

Let It Go!

Sometimes we need to remind ourselves that we may not be able to change a situation in life. Dr. Luskin writes, “In those cases, you can make a conscious decision not to stress yourself out over something that you can’t make different or better.”

There is often a strong connection between mental/emotional stress and physical illness. As vaisnavas, we also understand that chanting the Hare Krsna maha-mantra: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/Hare Rama, Hare Rama, Rama Rama, Hare Hare is the recommended means for self-realization in this present age of Kali. Chanting the Hare Krsna maha-mantra is the ultimate solution for transcending any type of stressful situation within this material world.

In the Bhagavad-gita As It Is, Srila Prabhupada writes in his purport to Chapter 4, Text 39, “Such knowledge in Krsna consciousness can be achieved by a faithful person who believes firmly in Krsna. One is called a faithful man who thinks that, simply by acting in Krsna consciousness, he can attain the highest perfection. This faith is attained by the discharge of devotional service, and by chanting “Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/Hare Rama, Hare Rama, Rama Rama, Hare Hare,” which cleanses one’s heart of all material dirt. Over and above this, one should control the senses. A person who is faithful to Krsna and who controls the senses can easily attain perfection in the knowledge of Krsna consciousness without delay.”