

Sunrise during German wintertime is something special - just wonderful! Our whole being bathes in these rays of pure light in this otherwise often so dark season. Swami Kaleshwar once said that the sun is our greatest healer. Every morning you can see many people in India who offer their prayers in deep devotion to the first rays of sunlight.

The possibilities to re-charge ourselves can be very easy. Probably for this complicated world too simple? Recently I read an article that in Japan walking in the forest is prescribed for therapeutic purposes. It has been found that blood pressure, pulse, and breathing are affected very positive in no time. Obviously, the obvious need it again to be proven.

Also bhajans are so easy! Sometimes they consist entirely only the name of the praised deities. Thus, for example, Krishna is liked to be called as Gopala and Govinda, then we add Radha, and with 3 names, some rhythm and melody a wonderful lively bhajan emerges: Gopala Radhe Krishna Govinda Govinda Gopal ... The meaning of the names can be understood on 3 levels:

1. Literally

Go= 'cow' **Pala**= 'protector'. Go-vinda: **Vinda**= 'finding' **Radha**= happy, prosperous, beauty

2. In connection with their history

Here is the picture of Brindavan (or Vrindavan) very obvious: lush meadows, cows, the river Yamuna, lightness, divine sweetness, charming flute playing, wild circle dances, game of hide and seek with boisterous and lovely cow-herdresses. A happy time for the actual king's son Krishna, who is growing up for safety with his foster parents as a cowherd. Here Radha also plays an important role, the most famous of all the gopis (cow-herdresses).

3. Symbolic

This is a very open field and everyone may find something for themselves, which may cause more heart opening.

Cows are revered in India as divine. So we could consider Krishna in form of Gopala or Govindan as the Good Shepherd for all creation, like Jesus with the sheeps. He protects us and finds us! Govinda is also revered as 'liberator' who finds us in every mess and gets us out of trouble.

The love affair of Krishna and Radha allows plenty of room for interpretation.

- They are considered as epitome of a classic pair of lovers and also as an incarnation of Vishnu and Lakshmi.
- They are a symbol of the beauty and depth of unconditional love and total dedication.
- Radha experienced Krishna as divine lover = a form of Bhakti Yoga.
- Krishna and Radha are also equated with Paramatma and Prakriti, the eternal unity of God and creation.
- and much more ...

Here this bhajan in a 'normal' version, not in the Shiva Sai Mandir Music style, but with full commitment. ☺

And here is an impressive recording from another bhajan for Krishna. You can hear all the noises going on in the background, still the singers are very focused. At the very end as a bonus Swamiji shows up in the back ... <https://www.youtube.com/watch?v=aggbTCE8lvY>

Happy Guruday! Sabeenamayi

