

The Higher Taste

For those who want to stay high for ever!

Sri Gaura Purnima Special Issue

SHOCK ABSORBER

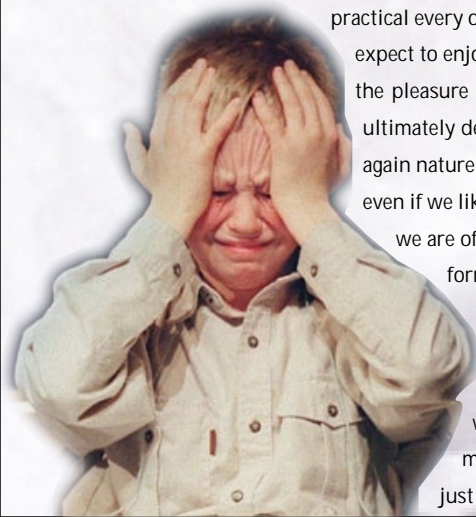
Volume 3; Issue 4

APPETIZER

It's very difficult sometimes; very difficult especially when one has to feign euphemism in the face of adversity, when things which were undreamed occur or problems come in a greater proportion, than anticipated. But no matter whatever happens, we as humans and especially those of Indian nationality adhere to the much "hallowed" DESI tag exhibiting the "power of adjustment" which we possess ad infinitum. No matter what happens we have this amazing ability to adjust to any situation. This amazing power is well exhibited in our daily lives. For e.g. there will always be enough space for one more person in a bus which is filled to the extent that those inside are just waiting to take their last breath, but still everything works meticulously with harm to none, or no matter the density of traffic jam but still we somehow manage to find our ways through trickles.

MAIN COURSE

Although amazing, this rare ability seems to be dying incessantly. We are witnessing acutely painful times of global recession, terror attacks, and intense frustration in the society, which has devoured us of tolerance. After all we live in a limited world. Even If we shun talks about terrorism or finance considering it to be the homework of our "able" leaders we can't avoid the unrest which we face in our personal lives. We say that we are progressing, but in what direction? Every one has an intrinsic desire to be happy, but this desire is checked at every point. To be very practical every one has to face birth, death, old age and disease. Now how can any one expect to enjoy the pleasures of youth in fading old age? Or how can any one enjoy the pleasure of youth when affected by disease. or even if we keep on enjoying, ultimately death will not let us enjoy eternally or even if we are happy dying then again nature will force us to take birth again in a form which we might not like, or even if we like that form still we'll have to start all over again from childhood. Also we are often faced with challenges from our own selves and from others in the form of acute unbearable shocks. What is the fate of that man who has been ditched by his so called lover, or what about the person who was fired from his job after putting 100% effort and what about people who lost their dear most in an accident or who can appease one who was not able to meet his goal, may be a competition or an exam. Thus most of the times we are in a situations we don't like to face, when things just don't seem to turn up they should according to us.



These shocks are just for one holy purpose i.e. to remind us of a technique which we haven't used yet to help ourselves in such situations. It's free of cost, very easy to apply, guarantees long lasting benefit, and easily available. This is a tested, tried and even proven SHOCK ABSORBER packaged in the form of 16 divine words: *Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, Hare Hare.*

The blissful process of chanting of holy names of the Supreme Lord Sri Krishna promises to absorb even the acutest of pains in our life. As souls, we are *anandmaya 'bhyasat* or eternally blissful, and our constitutional position is to serve the Supreme Blissful, Krishna. When we are established in this constitutional position we are naturally very happy. This position can be attained when we serve Krishna, and service begins with the tongue. Krishna is absolute and His name is non different from Him. So when His name is chanted with faith and devotion, He is personally present with us to mitigate our suffering by attracting us towards His inconceivable qualities and pastimes which are very sweet. He is the master of all sweetness, everything about Him is Sweet. *Madhuradhuipater akhilam madhuram.* Amidst sour times of adversity the name of Krishna act as a sweet candy to mitigate and overpower the sour taste of this temporary life.

Although as souls we are eternally blissful, our real nature is covered by material modes of nature, and enemies' viz. lust, anger, greed, pride, envy and illusion constantly attack us. By chanting we're gradually freed from these misgivings. This is explained by Lord Chaitanya in the first verse of His Shikshastakam as: *"Glory to the çrî-kâñëa-sai kîrtana, which cleanses the heart of all the dust accumulated for years and extinguishes the fire of conditional life, of repeated birth and death. This sai kîrtana movement is the prime benediction for humanity at large...It is the life of all transcendental knowledge. It increases the ocean of transcendental bliss, and it enables us to fully taste the nectar for which we are always anxious."*



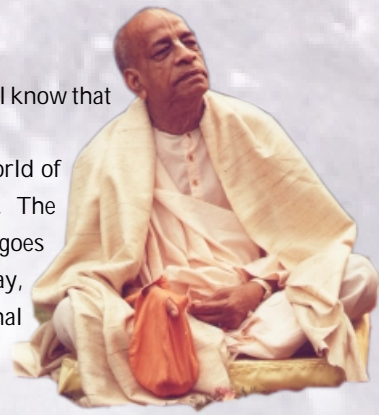
To explain the importance of chanting for spiritual growth, let's first look at the human brain. There are two different sides to our brain. The left side controls the rational, calculating mind - this is the part of the brain that allows us to think mathematically, scientifically and logically. It breaks down ideas into a step-by-step process. Our whole modern society is based mainly on the achievements and point of view of rational thinking.

The right half of the brain controls our intuitive mind. This gives us the human ability to appreciate art, music, poetry, and religion. The intuitive mind perceives things holistically - we appreciate a piece of music or a beautiful sunset, we have a flash of insight, we feel spiritually inspired. These feelings come from our intuitive mind, in contrast to our rational mind.

It is interesting to notice that the two halves of our brain are the same size; suggesting that human beings are made to use both sides of their mind - equally. However, since the Industrial Revolution, and our modern reliance on science and technology, the intuitive mind has been mainly ignored in Western society. But, one of the activities that exercises and brings forward our intuitive mind is chanting and hence our brain develops fully.

Chanting is also good for our health, for a number of reasons:

- The very sound of chanting helps to heal our bodies and minds. We all know that when we feel tired, it helps to listen to some soothing music.
- When we chant, it also acts to regulate our breathing. In today's world of "fast lane lifestyles" we can regulate our breathing by chanting. The breathing rate goes down along with the heart rate. And if heart rate goes down, then blood pressure also goes down. Relaxation therapists say, "You've got to learn deep abdominal breathing." Deep abdominal breathing can be promoted through chanting.



- Chanting, if done wholeheartedly, acts to release negative emotions. Holding on to the emotions of anger and frustration over time makes us sick.
- Another health benefit of regular chanting is that it brings us to a steady rhythm. The regular chanting acts on us in the same way as a parent rocking and singing to their upset child - bringing the child into healing harmonious rhythm.
- Chanting also acts to clean our mind.
- Chanting also focuses our thoughts. When we put all of our attention on one word at a time, as we are
- Chanting, we are learning how to focus our mind.

DESSERT

Thus the Hare Krishna maha mantra is a tangible gift of Lord Sri Chaitanya to humanity which comes from the blissful realm of the Gokula, over to our uncertain lives in this samsara filled with suffering. This process was packaged more nicely by Srila Prabhupada for the modern society. He left many temples, books and ardent disciples who are working tirelessly to propagate the use of this transcendental shock absorber. So, let's adopt this shock absorber. It's already tried and tested all over the world and millions of people are realizing its benefits in over 170 countries through 700 plus centers of the International Society for Krishna Consciousness. So, on this most auspicious occasion of the divine appearance of the Most Munificent Incarnation, Lord Sri Chaitanya, Say good-bye to all those shocks from your life! He promises to take us all to that shock-free zone, Supreme Lord's abode- Goloka Vrindavana, if we sincerely take up this process.



the HIGHER TASTE
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For the Transcendental Pleasure of

Their Lordships Çré Çré Rādhā-Pārthasārathi and



In the Loving Service to His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda
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