

How to Love Krishna Attain Salvation



When you are a follower and believer in any religion, it is very easy to believe your religion is one and only true religion. If you look at every religion, you see the followers dedicated to their beliefs, thinking they have the only

way. But we are all one people, one race of mankind. If anybody has some secret for attaining heaven or salvation, I think everyone wants to know what the secret is and how to do it. Here is what I believe to be an easy method for the people who Love Krishna, who Love any divinity or divine personage, who is worshiped by name or image, regardless of the religion or faith. The word 'Krishna' is used for simplicity.

The essence of the teachings of those who love Krishna is that we have a soul that comes into this body and born into this world. The soul can and will return to Him. The essential teaching has been distorted by the various sects to become a thousand rules and beliefs, but the original thought, the original teaching, is that your soul hungers for Krishna, loves Krishna, and wants to return home. This is

simple, and we need to be simple to return to Krishna.

When you see all people deeply pray to Krishna you see the same involuntary gestures. They put their hands together or open their arms palms up as if to receive something from above, and either look upward into the air above their head with their eyes or their mind's eye. They may bow their head, but in their heart and mind, they look upward to contact Krishna. The second characteristic of devout prayer or meditation is the feelings in the heart. Devout prayer is not thinking or repeating a prayer in the head. It is an urgency, a deep love, a deep longing for Krishna, which only happens deep in the heart. It is a deep cry from the heart, which already knows how to contact Krishna.

It seems to be true that something within us already knows how to contact and invoke Krishna. People who know nothing of Krishna, even deny Krishna, have invoked Krishna. Something happened. It is an emergency, and suddenly from their gut something cries out to Krishna, and He comes. Like a miracle, a prayer is answered and Krishna is invoked. I met a former Catholic priest, who accidentally discovered he could invoke healing power. He had no training in healing. He had prayed for people when he was alone, but when faced with real people pleading for his immediate prayers, he was surprised when people were healed of cancer. I saw him do his healing, and saw the power and light from above descend onto him and the person being healed. He instantly knew the disease afflicting the person. He saw where the affliction was, but it was the power from above that effected the cure. Whether the person was healed or not was not in his

control. He merely invoked the power. He thought to connect to Krishna, then from his heart he reached out to Krishna and invoked the power which descended onto him and the person who wanted to be healed. He was not a saint. He was a common person, but he had accidentally touched on the secret.

This is the secret of how all the lovers of Krishna find their way to Krishna. This secret is something you already know how to do, but it is a secret, because you don't remember the way back to Krishna. It is a science and it is an art. It is a science in that there is a method. It is an art because you will have to remember and find your own way. It is your soul, which wants to find its way back to Krishna.

I will be talking about the science of how to do it. I will speak of my art, so you can create

your own art, and see that the science works. Here is the beginning of that science. You have a soul that has Krishna as its essence. That soul we know is in our body giving it life, but we are so caught up in this world, we have forgotten everything. We also know from our instinct that heaven is above. We start with what is very simple and known already. You have everything you need right now.

Most of us are embedded in our heads, enjoying the senses and our thoughts. For most people they will need to start thinking of Krishna. Maybe you have an image, a feeling, or a prayer you like. Maybe you like to repeat the name of Krishna with your mind. This is the place most people will begin. This is the easiest way, and it has no other purpose than to invoke a deep feeling of love and passion in your heart. Thinking of Krishna is step one.

You may not feel the passion in your heart as love. You may feel a craving to be with Krishna or heaven. You may cry because of your feeling of separation. Anything is possible, but you need to invoke the heart with passion, a deep deep passion. When you're doing step one, for instance, repeating the name of Krishna, you will feel the passion begin to develop in the heart. It may be small feeling in your heart at first, but develop it and inside your chest at the heart will begin a passion. When you can create a deep passion, like your chest will burst, and tears come to your eyes, in just one thought of Krishna, you have developed step two, creating the passion in the heart.

At this point with passion in your heart, you are fully aware that your center is at your heart, and the words, images, or feelings in your head are above your center at the heart.

They are silent before the passion in the heart. Your soul is now at your heart inside your body. Now you need to connect your heart with heaven above your head, about 1 to 2 feet, or as far as the heart wants to go. It is absolutely critical that you do not activate your mind at this point, or you will go back to step one. The heart already knows what to do, and a prayer from the heart filled with passion will instantly go up and out and connect. At first you don't know what you are connecting to. It is not in the human realm. If you do this correctly, from the heart of love and passion, you will find the art of this science.

You may feel like you are floundering to have the heart connect, so I will give you my art, what I do and experience. For me one thought of Krishna, can make my heart feel passion. Sometimes I feel it is like sadness. Other times it can be almost any emotion: joy, longing,

emotional pain, craving, love, mixtures of emotions, and some things I can't describe. As I write this, I am doing it, and the emotion I have bursting in my heart is difficult to describe. It is mixed. I feel happiness and sadness in the heart. Maybe there is some longing and aloneness. It is there, and I feel it bursting in my heart, and I could easily feel tears come to my eyes, but I don't know why.

Then I have the thought and feeling to be with Krishna or in heaven above. It is as if a tunnel is formed between my heart and a place above my head. My heart “thinks/feels” the need to go there. Something like a tunnel or a shaft of light begins building between my heart and something above me. When I connect, I suddenly feel different. This is also the art of this. What is this feeling like? Maybe you would call it happiness, satisfaction, love, devotion. It is a feeling which spreads

throughout your body. You are becoming lighter, maybe floating, happy. As you build the connection, the pleasure and joy become stronger.

As you practice diligently, you see/know the devotion from the heart “locks” onto something above you. You will feel that your heart is bound by this tunnel or shaft of light to an area above you. When I say bound and connected, you can be distracted and walk around, and you still feel your heart connected above you. It would take some effort to disengage. If you are doing the prayer correctly, you will not want to disengage, because the feelings of devotion, love and joy have enveloped you. You wonder if you are not already in heaven. Your mind and body have been washed of the things of this earth. You begin developing faith that something significant is happening to you. This is step

three, your heart is bound to Krishna and you are rapture.

Step three will become extreme bliss with practice. It can be far beyond any bliss you find in the human realm. Let me explain my experience. The connection from above you to your heart should soon become a repeating wave of rapture in your body. You may not be able to stand or sit or kneel. You may swoon and fall over in ecstasy. You should feel, follow, and allow something extremely blissful to move from above you down into your heart and back again, repeatedly. Be that which is above you and descend into the heart. You discover that it is automatic and goes on without you, and everything is filled with extreme rapture and bliss. With this divine cleansing, you will be developing the corona of light around your head, as can be seen in all the saints. It will be visible to other people

who reach this stage, and other sensitive people. This is the third step. I hope you develop the art for yourself, and have your own knowledge and experience.

It may take some time before you develop boredom with extreme rapture, before you have desire to go any further, but it may come. So here is the science and my art. Your soul is still near the heart and heaven is above you, and you are connected in rapture. It is as if the soul is going to Krishna and pulling down divine bliss into the heart and body. Now the soul must escape or withdraw to that which is above you. This is your rebirth, being born again. That is the science. Here is one description of my art.

You would think withdrawing the soul might be easy, but it is a great art. The soul moves

along the channel or beam of light created previously. You are the soul, and you feel it moving from heaven into your heart creating rapture. So the next step is to keep the soul in heaven, and let go of the heart. You are moving up and down the shaft of light, which your heart is locked to, and you are in rapture. Rapture engulfs you, but now you begin to withdraw from the heart upwards. You are the soul, and the body is the vision. As you intend to stay in heaven, the soul begins leaving the heart, and you immediately sense the change. You see the world from a slightly different viewpoint. It is hard to describe, but you are pulling away from this world, and the feeling of ascending away from this world is experienced. This is your art, and you will only know what I am trying to describe, when you have done it. The waves of rapture descend away from you, and are replaced by a deep peace and bliss spreading as the foundation within you and in the world around

you. As your soul ascends it sees the world is not you. You are not the mind or the body or the world of the senses. You see the full extent of the Ego, the Self, which is below you, and which is the cause of your suffering. You see/feel the descent down to the heart, and you realize you are witnessing the descent into the Valley of Death. Your Ego-Self is the valley of death. You see that when your soul descends into the heart, you live in the valley of death. When it rises it is leaving the valley of death. You know you must keep ascending to leave that ugly place.

There is a big hurdle at this point for the soul. It is a sudden shift of its frame of reference as you ascend. Suddenly, you get the understanding that your ego and the valley of death are below you, and you feel you are in two places at once. You know the ego-world tells you that it is you, but you know it is your

Ego-Self, and your soul is not in that valley. In a flash gravity is lost or very mixed up. You are weightless, and the ego-world is separate from you. You have just been reborn, and it can be very disconcerting. You still have a body, but you have just been reborn in heaven. You look down on the world from above, but you still live here, so you will need a long time to integrate heaven and earth. But now at least you know the way.

Though I live in the Valley of Death,

I shall fear no evil, because I know I am with
You.

The shaft of light from my heart to You is my
ecstasy.

I live in the world of your enemies,

but you anoint my world with peace.

Surely, goodness and mercy follow me as I
dwell in the House of the Lord Forever.