



Shiva Sai Mandir Music

Confidence and the mechanism of Sharanam

In order to invite success in our lives we need to have confidence. Trusting in something empowers us to live in a positive attitude. That's great and such a relief! So, what is holding me back to have confidence in whatever it might be? Probably you will find yourself writing a long list of more or less important reasons why it is not possible to really trust in yourself, or your partner or even in God. Now, what about if you write a new list how it could be possible that you are able to trust? What would you need and how does it feel like when things would change like that? Keep this feeling in your heart and enjoy it! That's the mechanism how you can create a new universe – feel and enjoy it!

Bhajans are a powerful tool to experience the mechanism of opening up, trusting in this very beautiful moment and feel so much better afterwards! It is a very little step with the possibility of lifechanging results.

The sanskrit word 'Sharanam' is carrying the seed of complete trust. You are asking with it for help, protection, refuge in general and also for a solution, a relief in a certain situation. It means that you completely surrender to a divine energy asking for support and guidance. You don't know how it works out but you open up in this very moment with the feeling of a happy relief to hand over your burden. That's the mechanism to free your mind and to receive new inspiration and power.

'Gurudeva Sharanam Deva' (No 25) is a great bhajan to experience this whole process of surrendering and the results which will be showing up. Every line of this lovesong for divine guidance ends with the word 'Deva'. That is actually all what we need. We all can imagine to open up to a magically beautifully radiating divine being, right? That is the meaning of 'Deva'. Enjoy!

We are surrounded by many devatas, waiting for us to say YES to their offer to help. Jay!