

## Sanatan Dharma Essay – Krishna

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There are many manifestations of god that I would like to emulate in my life, but the god that stands out the most to me is the eighth child of Devaki, sister of cruel demon king Kansa. Krishna is the eighth incarnation of Lord Vishnu born in the Dvarpara Yuga stage as “the dark one.” He was born in Mathura, the state of Uttar Pradesh, India. One day, sage Narada predicted that demon king Kansa would be killed by his nephew, so Kansa killed Devaki’s first six children. The seventh- Balarama- had been born to another wife of Vasudeva’s and the eighth- Krishna- was secretly exchanged for a cowherd’s daughter.

A manifestation of Krishna that I would like to emulate into my life is when Krishna was little and was the target for many demons that were sent by Kansa to kill him. Krishna had killed all of them by being brave and strong. He stood up for himself even though he was very young. Krishna was also very devoted to protecting the lives of others such that he mastered the five-headed demon snake to keep it from poisoning the holy river Yamuna. He was so brave that he defeated the snake demon by simply dancing on his heads. I would want to emulate him into my daily life because Krishna was very strong, brave, devoted to protecting others, and stood up for himself even at his young age. I want to be strong so that I can be powerful, influential, and a leader instead of a follower. I would want to be brave so that I can face my fears and live life to the fullest. Helping others is also something I would want influenced into my daily life so that I can feel proud of myself for helping out others. If I stand up for myself I can gain respect from people so that they do not try to push me around or manipulate me.

Krishna was brought up in a cowherd family. He loved to play the flute to entertain other cowherds, the milkmaids, and the cows. Krishna has also become famous for teasing the milkmaids of Vrindavan and Yashoda. He and his friends would steal milk and butter, let the cows go free at milking time, hide the clothes of bathing girls, or even break the water pots the milkmaids carry on their heads. I found this attribute of Krishna very interesting, because even though he is a god he liked to have fun as any other kid would do. What made him different from any other kid though, was that he did not tease for fun, but he wanted to destroy the ignorance of his devotees by teaching them not to be attached to matter and other forms and only focus on him. I found the fact that he taught lessons in creative manners for humor and accomplishment very appealing too.

Radha and Krishna were known as the divine couple that rules love. Radha was foremost among the milkmaids of Vrindavan. In India, husbands would see their wives as Radha and husbands as Krishna. Krishna’s love was universal, but sometimes Radha expressed feelings of jealousy. She became jealous of Krishna’s flute because it was allowed to touch his lips and he would breathe his prana into it, so she took it away and did not want to return it. All of this happened when Lord Krishna was only eight, which is when he left for Vrindavan to study in the

ashram of the saint Sandeepani. Another manifestation of Krishna is how he stayed calm and relaxed even though she took away something that he loved. I want to stay calm and relaxed, because you feel happier when you are calm, and being relaxed is good for your health and well-being.

After killing the cruel demon king Kansa, Krishna became king of Mathura. Krishna is the representation of love and divine joy, and he destroys all pain and sin. His superhuman pastimes include: lifting mountains with his finger, swallowing forest fires, and killing numerous powerful demons. Krishna is ultimately Bhagavan, the supreme person who possesses- wealth, strength, fame, knowledge, beauty, and detachment. In the Bhagawad-Gita, he talks about himself, and explains how anyone can know him through Bhakti yoga. He visits this material world from time to time to free his devotees from material existence and to vanquish the wicked. All of this appeals to me, because he does so much, but still has time to be the Supreme Person and the ultimate source of all energies and the one ultimately responsible for the creation, maintenance, and annihilation (destruction) of everything in the material world.