



HIS HOLINESS SRI SRI RAVI SHANKAR

Creating a Stress-Free Mind and a Violence-Free World

Birth of the Centre of Attraction

Today is Krishna's Birthday

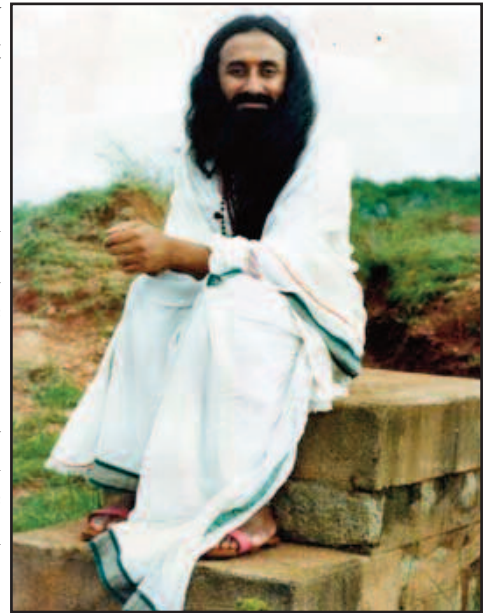
(Since June 1995, people around the world began to eagerly await for the weekly note of practical wisdom from Sri Sri. It started out as a simple exchange with people wherever Sri Sri was travelling. Sri Sri gave this knowledge sheet on August 16, 1995 in Rotterdam, Netherlands.)

Krishna means the most attractive. He is the divinity, the energy that pulls everything to it. Krishna is the formless center that is everywhere.

Any attraction anywhere comes only from Krishna.

Often people fail to see the spirit behind an attraction and merely hold on to the outer shell. The moment you possess the shell, you will see Krishna has played a trick. You will be left empty with the shell in your hands and tears in your eyes.

Don't be tricked by Krishna – be clever like Radha. Krishna could not escape from Radha, for her whole world was filled with Krishna. If you can see that wherever there is an attraction, there is Krishna, then you have become Radha. Then you are always in your center.



The mind moves towards beauty, joy, and truth. So Krishna tells Arjuna, “I am the beauty in the beautiful, the strength in the strong, the wisdom in the wise.” In this way he attracts the mind so that it does not move away from him.

Krishna reveals this Knowledge to Arjuna because he is *anasuya*.

(From 'An Intimate Note to the Sincere Seeker, Volume 1, Topic 10)