

Bhakti Vriksha Modules - Shraddhavan
Week 4 – Members’ Section

The Nectar of the Holy Name

For this Age - Kirtana

In this age, Kali-yuga, one cannot execute any process of self-realization or perfection of life other than kirtana. Kirtana is essential in this age.

In all Vedic literatures it is confirmed that one must meditate on the Supreme Absolute Truth, Vishnu, not on anything else. But there are different processes of meditation recommended for different ages. The process of mystic yogic meditation was possible in Satya-yuga, when men lived for many thousands of years. Now people will not believe this, but in a previous age there were people who lived for one hundred thousand years. That age was called Satya-yuga and the meditation of mystic yoga was possible at that time. In that age the great yogi Valmiki Muni meditated for sixty thousand years. So that is a long-term process, which is not possible to execute in this age. If one wishes to conduct a farce, that is another matter. But if one actually wants to practice such meditation, it takes an extremely long time to perfect such.

In the next age, Treta-yuga, the process of realization was to perform the various ritualistic sacrifices recommended in the Vedas.

In the next age, Dvapara-yuga, the process was temple worship.

In this present age, the same result can be achieved by the process of hari-kirtana or glorification of Hari, i.e. Krishna, the Supreme Personality of Godhead.

The Science of Self-Realization

Passage for Discussion

The Hare Krishna Mahamantra

The transcendental vibration established by the chanting of *Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare / Hare Rama Hare Rama Rama Rama Hare Hare* is the sublime method for reviving our transcendental consciousness.

As living souls, we are all originally Krishna Conscious entities, but due to our association with matter from time immemorial, our consciousness is now adulterated by the material atmosphere.

The material atmosphere, in which we are living, is called *maya* or illusion. *Maya* means, “that which is not.” And what is this illusion? The illusion is that we are all trying to be lords of material nature, while actually we are under the grip of her stringent laws. When a servant artificially tries to imitate the all-powerful master, he is said to be in illusion.

We are trying to exploit the resources of material nature, but actually we are becoming more and more entangled in her complexities. Therefore, although we are engaged in a hard struggle to conquer nature, we are ever dependent on her. This illusory struggle against material nature can be stopped at once by revival of our Krishna Consciousness.

Hare Krishna, Hare Krishna, Krishna Krishna Hare Hare is the transcendental process for reviving this original, pure consciousness. By chanting this transcendental vibration, we can cleanse away all misgivings within our hearts. The basic principle of all such misgivings is the false consciousness that I am the lord of all I survey.

Krishna Consciousness is not an artificial imposition on the mind. This consciousness is the original, natural energy of the living entity. When we hear this transcendental vibration, this consciousness is revived.

This simplest method of meditation is recommended for this age. By practical experience also, one can perceive that by chanting this maha- mantra, or the Great chanting of deliverance, one can at once feel a transcendental ecstasy coming through from the spiritual stratum.

As such this chanting should be heard from the lips of a pure devotee of the Lord, so that immediate effects can be achieved. As far as possible, chanting from the lips of non-devotees should be avoided. Milk touched by the lips of a serpent has poisonous effects.

The word *Hara* is a form of addressing the energy of the Lord, and the words *Krishna* and *Rama* are forms of addressing the Lord Himself.

The material energy called *maya*, is also one of the multi-energies of the Lord; and we are also the energy, the marginal energy of the Lord.

The living entities are superior to material energy. When the superior energy is in contact with inferior energy, an incompatible situation arises; but when the superior marginal energy is in contact with the superior energy, Hara, it is established in its happy, normal condition.

These three words, namely, Hara, Krishna and Rama, are the transcendental seeds of the *Mahamantra*. The chanting is the spiritual call for the Lord and His energy, to give protection to the conditioned soul. This chanting is like the genuine cry of a child for its mother's presence. Mother Hara helps the devotee achieve the supreme father's grace and the Lord reveals Himself to a devotee who chants this mantra sincerely.

No other means of spiritual realization is as effective in this age of quarrel and hypocrisy as the chanting of the mahamantra: Hare Krishna Hare Krishna Krishna Krishna Hare Hare / Hare Rama Hare Rama Rama Rama Hare Hare

Science of Self realization

Discovery:

1. What does the Hare Krishna mantra do to our consciousness?
2. Why is our consciousness adulterated now? What do we think wrongly in this consciousness?

Understanding:

1. What happens when we try to exploit material energy?
2. How can we stop this great struggle over material energy?
3. Explain the meaning of the *mahamantra*.
4. What makes the living entity happy? Why does the mahamantra make one happy?
5. Why is it important for us to chant this mahamantra?

Application:

1. Share your realization of how you feel when you chant the Mahamantra during the kirtan or japa.

Preaching is the Essence

The Lord has inaugurated the Hare Krishna movement for the benefit of human society

Whenever the principles of religion deteriorate and the principles of irreligion increase, the supreme controller, the Personality of Godhead Sri Hari, appears by His own will.

In the present age, the Supreme Personality of Godhead has appeared as Sri Chaitanya Mahaprabhu to inaugurate the Hare Krishna movement. At the present time, in Kali-yuga, people are extremely sinful and bad.... They have no idea of spiritual life and are misusing the benefits of the human form to live like cats and dogs. Under these circumstances Sri Chaitanya Mahaprabhu has inaugurated the Hare Krishna movement, which is not different from Krishna, the Supreme Personality of Godhead. If one associates with this movement, he directly associates with the Supreme Personality of Godhead. People should take advantage...and, thus, gain relief from all the problems created in this age of Kali.

Srimad Bhagvatam 9.24.56

The Lord sends His representatives to remove the miseries of life

Material existence is full of undesirables. Things we do not want are forced upon us by some superior energy, and we do not see that these undesirables are under the grip of the three modes of material nature.... undesirable happenings in life cannot be checked by any number of plans. Such miseries can be removed only by the mercy of the Lord, who sends His bona fide representatives to enlighten human beings and thus save them from all calamities.

Srimad Bhagvatam 1.14.11