

# Gopinath Chandra Pr | Imp of Ekadashi

02 June 2020 08:09

02.06.2020

Topic - Importance of Ekadashi

By Gopinath Chandra Pr

Notes -

Allien Geinberg - things to be simple, but your process is very complicated.

Ekadashi fasting is very difficult to expand the movement

SP this practices are very difficult but we should gradually preach more about KC. We must understand that we have to make them KC and then how can one become kc 24hrs and this expansion must increases and he makes the principle very clear. SP was very clear about it.

Right from the beginning SP introduces ekadashi in KC.

- SP used to stay with Paul in bowry that today we both observed ekadashi. SP introduced him to ekadashi and that SP knew fasting on ekadashi is the fundamental principles of kc. Why to follow ekadashi ? In gargasamhita that how gopis they approach srimati radharani that how you are able to captured krsna? HE is rarely obtained by great demigods but he is available to you.
- Radharani responds we must follow ekadashi vrata and you will be captured krsna and there is no doubt in it. Gargasamhita describes that how gopis follow ekadashi vratas and by following ekadashi vratas SPOG becomes satisfied and they satisfied him. Radharani personally recommends ekadashi vratas.
- Now LCM also, very strongly he recommends following ekadashi vratas in his sanatana and roop goswami that you must describe in your writings that ekadashi is more imp. LCM goes in detail that make sure that explain to people in general that they should follow pure ekadashi, not mixed ekadashi.
- Mixed ekadashi means when you fasts this then all repercussion will be in your spiritual life when fasting begins at sunrise than that tithi of ekadashi is present is called pure ekadashi. And the very fact is that LCM goes in detail to Sanatana goswami that this very integral part of PDS.
- Two consecutive days present in sunrise if the tithi of dvadhasi present this is called mahadvadhasi.
- LCM emphasis on ekadashi to roop goswami that he also provided in BRS that he provided 64 qualities and 1st ten is imp and out of 1st ten there 9 importance is ekadashi.
- Chanting of holy name and ekadashi vrats are the eternal activities and they are same devotional platform. Becomes sincere in following PDS.
- BVT says in madhava-tithi, bhakti-janani, jetane palana kori - The holy days like Ekadasi and Janmashtami are the mother of devotion for those devotees

who respect them. Let the holy places of Krishna's pastimes be my places of worship, and bless me.

- that they are bhakti janani or the birth of devotional service. There are different bhavas that stimulate bhava.
- BSST says about ekadashi because human body consist of 80% of water and within its very difficult the digestion of body and agitates the rasas in terms of lust on ekadashi day. The austerity you performs on ekadashi must be dry up. This is the understanding given by BSST on Ekadashi.
- SP said that ekadashi must be observed to increase the devotional. Ekadashi is the way to do tapasya to please krsna. Many time explains the imp of ekadashi write down with practical - all this fastings are made to decrease our fats within body you can get less sleep and you will not become inactive and lazy.
- IN NOI, if you fast on ekadashi or janmastami you can restrain the demands of belly.
- Acharyas explains about how to follow ekadashi. In cc, how lcm was still child that one day LCM falls on sachimata and told that give me benediction. And that day onward sachimata follows ekadashi.
- LCM from gundica temple to jaganath vallabh garden and called his associates and all should refrain from eating and sleeping and constantly chant the holy names, and other should discuss the glories of krsna. One is recommendation is not to sleep at night and enagage in holy name.
- Followers of LCM said, that jaganath mahaprasad must honor as soon as comes it must be honor and when jaganath prasad comes we must immediately followed. Gopinath acharya sarvabhavam bhattacharya brought huge quantity of prasadam of jagannath to LCM than lcm didn't honored it prasadam of jaganath and offered obeisances to prasadam and continued to fasting. But GA And SB said that people says we must immediately honor prasad but ekadashis is the one of the imp from all vratas. This vow must be please krsna or lord hari.
- LCM replied to GA and SB that Do not observe fasting on ekadashi will greatly endanger ones spiritual life. LCM says, we must honor prasadam on ekadashi by only offering by obeisance and eating it in next day and one can easily cross this material ocean.
- LCM replied further - If for reason if ones eats prasadam on ekadashi that let the vaishnava takes anukalpa - light meal consists of fruits, milk and refrain from grains
- BVT says, during those days fasting is fashionable, people would stay back in gaudiya matha fasting that BVT replies told better to take anukalpa and go out to preach.
- Principle is enhancing remembrance of SPOG.
- SP recommends ekadashi that priliminary tapasya that is ekadashi that we must not eat food even we should not drink water. If we are not prepared to undertake very easily excutable tapasya than how can we expect to go B2G.

No. its not possible.

- One disciple said can we chant 25 rounds. SP said why just 25, but we can chant as many as possible. Real ekadashi means fasting and chanting and no other business. If we observe fasting than chanting becomes much easier.
- In 1975-76, TKG said to SP that initiation disciples must chant 25 rounds minimum. SP said yes minimum. SP said, we must just chant more..TKG said no preaching work? SP said those who are preaching not for them, but those who are sitting idle. Preaching is so exalted that he has not got to follow any regulation.
- SP trying to say that do not take leniency for granted that doesn't mean preacher can do anything and everything.
- SP said actually busy in preaching work that's first class, not my manufactured work.
- SP has principle is very clear that this society is meant for kc and preaching is first class and its very good engagement even on ekadashi with done in right consciousness than preaching is the most kc activities. If we are absorbed in kc than its best way to absorb your mind in krsna.
- TKG asks only initiated devotee chants 16 rounds? SP Said no. everyone should chant 16 rounds. TKG said is this a standard? SP said standard is 16 but one can chant more than he is welcome. TKG said is this not mandatory on ekadashi. JPS recommend SP that its not recommended that ekadashi means fasting and chanting. TKG said, sometimes men have to go for BD. SP Said that no no this is also preaching work but for that purpose they can stop it but generally one who has no preaching work he can chant. TKG said, extra? SP said yes, extra.
- Regards nirjala ekadashi - Rameshvar pr asked - if one fast on bhima ekadashi is like fasting for all ekadashi. Is that true. SP said yes.ekadashi is meant for fasting either bhima or arjuna. So, therefore we have to take little fruits otherwise ekadashi means fasting.
- All these things may be confusing but essential principle is follow vratas and not eating grains which are not allowed to eat on this day. But we can customize our ekadashi so that we can enhanced our remembrance of Lord Hari. BRSwami said that upavas means staying closer to SPOG this is the whole purpose of upavaas and this should be increase our krsna consciousness.
- If we try to offset the inconvenience by increasing the observation in krsna than we will feel less disturbance because of fasting. And you are successfully and absorbed more in krsna than your faith will be increased and you can rise above from the bodily platform.
- This is an opportunity to increase our faith in krsna by offsetting disturbance of our body being absorbed in krsna. And if we are bodily consciousness than whole purpose is lost.
- BVT said about ekadashi that, one should be carefully give up material attachment people in general has spontaneous attachment for house, wife,

children, their own health and all paraphernalia. And by properly engaging in krsna than those attachment will vanquished. The rules of such vows is helps us to diminishing ones attachment. There is no prescription for sense gratification items and we must reject them. As far as possible life sustaining objects should also be given up according to prescribed condition, one must reduce the acceptance of life sustaining eatables. According to condition minimized the needs of body and focus on in giving pleasure to krsna. BVT says that on ekadashi also means 11 senses on krsna becomes agitated and he starts more and more from his devotees., he demans more chanting, more worship, more service from his devotees.

- Ekadashi means forget about agitated senses and remember to satisfy krsna's agitated senses. Ekadashi is the day when we gives 2nd priority to the needs of body and mind and gives 1st priority to krsna.
- U might be engaged in PDS in regular basis but on ekadashi day we go on extra miles to stop thinking about our own needs but more think more about krsna.
- On ekadashi day you might be doing same external activities of service, preaching, sadhana. But Our consciousness should be fined tuned in such a way that we must able to think of krsnas activities/need than our own needs.

Thank you very much  
Hare Krsna