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Practical Spirituality Webinars

Topic - **10 keys for spiritual advancement**

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Notes -

- It is very imp to structured our spiritual progress, sometimes we are chanting, hearing, different programmes but we are not making a road map where we are, and where we go at what place and it possible we are rowing a boat all night and in morning we realize that anchor is not removed and we go nowhere in our lives. So it is imp to sets to discipline in our lives.
- Why do we need to count the holy names, krsna wants my heart, why not go free flowing but it is an ultimate purpose and if we trust too much then today mind will make you chant and then next moment mind will not.
- When we chant softly then mind will say we will chant loudly or if you chant loudly then mind will say you are making actually spoling your voice. It is imp not to trust our mind. So bring clear rules and regulations and guidelines in the path of devotion
- LCM said what is the disease to haridas, haridas said, my disease is I am not able to chant the holy names every day. LCM said you can reduce your chanting and all you like. Haridas thakur refused. Even Lord came but he kept on his vow on chanting of the holy name
- Bhakti is of hearts but we cannot jump there but we need to follow some rules and we can become free.
- Some people think that those who are advanced that they are not following rules but they are also following the rules but they don't see as rules but they see as walker life.
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- Similarly, To think that senior vaishnavas are nor follow the rules, it is not correct. Both follow the rules., junior follow rules as rules, but senior follows rules as continuous spontaneous attraction.
- When they are playing sa re ga ma in harmonium and ultimately they are experts in sa re ga ma pa they becomes expert in playing songs. SO, initially it is imp to follow those rules and becomes expert in those rules so that ultimately you can use those rules to play songs. Similarly, purpose of spiritual life is to win krsnas heart spontaneously and to attract krsna bhakti then we need to follow the rules of sadhana bhakti.
- a. Smartavam sattatam vishnum - there are many dos and donts in path of devotion. There is one dos is a king of all the dos is to remember Lord Hari and one donts is a king of all donts is not to forget the Sri Hari.
 - Most imp in the path of devotion is mind must absorb in bhakti. Sometimes, our hands can move but mind may somewhere else that is not first class. Bhakti means mind must absorb
 - Yoginam api sarvesham -
 - mayi asakta mana partha -
 - antakalecha mam eva -
 - Satatam kirtanyanto mam -
 - Ananyasca cintayanto mam -
 - Mana mana mad bhakto -

- All the rules in sadhana bhakti is to absorb our mind in the service of Krsna and if our mind is absorb then we are performing bhakti nicely
- b. Sadhusaga, naamsankirtan, bhagavatam hearing, mathuravas or dham place where wonderful devotee inspire us, to do deity service.
 - BSST said, these are panchanga bhakti sometimes difficult which are coming from 5 and BSST got down to just one is to chanting of the holynome. And if our mind is absorbed in chanting hare krsna then we get benefit of all limbs of bhakti.
 - We find in the association of LCM, raghunath das goswami, that it describes that his sadhana was so intent as if a lines drawn on rock. And if you tries to draw on water on sand then it keeps moving, Our sadhna is like a lines on river water that we follow or not follow. RDG is like lines on rock which means imecable dedication.
 - Sankhya purvak in a right way that they were chanting naam or holy names, bhajanas, obeisances, six goswami was properly following 24 hrs properly in the service of Supreme Lord.
 - If we break the rules and we become frevelours in the path then we cannot make advancement.
 - Rupagoswami says in NOI says atyahara prayasacha prajalpo niyamagraha - if bhakti has to destoryed one out of them is niyama agraha which means not to follow the rules properly and other extreme is follow the rules so fanatically that only rules are rememberd and krsna has forgotten. Rules has to be remembered because Krsna has to be remembered.
 - Shikshashtakam verse - LCM inspired us with His instruction how to keep our mood so humble and we should humble in the service
 - RNSM said being humble and being aware of ones own humility do not go together.
 - Manah sikhsha, NOD, has so many rules and mamoth is hari bhakti vilas which is filled with rules and if you read hari bhakti vilas then you will start getting headaches because we are going wrong in all direction.
 - SP said standard of vaishnavism is so high that we are not following anything. If not hari bhakti vilas, but we need to have some rules and we must go by that rules in every single day and we need to have sadhana card and that what type of tick and cross for and what are the parameters that I am going to judge for.

1. First key to have success in pure devotional service is to wake up in brahma muharta.

- SP once mentioned that test of spiritual seriousness is to wake up in brahma muharta and if you don't wake up then we are not spiritually serious and you could may many verses, artis and if we are sleeping early in the morning then we have lost more than a half battle in our path.
- There are few advantages by waking up early and few disadvantages not to wake up early.
- When we wake up early best time to focus on Krsna because BG talks about different modes of material nature. Like a time from brahma muharta before sunrise that times to sunrise is brahma muharta.
- SP said that serious sadhakas must wake up between 3 and 4 in morning to chant the holy name. And that time known as visudhasattvaguna.
- SP said someone reads even SB for an hour in brahma muharta gives all benefits of 5 hrs during a day. That is called vishudhasattvaguna.
- From sunrise to 10am in morning that is called also mode of goodness that is also an activity where phones are off, doorbells are off there is nice time to chant the holy names of Lord.
- Many sadhus till 7.30 they goes to sleep yani sa sarvabhutani - it is not possible for us to jump and do bhajanas all throughout night but the best way to do sleep between

10 and 2.

- Visshudhasattvaguna is best way to chant. And it is easier to sit and chant our rounds in one go.

2. Complete our full 16 rounds in one go especially during early in the morning or in brhamamuhurta.

- 99% of bhakti success in our qualitative chanting of japa. Japa seems to be private and feel that not contributing to the society that the secret of doing others is secretly doing good to oneself.
- If we fuel up our vehicle of KC then this vehicle can go far distance. And if they are only thinking doing good to others then we are depleting our own resources then that's not good.
- To fill up our own fuel tank to draw positive KC is very imp. He knows how to swim then can help others to swim. First help yourself then help others.
- Those who chant properly then can read properly, speak properly, serve properly in a right consciousness and that attitude comes by sound vibration.
- BRS said any problem devotee faces in spiritual life that can come back in that track to the quality of qualitative chanting
- If we prioritize krsna, then krsna will prioritize us in His life. Ye yatha mam prapadyanti - if we sleep in His time, then He will sleep in our time.
- For an insignificant competence exams we are ready to wake up and study then why not to wake up and chant. Because we don't value the process of chanting that's what we feel that sleeping is better than chanting
- If you were told that you will get cash in airports then you will be there at airports in a dot in airport that we want that money. But unfortunately, we think that holy name is not valuable as money.

3. Offer regular obeisances unto Krsna

- He who bows down to krsna, then Krsna bows down before devotees
- Mana mad bhakto - mother yashoda teaches devotee that whenever he or she is confused then they must offer obeisances unto Krsna then Krsna can protect them
- Naam sankirtana yasya sarva paap prananasam - if we bow down to krsna then our all karmi reaction will reduced.
- Mukund mala stotra says that portion whose head becomes white because of dust of the floor because of repeated obeisances that head is first class

4. Follow the crest morning programmes.

- Those who are living in temple they will have detailed morning programmes and those who are grihasthas it may be very difficult we can have quick morning programme.
- Wherever you are you can always sing very softly and in this way you worship gurushaktakam, narshima prayers, etc.
- As per the morning programmes of benefits concerns VCT says sevaya labhya jana - someone who does this morning programmes with devotion then such a person get direct seva unto Radha Krsna at the end of one's life.
- If we don't understand the benefit then that's when we sleep during that time and if we understand the benefit then we will wake up quickly.

5. Worshipping Tulsidevi -

- Tulsi is the most imp ingredient for growing in our path of bhakti. It is imp to have kanthimalas around our neck.
- Those dogs are in street they are consider it as stray dogs and those who have dog belt then they kept in their house and master go outside to work as full time job and pet dog sit inside the house and enjoys the A.C
- Difference between stray and pet dog is that stray dog doesn't have master. But pet dog has a master so naturally he has neck belt. Similarly, this tulsi kanthi considers that we have taking shelter unto Krsna and accept krsna as our master.

- Anyone doesn't have kanthis around neck such a person is very sinful and anything he eats then he gets effect of eating trash and even he drinks water is like drinking alcohol. However, someone has kanthis and takes bath and then water touches to kanthis it get benefits of getting bath in all gangas, yamuna, etc.
- If someone honors mahaprasadam with tulsi devi down the throat is there tulsi and every morsels there is kanthis and that person get benefit of ashvamedh yanya.
- ya dhrista - if someone offers obeisances unto Tulsi then Tulsi takes as her responsibility to pull this person out of repeated birth and death.

6. Following ekadashi -

- Anyone follows ekadashi they becomes more dear to krsna.
- If we serve vaishnava or vaishnavi whatever they have quality they have they will give that quality to you. If you serve vaishnava who has naam ruchi then they will give naam ruchi, if you serve vaishnava who has taste in SB reading, then they will give taste to read SB in that mood.
- If you follows ekadashi then she gives that quality without being told by superiors we being guided in our hearts in a selfless manner.

7. Offer Prayers to Krsna every single day -

- Prayers is like breast milk for babies, babies doesn't eat anything else and not digest anything else and only thing infant child can nourish the breast's milk of his mother, Similarly, devotee can make advanced only by offering prayers unto Supreme Lord
- When we offers prayers unto Lord we get to know that how insignificant we are and how great Supreme Lord is and also, when we offer prayers then our consciousness get purified.
- When we offer prayers supreme Lord then we get empowerment from Supreme Lord. Sometimes we think that vaishnava is very empowered they may be born empowered. Some of them are, but most are not. Because they tapped into empowerment by the mercy of Supreme Lord by offering their sincere prayers.
- Imagine someone has to go to in a car in a traffic its very difficult for him to navigate and imagine car has taken airlifted and taken from one place to another then it is very easy because power is not in car but in the airlift. Similarly, our abilities is like driving a car in traffic jam we can go that far but offering prayers and krsnas mercy by pleased by hearing our prayers is like an airlift and krsna airlift us to do the task
- At the age of 70 which man or women at the age of 70 do what one percent of what SP did. At the age 70, to climb a stairs is a tough tasks and we ask help but SP helped everyone to climb up the ladder to go back home by escaping the downward current of material nature. Because SP was empowered and because Sp offered sincere prayers unto the jaladuta that I am like a puppet and you make me dance as if you want to make a dance.

8. Importance of hearing -

- Typically we must hear one class of SP and one class of Spiritual master and other vaishnavas if we have time. We must hear the class of SP so that we are in touch with the pure sound vibrations of pure vaishnava and we are in touch with the mission and mood of our founder acharya.
- We should never think that SP classes are very simple and I am very advanced and I don't need these classes. So this is called an arrogance and duplicity.
- We must hear the voice of spiritual master so that we feel our connection with our guru maharaja who has introduced us into the movement the shelter of LCM and later we may hear other vaishnavas
- By hearing guruvani, spiritual master and vaishnavas we feel very protected
- The more you hear, the more you feel protected
- Rukmini got krsna just by hearing, Parikshit maharaja got krsna just by hearing. We got 2 ears and 1 mouth because we should hear more and speak less.

- When SP started this organization, he was hearing BSST for an hours and when he spoke in english I didn't understand because his bengali, english is so high that I couldn't follow but I have a quality to hear my guru maharaja in submission. Because I heard them therefore I can able to do kirtanam.
- If we don't hear SP, spiritual master everyday where will we get guidance? Our mind will guide us. Our mind will push us in all direction. But where we get right guidance when we hear every single day from SP and by our guru maharaja and we can read the hearts of our spiritual master if we sufficiently hears.
- Sometimes, we may not get time to hear, but those days we must read the books by SP. (Reading/hearing is very imp)

9. Having Vaishnava seva

- Vaishnava seva is very very imp. All of our sadhana will fructify when we have a blessings of vaishnavas. We should serve the vaishnavas without any offensive mentality.
- If we criticize the vaishnavas then we loose everything that we have collected and ultimately, all the obesiances, waking up, chanting is ultimately get a chance to serve the vaishnavas.
- SB 6.11.24-27 - virtasur begs for the association of dear vaishnavas who are very dear to You.
- Only by serving the great souls then only we can able to grow our bhakti, otherwise, by our reading, hearing, sadhana that only a little sadhana is counted in our progress.
- When we don't serve vaishnavas and glorify vaishnavas and in not in the way to butter them in a corporate way. Whatever we feel in our own heart like transparency saralta hi vaishnava - we want to serve vaishnavas in a simple way so that krsna will shower His mercy.
- Kulashekar says my only reason why am I alive because You can consider me as a servant of the servant of servant of your servant that's when I want to connect you.
- Gopi bharatur padakamalor das anu das -
- Prabhu kahe vaishnava seva naam sankirtan - if you chant holy name and serve vaishnavas then very quickly you can advance in path of devotion and don't commit offend unto them and don't criticize them and don't hurt them

10. Maintaining celibacy

- Make sure that we don't watch unnecessary browsing, unnecessary internet activity, pornography, unnecessary garbage should not put our consciousness and we must live our life in a most pure way.
- SP says that purity is a force.
- Kaliyuga is so degraded that one must not sit very closely even with sister, mothers, daughters, because our senses are so crooked that even the mind of the learned scholars can go for the tossed.
- We must very careful about Internal purity and external purity as far as celibacy is concerned. The more the consciousness kept pure then the more we faster our spiritual advancement.

Thank you very much
Hare Krsna