

Life is short - make it sweet!

From the perspective of a master who knows all the previous lives of himself and other people, this current life appears as a few pages of a large book. Pages that repeat themselves in one way or another over and over again: it's about love, wealth / poverty, family, health, recognition and everything related to that. It looks like certain 'dramas' repeat themselves over and over again - for some reason, otherwise it makes no sense. If we could see all the way, we would be certainly more relaxed. Sooner or later we will know what it all is about. Instead getting entangled with our problems, we might perceive them as what they are and just go with something that is more fun or for example is also helpful for others. With this attitude we would probably have no more problems, at least no 'own' ones. Swami gave us once the task to deal for weeks intensively with our blocs, everything that limited us inside. We should write them down, long lists ... Finally he asked us quite simply: "Where is the limit to the blocs?" For me it was an impressive lesson that they will never stop if we constantly focus on them!

Serenity and joy are good companions to sweeten our life. That reminds me of Krishna. He is a great embodiment of all these qualities. No wonder that Swami loved the bhajan 'Swagatam Krishna' so much. **Swagatam** means 'welcome!'. Welcome Krishna, ease and joy of life, playfulness and power at the same time! And on it goes with: ... Sharanagatam Krishna. **Sharanagatam** is an interesting word on which one could hold an entire weekend seminar. The words Sharana and Agata are hidden in it. **Sharana** means refuge, help, protection or shelter. **Agata** is used in Sanskrit for arrive in the past tense: 'arrived'. Sharanagatam could mean therefore that we have already arrived at a good and safe place, here with Krishna, the pure joy of life and great power, which enables us to wipe all darkness from our lives.

If we are sure about, that we are always arrived at such a place of refuge in God, we are free. Swagatam easiness Sharanagatam dear God!



"Life is short - make it sweet." - Sri Kaleshwar