

Śrī Manah-śikṣā

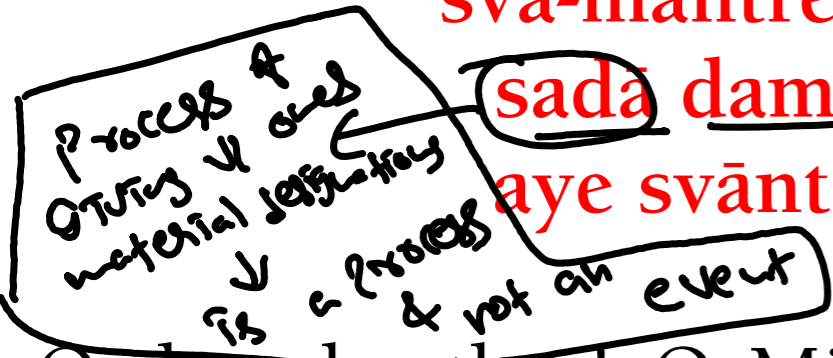
Splendid Instructions to the
Mind

by Śrī Raghunātha dāsa Gosvāmī

- ① Give up your material designations → Verse-1
 ② Develop your SP-designations. → dambham

**gurau goṣṭhe goṣṭhālayiṣu sujane bhūsura-gaṇe
 sva-mantre śrī-nāmnī vraja-nava-yuva-dvandva-śaraṇe**

**sadā dambham hitvā kuru ratim apūrvām atitarām
 aye svāntar bhrātaś caṭubhir abhiyāce dhṛta-padaḥ**



O dear brother! O Mind (**aye svāntar bhrātaś**)! Having given up all pride (**sadā dambham hitvā**), please develop (**kuru**) unprecedented and excessive attachment (**ratim apūrvām atitarām**) to Sri guru, to Sri Vrndavava (**gurau goṣṭhe**), to the Vrajavasis, to all the Vaisnavas, to the brahmanas (**goṣṭhālayiṣu sujane bhūsura-gaṇe**), to the confidential mantra (given by sri guru), to the holy names of Sri Sri Radha-Krsna (**sva-mantre śrī-nāmnī**), and to the process of surrendering to the fresh youthful couple of Vraja (**vraja-nava-yuva-dvandva-śaraṇe**). Holding your feet (**dhṛta-padaḥ**), I beseech you with sweet words (**caṭubhir abhiyāce**).

- ① A change of paradigm of our thinking, feeling & willing.
 ② Importance of worship & in establishing our relationship with CM in Vr̥ndāvan.

Verse-2

③ What is the role of worship of guru.

**na dharmam nādharmam śruti-gaṇa-niruktaṁ kila kuru
 vraje rādhā-kṛṣṇa-pracura-paricaryām iha tanuḥ
 śacī-sūnuṁ nandīśvara-pati-sutatve guru-varam
 mukunda-preṣṭhatve smara padam ajasraṁ nanu manah**

Indeed (**nanu**), do not perform (**na kila kuru**) any pious acts prescribed in the Vedas and supporting literature (**śruti-gaṇa-niruktaṁ dharmam**), or sinful acts forbidden in them (**na adharmaṁ**). Staying here in Vraja (**iha vraje**), please perform (**tanu**) profuse service (**pracura-paricaryām**) to Śrī Śrī Rādhā-Kṛṣṇa (**rādhā-kṛṣṇa**). O mind (**manah**), unceasingly remember (**ajasraṁ smara**) the son of Śacī (**śacī-sūnuṁ**) as the son of Nanda Mahārāja (**nandīśvara-pati-sutatve**), and Śrī Guru (**guru-varam**) as the dearest servant of Lord Mukunda (**param mukunda-preṣṭhatve**).

① Importance of clarity
to our Peraharāṅgā Kṛtīng.

Verse-3

yadīccher āvāsam vraja-bhuvi sa-rāgam prati-janur
yuva-dvandvam tac cet paricaritum ārād abhilāṣe
svarūpaṁ śrī-rūpaṁ sa-gaṇam iha tasyāgrajam api
sphuṭam premṇā nityam smara nama tadā tvam śṛṇu manah

Listen, O mind (**śṛṇu manah**). If you desire (**tvam yadi iccheh**), in every birth (**prati-januh**), to reside in the land of Vraja (**vraja-bhuvi āvāsam**) with loving attachment (**sa-rāgam**) and if you desire to serve (**cet paricaritum abhilāṣeh**) the youthful couple Śrī Śrī Rādhā-Kṛṣṇa (**tat yuva-dvandvam**) in close proximity (**ārād**), then clearly remember (**tadā sphuṭam smara**) and offer obeisances (**nama**) to Śrī Svarūpa, to Śrī Rūpa (**svarūpaṁ śrī-rūpaṁ**) and his associates in Vṛndāvana (**sa-gaṇam iha**), and to Śrī Rūpa's elder brother, Śrī Sanātana (**tasya agrajam api**).

↑ - ↓ → description of qualities
& another nivṛtti Verse-4

3 gross obstacles to developing Vraja Devotion

- a) asad-vārtā ⇔ Pragalāba
b) mukti kathā ⇔ 6 unfavorable things
c) Lakṣmī Pati rati

④

asad-vārtā-vesyā visṛja mati-sarvasva-haraṇiḥ
kathā mukti-vyāghryā na śṛṇu kila sarvātma-gilaṇiḥ
api tyaktvā lakṣmī-pati-ratim ito vyoma-nayanīm
vraje rādhā-kṛṣṇau sva-rati-maṇi-dau tvaṁ bhaja manah

O mind (**manah**), abandon (**visṛja**) the prostitute of mundane talks (**asad-vārtā-vesyā**), who plunders all intelligence (**mati-sarvasva-haraṇiḥ**). Do not listen at all (**na śṛṇu kila**) to the stories of the tigress named mukti (liberation) (**kathā mukti-vyāghryā**), who devours all souls (**sarvātma-gilaṇiḥ**). Moreover, also give up (**api tyaktvā**) attachment to the husband of Lakṣmī, Śrī Nārāyaṇa (**lakṣmī-pati-ratim**), who only leads one to Vaikuṅṭha (**ito vyoma-nayanīm**). Instead, here in Vraja (**vraje**), serve Śrī Śrī Rādhā-Kṛṣṇa (**rādhā-kṛṣṇau tvaṁ bhaja**), who give one the jewel of their own love (**sva-rati-maṇi-dau**).

Subtle obstacles

Verse-5

- ① Live in the association
- ② Invest in establishing a relationship.
- ③ Seek help. (open your heart in confidence)
- ④ never be alone & trust yourself too much.

asac-ceṣṭā-kaṣṭa-prada-vikaṭa-pāśālibhir iha
prakāmaṁ kāmādi-prakaṭa-pathapāti-vyatikaraiḥ
gale baddhvā hanye 'ham iti bakabhid vartmapa-gaṇe
kuru tvam phutkārān avati sa yathā tvam mana itaḥ

→ Choosing one's
SP. Progress

“While here (iha) on the revealed path of devotion (prakāṭa-patha pāti), I have been attacked by the gang (vyatikaraiḥ) of (my own lust, etc. (prakāmaṁ kāmādi), who have bound my neck (gale baddhvā) with the troublesome (kaṣṭa-prada) dreadful ropes (vikaṭa-pāśālibhi) of wicked deeds (asat-ceṣṭā). I am being killed (hanye 'ham)!” Cry out piteously like this (iti kuru tvam phutkārān) to the devotees of Śrī Kṛṣṇa, the destroyer of Baka (bakabhid vartmapa-gaṇe). O mind (manah), they will save you (avati sa yathā tvam) from these enemies (itaḥ).

Even subtler obsequy

↓ deceit, hypocrisy & duplicity

Verse-6

→ due to self-deception →

Solution

Get absorbed in gaurāṅgī
Rādhā & ⑩.

are cetah prodyat-kapata-kuṭi-nāṭi-bhara-khara-
kṣaran-mūtre snātvā dahasi katham ātmānam api mām
sadā tvam gāndharvā-giridhari-pada-prema-vilasat-
sudhāmbhodhau snātvā svam api nitarām mām ca sukhaya

O ruffian mind (are cetah)! Why do you burn (katham dahasi) yourself and me [the soul] (ātmānam api mām) by bathing in the trickling urine (kṣaran-mūtre snātvā) of the great donkey (bhara-khara) of full-blown hypocrisy and duplicity (prodyat-kapata-kuṭi-nāṭi)? Instead, you should always bathe (sadā tvam nitarām snātvā) in the nectarean ocean (sudhā ambhodhau) of love emanating from the lotus feet of Śrī Śrī Gāndharvikā-Giridhārī (gāndharvā-giridhari-pada-prema-vilasat), thereby delighting (sukhaya) yourself and me (tvam api mām ca).

SUBJECT OF ALL ANATHES
MATTER OF ALL ANATHES
Verse-7
Desire for fame, recognition, facility etc.

pratiṣṭhāśā dhr̥ṣṭā śvapaca-ramaṇī me hr̥di naṭet
katham sādhu-premā spr̥śati śucir etan nanu manaḥ
sadā tvaṁ sevasva prabhu-dayita-sāmāntam atulam
yathā tām niṣkāsyā tvaritam iha taṁ veṣayati saḥ

As long as the unchaste (dhr̥ṣṭā), dog-eating woman (śvapaca-ramaṇī) of desire for prestige (pratiṣṭhāśā) dances in my heart (me hr̥di naṭet), how can (katham) the chaste and pure (śucir) lady of love for Kṛṣṇa (sādhu-premā) touch it (spr̥śati etad)? Therefore, O mind (nanu manaḥ), you should always serve (sadā tvaṁ sevasva) the incomparable (atulam), beloved devotee commander of Kṛṣṇa's army (prabhu-dayita-sāmāntam), who will immediately (yathā saḥ tvaritam) throw out the unchaste woman (tām niṣkāsyā) and establish the pure lady of love (taṁ veṣayati) in the heart (iha).

Verse-8

If there is absence of the association of devotees, the devotee is exalted in his mercy on:

(a) Remove wickedness from heart

(b) Give Premā

(c) Inspire within my heart the process of worshipping R & K.

yathā duṣṭatvaṁ me davayati śaṭhasyāpi kṛpayā
yathā mahyaṁ premāmṛtam api dadāty ujjvalam asau
yathā śrī-gāndharvā-bhajana-vidhaye prerayati mām
tathā goṣṭhe kākvā giridharam iha tvaṁ bhaja manah

Humility

Even though I am a cheater (śaṭhasya api), the Lord's mercy (yathā kṛpayā) can drive away (davayati) my inherent wicked nature (duṣṭatvaṁ me), give me (yathā mahyaṁ dadāty) the glowing (ujjvalam) nectar of divine love (premāmṛtam api), and inspire my heart (yathā prerayati mām) with the process to worship Śrī Gāndharvikā (śrī-gāndharvā-bhajana-vidhaye). Therefore (tathā), O mind (manah), with pleading words (kākvā), you should worship (tvam bhaja) Śrī Giridhārī (giridharam) here in Vṛndāvana (iha goṣṭhe).

Verse-9

Rāgahuga bhajan
→ smaranam

① Meditation on P

② Meditation on Rādhikā

(mad-īśā-nāthatve vraja-vipina-candram)

③ Meditation on Lalitā

(vraja-vane-śvarīm tan-nāthatve tad-atula-sakhīye tu lalitām)

④ Meditation on Viśākha & Śikṣālī

(viśākhām śikṣālī-vitarana-gurutve priya-saro-

girindrau tat-prekṣā-lalita-rati-datve smara manah)

⑤ & ⑥
Meditation on Rādhā-kuṇḍa & Govardhana

⑦ Meditation on Viśākha & Śikṣālī

O mind (manah), meditate on (smara) Kṛṣṇa, the moon of the Vṛndāvana forest (vraja-vipina-candram), as the lord of my leader, Śrī Rādhikā (mad-īśā-nāthatve). Meditate on Śrī Rādhikā (vraja-vana-īśvarīm) as his most dear object of love (tad-nāthatve). Meditate on Śrī Lalitā (lalitām tu) as her incomparable friend (tad-atula-sakhīye). Meditate on Śrī Viśākhā (viśākhām) as the foremost guru (gurutve) distributing the teachings of love (śikṣālī-vitarana). And meditate on Rādhā-kuṇḍa (priya-saro) and Govardhana (girindrau) as givers (datve) of the sight (tat-prekṣā) and love of Śrī Śrī Rādhā-Kṛṣṇa (lalita-rati).