

Chapter 1 part 6
Sadhana bhakti

Vaidhi sadhana bhakti

Door to Devotional Service - The first 20 non-negotiable
Angas

The Do's

1. **guru-pādashraya** - Taking shelter of a guru
2. **krishna dikshadi sikshanam** - Taking Diksha and acquiring knowledge from him
3. **visrambhena guroh sevā** - Service to guru with respect
4. **sādhu-vartma anuvartanam** - Following the rules of the scriptures as approved by the acaryas (bhakti shastras given by our sampradaya acharyas)
5. **sad-dharma-prcchā** - Inquiry about the real duties of life (ask relevant questions to spiritual authorities)
6. **bhogādi-tyāgaù krsnasya hetave** - Renunciation of enjoyment to gain Krishna's mercy
7. **nivāso dvārakā ādau vā gangāder api sannidhau** - Residing in Dvārakā or other holy places, or near the Gangā
8. **vyāvahāreshu sarveshu yāvad-arthānuvartitā** - Accepting only what is necessary in dealing with the body
9. **hari-vāsara-sammāno** - Observing the Ekādashi vrata, appearance days and other days of Lord Hari
10. **dhātry-asvatthādi-gauravam** - giving respect to the āmalaki, asvattha and other items (whatever is connected to Krishna, we give respect to that)

The Don'ts

11. **sanga-tyāgo vidūrena bhagavad-vimukhair janaih** - Giving up the association of those opposed to the Lord
12. **Sishyādy an-anubandhitvam** - not being attached to making many disciples
13. **mahā ārambhādy-anudyamah** - not being enthusiastic for huge undertakings
14. **bahu-grantha-kalābhyāsa-vyākhyā-vāda-vivarjanam** - avoiding the study of useless books in order to earn a living or to defeat others in useless arguments
15. **vyāvahāre 'py akārpanyam** - not feeling miserable in any material circumstances
16. **sokādy-avasa-vartitā** - not being subject to lamentation or other extreme emotions
17. **anya-devān avajyā** - not showing disrespect to devatās
18. **bhūta anudvega-dāyitā** - not giving disturbance to other living beings
19. **sevā-nāma aparādhānam udbhava abhāva-kāritā** - not committing of sevā-aparādhā or nāma-aparādhā
20. **kṛṣṇa-tad-bhakta-vidvesa-vinindādy-asahishnutā** - not tolerating the criticism of Krishna and His devotees by those who hate them

These twenty limbs are not time consuming limbs but time liberating limbs.

These limbs don't take exclusive time (as chanting 16 rounds take).

These limbs are either:

1. **Time liberating**
or/and
2. **Lifestyle correcting**
or/and
3. **Attitude correcting**

List of the other Angas

1. marking the body with the Vaishnava 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. tasting 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