

Bhaktyaloka

Essay 7

Utsāha- Enthusiasm

Inattentiveness is a sign of  
lack of enthusiasm

In order to progress, there should be no  
inattentiveness.

One should consciously try to overcome  
inattentiveness to enthusiastically practice devotional  
service.

11th offense  
Inattention while chanting  
(From Sri Harinam Cintamani)



offense: Inattention or carelessness while chanting



This is the mother of all offenses.



Even if one avoids all the other offenses but does not  
avoid inattention while chanting, Krishna prema may  
not come.

Three types of inattention

Indifference or  
no attention  
(audasinya)

Laziness (jadya)

Distraction  
(viksepa)

## Audasinya (indifference)

Not absorbed in the holy names while chanting but in some material objects.

Cause: Material attachment

### Solution:

1. Chant in the association of properly chanting vaishnavas.
2. Chant in a place which is not filled with material vibrations.
3. Live in a temple or dhama.
4. Chant near Tulasi maharani.
5. Chant in a secluded room (which is free from material stimulus)
6. Concentrate on the name by covering the eyes, ears and nose with a cloth.
7. Gradually increase the quantity/number of rounds.

## Jadya (Laziness)

1. Chanting with a sluggish mind.

2. Stopping between chanting one round.

### Solution:

Take association of Vaishnavas who do not waste time in material activity, but constantly chant and remember the holy name, being absorbed only in the name.

By this, enthusiasm will come to the lazy mind and he will overcome the offense of laziness. One will become determined to increase his chanting everyday.

**Viksepa (Distraction) : Mother of all inattentive chanting**

**Causes:**

1. Attraction for the opposite gender.
2. Attraction for wealth.
3. Attraction for material success.
4. Desire for position.
5. Cheating propensity.

**Solution:**

1. Follow proper vaishnava sadachara.
2. Take advantage of Madhava tithis - chant and hear all day and night in the association of devotees.
3. Hear and chant in the association of devotees in Lord's dhama.
4. Hear songs about Krishna from the mouths of pure devotees.

➔ One should never be inattentive to complete one's prescribed number of daily rounds.

This should be noted day by day.

➔ Don't increase the number of rounds for show. First concentrate nicely on what one can easily manage.

★ Always keep praying to Lord to chant attentive rounds. Keep begging for mercy because alone, one can not accomplish anything.

## Glories of Tulasi Maharani

mandāra-kunda-kurabotpala-campakārṇa-  
punnāga-nāga-bakulāmbuja-pārijātāḥ  
gandhe 'rcite tulasikābharaṇena tasyā  
yasmimś tapaḥ sumanaso bahu mānayanti

SB 3.15.19

Although flowering plants like the mandāra, kunda, kurabaka, utpala, campaka, arṇa, punnāga, nāgakeśara, bakula, lily and pārijāta are full of transcendental fragrance, they are still conscious of the austerities performed by tulasī, for tulasī is given special preference by the Lord, who garlands Himself with tulasī leaves.

ya drsta nikhila agha sangha samani sprsta vapuh pavani  
roghanam abhivandita nirasini siktantaka trasini  
pratya satti vidhayini bhagavatah krsnasya samropita  
nyasta taccarane vimukti phalada tasyai namah

(Hari Bhakti Vilasa 9/104 from Skanda Purana, Avanti khanda)

1. Just by looking at you (Tulasi), all sins become removed.
2. Just by touching you, one's body becomes pure.
3. By praying to Her, all diseases practically become removed.
4. If one waters Her or makes Her wet, the fear of Yamaraja (death personified) is destroyed.
5. Just by planting or transplanting, she attaches our heart to Krishna.
6. If someone offers Tulasi at the lotus feet of Lord Sri Krsna, She awards Krishna prema.

bhaktyā vihīnā aparādha-lakṣaiḥ  
kṣiptās ca kāmādi-taraṅga-madhye  
kṛpāmayi! tvām śaraṇam prapannā  
vrnde! namas te caraṇāravindam

verse 8, Sri Vrndadevyastakam

O merciful one, they who have no devotion and they whom millions of offenses have thrown into the waves of lust and other vices take shelter of you. O Vrnda, I bow to your lotus feet.