

Śrī Caitanya-Śikṣāmṛta

Nectarean Teachings of Lord Śrī  
Caitanya

by Śrīla Saccidānanda Bhaktivinoda  
Thākura

**Chapter – 3**  
**Vaidhi Bhakti**

**Part – 2**

**The Rules for Cultivating Bhakti**

## Chapter - 3

### Part - 2 The Rules for Cultivating Bhakti



Following the rules of bhakti to attract the heart to the lotus feet of Krsna while simultaneously maintaining the body through the rules of varnasrama is called bhakti-yoga. (Proof Below)

↓  
2<sup>nd</sup> kind of bhakti

Bhakti

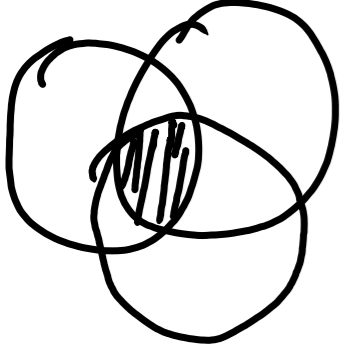
The (cultivation of the Lord) is essential in this process.

There are five types of cultivation: with body, mind, soul, matter and society.

|| 11.3.23 ||

sarvato manaso 'saṅgam  
ādau saṅgam ca sādhuṣu  
dayām maitrīm praśrayam ca  
bhūteṣv addhā yathocitam

The disciple should in the beginning (ādau) learn detachment of the mind from all things of this world (sarvato manaso asaṅgam), and positively cultivate association with his spiritual master and other saintly devotees (saṅgam ca sādhuṣu), while showing mercy to the inferior, friendship to equals and respect to superiors (dayām maitrīm praśrayam ca bhūteṣv addhā yathā ucitam).



|| 11.3.24 ||

śaucam tapas titiksām ca  
maunam svādhyāyam ārjavam  
brahmacaryam ahimsām ca  
samatvam dvandva-samjñayoḥ

The disciple should learn cleanliness, austerity, tolerance (śaucam tapas titiksām ca), silence, Vedic knowledge, simplicity (maunam svādhyāyam ārjavam), celibacy, nonviolence (brahmacaryam ahimsām ca), and equanimity in the face of respect or disrespect (samatvam dvandva-samjñayoḥ).

|| 11.3.25 ||

sarvatrātmeśvarānvīkṣām  
kaivalyam aniketatām  
vivikta-cīra-vasanam  
santoṣam yena kenacit

One should learn to see the deity everywhere (sarvatra ātma īśvara anvīkṣām) with concentrated mind (kaivalyam), to have no pride in a house (aniketatām), to wear pure bark clothing (vivikta-cīra-vasanam) and to be satisfied with whatever comes of its own accord (santoṣam yena kenacit).

|| 11.3.26 ||

śraddhām bhāgavate śāstre  
'nindām anyatra cāpi hi  
mano-vāk-karma-daṇḍam ca  
satyaṁ śama-damāv api

The disciple should learn to have faith in the Bhāgavatam (**śraddhām bhāgavate śāstre**), without criticizing other scriptures (**anindām anyatra cāpi hi**). He should learn to avoid sinful acts of mind, speech and body (**mano-vāk-karma-daṇḍam ca**), to speak the truth and to control the mind and external senses (**satyaṁ śama-damāv api**).

|| 11.3.27-28 ||

śravanam kīrtanam dhyānam harer adbhuta-karmanah  
janma-karma-guṇānām ca tad-arthe 'khila-ceṣṭitam

iṣṭam dattam tapo japtam vṛttam yac cātmanah priyam  
dārān sutān gṛhān prāṇān yat parasmai nivedanam

The disciple should learn hearing, chanting, and meditation (śravanam kīrtanam dhyānam) concerning the qualities, activities and birth of the Lord (janma-karma-guṇānām ca) who performs astonishing acts (harer adbhuta-karmanah), and should learn to offer all actions to him (tad-arthe akhila-ceṣṭitam). He should learn performance of sacrifice to Viṣṇu (iṣṭam yat parasmai nivedanam), charity to Viṣṇu and devotees (dattam), austerities such as Ekadaśī (tapo), chant japa using Viṣṇu mantras (japtam) and proper conduct (vṛttam). He should learn to offer what he treasures to the Lord (yac cātmanah priyam) and to engage wife, sons and house in the service of the Lord (dārān sutān gṛhān prāṇān).



# Chapter – 3

## Vaidhi Bhakti

### Part – 2

## The Rules for Cultivating Bhakti

### Body

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

There are seven types of bodily cultivation using the external senses :  
hearing, chanting, smelling, seeing, touching, tasting and moving limbs.  
(Proof Below)

|| 11.19.20-24 ||

śraddhāmṛta-kathāyām me śāśvan mad-anukīrtanam  
pariniṣṭhā ca pūjāyām stutibhiḥ stavanam mama

ādarah paricaryāyām sarvāṅgair abhivandanam  
mad-bhakta-pūjābhyadhikā sarva-bhūteṣu man-matiḥ

mad-artheṣv aṅga-ceṣṭā ca vacasā mad-guṇeraṇam  
mayy arpaṇam ca manasaḥ sarva-kāma-vivarjanam

mad-arthe 'rtha-parityāgo bhogasya ca sukhasya ca  
iṣṭam dattam hutam japtam mad-artham yad vratam tapaḥ

evam dharmair manusyāṇām uddhavātma-nivedinām  
mayi sañjāyate bhaktiḥ ko 'nyo 'rtho 'syāvaśiṣya

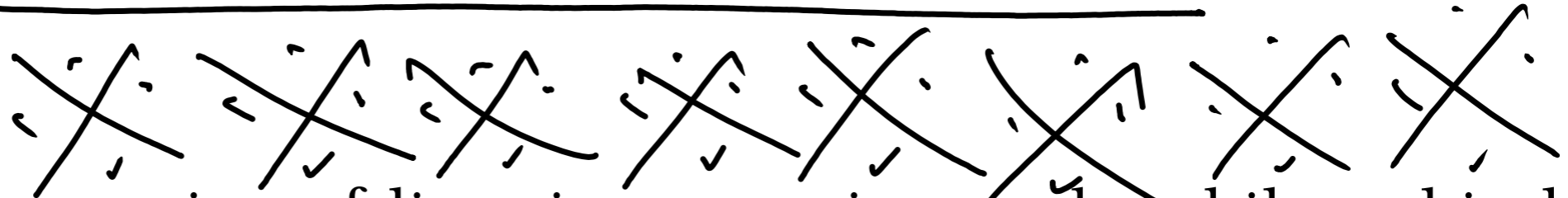
Firm faith in the narration of my sweet pastimes (śraddhāmṛta-kathāyām me), constant chanting of my glories (śaśvad mad-anukīrtanam), unwavering attachment to my worship (pariniṣṭhā ca pūjāyām), praising me through verses (stutibhiḥ mama stavanam), great respect for serving the deity (ādarah paricaryāyām), offering obeisances with the entire body (sarvāṅgair abhivandanam), performing extensive worship of my devotees (mad-bhakta-pūjābhyadhikā), consciousness of me in all living entities (sarva-bhūteṣu man-matiḥ), offering of ordinary bodily activities in my service (mad-arthesv aṅga-ceṣṭā), use of words to describe my qualities (vacasā mad-guṇa īraṇam), offering the mind to me (manasaḥ mayy arpaṇam ca), rejection of all material desires (sarva-kāma-vivarjanam), giving up wealth for my sake (mad-arthe artha-parityāgo), renouncing material sense gratification and happiness (bhogasya ca sukhasya ca), performing acts of charity, offering homa, and chanting japa (iṣṭam dattam hutam japtam), performing vows like Ekādaśī as austerity with the purpose of achieving me (mad-artham yad vratam tapaḥ)—by these (evam dharmair) those human beings who have surrendered themselves to me (ātma-nivedinām manuṣyāṇām) develop bhakti for me (mayi bhaktiḥ sañjāyate). What other result could remain for my devotee (kah anyo arthah asya avaśiṣyate)?

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti



Cultivation through hearing may be hearing the scriptures, the name of the Lord or songs about the Lord, and lectures about the Lord.



Hearing scriptures consists of listening to topics on the philosophical status of the Lord, descriptions of the Lord's activities, stories of the lives of devotees, and Puranic histories of the devotees' dynasties.

Those works written by devotees of the Lord should be heard with the proper conclusion; those that present non-devotional conclusions should be avoided.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

The conclusion of all scriptures is devotion to the Lord.

Understanding scriptures takes place through a six-fold process: upakrama, upasamhara, abhyasa, apurvata, phala, arthavada and upapatti.

Through this process, the conclusion that devotion to the Lord is the import of all scriptures will be reached.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Devotees will listen to those songs that cultivate devotion by description of the Lord's pastimes, rather than those songs that are merely for satisfying the senses.

They should strictly avoid those songs that increase material attachment of the mind.

Prayers and instrumental music should be heard while offering service to the Lord.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Cultivation through chanting is extremely powerful.

There are five types of chanting: recitation<sup>①</sup> of scripture, recitation<sup>②</sup> of the Lord's names and pastimes, recitation<sup>③</sup> of verses, submissive offerings and japa<sup>④</sup>.

⑤

Recitation of the Lord's names and pastimes may be done by song, narration, lecture or class.



## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

सुख प्राप्तिके लक्षणे  
↑

Submissive offerings are of three types: prayer, admission of lowliness and longing.

↓  
lata-sevayi

↓  
daijye bolhike

Japa refers to soft chanting of mantra.

Cultivation of bhakti by using the sense of smell is performed by smelling flowers, tulasi, sandalwood, incense, garlands, and camphor that have been offered to the Lord.

Smelling those items that have not been offered to the Lord only increase material sense attachment, and therefore must be avoided.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Cultivation of sight is performed by seeing the Deity, the devotees, the holy places, the temple, dramatic performances and pictures depicting the Lord.

The sense of sight focusing on material forms can throw a person into the well of material life and therefore seeing material forms must be avoided.

Whatever a person sees in the world, they must relate it to the Lord.

YUKTA VAIKUNTHA

The devotee should become detached from the sensation of touch related to external objects, and take joy at touching the form of the Lord.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Satisfaction can be gained also by touching and embracing the devotees.

The sense of touch is very powerful, leading to sins such as illicit sexual activities.

The devotee must vow that under no circumstances to touch anyone except devotees.

Touch does not refer to bodily contact as such, but to bodily contact that produces sense pleasure in the heart.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

This principle should be applied not only the sensation of touch, but to all the senses.

The devotee can use the tongue in tasting food offered to the Lord and taking the water used to wash the feet of the Lord.

The devotee does not eat anything except prasadam from the Lord.

By tasting material foods, material conviction gradually becomes stronger.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Remnants of the Lord and of the devotee may be eaten—both nourish bhakti.

Moving the limbs refers to dancing, paying respects, rising in respect, following after the Deity or devotee, going to the temple, parikrama, serving guru and Vaisnava, worshipping the Lord, bathing in holy water, putting on Vaisnava markings and putting the Lord's name on the body.

The Vaisnava should pay respects by lowering eight parts of the body.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

When seeing the Deity or the devotee approach, the devotee should rise to their feet.

When the devotee or Deity moves, the devotee should follow behind.

The devotee uses their legs to go to the temple, the holy places and other vaisnavas' houses.

Worship refers to offering items to the Deity.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

The devotee should bathe in the water of the Ganga and Yamuna, put on tilaka according to the directions of the guru, and decorate the body with the names of the Lord.

In this manner the devotee on the path of vaidhi bhakti must cultivate devotion to the Lord by engaging the body.

As the conditioned souls are bound by a body and must perform some necessary activities of the body, they should do them in such a way that they do not become materially affected.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

By mixing all those activities with devotion to the Lord, they are able to cultivate their relationship with the Lord.



# Chapter – 3

## Vaidhi Bhakti

### Part – 2

## The Rules for Cultivating Bhakti

### Mind

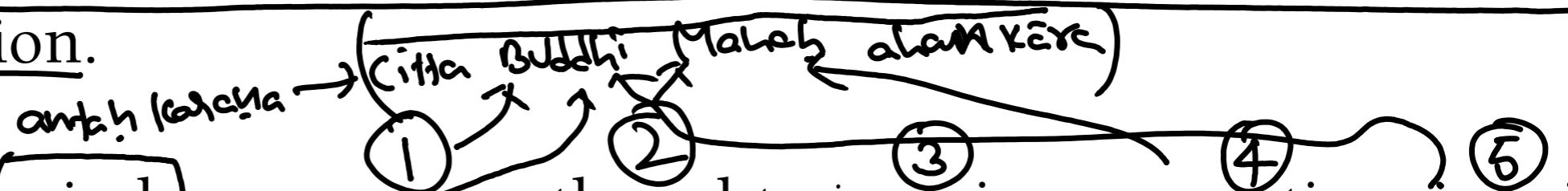
# Chapter – 3

## Part – 2 The Rules for Cultivating Bhakti

In all the activities concerning the body, the mind is also acting.

However, the mind also has the ability to act when the body is inactive.

These are the activities referred to as mental cultivation, to distinguish them from bodily cultivation.



The activities of the mind are memory, thought, conscience, emotion, inquiry and gathering of knowledge. By these functions, five types of devotional cultivation take place: remembrance, meditation, surrender, servitude, and inquiry.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Memory is of two types: remembering the names of the Lord and remembrance of mantras of the Lord.

Counting japa on tulasi mala is the first type. Repeating mantras using the fingers to count is remembrance of mantras.

The difference between remembrance and meditation is that in remembrance the appearance of the Lord's name, mantra, form, qualities and pastimes occurs to a slight degree, whereas in meditation the form, qualities and pastimes of the Lord are clearly conceived.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

When meditation continues for a long time it is called dharana, and when it is deep it is called nididhyasana.

Meditation encompasses both these practices.

Surrendering to the Lord while giving up all other interests is a type of bhakti.

Those on the level of vaidhi do not have such qualification, but to be convinced that the Lord is the only shelter is prescribed for them.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

This is called saranapatti (**sarva dharman parityajya.....**).

Such devotees do not have aspiration for (karma or jnana).

*das yam*  
Servitude refers to understanding that one is the servant of the lord (**man**  
**mana bhava mad bhakto.....**).

This is a mental attitude.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Those on the level of vaidhi bhakti cannot, however, taste completely the servitude that is included in the five major rasas.

↓  
desyaṁ abhāvya-rasaḥ

Sād-dharma-pricché  
Inquiry is an important activity for the devotees.

When inquiry about the Lord arises, a person surrenders to a guru, takes initiation and then takes instruction on how to worship the Lord.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

How can the conditioned souls attain the ultimate good if they do not make inquiry about the truth?

Asking about the real actions of the soul (sad-dharma prccha) is an important limb of devotion mentioned in the devotional scriptures.

# Chapter – 3

## Vaidhi Bhakti

### Part – 2

## The Rules for Cultivating Bhakti

Soul



## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Cultivation of bhakti using the soul is of six types: friendship, surrender, making full efforts for the Lord, acceptance only of material necessities, rejecting personal pleasure, and following the path of the previous devotees.

① Saikṣya      ② ātma-nikṣepa  
③ tad-arthā cāhṁsa ceturā  
④ yāvad arthā anuvartite  
⑤ bhogādi tyāga kṛmādyāceta  
⑥ sādhu vāma anu-vāmana.

The soul of the person performing vaidhi bhakti is not liberated, but rather conditioned.

The pure soul is free of false ego.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Vaidhi bhaktas are attempting to become free from the material world, and although the bondage is somewhat loosened, traces of false ego remain.

In such a state, they may still cultivate feelings involving the soul.

सक्येन

First, the devotees think of the Lord as a dear friend.

This feeling is, however, different from the sakhya rasa, being but a seed of the later manifestation.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

The devotees, thinking of themselves as souls, also offer everything to the lotus feet of the Lord.     ↓ *offering - nihilism.*

Thinking that they will offer all their possessions to the Lord, they do not care about their own protection.

All their efforts, whether of body or mind, are dedicate to the Lord.

Devotees understand that their wives, children, houses, animals, wealth, possessions, bodies and minds are all meant for the service of the Lord.

## Chapter – 3

### Part – 2 The Rules for Cultivating Bhakti

Everything is the Lord's and they accept only what is necessary as the Lord's mercy in order to make them more qualified for the Lord's service; all other things are unnecessary.

⑤ bhagāsi tyegeḥ teṅṅabye ketve

The bhaktas are willing to sacrifice their enjoyment for the Lord, and they find out the correct process ascertained by the previous devotees and follow that to the best of their ability.

↓  
Sādheḥ vama anuvāṅṅaḥ.