

Śrīla Prabhupāda's *KISS* Formula for Protection — and Perfection

KISS!* — Keep It Simple, *Sādhu* — *KISS!

(4) The Simple Things He Taught Us — A Drop A Day Wears the Stone Away —

Our Śrīla Prabhupāda gave us so much, so easily. There was no fanfare, for he was graciously unassuming, seeing himself simply as an instrument and messenger of his Guru Mahārāja. Our conditioned nature may sometimes have trouble with this, for that nature tends to be a little gross, doubtful and forgetful. Perhaps the preciousness and potency of what Śrīla Prabhupāda gave us has not really impressed upon our hearts. Perhaps our enthusiasm to follow the simple things he taught us has waned with the passing of time, or been butchered by mechanical, mindless habit. And so, let's take another look at some of the simple things he taught us — this time through the divine eyes of Śrīla Sanātana Gosvāmī.

Please Offer Obeisances

Just by offering obeisances to Lord Hari even once, a devotee can attain His transcendental abode.

— *Śrī Hari-bhakti-vilāsa, Vilāsa 8, Text 367*



Those who offer obeisances everyday to the Supreme Lord, who is unlimited, the destroyer of demons, and beginningless, can avoid taking a trip to the abode of Yamarāja.

— **V8.374**



Even if one offers obeisances to Lord Hari with duplicity, all of his sinful reactions that have accumulated during hundred of previous lives are at once eradicated.

— **V8.370**

Please Honor *Caraṇāmṛta*

Know for certain that in Kali-yuga, drinking Lord Hari's *caraṇāmṛta* is the best atonement for all kinds of sinful activities. Just by drinking *caraṇāmṛta*, one's body becomes purified.

— **V9.26,51**



Planetary positions cannot harm a person who regularly drinks *caraṇāmṛta*, nor can thieves and rogues plunder him.

— V9.43



Lord Hari's *caraṇāmṛta* is more sanctified than all the holy places of pilgrimage and it destroys the sinful reactions of killing millions of living entities. Simply by drinking *caraṇāmṛta* and sprinkling a few drops on one's head, a devotee can please all the demigods.

— V9.25

Please Offer Kṛṣṇa Incense and a Ghee Lamp

Those who offer incense to the Supreme Lord achieve prosperity in this life and enter the spiritual world in the next. Just as the incense smoke rises, the devotee who offers incense every day advances towards an exalted destination as a result of his devotional activities.

— V8. 25



The purification one achieves by bathing in hundreds of millions of holy places can be achieved simply by smelling the remnants of incense offered to Lord Hari.

— V8. 30



Lamps give us vision and upliftment. The more a devotee offers lamps to the Lord, the more he makes advancement.

— V8. 70



Lust, anger and pride that are born of ignorance, as well as one's material entanglement, are destroyed simply by worshiping the Lord with a beautiful ghee lamp.

— V8. 303

And Please Carefully Study Your “ABCs” Daily

By drinking Ganges water in the form of hearing *Bhagavad-gītā*, which was spoken by Śrī Kṛṣṇa and which is the essence of the *Mahābhārata*, one does not have to experience birth again in this material world. Those who desire to accomplish the four objectives of life should daily recite or hear the *Bhagavad-gītā*, which has emanated from the lotus mouth of Śrī Kṛṣṇa.

— V6.226-227



The piety one achieves by studying all of the *Vedas*, histories and *Purāṇas* can be achieved simply by studying the *Bhagavad-gītā*. A person who regularly recites the chapters of the

Bhagavad-gītā containing the revelation of the universal form and the descriptions of the opulence of the Lord will become pleasing to everyone in the universe.

— V6. 221-222



One who recites the *Bhagavad-gītā* is considered to possess all kinds of knowledge, and he obtains the merit of giving 10,000 cows in charity. One who recites the *Bhagavad-gītā* every day achieves the eternal abode of the Supreme Lord, which is beyond the jurisdiction of fear.

— V6.218



Amazing, isn't it?! Each of the simple little things Śrīla Prabhupāda taught us has the potency to take us Home, to free us from the debilitating bondage of sinful reactions. So why aren't we always feeling the benefits? It's a question we have to individually and honestly answer!

**Please Cherish Your Relationship with the Process
Śrīla Prabhupāda Has Given
— Please Don't Minimize It! —**