

Sri Krsna Caitanya Prabhu Nityananda  
Sri Advaita Gadadara Srivasadi  
Gaura Bhakta Vrinda

Hare Krsna Hare Krsna  
Krsna Krsna Hare Hare  
Hare Rama Hare Rama  
Rama Rama Hare Hare



Week 334

Jan 23  
2015

Gokul Bhajan & Vedic Studies  
North Carolina, USA

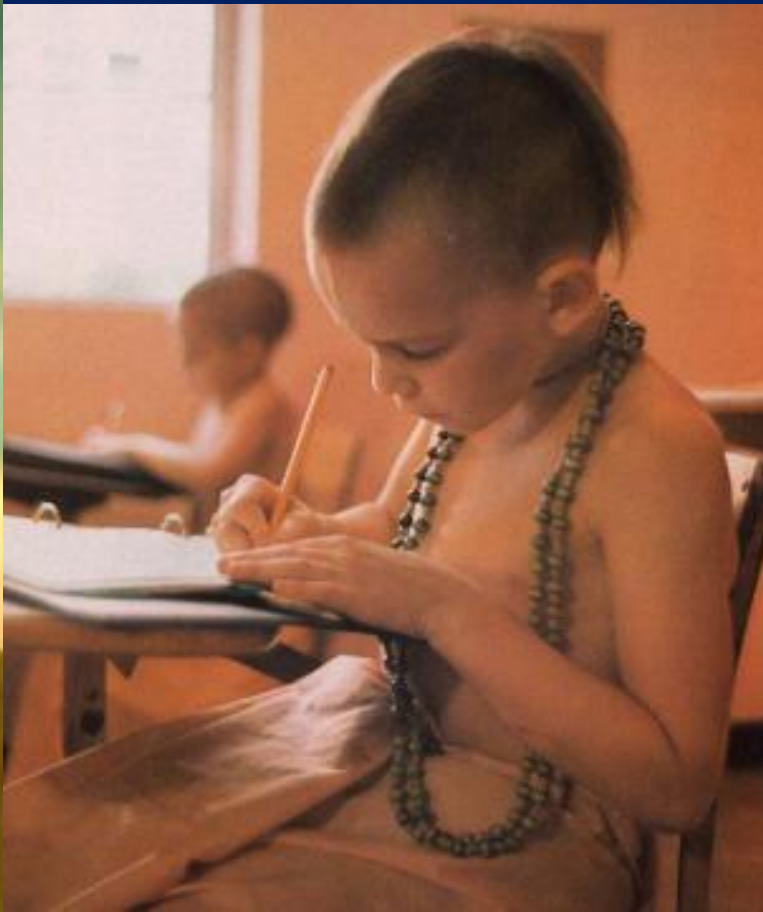


# From last class on Tilak

# Can we commit Sin on the name of Holy Name ?



# Can we commit Sin on the strength of Tilak ?



What does  
the sastra  
say?

nityam karoti yah pāpī  
gopi-candana-dhāranam  
sa prayati harer dhāma  
golokam prakrteh param

... Garga Samhita - text 22

[Even a sinner who daily wears gopi-candan  
tilaka goes to Lord Krishna's supreme  
abode, Goloka, which is beyond the world of  
matter ]

# Jaiva Dharma

Nāmno balād yasya hi pāpa buddhir  
Na vidyate tasya yamair hi suddhih

One who is engaged in sinful activities on the strength of holy name cannot be purified by any yogic practices or penances

‘Nāma-bale-pāpa-pravṛtti’ – Srila Bhakti Vinoda Thakura

That sinner is thrown into hell...



Sastras have two meanings







Jaya Rādhā Mādhava  
Jaya Kunja Vihārī

Jaya Gopī Jana Vallabha  
Jaya Giri Vara Dhārī ... (Jaya)

Yaśodā Nandana Vraja Jana Ranjana  
Yamunā tīra Vana Cārī ... (Jaya)

[ Hare Krishna Hare Krishna  
Krishna Krishna Hare Hare  
Hare Rāma Hare Rāma  
Rāma Rāma Hare Hare ]

# Sadhana (1)



# What do most people desire?

To be the most educated

To be the wealthiest

To be the strongest

To be the most famous

To be the most powerful

To be the most beautiful

.. and so on...

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# EAT SLEEP DIE

SCRITTURA: NEVGINA LUKAČ • MILAN DOPAGIČ • JONATHAN LAMPENIČ • PETER FALT • TRÚČKA PICHLER • REGIA: GABRIELA PICHLER • COLLABORATORI: JOHAN LINDHÖRST • SOUND DESIGNER: MARTIN HEINZEL  
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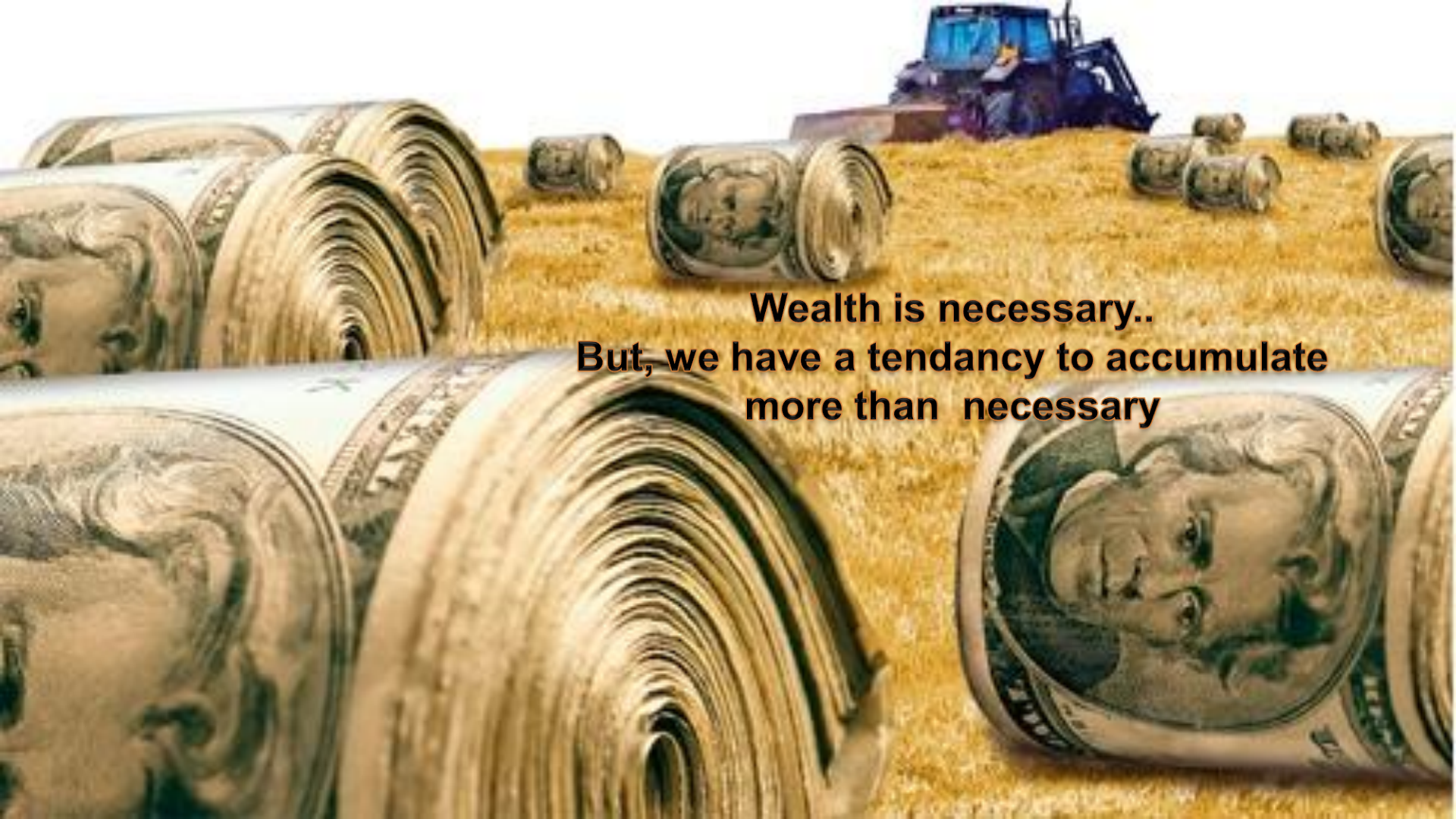
+ Mate and Defend..



# All those actually boils down to..:

# Make the maximum wealth!





**Wealth is necessary..  
But, we have a tendency to accumulate  
more than necessary**

Īśāvāsyam idam sarvaṁ  
yat kiñca jagatyāṁ jagat  
tena tyaktena bhuñjīthā  
mā gṛdhaḥ kasya svid dhanam

(Sri isopanishad - 1)



Everything animate or inanimate that is within the universe is controlled and owned by the Lord. One should therefore accept only those things necessary for himself, which are set aside as his quota, and one should not accept other things, knowing well to whom they belong.

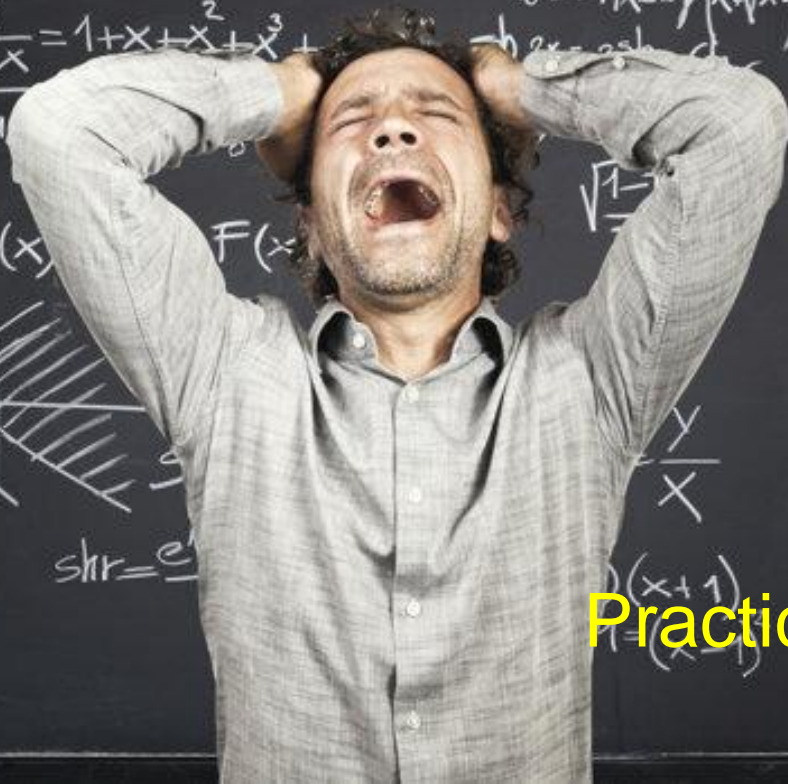
You must fully understand that 'Desire' is the root cause of 'unhappiness'...

Hmm. Wondering where could I get that nice suit you are wearing?





$\operatorname{ch}x = \sqrt{1+\operatorname{sh}^2x}$       $\operatorname{ch}x = \frac{1}{\sqrt{1-\operatorname{Th}^2x}} \pm \sqrt{1+\operatorname{Co} \operatorname{sec} h^2x}$       $\frac{1}{\operatorname{sech}x}$   
 $\operatorname{sh}(-x) = -\operatorname{sh}x; \operatorname{ch}(-x) = \operatorname{ch}x$   
 $\operatorname{Th}(-x) = -\operatorname{Th}x$   
 $\operatorname{Co} \operatorname{sech}(-x) = \operatorname{Co} \operatorname{sech}x$   
 $\operatorname{cth}(-x) = -\operatorname{cth}x$   
 $\frac{1}{1-x} = 1+x+x^2+x^3+\dots$   
 $\operatorname{ar} \operatorname{sh}x = \log(x+\sqrt{x^2+1})$   
 $\operatorname{ar} \operatorname{ch}x = \log(x+\sqrt{x^2-1})$   
 $\int \frac{1}{\operatorname{sen}x} dx = \log \left| \operatorname{tg} \frac{x}{2} \right| + c$       $\int f(x) dx = F(x)$       $F(x)$   
 $\int \frac{1}{x} dx = \log|x| + c$   
 $\int \cos x dx = \operatorname{sen}x + c$   
 $\int (1+\operatorname{tg}^2x) dx = \int \frac{1}{\operatorname{cos}^2x} dx = \operatorname{tg}x + c$   
 $\frac{1}{\sqrt{1-\operatorname{Th}^2x}} \pm \sqrt{1+\operatorname{Co} \operatorname{sec} h^2x} \frac{1}{\operatorname{sech}x}$   
 $\operatorname{sh}x = e^x - e^{-x}$   
 $\frac{y}{x}$   
 $\frac{(x+1)}{(x-1)}$



Practice → Goal

A silhouette of a person sitting in a meditative posture on a dark rock. The background is a vibrant sunset sky with colors ranging from deep orange at the horizon to light blue at the top. The person's hands are resting on their knees in a mudra.

Sadhana

A white silhouette of a person in a yoga pose (Padmasana) with hands in a prayer position (Anjali Mudra) above their head. The figure is set against a large, glowing white circle that resembles a sun or moon. The entire logo is enclosed in a square frame with a gradient from orange to green.

Sadhya

**What should be  
the 'real' goal ?**

**The goal of our life  
should be develop  
Bhakti (Love) to  
Krishna!**

**This is the real Sadhya**



To achieve the goal (Bhakti), we need to practice..  
That is called (Bhakti)Sadhana



**Sadhana means any Yoga practice for achieving a goal. Yoga == Unite**



# Different Yoga Sadhanas carry different Results

Kundalini Sadhana



**Bhakti Sadhana**

To  
achieve  
Bhakti,  
one  
should do  
Bhakti  
Sadhana



A painting depicting a Jain monk in a meditative posture, seated on the ground. He is bald and wearing a simple, light-colored robe. He holds a white, textured object in his hands. In the background, a large, ornate, multi-colored face with intricate jewelry and a crown is visible, set against a backdrop of trees and a rustic building. The scene is set in a natural, outdoor environment with a small tree in a pot in the foreground.

Sadhya  
(the Goal)

Sadhana (practice to get to the goal)

In Kali Yuga, the only effective sadhana is Chanting the Holy Names of the Lord



**But, Bhakti Yoga needs one's full mind in Sadhana**



# Modern Slave

But the modern day  
man cannot  
concentrate on  
chanting!



Meditation is too hard. How do you keep one thought in your mind for this long?

Dinner dinner dinner dinner dinner...



He has an uncontrollable mind, going in all directions...

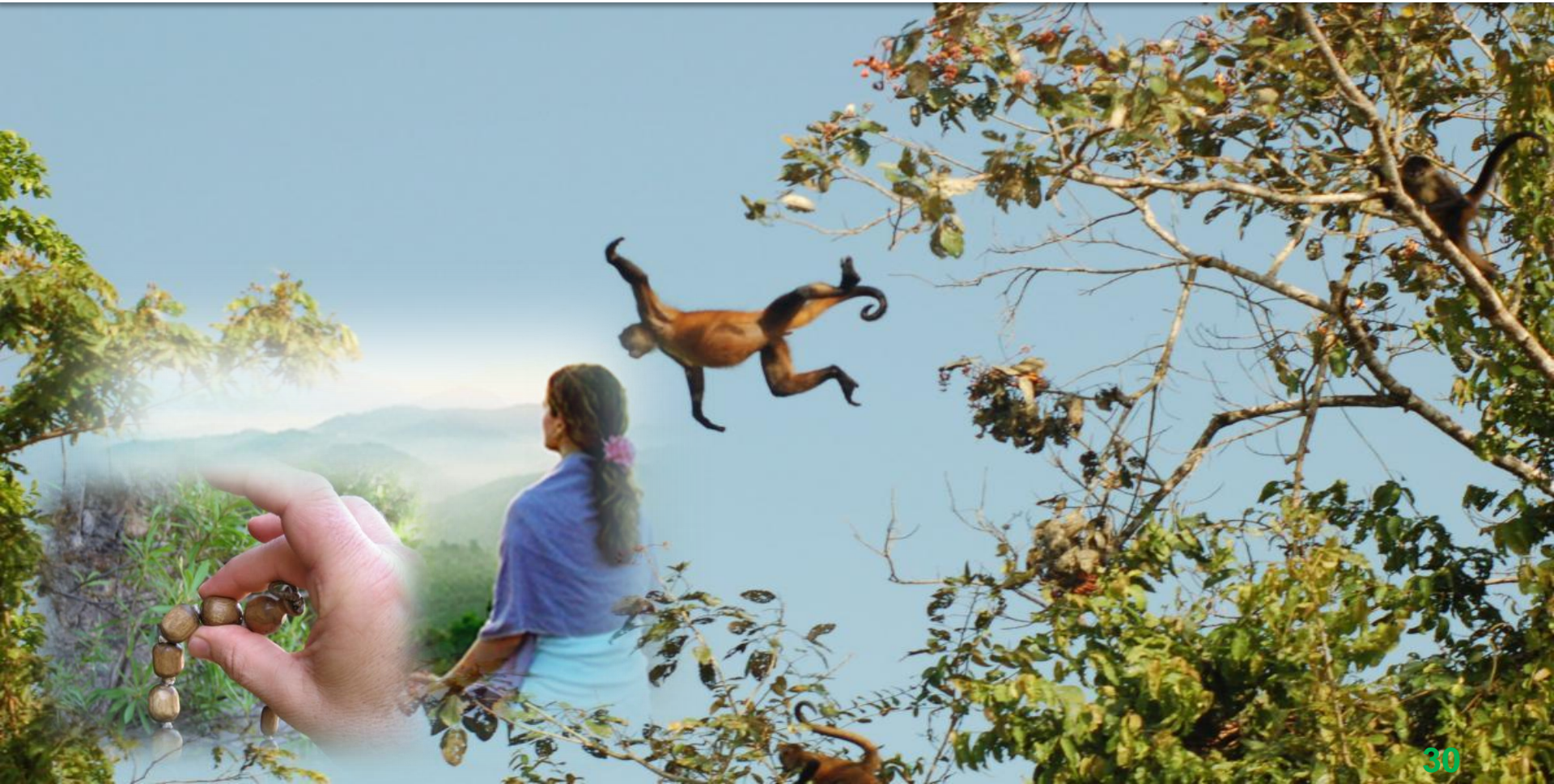


Like an uncontrolled car, our mind controls us!

Like a monkey, it jumps all over all the times!



But with proper practice (Sadhana), one can control the mind



# Mahamantra - Chanting Levels

Level	Rounds	# Names	Min Time	Notes
Guru Ashraya	1	1,728	4 mins	Beginner
Nitai Ashraya	4	6,912	15 mins	Can take Hari Nama
Gaura Ashraya	8	13,824	30 mins	Mercy is flowing
Hari Nama	16	27,648	1 Hour	When steady, take Diksha
Ardha Laksheswara	32	55,296	2 Hours	Progressing in Bhakti
*Laksheswara	64	110,592	4 Hours	Krishna accepts Bhoga. Can Preach
*Dvi Laksheswara	128	221184	8 Hours	Can be a Guru & give initiations



BEARD BEARD  
BEARD BEARD  
BEARD BEARD  
BEARD BEARD  
BEARD BEARD  
BEARD BEARD  
BEARD BEARD



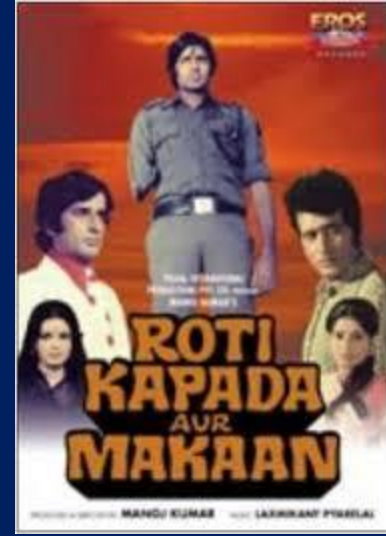


Read this very carefully! Are you intelligent?



Only the most intelligent people are entitled to engage in the process of chanting the mahamantra.





All others  
worship Demi-  
Gods for Roti,  
Kapada aur  
Makaan!



**Most of the worships are by 'NEED' basis..**

**Need based worship is like a 'business' relation..**



Indra wanted to destroy the entire Vrindavan just because he did not get one puja!

# Fact: Every God except Krishna performs Sadhana!



Lord Brahma meditated on Lord Krishna to get knowledge and power to create beings in the Brahmandas.

# Fact: Every God except Krishna performs Sadhana!



Goddess  
Saraswati  
meditated on  
Radha rani for  
thousands of  
celestial years to  
receive  
knowledge.

**Fact: Every God except Krishna performs Sadhana!**



Lord Shiva is always meditating on Lord Shankarshan, a quadruple expansion from Bhagavan Sri Krishna.



# Fact: Every God except Krishna performs Sadhana!



Goddess Durga meditated on Sri Radha Rani for thousands of Celestial years to get power to rule the Brahmandas.

# Lord Ganesha gets power from Krishna



Yat-pada-pallava-yugam vinidhaya kumbha-  
Dvandve pranama-samaye sa ganadhirajah  
Vighnan vihanam alam asya jagat-trayasya  
Govindam adi-purusam tam aham bhajami  
(Brahma Samhita 5.50)

[ In order to obtain the power required to remove all the obstacles within the three worlds, Ganesha, the bestower of success, always holds the divine lotus feet of Sri Govinda upon the pair of cranial mounds protruding from his elephant head. I worship that original Supreme Personality, Sri Govinda.]

# Fact: Every God except Krishna performs Sadhana!



Even now, Maha Laxmi is meditating outside Vrindavan, to get entrance into Vrindavan to be with Krishna.

We should NEVER have Sadhana to  
any God on need-basis

(including asking for Moksha)!

# Only three things should be in Pure Bhakti Sadhana..

## To Serve:

- 1) Sri Guru,
- 2) Sri Krishna, and
- 3) His dear devotees

BHAJAN Should be our life!



Bhagavan loves Bhajan

Why?

Let us Go!

**End of Episode**

# Sadhana (p1)



**Thank You!**