

# Helpful Meditations for Dealing With Excess Baggage

— Insights from Śrīla Bhaktivinoda Thākura’s *Śaraṇāgati* —

O merciful Lord! Today I surrender at Your lotus feet all that comes under the category of “I” and “mine”. O Lord! I no longer have any separate identity. Now I belong only to You. This embodied soul has given up the conception of “I”. The conception that “I am Your eternal servant” is now deeply rooted in my heart.



O Lord! Please give me the strength so that I can always keep these misconceptions of “I” and “mine” far away from my mind. Today I take shelter at Your lotus feet, which award fearlessness to all. I dedicate myself completely to You. May this mood of surrendering myself to You remain deeply rooted within my heart. Let it not be a temporary sentiment, like the elephant’s desire to bathe.



Everything is carried out by Your sweet will, but we foolish living entities think we are doing everything. What can a living entity do if You do not inspire him? We can only desire, and it is only by Your mercy that we can fulfil our desires.



O Lord, I have given up the idea of depending on my own strength and endeavors. Now I still act, but I depend solely upon Your will.



You are my father, my mother, my lover, my son, my Lord, my *guru* and my husband. In fact, You are everything to me.



Whatever I possess — my body, house, servants, brothers, friends, wife, children, and household paraphernalia — all belong to You now. I am Your servant. I simply live in Your house. You are the owner of my household, and I am just Your servant. From now on, all my endeavors will be directed toward giving You happiness.



All my friends, my wife, my sons and daughters are Your servants and maidservants. According to this understanding, I maintain my relationship with them. Because my wealth, followers, wife and household articles all belong to You, I, as Your servant, simply maintain them. I earn money so that it can be used in Your service. I spend it to maintain Your household.



In reality, everything belongs to You and nothing belongs to the living entities. Being bewildered by this misconception of “I” and “mine”, we are all suffering from lamentation and fear.