

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 2. Kirtanam (Chanting)

**Why is chanting the holy name the Yuga dharma for Kali Yuga?**

**There are different processes to achieve perfection in each age. In the Srimad Bhagvatam (12.3.52) it is explained that:**

kr̥te yad dhyāyato viṣṇum / tretāyāṁ yajato makhaiḥ  
dvāpare paricaryāyām / kalau tad dhari-kīrtanāt

In Satya Yuga, the process to achieve perfection is meditating on the Supreme Lord.

In Treta Yuga the process to achieve perfection is performing yajnas.

In Dvapara Yuga the process to achieve perfection is deity worship in the temple.

In Kali Yuga the process to achieve perfection is chanting of the holy names of the Lord.

In Kali Yuga, it is not possible to perform the processes recommended in the other three yugas. Why is that? In the Srimad Bhagvatam (SB 1.1.10) it is explained:

prāyeṇālpāyusaḥ sabhya / kalāv asmin yuge janāḥ  
mandāḥ sumanda-matayo / manda-bhāgyā hy upadrutāḥ

In Kali yuga, we cannot practice all the processes practiced in other ages because:

People in the age of kali are:

1. Short lived,
2. Quarrelsome,
3. Lazy,
4. Misguided,
5. Unlucky and,
6. Always disturbed.

Therefore in Kali Yuga the only method recommended is the repeated chanting of the holy names of the Lord.

Chanting was powerful in other ages too, but it is especially powerful in Kali Yuga. Simply by chanting the holy name of Krishna one can be liberated and return home, back to God Head. So even if you are able to perform other processes of devotional service you can make chanting the main method for your own spiritual progress.



**What are the qualifications required to chant Hare Krsna?**

There are no hard and fast rules to chant Hare Krsna. It can be done by anyone, at any place and in any circumstances of life. Even if someone doesn't have a good birth, is sick, is uneducated or poor, the chanting of the holy name will still act for him.

The holy name can be compared to: Medicine, Fire and Poison. Just as medicine, fire and poison will act on any one who comes in contact with them, irrespective of their situation, similarly the holy name will also benefit anyone who comes in contact with it.

### Is chanting Hare Krsna a waste of time?

Life is a preparation and death is the final examination. Just as an intelligent person prepares for his examination early, or just as a professional athlete prepares for years or decades before the final Olympic race, similarly a devotee chants Hare Krsna throughout his life, so that at the final moment of his life (death) can remember krsna.

### What is the advantage of remembering Krsna at the time of death?

For one who remembers Krsna at the final moment of his life, he will be liberated from the repeated cycle of birth, old age, disease and death and will be taken back home back to Godhead to live an eternal life joy and bliss with Krishna.

In Bhagavad Gita (8.5) Krishna explains:

anta-kāle ca mām eva / smaran muktvā kalevaram  
yaḥ prayāti sa mad-bhāvaṁ / yāti nāsty atra saṁśayaḥ

"Whoever, at the end of his life, quits his body remembering Me alone at once attains My nature. Of this there is no doubt."

Therefore the scriptures recommend;

*Harer Nama Harer Nama Harer Namaiva Kevalam  
Kalau nasty eva nasty eva Nasty eva gatir anyatha*

Translation: "In this age of quarrel and hypocrisy the only means of deliverance is chanting of the holy name of the Lord. There is no other way. There is no other way. There is no other way."

The holy name to be chanted in the modern times is the Hare Krsna Maha Mantra,

*Hare Krsna Hare Krsna Krsna Krsna Hare Hare / Hare Rama Hare Rama Rama Hare Hare*

### What are the different ways of Kirtanam?

- ☺ **JAPA:** We repeatedly recite the Hare Krishna Maha Mantra on beads, only loud enough for ourselves to hear.
- ☺ **KIRTAN:** We sing Kirtan loudly, along with mrdanga drum kartals for our benefit and for benefit of other people.
- ☺ **KRISHNA KATHA:** Chanting also means hearing lectures about Krishna or telling someone about Krishna's pastimes, His wonderful qualities and His beautiful form are also ways of chanting.

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2. Kirtanam

Name the following:

1. The second process of Devotional Service. \_\_\_\_\_

2. The age (Yuga) in which chanting the holy name is the only means of deliverance. \_\_\_\_\_.

3. The Maha Mantra for Kaliyuga.

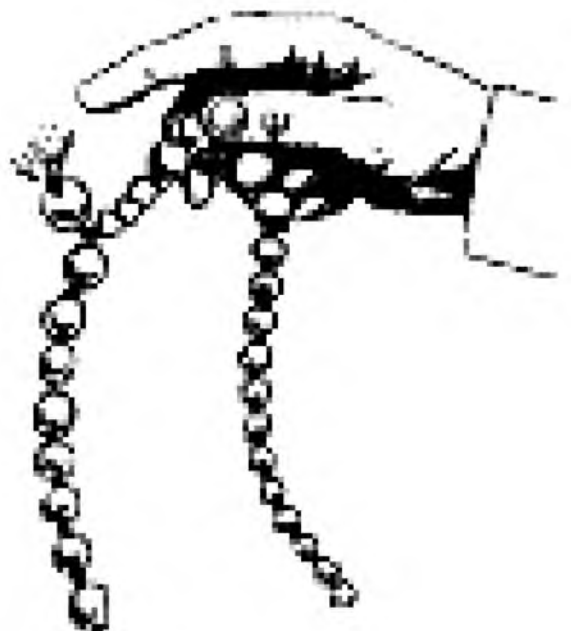
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4. Different ways of chanting (Kirtanam)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Qualification for chanting

\_\_\_\_\_



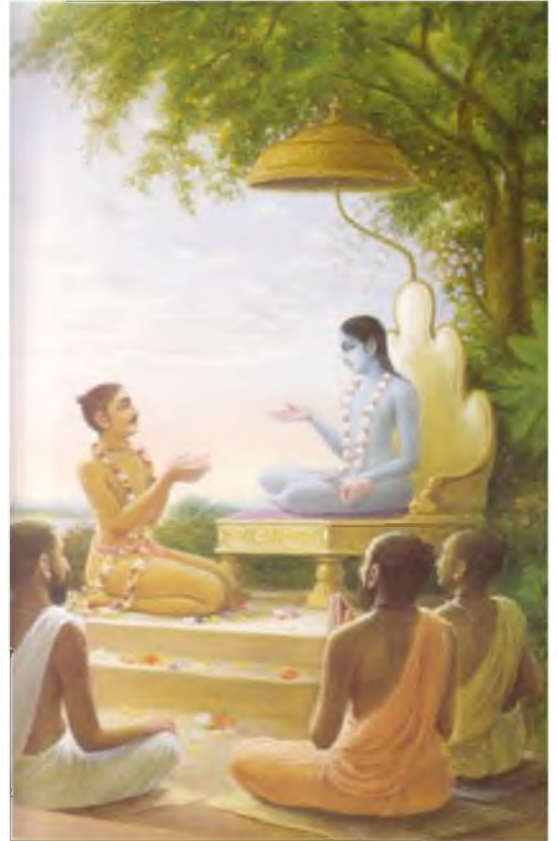
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## 2. Kirtanam

### Story of Sukadeva Goswami

- ☺ In his previous life Sukadeva Goswami was a parrot. But he was not any ordinary parrot. He was the personal parrot of Srimati Radharani. He used to take messages from Her to Krishna.
- ☺ When Srimati Radharani was about to leave this world back to the spiritual world, She told her parrot, called Suka, to stay here. But the parrot did not want to stay here without Her. Then Srimati Radharani assured her wherever the transcendental pastimes of the Supreme Lord are being narrated, you will not feel separation from Me.
- ☺ Thus the parrot Suka started looking out for a place where Hari Katha was going on. He finally reached Kailash, the place where Lord Shiva and Parvati live. Lord Shiva was reciting Srimad Bhagavatam to Parvati. The Parrot Suka hide himself in the green leaves of the tree under which Lord Shiva was sitting and started hearing the nectarean pastimes of his beloved lord.
- ☺ Lord Shiva was completely absorbed in reciting Srimad Bhagavatam. Every few minutes Parvati would make some sounds like, Hmmm... so that Lord Shiva would know that she was still listening. However after sometime she went to sleep and stopped making any sound. Then Suka, who was hiding behind the leaves, started making sound in the same way as Parvati.
- ☺ When the Srimad Bhagavatam was about to end Parvati woke up. Lord Shiva wanted to know how she liked the narration. Parvati begged forgiveness from the Lord and admitted that she had gone off to sleep.
- ☺ Lord Shiva was amazed and asked her who was making that sound. When she said that she did not know, Lord Shiva started looking all around to see if someone was hiding and hearing these pastimes. He finally spotted the parrot hiding in the tree.
- ☺ Lord Shiva started thinking that the parrot was not qualified to hear Srimad Bhagavatam. If an unqualified person hears these transcendental narrations there will be lots of disturbances therefore he wanted to kill the parrot immediately.
- ☺ Lord Shiva took his trident and ran towards the parrot. Seeing Lord Shiva, Suka started flying away, Lord Shiva followed him. Finally the parrot reached the



hermitage of Srila Vyasadev. Srila Vyasadev was narrating Srimad Bhagavatam to his wife, Bitika. While hearing his wife yawned. At that point the parrot entered into her open mouth. Lord Shiva also reached the hermitage. He inquired from Vyasadev if he had seen the parrot.

- ☺ Then Lord Shiva narrated him the whole incident. Lord Shiva told Srila Vyasadev that anyone who hears Srimad Bhagavatam gets free from the cycle of birth and death and becomes eternal. Srila Vyasadev commented that since the parrot had become eternal by hearing Srimad Bhagavatam, he could not be killed. So Lord Shiva went away.
- ☺ The Parrot, Suka, inside the body of Bitika took the form of a baby within her womb. However He did not come out of the womb at the usual time. Instead of nine month he stayed in the womb for 16 years.
- ☺ This boy became famous as Sukadeva Goswami. He was the one who narrated Srimad Bhagavatam to Maharaj Parikshit.

### What do we learn from Sukadeva Goswami?

- ☺ We should all attentively hear the pastimes of the Supreme Lord and understand the philosophy of our scriptures. Then we should preach to others so that they can also become devotees of the Supreme Lord. That is the perfection of hearing and chanting.
- ☺ Because he had first heard the Bhagavatam himself from great personalities like Lord Shiva and Sri Vyasadev. We must hear from the devotees of the Lord, and not just from anyone.



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## 2. Kirtanam

### Arrange the story of Sukadeva Goswami in chronological order.

1. Lord Shiva was amazed and asked her who was making that sound. When she said that she did not know, Lord Shiva started looking all around to see if someone was hiding and hearing these pastimes. He finally spotted the parrot hiding in the tree. \_\_\_\_\_
2. Thus the parrot Suka started looking out for a place where Hari Katha was going on. He finally reached Kailash him the place where Lord Shiva and Parvati live. Lord Shiva was reciting Srimad Bhagavatam to Parvati. The Parrot Suka hide himself in the green leaves of the tree under which Lord Shiva was sitting and started hearing the nectarean pastimes of his beloved lord. \_\_\_\_\_
3. Then Lord Shiva narrated him the whole incident. Lord Shiva told Srila Vyasadev that anyone who hears Srimad Bhagavatam gets free from the cycle of birth and death and becomes eternal. Srila Vyasadev commented that since the parrot had become eternal by hearing Srimad Bhagavatam, he could not be killed. So Lord Shiva went away. \_\_\_\_\_
4. Lord Shiva took his trident and ran towards the parrot. Seeing Lord Shiva, Suka started flying away, Lord Shiva followed him. Finally the parrot reached the hermitage of Srila Vyasadev. Srila Vyasadev was narrating Srimad Bhagavatam to his wife, Bitika. While hearing his wife yawned. At that point the parrot entered into her open mouth. Lord Shiva also reached the hermitage. He inquired from Vyasadev if he had seen the parrot. \_\_\_\_\_
5. The Parrot, Suka, inside the body of Bitika took the form of a baby within her womb. However He did not come out of the womb at the usual time. Instead he stayed there for 16 years instead of normal 9 months. \_\_\_\_\_
6. Lord Shiva started thinking that the parrot was not qualified to hear Srimad Bhagavatam. If an unqualified person hears these transcendental narrations there will be lots of disturbances therefore he wanted to kill the parrot immediately. \_\_\_\_\_
7. This boy became famous as Sukadeva Goswami. He was the one who narrated Srimad Bhagavatam to Maharaj Parikshit. \_\_\_\_\_
8. Lord Shiva was completely absorbed in reciting Srimad Bhagavatam. Every few minutes Parvati would make some sounds like, Hmmm... so that Lord Shiva would know that she was still listening. However after sometime she went to sleep and stopped making any sound. Then Suka, who was hiding behind the leaves, started making sound in the same way as Parvati. \_\_\_\_\_
9. When Srimati Radharani was about to leave this world to back to the spiritual world, She told her parrot, called Suka, to stay here. But the parrot did not want to stay here with Her. Then Srimati Radharani assured her wherever the transcendental pastimes of the Supreme Lord are being narrated, you will not feel separation from Me. \_\_\_\_\_
10. When the Srimad Bhagavatam was about to end Parvati woke up. Lord Shiva wanted to know how she liked the narration. Parvati begged forgiveness from the Lord and admitted that she had gone off to sleep. \_\_\_\_\_
11. In his previous life Sukadeva Goswami was a parrot. But he was not any ordinary parrot. He was the personal parrot of Srimati Radharani. He used to take messages from Her to Krishna. \_\_\_\_\_

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## 2. Kirtanam

### Choose the right answer

1 Sukhdev Goswami in his previous life was the personal parrot of of \_\_\_\_\_

- a. Krishna
- b. Radharani
- c. Lord Shiva
- d. Vyasadev



2. Srimati Radharani assured the parrot Suka that whenever the transcendental pastimes of the Supreme Lord are being narrated you will \_\_\_\_\_.

- a. feel sleepy
- b. Feel happy
- c. Not feel separation from Me
- d. feel separation from Me

3. When Lord Shiva narrated the Srimad Bhagavatam \_\_\_\_\_ felt sleepy and \_\_\_\_\_

heard Srimad Bhagavatam

- a. Parikshit, Suka
- b. Sukadeva, Parvati
- c. Sukadeva, Vyasadev
- d. Parvati, Sukadeva

4. Any one who hears Srimad Bhagavatam \_\_\_\_\_

- a. feels happy
- b. feels energetic and enthusiastic
- c. gets free from the cycle of birth and death
- d. gets free from daily school activities

5. \_\_\_\_\_ narrated Srimad Bhagavatam to Maharaj Parikshit.

- a. Vyasadev
- b. Sukadeva Goswami
- c. Lord Shiva
- d. Lord Krishna



Parents Sign: \_\_\_\_\_

