

## NĀMA RUCI - CHANTING WITH TASTE



Amṛta Vāṇī 1 *Śraddhā*

Amṛta Vāṇī 2 *Removing Anarthas through the Association with Devotees*

Amṛta Vāṇī 3 *Practicing on the Level of Steadfastness*

Amṛta Vāṇī 4 *Practicing on the Level of Taste*

Amṛta Vāṇī 5 *Chanting in the Mood of Separation*

Amṛta Vāṇī 6 *Taking the Retreat Home*

## TAKING THE RETREAT HOME - TIPS AND SUGGESTIONS TO DEEPEN YOUR SPIRITUAL PRACTICES

### Your Own Personal Discovery

Spiritual life is a path of personal discovery. For this reason, it is not enough just to visit retreats and read books, we should enter the path of personal discovery. Please practice this on your own - gather experiences in the school of applied spiritual practice.

### Five Potent Tips for Your Own Personal Discovery

- 1.) When you sit down and chant, take a little time to tell yourself that the mantra is non-different from Kṛṣṇa. Therefore, chant with affectionate respect.
- 2.) While chanting, concentrate on one mantra by entering through the first "Hare". Concentrate, enter the mantra and then let yourself be carried deeper into the sweet flow of the mantra.
- 3.) From time to time concentrate on the meaning of the mantra - it is a prayer: Dear Rādhā, dear Kṛṣṇa, please engage me in your service! A prayer will engage the heart to speak to God. Therefore, prayerful chanting is the essence. Thus address Kṛṣṇa with longing and with honesty. What the soul actually wants is always different from what the material body and mind desire. *Bhakti* is the process where the heart addresses the Lord in prayer.
- 4.) If you want to be successful in spiritual life you need to practice tolerance - it is a symptom of humility.



- 5.) Seek out proper association. Reveal your mind in confidence and accept advice, and develop loving relationships that are based on the desire to serve Kṛṣṇa. In this way you will become more spiritually potent.

If we enter the path of personal discovery, the retreat will come to life for us and you will realize all that you have learned and heard. There is nothing more rewarding than personal discovery!