

Chapter 1 part 6 Sadhana bhakti

Bhakti is the support for all other sadhanas

Varnasrama duties (path of karma) are only successful when one worships the Lord.

The intelligence of jnanis get purified only by devotional service.

For a saargrahi vaishnava, the details of karma, jnana, yoga are non-essential details for himself.

But for those who don't have enough sukriti, these are stepping stones to reach pure devotional service.

Shuddha bhakti is the only abhideya

Sadhana : takes one from one level to the higher level

Sadhana can be performed with compromised faith. (karma shraddha, jnana shraddha etc)

The person does not have complete understanding of the actual goal.

Abhideya : directly takes one to the final goal

Abhideya can not have compromised faith. He must have pure faith.

For abhideya, the person must have perfect understanding of the goal, which is establishing relationship with Krishna in one of the 5 rasas.



Therefore, there may be multiple sadhanas but there is only one abhideya, shuddha bhakti.

Sadhana bhakti

Jaiva dharma: shuddha bhakti/prema

The potential to love Krishna is eternally present within the heart of every jiva but it is accessed through sadhana bhakti which one receives from Guru and the association of devotees.

Definition

kṛti-sādhyā bhavet sādhyā-
bhāvā sā sādhanābhidhā
nitya-siddhasya bhāvasya
prākāṣyaṁ ḥṛdi sādhyatā

Action of the senses which produce stage of bhava is called sadhana bhakti.

śravaṇādi-kriyā — tāra
'svarūpa'-lakṣaṇa
'tatastha'-lakṣaṇe upajāya
prema-dhana

The nine limbs sravanam, kirtanam, smaranam etc are primary characteristics of sadhana bhakti.

The secondary characteristic of sadhana bhakti is that it awakens pure love for Krishna.

śravaṇaṁ kīrtanaṁ viṣṇoḥ
smaraṇaṁ pāda-sevanam
arcanaṁ vandanaṁ dāsyāṁ
sakhyam ātma-nivedanam

upajaya prema dhana is called secondary characteristic because prema appears later. Sravanadi kriya are called primary characteristics because without them, there can be no sadhana bhakti.

★ Krsna prema is a perfect object, which is not born from practice, but rather it appears in the pure heart by hearing and other devotional activities.

Types of sadhana bhakti

Vaidhi sadhana bhakti

Inspiration comes from
Guru, sadhu, shastra

Living according to DOs and DON'Ts -
what is favourable for my bhakti and
what is not favourable

Bhakti shastra visvashmayi shraddha

Komal sraddha: kanistha adhikari
madhyam faith: madhyam adhikari
deep faith: uttam adhikari

★ When faith becomes deep (uttama), by the practice of worship (bhajana) in association of the devotees, it then transforms into nistha, ruchi, asakti and finally bhava.

Raganuga sadhana bhakti

Raga

greed to follow the
mood of vrajavasis

