Śrī Caitanya-Śikṣāmṛta

Nectarean Teachings of Lord Śrī Caitanya

by Śrīla Saccidānanda Bhaktivinoda Thākura

Chapter – 1

Part – 6

Sadhana Bhakti

- 1. marking the body with the Vaiṣṇava symbols
- 2. marking the body with the syllables of the Lord's names
- 3/wearing the garlands, flowers and sandalwood offered to the deity
- 4. dancing before the deity
- 5. offering respects on the ground

- 6/rising up to see the Lord
- 7./ following behind the Lord's procession
- 8/ going to the Lord's residence
- 9 circumambulating the Lord or His dhāma
- 10. performing arcana

11/performing menial service to the deity

12. singing for the deity

13. singing in a group

14.performing japa

15.offering words or sentiments

16/reciting prayers

17 Kasting food offered to the Lord

18. tasting the foot water of the Lord

19. smelling the incense and flowers offered to the Lord

20. touching the deity

- 21 seeing the deity
- 22. seeing the ārātrika and festivals
- 23/hearing the name, form, qualities and pastimes of the Lord
- 24. accepting the mercy of the Lord
- 25. remembrance of the Lord

26. meditating on the Lord

27. acting as a servant of the Lord

28. thinking of the Lord as a friend

29. offering oneself to the Lord

30. offering the best items to the Lord

- 31/2 making full efforts for the Lord
- 32. surrendering to the Lord
- 33. serving tulasī
- 34. studying the scriptures
- 35. living in Mathurā

- 36. serving the devotees
- 3.7. holding festivals according one's means with the devotees
- 38. observing Kārtika vrata
- 39. observing Janmāṣṭamī and other special occasions
- 40. having faith and great affection for serving the deity

41. Relishing Bhāgavatam in association of devotees

42. Associating with like-minded, affectionate, superior devotees

43. Nāma-sankīrtana

44. Living in the area of Mathurā