

# Let's Rise Above *Aniṣṭhā Nāma-bhajana*

(A checklist based on Śrīla Bhaktivinoda Ṭhākura's "*Bhajana-rahasya*",  
*Dvitiya-yāma-sādhana*)

1. Remember how powerful Nāma is and how merciful He is. Pray to Him about improving your chanting.
2. **Regularly remind yourself that your misfortune of having no taste for chanting is the result of your offenses.**
3. Be aware of the four categories of *anarthas* that are blocking your advancement in chanting.
4. Remind yourself that all these can be destroyed by Nāma's mercy, and sincerely pray to Him.
5. Consciously work on making your circumstances more favourable for chanting, and practising Kṛṣṇa consciousness in general.
6. Carefully avoid the six thorns on the devotional path. (See *Upadeśāmṛta* 2)
7. Give up non-devotee association and associate with sincere and serious devotees. (See *Upadeśāmṛta* 4)
8. Carefully avoid blaspheming devotees.
9. Rid yourself of desire for prestige and any tendency to manipulate or deceive others. Especially beware of hypocrisy.
10. Endeavor sincerely and seriously to give up the ten *nāma-aparādhas*.
11. Give up false renunciation. Develop honest *yukta-vairāgya*.
12. Give up unnecessary religious activity/ritual, especially demigod worship.
13. Give up excessive attachment to rules and regulations and be more conscious of the essential rule: Always remember Kṛṣṇa, never forget Him.
14. Develop your understanding of *sambandha*, *abhideya*, and *prayojana*.
15. Develop your understanding of *nāma-tattva*.
16. Carefully and consciously develop the six qualities favourable to devotional service. (See *Upadeśāmṛta* 3)
17. Strive for genuine devotional association, and be very careful about the company you keep.
18. Always deal with devotees appropriately.
19. Maintain yourself without over-endeavor or attachment.
20. Follow the *mahājanas*. (Śrīla Prabhupāda and the disciplic succession)
21. Be committed to the chanting of the Holy Name in the mood of being His servant.

*daśa aparādha yena hṛdaye nā paśe  
kṛpa kara mahāprabhu maji nāma rase*

O Mahāprabhu, please be merciful to me so that the 10 offenses never touch my heart, and I can always remain absorbed in the *rasa* of the Holy Name.

—Harināma Cintāmaṇi 13.59  
Bhaktivinoda Ṭhākura

# Let's Stay Above *Aniṣṭhā Nāma-bhajana*

(A checklist based on Śrīla Bhaktivinoda Ṭhākura's "*Bhajana-rahasya*",  
*Tritīya-yāma-sādhanā*)

1. Remember that the behaviour of a devotee who is qualified to steadily chant Nāma is given by Śrī Caitanya Mahāprabhu in *Śikṣāṣṭakam*. Consciously and honestly develop such a mindset and behaviour.
2. Contemplate and consciously practice the sixfold process of surrender.
3. Consciously work on giving up bodily identification and developing your actual identity. (e.g. Learn and chant CC Ādi 6.86)
4. Become tolerant.
5. Be respectful to others, especially devotees.
6. Be humble.
7. Don't seek honor for yourself.
8. Be eager about your *bhajana*. You can't buy back time.
9. Always be dependent on Kṛṣṇa's mercy, and seriously and sincerely pray for it.