

Chant

Hare Krishna

and make your life sublime



Hare Krishna Hare Krishna,
Krishna Krishna Hare Hare
Hare Rama Hare Rama,
Rama Rama Hare Hare

Pronounced Har-ay, Krish-na & Rama
International Society for Krishna Consciousness. Founder Acarya
His Divine Grace AC Bhaktivedanta Swami Prabhupada



This publication has been compiled for the sake of those interested souls who want to reawaken or reassess their spiritual lives by focusing on our most important service; chanting Hare Krishna. Our sincere prayer is that everyone will find something of interest here.

A Prayer To The Holy Name

Oh Holy Name, You have come to save me. You are Krishna Himself but You are more merciful than Krishna.

Oh Holy Name, I can't chant nicely but after all You have come in this Kali-yuga to save the likes of me, the most fallen, wretched foolish and low-class person.

Oh Holy Name, please grant that I may constantly and incessantly chant, morning, noon, night and every moment in between with great attention, affection and humility.

Oh Radha and Krishna. Please allow me to relish the sweetness of Your Holy Names

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Extracts from the letters of
Srila Bhaktisiddhanta
Sarasvati Goswami to his
disciples, on the subject of
chanting Hare Krishna.

Krishna will Help

Do not be preoccupied with the end result of chanting. Rather, chant Krishna's names with patience, tolerance and forbearance. The Lord will certainly not sit silently and do nothing. Gaurahari will certainly reward every practitioner according to the nature of one's practice.

Don't give up

Do not let up simply because various mundane thoughts disturb you while you are chanting the holy name. Such useless thoughts will gradually disappear as a result of chanting. When you have a great deal of attraction for the holy name, the allurements of mundane thoughts will diminish.

Pray for mercy constantly

We should constantly pray to the holy name for His mercy. If you wish to give up offenses while chanting, then just go on chanting constantly and the offenses will stop.

Chant in a humble mood

If one is interested in advancing in chanting Hare Krishna, Caitanya Mahaprabhu advises that one be humbler than a blade of grass and more tolerant than a tree.

One should not be very proud of one's intelligence but should give all respects to others. In this way one can chant offencelessly.



Gaye Gora Madhura Sware



By Srila Bhaktivinoda Thakura

Lord Gaurasundara sings in a
very sweet voice
Hare Krishna, Hare Krishna,
Krishna Krishna, Hare Hare,
Hare Rama, Hare Rama,
Rama Rama, Hare Hare

Whether you are a family person living at home or a sannyasi living in the forest, constantly chant and call out 'Hare, Hare'. Whether you are in a position of happiness or distress, do not forget this chanting. Just fill your lips with *harinama* (the holy name).

You are bound up in the entangling network of *maya* and you are forced to toil uselessly. Now that you have obtained full consciousness in the human form of life, please chant the names of Radha-Madhava.

Your life may end at any moment and you have not served the Lord of the senses. Take this advice from Bhaktivinoda, just once relish the nectar of the holy name.

AC Bhaktivedanta Swami Prabhupāda
explains the actual transcendental science of
the Hare Krishna mantra

As living spiritual souls, we are all originally Krishna conscious entities but due to our association with matter from time immemorial, our consciousness is now polluted by the material atmosphere. In this polluted concept of life we are all trying to exploit the resources of material nature but actually we are becoming more entangled in her complexities. This illusion is called *maya*, or hard struggle for existence for winning over the stringent laws of material nature.

This illusory struggle against the material nature can at once be stopped by revival of our Krishna consciousness which is not an artificial imposition on the mind. It is the original energy of the living entity. By practical experience also we can perceive that, by chanting the *maha-mantra*, or the great mantra for deliverance, one can at once feel transcendental ecstasy coming from the spiritual stratum.

This chanting is directly enacted from the spiritual platform, surpassing all lower status of consciousness; sensual, mental and intellectual. There is no need to understand the language of the mantra, nor is there any need for mental speculation or any intellectual adjustment for chanting this *maha-mantra*. It springs automatically from the spiritual platform and anyone can take part in this transcendental sound vibration.

We have seen that a child or even a dog can take part in the chanting. However, the chanting should be heard from the lips of a pure devotee of the Lord so that immediate effect can be achieved. As far as possible, chanting from the lips of a non-devotee should be avoided, as much as milk touched by the lips of a serpent has a poisonous effect.

The word *Hara* is the energy of the Lord. Both Krishna and Rama are the forms of directly addressing the Lord and that mean the highest pleasure. *Hara* is the supreme pleasure potency of the Lord. This potency, when addressed as Hare, helps us to reach the Supreme Lord.

The material energy, called *maya*, is also one of the multi-potencies of the Lord, in as much as we are also marginal potency of the Lord. The living entities are described as superior energy to matter. When the superior energy is in contact with the inferior energy, it becomes an incompatible situation but when the supreme marginal potency is in contact with spiritual potency, *Hara*, it becomes the normal, happy condition of the living entity.

The three words, namely *Hara*, *Krishna* and *Rama*, are transcendental seeds of the *maha-mantra* and the chanting is a spiritual call for the Lord and His internal energy, *Hara*, to give protection to the conditioned soul. The chanting is exactly like the crying by the child for his mother. Mother *Hara* helps in achieving the grace of the father *Hari*, or Krishna and the Lord reveals Himself to such a sincere devotee. No other means of spiritual realization is as effective as chanting the *mantra-mantra*.

Read and enjoy the fascinating history of how the Hare Krishna movement began

By AC Bhaktivedanta Swami Prabhupada

The Hare Krishna movement began over five hundred years ago with Sri Krishna Caitanya Mahaprabhu, the great apostle of love of God and the father of the *sankirtana* movement. He appeared in the city of Navadvipa, in February 1486, during a lunar eclipse, when the whole of India was roaring with the holy sound of Hare Krishna.

The Hare Krishna mantra is mentioned in many *Puranas* and *Upanisads* and the names are described as "*Tarakabrahman*," the names for this age. It is stated in the scriptures that offenceless chanting of the holy names of the Lord can deliver a fallen soul from material bondage. There are innumerable names for the Lord, in India and elsewhere and all of them are equally good because all of them indicate the Supreme Personality of Godhead. But because these sixteen names are especially recommended for this age, called *Kali-yuga*, it is better for people to take the path of the great *acaryas*, the saintly teachers who attained success, by practicing this system.

The Lord's mission was to preach the importance of chanting the holy names of God in this age of *Kali*, or quarrel. The present age witnesses quarrel even over trifling things and therefore the *sastras* have recommended that a common platform can be found in the performance of *kirtana*. Accompanied by melodious music and dancing, people can hold meetings or *kirtanas*, for glorifying the Lord in their respective languages. If such performances are executed in an offenceless manner, it is sure and certain that such persons will gradually attain spiritual perfection without any of the effort of undergoing rigid methods of yoga or asceticism.

Lord Caitanya presents the fulfillment of what is stated in revealed scripture and to confirm the Lord's mission, all the people of the world will accept the holy name of God as the common platform for a universal religion. The advent of the holy name thus took place along with the advent of Sri Caitanya Mahaprabhu.

When the Lord was on the lap of His mother, He would at once stop crying as soon as the ladies surrounding Him chanted the holy name. From His childhood then, the Lord began to preach the importance of the holy name.

At the age of sixteen, Lord Caitanya became the greatest scholar in all of India, known as Nimai Pandit. He was then married and began to preach in Navadvipa. At this time, some of the local *brahmanas* became envious and tried to stop His movement by complaining to the Muslim magistrate about Him.



Lord Caitanya brought about civil disobedience for a higher cause. The Kazi, as this official was called, took these complaints seriously and he warned Lord Caitanya's followers not to chant Krishna's name loudly. But Lord Caitanya asked His followers to disobey the orders of the Kazi and they went on with their *sankirtana* parties.

The Kazi sent constables, who broke some of the *mrdangas* while *sankirtana* was taking place. When Lord Caitanya heard of this, He organized a procession of one hundred thousand people with thousands of *mrdangas* and *karatalas* and the procession passed along the roads of Navadvipa.

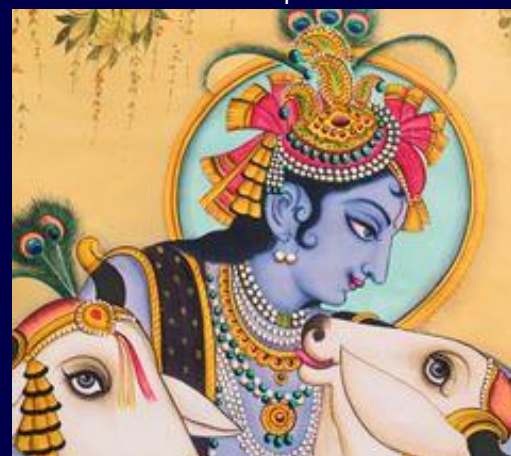


When the party reached the house of the Kazi, he flew upstairs in fear of the masses. The Lord asked the assembled crowd to be peaceful so the Kazi came down and a very nice discussion was held concerning the Koran and the Hindu sastras.

The Kazi asked the Lord about cow sacrifice and the Lord replied that the sacrifice mentioned in the *Vedas* is not cow-killing. In that sacrifice an old bull or cow is killed to give it fresh

The Lord meeting the Kazi younger life by the power of the mantras. In *Kali-yuga* cow-sacrifice is forbidden because of the absence of learned brahmanas who can conduct the ceremony. In *Kali-yuga* all sacrifices are forbidden because they are useless attempts when undertaken by the unlearned. Now only the *sankirtana* form of sacrifice is recommended. The Kazi was convinced by the authority of Lord Caitanya and he became a follower of the Lord, declaring that, from that time onwards, no one may put hindrances in the way of the Hare Krishna movement.

Following this incident, the Lord began to propagate *sankirtana* more vigorously than ever. He sent all His followers out every day, including Lord Nityananda and Haridas Thakura, two chief figures in His party. They went door-to-door preaching the science of love of Krishna. When the Lord was once asked by the great *mayavadi sannyasi*, Prakasananda Sarasvati, why He diverted to the *sankirtana* movement instead of studying



Lord Caitanya is Krishna Himself the *Vedas*, the Lord humbly replied: "I am a great fool so My spiritual master forbade Me to play with *Vedanta* philosophy. He said I should chant the holy name of the Lord and that would deliver Me from material bondage.

So I chant the name of Krishna and now I am mad after this holy name. Whenever I utter it, I forget Myself completely. Sometimes I laugh, sometimes I cry and sometimes I dance like a madman.

I thought within myself that I may actually have gone mad with this chanting therefore I inquired about it from my spiritual master. He told me that is the real effect of chanting the holy name. It produces a rare kind of transcendental emotion. This transcendental emotion is a sign of love of God which is the ultimate goal of life.

The actual result of chanting the holy name of Krishna is to attain the stage of love of God and I was favoured with such a blessing."



Here Prabhupada explains why the only workable strategy for achieving peace in the world is chanting God's names and understanding that everything belongs to God

The Peace Formula

by Srila Prabhupada.

Published in *Back to Godhead* magazine in 1968.

The great mistake of modern civilization is encroaching upon others' property, as though it were one's own and to thereby create an unnecessary disturbance of the laws of nature. These laws are very strong. No living entity can violate them. Only one who is Krishna conscious can easily overcome the stringency of the laws of nature and thus become happy and peaceful.

As a state is protected by the department of law and order, so the state of the universe, of which this Earth is only an insignificant fragment, is protected by the laws of nature. This material nature is one of the many different potencies of God, who is the ultimate proprietor of everything. This Earth is therefore the property of God but we, the living entities, especially the so-called civilized human beings, are claiming God's property as our own, under both an individual and collective false conception. If you want peace, you have to remove this false conception from your mind and from the world.

This false claim of proprietorship, by the human race, on Earth is partly or wholly the cause of all disturbances of peace on earth.

Foolish and so-called civilized men are claiming proprietary rights on the property of God because they have now become godless. You cannot be happy and peaceful in a godless society. In *Bhagavad-gita* Lord Krishna says that He is the factual enjoyer of all activities of the living entities, that He is the Supreme Lord of all universes and that He is the well-wishing friend of all beings. When the people of the world know this as the formula for peace, it is then that peace will prevail.



Therefore, if you want peace at all, you will have to change your consciousness into Krishna consciousness, both individually and collectively, by the simple process of chanting the holy names of God. This is a standard and recognized process for achieving peace in the world. We therefore recommend that everyone become Krishna conscious by chanting

Hare Krishna, Hare Krishna,
Krishna Krishna, Hare Hare
Hare Rama, Hare Rama, Rama
Rama, Hare Hare

This is practical, simple and sublime. Four hundred and eighty years ago this formula was introduced in India by Lord Sri Caitanya and now it is available in your country. Take to this simple process of chanting, realize your factual position by reading *Bhagavad-gītā As It Is* and re-establish your lost relationship with Krishna.

To find out about the tenets and activities of ISKCON, visit the official website: www.iskcon.org



1 Who is Srila Prabhupada?

Fulfilling the desire of his spiritual master, Srila Bhaktisiddhanta Sarasvati Goswami, Srila Prabhupada came to the West with full faith that Krishna consciousness was going to change the whole world. He gathered so many people, cultured or uncultured, sane or insane, with many different kinds of crazy attachments; he wasn't concerned. He just asked them; "Please chant Hare Krishna, engage in devotional service to Krishna and help me spread this message."

Srila Prabhupada had infinite capacity to love; he had unlimited oceans of compassion for everyone and He gave these great gifts indiscriminately.

Prabhupada was empowered by Sri Caitanya Mahaprabhu with eyes that could see beyond what other people could see. Undoubtedly, from the moment he stepped on the boat to America in 1965, he knew he wanted everyone to be intensely in love with Krishna regardless of background, colour, faith or caste and his mission has been an astonishing success.

Another special gift Prabhupada has given us is *Vaisnava sanga* (association) and *Vaisnava seva* (service), which are the tender roots of the creeper of divine love and he wanted us to treasure this gift. He spread the message to love Krishna and appreciate the association of Vaisnavas.

And Prabhupada brought the greatest gift that we could ever receive; the holy name of Krishna. Sanatana Goswami called the holy name 'a mystic potion'. That mystic potion attracts us to Krishna and gradually instills a great desire for the association of Krishna and His associates in the realm of perfection; Goloka Vrndavana.

Abhay Charan De, who later became our Srila Prabhupada, was born on 1 September 1896 in Calcutta, India. He was born to devout *Gaudiya Vaisnava* parents who encouraged devotion to Krishna. Prabhupada told his disciples that there was never a

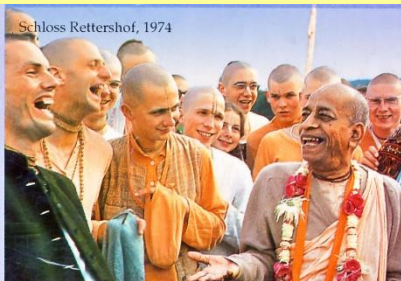
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time when he was not thinking of Krishna.

Prabhupada founded the Hare Krishna movement on 13 July, 1966 in New York city. During his first meeting with his spiritual master in 1922, Prabhupada received the order to preach the message of Krishna consciousness all over the world. Prabhupada recalled *"When I first started going to see my Guru Maharaja, he said of me, 'This boy likes to hear. He does not go away.' That was my qualification, or whatever you may call it. I would simply ask when Guru Maharaja would speak, then I'd sit down and go on hearing. I would understand or not understand, others would disperse but I would not disperse. Because I was serious in hearing, I am now serious about kirtana, which means speaking or preaching. If one has heard nicely, then he will also speak nicely."* Prabhupada was formally initiated in Allahabad in 1936.

Prabhupada said that, at first, he did not take the mission given to him by his spiritual master very seriously but when he read a *Bhagavad-gita* commentary, written by Srila Bhaktivinoda Thakura, it made him think; The Thakura wrote: *"Just as one cannot separate the body from the soul, so the disciple cannot separate the spiritual master's order from his very life."*

Prabhupada took these words seriously and gradually his whole life became dedicated to carrying out the orders of his Guru Maharaja. In 1959 he took *sannyasa* and in 1965, at the age of sixty-nine, he arrived in America to fulfill his spiritual master's mission.

His Divine Grace gave us everything we need in order to attain the highest and ultimately, the only worthwhile goal of life; love of God and he put this most confidential knowledge into his books. He told his disciples "Everything is in my books." Prabhupada's spiritual master was very much in favour of book-distribution and so was Prabhupada. To give the top-most service to humanity, he established ISKCON Press in 1966. He said: "Please read and distribute these books." He wanted everyone to read about Krishna so that we can get to know Him and understand that He is the ideal, wonderful person. Prabhupada wanted everyone to experience the pleasure of falling in love with Krishna. He always emphasized: "Hear about Krishna."



On a morning walk in 1974 Macmillan Press published *Bhagavad-gita As It Is* with a commentary by Prabhupada. This book is the essence of all *Vedic* literature. Prabhupada said if one seriously studies this book, one can be fixed in eternal loving service to Krishna.

He also wrote a summary of the transcendental pastimes of Krishna entitled *Krishna, the Supreme Personality of Godhead*, opulently illustrated in colour, as he liked all his books to be. Among other important published books are: *Teachings of Lord Caitanya*, *The Nectar of Devotion* and the monumental *Srimad-Bhagavatam* and *Sri Caitanya-caritamṛta*. These books are authorized by the disciplic succession, which is descending from Krishna Himself.

Srila Prabhupada's mission is to faithfully pass on the original understanding of Krishna consciousness.

without distortion. According to *Vedic* literature, this descending process is the only way to realize the Absolute Truth, which is beyond the reach of mundane scholarship or speculation.

Prabhupada preached tirelessly, encircling the globe ten times in eleven years and despite his prodigious literary output, he personally and intimately guided his disciples in practical issues of daily spiritual life.

His Divine Grace was brought up by highly cultured parents and educated by strict Edwardian teachers from the British Raj, for whom he had considerable respect. But Prabhupada was not an *acarya* who was stuck in history. He bonded with anyone who was willing to come forth and help him. Many of his disciples' and Godbrothers' most enduring memories are of his patience, concern and genuine love for his young disciples.

Lord Caitanya predicted that the holy name of Krishna would reach every town and village on the planet and He sent Srila Prabhupada to fulfill His prediction single-handedly, without money or other resources and tolerating many hardships along the way. This institution of ISKCON is a result of the mercy of Srila Prabhupada and Krishna.



Left to right: Radhanatha Swami, Gauranga Das, Bhakti Vijnana Swami and Visakha Devi Dasi speak about their realisations on chanting

Radhanatha Swami

Krishna is fully present in the holy name. This is realised by humility and sincerity in our chanting.

Whenever you possibly can,
sustain the flow of the holy name.

To repeat His name is to be in His presence.

Gauranga Das

Chanting with sincere and patient effort is a direct path to Krishna. It removes ignorance and fosters humility, allowing us to achieve spiritual bliss.

Don't be disappointed if you lack taste,
Krishna rewards all efforts.

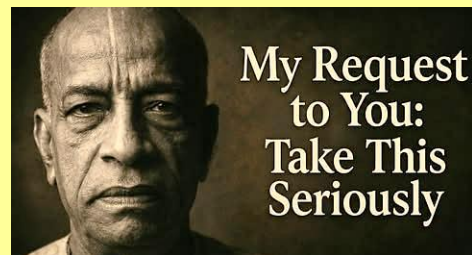
Bhakti Vijnana Swami

The holy name is perverted by our material senses so we think it's a material sound. When the mind becomes somewhat purified, the holy name becomes one with the mind and that is an amazing and blissful condition. To achieve this we must eliminate any disturbing elements from the mind and steady it with constant chanting.

Visakha Devi Dasi

The holy name brings tangible, ever-fresh spiritual realisation and happiness, rather than the mundane, repetitive experiences of this world.

The goal of chanting is to surrender to Krishna and engage in His devotional service, freeing oneself from material conditioning. Whether one chants meditatively on beads or exuberantly with musical instruments, the Hare Kṛṣṇa mantra is the easiest and most potent means to spiritual advancement.



asmāt saṅkīrtanaṁ viṣṇor
jagan-maṅgalam amhasām
mahatām api kauravya
viddhy aikāntika-niṣkṛtam

Sukadeva Goswami
continued: My dear king, the chanting of the holy name of the Lord is able to uproot even the reactions of the greatest sins. Therefore the chanting of the *sankirtana* movement is the most auspicious activity in the entire universe. Please try to understand this so that others will take it seriously.

Purport: We should note that, although Ajamila chanted the name of Narayana imperfectly, he was delivered from all sinful reactions. The chanting of the holy name is so auspicious that it can free everyone from the reactions of sinful activities. One should not conclude that one may continue to sin with the intention of chanting Hare Kṛṣṇa to neutralize the reactions. Rather, one should be very careful to be free from all sins and never think of counteracting sinful activities by chanting the Hare Kṛṣṇa mantra, for this is another offense. If by chance a devotee accidentally performs some sinful activity, the Lord will excuse him, but one should not intentionally perform sinful acts. **SB 6.3.31**