

**JAYANANDA'S FORMULA FOR SPIRITUAL SUCCESS**  
(from his annotated *Krishna Book*)

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**Murli-Krishna:** Jayananda made all these notes in his *Krishna Book*. I've got his *Krishna Book*, it's very, very picked over. There's notes everywhere, all the words are underlined. I mean the entire book has notes in the by-lines and at the end of the chapters. I mean it's just incredible, all the notes and everything in this book. It's just really, really well-read. But he made his own notes in the jacket at the beginning of the book. And it just starts out like this, almost in the form of a list. It's called point form, not so much in a paragraph, just thoughts or points in a couple of sentences or even a single sentence. But this is what it says, written in pen:

- *As you begin to apply the book's clearly described principles to your life, you'll quickly experience a new realm of mental poise and experience an inner happiness even in the midst of the most trying circumstances.*
- *You'll worry less and enjoy more.*
- *Your power of concentration, memory, understanding, and creativity will increase.*
- *You'll work more energetically, more confidently and efficiently, as well as relate better to people.*
- *And you'll succeed more easily at whatever you're trying to do.*
- *At night you'll fall asleep immediately, and in the morning you'll awaken thoroughly refreshed with even less hours' sleep than you normally need.*
- *Consequently, you'll understand the real purpose of your life and your unique role in creation.*

Then at the bottom of the page he quotes *Bhagavad-Gita*, written in pencil:

*"For one who worships Me, giving up all his activities unto Me and being devoted to Me without deviation, engaged in devotional service and always meditating upon Me, who has fixed his mind upon Me, O son of Pritha, for him I am the swift deliverer from the ocean of birth and death." [Bhagavad-Gita 12.6-7]*

That right there, to me, was always just Jayananda in a nutshell. I really felt that that was always Jayananda's essential theme in life. I think he sat down, it seemed like it was all written in one shot that just came out of him. It's just the real core of his realization. It was just real powerful to me.

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