

॥ Sri Radha ॥

**In this New Year 2022 , let us firmly resolve to free ourselves from the noose of Death**

By the infinite love of Sri Yugal Sarkar, revered saints and the gurus, we are again ready to welcome the new year. In the last two years, the entire populace has been beset by the fear of Death and the sorrow of separation from the loved ones.

The Lord has given clear guidance for the permanent removal of this sorrow and fear. In the Gita (Chapter 2- Shloka 12,13), the Lord says that our present day body is visible only for a short time, but it does not mean that the soul will perish when the body is destroyed. The life of the soul is infinite, but for a short time it manifests itself through the body. Just as the body is small in childhood, develops in youth and decays in old age, similarly relinquishment of one body and attainment of another body is also a part of this sequence. But in all the changes, the soul (we) is not destroyed; it exists always.

Human life, despite being short, presents us with this beautiful opportunity that, with a little effort, we can get rid of the sorrow of births & deaths and become happy forever. A state where there is no sorrow, no fear of separation from the loved ones, where there is only happiness, bliss and light.

Giving clear instructions in this regard, The Lord says –

**मन्मना भव मद्भक्तो मद्याजी मां नमस्कुरु ।  
मामेवैष्यसि सत्यं ते प्रतिजाने प्रियोऽसि मे ॥**

*(Give your mind to Me, be devoted to Me, worship Me and bow to Me. Doing so, you will come to Me alone, I truly promise you; for, you are exceptionally dear to Me) ॥ 18.65 ॥*

The following points will make it clear as to how these commands from the Lord can be implemented in practical daily life :

1. Reading of Scriptures (Shrimad Bhagvad-Gita, Shri Ramcharitmanas, Shrimad Bhaagvat Mahapurana) daily , listening reverentially to the words of the saints and immersing the mind in God-devotion.
2. Considering every ordinance of the Lord as auspicious, trying to depend on Him in all circumstances and seeing Him in every person & situation
3. Chanting at least 16 rounds (malas) of the sixteen-lettered mantra (Shodash-aakshara mantra) daily.
4. Performing all scripture-ordained actions (good actions) by His power, for His pleasure and dedicating the fruits of these actions to Him.
5. Bowing before the Lord's image, idol, mark of His lotus-feet and the scriptural texts with the body & mind and increasing adoration for them.

The Lord gives clear assurance that those who adhere to these points will attain Him and be forever freed from the noose of Death.

So, in this new year, let us firmly resolve that by following these commands of the Lord in our lives, we will become free from the fear of Death and move towards Ultimate Bliss.

\* \* \* \* \*