

My Sweet Lord

Sundari (Isabella Viglietti)

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Source: <http://www.shiningworld.com/site/satsang/read/2688>

Seeker: Hi, Sundari, this is just a very short – and maybe somewhat strange – question about prayer. I read one of the *satsangs* about prayer, and in it James writes that the most effective prayer is “Please reveal yourself to me, O Lord.”

I’m thinking about doing some praying practice too, since it’s recommended. And then an idea popped up into my mind. How about singing, either out loud (not too loud of course) or internally, *My Sweet Lord* by George Harrison? The lyrics say, “I really want to know you/I really want to see you.”

I know George Harrison was inspired by the Hare Krishna movement (of which I’m not a fan), but I guess that’s not a real problem...

The reason I ask this is that – I think – using this song might be a better means to persevere with this practice...

What do you think?

Sundari: That sounds like a great idea! Whatever *mantra* works for you to keep your mind on the self is the right one! The power is not in the *mantra*, it’s in you, awareness.

Krishna says: “In whatever way you worship me I will come to you to make your faith strong.”

Happy singing!

~ Love, Sundari