

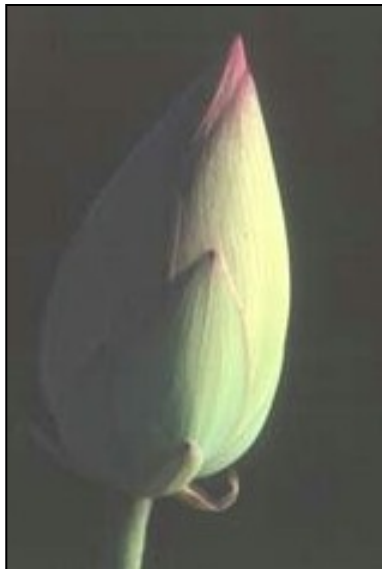
Silent Bhakti Meditation



Inspiration from the Uddhava Gita



All Glories to Sri Guru and Gauranga!



Deep within your heart
There is a lotus bud.
Its center is protected by eight petals
And its stalk stands erect.

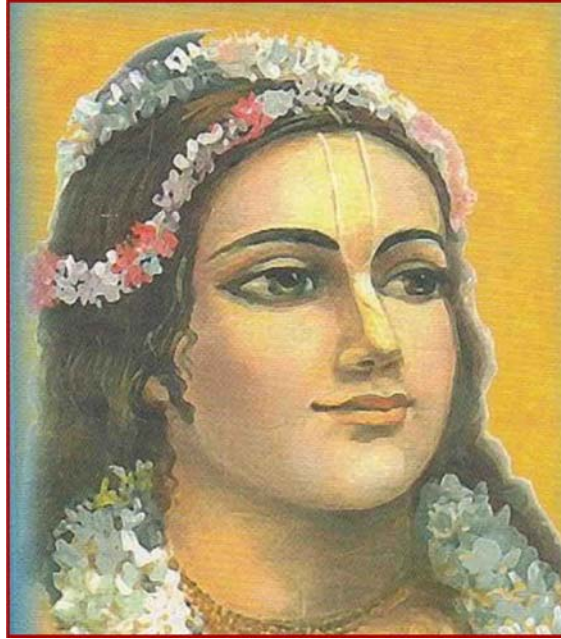


During silent meditation
See this lotus opening
And in its center is
The sun, the moon and fire –
All existing one within the other.
Within this bright light you see Me –
In whichever Form of Mine you choose.



The Form you see is beautiful and beyond compare.

It is perfectly proportioned and symmetrical,
And radiating in all directions
And smiling upon you.



There in the center of the heart lotus.

Look well upon My Form

I am there

The color of a dark rain-cloud,

Face and eyes shining with graciousness,

Tenderness flowing from Me to you.

The goddess of fortune resting on My chest.

See My ankle-bells and bracelets,

And radiant lotus-feet,

Bedecked with precious jewels

Brilliant and beautiful.



Slowly let this image build,
Encompassing all parts of My body.
See My whole Self
Totally present there.

Then, when your attention is flowing inward
In a continuous, unbroken stream,
Fix it on My smiling face only
And hold it there.



Keep your attention steady
And receive Me in your consciousness.
Firmly established in Me
With your mind completely fixed on Me
You can give up this process of meditation



Now you see Me within you
And you within Me
Your Beloved
The Supreme Personality of Godhead

You see all the individual souls
Of all the universes
Dancing with Me
As the rays of the sun dancing with the sun.

Fixed on Me,
All false identification and illusion
Are gone
And your heart is singing
Nityananda
Gauranga
Hare Krishna

