

# What is Smarana?

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Into English and within square brackets: Kid Samuelsson;

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[...] From a linguistic point of view, the word meditate in the West means to make something an object of reflection. Smarana and its different intensifying forms all the way up to samadhi are *forms of service*. In all clarity, the bhakta thinks of who, what and how the gopi-s are, and with the desire, the greed to serve them, he clearly perceives what they do etc. Smarana is no serene peace that could produce “reactions” in the person who is meditating. It implies a living, yearning endeavour to serve the gopi-s.

The bhakta’s heart is torn apart by seeing the agony of his Mistress, who speaks one verse of this song, and he thinks of how he could pacify Her, please Her, serve Her, because in his heart, through the potency of serving love, he thinks of the cit-shakti form he will have when he will be granted the privilege of serving his Mistress in God’s Own realm. [...]

(Sadananda, Corrections, page 202)