

Verse-9
Bhajana Darpana
by
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O mind meditate on
Kṛṣṇa as the lord of my leader, Śrī Rādhikā
Śrī Rādhikā as his most dear object of love.
Śrī Lalitā as her incomparable friend
Śrī Viśākhā as the foremost guru distributing the teachings of love
Rādhā-kuṇḍa and Govardhana as givers of the sight and love of Śrī Śrī Rādhā-Kṛṣṇa

RDG guides the practitioner on the mutual relationship between spontaneous devotional service and amorous transcendental love of God

How to go further in the process of raganuga bhajana.
RDG's smaraṇam
five specific stages of meditation

Smaraṇam:

One searches with one's mind for
The name - absorption in the Hearing the Name
The form
The qualities of the Lord

Trying to think about Kṛṣṇa's qualities and next thing we are thinking about when it is prasādam time.

We move higher based on the purification of heart

Dhāraṇā:

One can withdraw one's mind from external stimulus.

Maintain a slight contact with the different features, names, pastimes, and paraphernalia of the Lord.

Dhyāna

- The mind becomes fixed on specific pastimes and forms of the Lord with great detail
- One is able to visualize all the different topics which one has read
- Don't really have to struggle to keep out the distractions of the material world.

Dhruva or Anusmṛti:

- Dhyana matures to the stage when the meditation is uninterrupted and very deep,
- with the result that one feels great pleasure, transcendental bliss.
- The difficulty is getting out of this state of meditation and relating

Samādhi:

- Spontaneously manifested in the totality of the mind—
- The mercy of the Lord, coming down from the platform of the transcendental realm
- One becomes completely absorbed in a particular remembrance of the Lord.

RDG gives us so many nice objects for our mediation.

Kṛṣṇa, Śrīmatī Rādhārāṇī, Lalitā-sakhī, Viśākhā , priya-sarah, Govardhan Hill
Up until the meeting with RR, LCM was not able to enter into full rādhā-bhāva.

Visitng holy places is all part of a systematically planned process to
make us Kṛṣṇa conscious.

Prayer is synonymous with:

- Smaranam
- Internal absorption
- Remembrance
- Essence of spontaneous devotional service
- Prayer indicates that we trust the Lord
- We get absorbed in our own problems we don't get inspiration to pray, we try to fix the problems ourselves
- Ex: HH RNS - I am a prayer
- Prayer indicates the depth of faith
- When faith become deeper and deeper, we start praying
- Prayer indicates Humility
- The more we realise our dependence - more realised faith and such a person offer prayers
- Ex: BVT writing so many Bhajans

One should learn how to pray:

- Prayer should not be simply an external thing
- but should be a heartfelt call
- a personal expression
- somehow or other to just get mercy
- One should offer personal prayers - we have so many struggles with anarthas, relations, personal life etc..