

The Divine Lover: Bhakti Playlist

Who is The Divine Lover?

Your sweetheart? Your guru? Your deity?

Does it matter?

Sufis know God as the Beloved. Jesus offers himself as the Bridegroom.

Krishna is Lover to many. Shiva is a loving husband to Parvati.

What does this tell us about our relationship with the Divine?

Who or what will point the way to communion with the ONE and Divine Unconditional Love?

I am not making any apologies for the song choices. There will be some tracks which you don't immediately like. That is ok. There may be some song transitions that shock you. Maybe you think these tracks don't belong together. If something annoys you, ask yourself which part of you is annoyed. The goal is to PLAY with the list and use it for personal exploration. Savour the tracks which move you. Stop and start and play the ones you like over and over. These are not designed as background music or easy listening. Ideally, if the idea resonates, you will treat this as *sadhana* and 'work the list'.

Turn up the volume and sing. Dance around. Do it in front of other people. Especially if it's 'not you'.

'Yes, but I don't really do Bhakti' I hear you say. Hmm, that's what I used to think - not a devotional bone in my body. I guess that joke is on me (spontaneously dissolves into puddle). If you are human, you are capable of Bhakti yoga. If your goal is bliss and ecstasy, try it. Paramhansa Yogananda once told a disciple, "Kriya Yoga plus devotion works like mathematics. It cannot fail." It's a bonafide path of yoga that works, especially in combination with other practices.

And if you're still hovering, this is not just a simple Bhakti playlist (you can find plenty of those already on offer on YouTube). My mix-y up-y playlists are tantrically woven to challenge you a little, activate more energy sub-harmonics, and help you expand more into totality.

Think about the artists, what you know about them, the situation, the lyrics. Where is it juicy?

Put yourself in the role of the lover AND the beloved.

Enjoy!