many, many distractions in life. Even put your chips to the side.

First meditate on a pure nectarean ocean of transcendental moonlight. You have all seen an ocean; you have seen the silvery colour of the moonlight. So, here is an ocean of moonlight. And within that moonlight, see the beautiful and sweet abode of Vrindavan coming forth. There's a

forest, with nice chirping birds and beautiful trees, a beautiful breeze bringing the coolness from the River Yamuna. Fruits are there, flowers, clusters of blossoms, and all these birds, deer, parrots, peacocks, cuckoos, and sweetly humming bees.

Now, within that beautiful forest of Vrindavan, see in your mind's eye the charming, handsome, and wonderfully youthful Radha and Madhava. Madhava, Krishna, is crowned with a peacock feather crown. He has braids, and there are jewels on His crown, and then there is Srimati Radharani. She is so beautiful. Her words are so sweet. When She jokes and when She laughs, when She throws sidelong glances at Krishna that attract Him, all this makes Radha so beautiful, so exquisite. Her form is splendid as molten gold, and when She walks through the forest, this golden, lush effulgence coming from Her turns the entire forest into a golden light.

In this way, meditate on the beautiful divine couple of Radha and Krishna.

Now, slowly exit this forest and return to the bright moonlight. After a little time, return to room awareness or the awareness of your current location.

My dear everyone, such meditations remove the anxiety, the stress, the many many things that are there in our thought traffic, and they make us peaceful.

Please return to our next Kartik meditation, or Kartik Inspiration I should say, and see you all tomorrow. Haribol!

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the road of devotion.

Ratnanandana Brahm
SACINANDANA SWAMI