

Name: _____ Date: _____

Third Process of Devotional Service Remembering (Smaranam)

When is Smaranam possible?

- 😊 After a person hears and chants regularly, his heart becomes cleansed. Then Smaranam or remembering is possible.
- 😊 At first it isn't possible to remember Krishna all the time because our hearts and minds are too busy thinking of material things. Just sit for five minutes and day dream; what sort of things do we remember? School, friends, television shows, movies, things we want, family, food we like... many things besides Krishna, right?
- 😊 But after we purify ourselves a bit, we notice that it becomes easier and easier to think of Krishna.
- 😊 A pure devotee of God never forgets Lord Krishna for a moment.

Activities which will help us to remember Krishna: -

- 😊 We have Krishna in the form of a Deity which makes it much easier to fix our mind on Him.
- 😊 We can remember what the Deities are wearing, feed Them, worship them, decorate and dress Them, and sing for Them.
- 😊 To make the remembrance easier we emphasize more on reading and talking about Krishna.

Activity: Think of aunt Devaki. But as you don't know her, it would be pretty hard for you to think about her. But the more I tell you about her life and her family, what she likes to do, her favorite food and colors, etc. the more you would feel like you know her and easier it is for you to remember her.

Similarly, one who doesn't know Krishna would find it difficult to remember Him. But, if we know what Krishna likes, who His friends are, where He lives and what He likes to do, it will be much easier to keep Him in our mind. Thoughts of Krishna will soon replace our materialistic thoughts.

How can we remember Krishna?

- Deity worship
- Reading about Krishna
- Hearing about Krishna
- By associating with Krishna devotees



Parent's Sign: _____