

A BEGINNERS MEDITATION

A Revelation and Meditation on the Meaning of the Holy Name by Śrīla Bhaktivinoda Ṭhākura.

By fondly chanting *harināma* while contemplating His true meaning and praying to Him with tears in the eyes, gradually by His mercy, one's chanting will advance. If this method is not followed, it will take many lifetimes to reach perfection.

– Śrīla Bhaktivinoda Ṭhākura's *Śrī Caitanya-sikṣāmṛta*, Sixth Rainfall, Fourth shower

1. HARE: OH HARI!

he hare, mac-cittam hr̥tvā bhava-bandhanān mocaya

Oh Hari! Please capture my mind and heart and free me from material bondage.

2. KR̥ṢṆA: OH KR̥ṢṆA!

he kr̥ṣṇa, mac-cittam ākarsaya

Oh Kṛṣṇa! Please attract my mind and heart by pulling them to You.

3. HARE: OH HARI!

he hare, sva-mādhuryeṇa mac-cittam hara

Oh Hari! Please capture my mind and heart with Your unsurpassed sweetness.

4. KR̥ṢṆA: OH KR̥ṢṆA!

he kr̥ṣṇa, sva-bhakta-dvārā bhajana-jñāna-dānena mac-cittam śodhaya

Oh Kṛṣṇa! Please purify my mind and heart with knowledge about pure devotional service given to me by Your own devotees.

5. KR̥ṢṆA: OH KR̥ṢṆA!

he kr̥ṣṇa, nāma-rūpa-guṇa-līlādiṣu man-niṣṭhām kuru

Oh Kṛṣṇa! Please give me firm faith in Your transcendental name, form, qualities and pastimes.

6. KR̥ṢṆA: OH KR̥ṢṆA!

he kr̥ṣṇa, rucir bhavatu me

Oh Kṛṣṇa! Please give me firm taste for Your transcendental name, form, qualities and pastimes.

7. HARE: OH RĀDHĀ!

he hare, nija-sevā-yogyaṁ mām kuru

Oh Rādhā! Please make me fit to serve You.

8. HARE: OH RĀDHĀ!

he hare, sva-sevām ādeśaya

Oh Rādhā! Please direct me to do a particular service for You.

9. HARE: OH RĀDHĀ!

he hare, sva-preṣṭhena saha svābhīṣṭa-līlām śrāvaya

Oh Rādhā! Please tell me about Your cherished pastimes with Your most beloved Kṛṣṇa.

10. RĀMA: OH RĀMA!

he rāma, preṣṭhayā saha svābhīṣṭa-līlām mām śrāvaya

Oh Rāma! Please tell me about Your cherished pastimes with Your most beloved Rādhā.

11. HARE: OH RĀDHĀ!

he hare, sva-preṣṭhena saha svābhīṣṭa-līlām darśaya

Oh Rādhā! Please reveal to me Your cherished pastimes with Your most beloved Kṛṣṇa.

12. RĀMA: OH RĀMA!

he rāma, preṣṭhayā saha svābhīṣṭa-līlām mām darśaya

Oh Rāma! Please reveal to me Your cherished pastimes with Your most beloved Rādhā.

13. RĀMA: OH RĀMA!

he rāma, nāma-rūpa-guṇa-līlā-(śravaṇam-kīrtanam)smaraṇādiṣu mām yojaya

Oh Rāma! Please engage me in constantly (hearing, chanting and) remembering Your transcendental name, form, qualities, pastimes.

14. RĀMA: OH RĀMA!

he rāma, tatra mām nija-sevā-yogyaṁ kuru

Oh Rāma! Please make me fit for Your personal service in Vraja.

15. HARE: OH HARI!

he hare, mām svāṅgīkrtya ramaṣva

Oh Hari! Accepting me as Your own, please enjoy with me as You please.

16. HARE: OH HARI!

he hare, mayā saha ramaṣva

Oh Hari! Please enjoy with me in Your transcendental way.

NB. This revelation of the meaning of the Holy Name is attributed to Śrīla Gopāla Guru Gosvāmī by some *Vaiṣṇavas*.

Since *bhakti* is the eternal nature of the soul, it is called the soul's natural *dharma*. The process is as follows: The individual finally realizes that he can never attain service to Kṛṣṇa, his real nature, by following the path of *karma*, either through the eighteen types of sacrifice or through the subtle sacrifice of *aṣṭāṅga-yoga*. And he realizes that he cannot attain it through either the feeble knowledge which aims at a vague spiritual substance or material knowledge gained by efforts of the mind. Seeing no alternative, he cries for the mercy of the devotees, "Oh Kṛṣṇa, deliverer of the fallen souls! I am your eternal servant, I have fallen in the material ocean, and am suffering. Oh Lord, be merciful and give me the shelter of the dust of your lotus feet." At that moment the merciful Lord places him at his feet and comforts him.

Constantly hearing, chanting and remembering the Lord's name, with tears in his eyes, he attains the stage of *bhāva*. Kṛṣṇa, sitting in the heart, removes all obstacles and material desires, purifies the heart, and then mercifully offers the devotee his own *prema*. At this point if the person has no mood of surrender (*Śaraṇāgati*), he may proudly make his own attempts to attain the goal and in the process dry up his heart. In this way he is deprived of *prema*. **The devotee should be careful to bring Kṛṣṇa into his heart with humility and full surrender.** At that time, attempts at material logic become wiped out completely, the spiritual eye opens, and he sees the Lord as He is.