

Did I Catch the Core — Essence?

The ESSENCE of all advice is that one should utilize one's full time — TWENTY FOUR HOURS A DAY — in nicely CHANTING and REMEMBERING the Lord's divine name, transcendental form, qualities and eternal pastimes, thereby GRADUALLY engaging one's TONGUE and MIND.

IN THIS WAY one should reside in Vraja (GOLOKA VṚNDĀVANA-DHĀMA) and SERVE KRṢṂA UNDER THE GUIDANCE OF DEVOTEES. One should FOLLOW IN THE FOOTSTEPS OF THE LORD'S BELOVED DEVOTEES, who are deeply attached to His devotional service.



The advice Śrīla Rūpa Gosvāmī is offering here is obviously intended for *sādhakas* who are not only highly evolved in *sad-ācāra* and *Nāma-bhajana* but also in *sevā-bhāva* and Gauḍīya Vaiṣṇava culture. In essence, such a evolved *sādhaka* has practiced and realized the preceding seven verses of *Śrī Upadeśāmṛta*. Not such a cheap thing!

Śrīla Prabhupāda's translation also indicates that such a *sādhaka* is not only above bodily consciousness and designation¹ but also has realization of his *svarūpa*². This is also indicated in Śrīla Prabhupāda's translation of Text 10³.

Just a Little Food for Thought!

¹ One definitely has to be above bodily consciousness to practice *nirantara-bhajana* (24 hours-a-day hearing, chanting and remembering Śrī Kṛṣṇa).

² To reside in Vraja (GOLOKA - not Gokula - Vṛndāvana dhāma), one must have realized his *svarūpa*.

³ This is made more explicit in Śrīla Prabhupāda's translation of Text 10. He writes, who, then, will not reside at Rādhā-kuṇḍa and in a SPIRITUAL body surcharged with ecstatic devotional feelings (APRĀKṚTA BHĀVA) RENDER LOVING SERVICE to the divine couple.