

## Chapter 1 part 6 Sadhana bhakti

### Raganuga sadhana bhakti

#### Practice of Raganuga sadhana

kṛṣṇaṁ smaran janam cāsyā  
preṣṭhaṁ nija-samīhitam  
tat-tat-kathā-rataś cāsau  
kuryād vāsaṁ vraje sadā

Cc. Madhya  
22.160

1. Remember Krishna.

2. Remember associates of Krishna in the rasa that they are aspiring for.

(For ex: if they are aspiring for sakhya rasa, they will remember Krishna in his paugunda avastha and they will remember devotees in sakhya rasa like Sridama, Subala etc)

Vatsalya rasa-> Krishna in bala avastha-> remember devotees like Nanda, Yashoda

3. Attraction to hearing those lilas in that particular rasa.

4. Atleast aspire to stay in Vraja always.

### The fortunate position of Ragatmika Bhaktas

Rogatmika bhaktas: Vrajavasis spontaneously serving Krishna in any of the 5 rasas, very dear to Krishna.

SB 3.25. 38 : Time factor does not act on such devotees

Srila Rupa Goswami offers repeated obeisances to such devotees.

Those devotees who follow the ragatmika bhaktas are called raganuga bhaktas. By continuous practice, they achieve bhava and then prema for Lord.

## The importance of sadhana bhakti

### Two kinds of people try to skip sadhana:

1. Those who are not qualified to practice sadhana bhakti - they practice varnashrama etc. (they lack pure devotional faith)
2. Those who think themselves to be over qualified and don't understand the importance of sadhana in elevating one to the stage of prema. (Sahajiyas)

But sadhana bhakti is non-negotiable to achieve prema.

## Gradual process of development

- 1) Those who lack pure devotional faith must practice varnashrama and attain steadiness in good conduct.
- 2) People who have been practicing varnashrama nicely and transitioning to the stage of pure devotional service, should continue to practice varnashrama for a while till their pure devotional faith becomes stabilised.

Then practice vaidhi sadhana bhakti which gradually will lead to nistha, ruchi, asakti, bhava and finally prema.

## The goal of life

The goal of life is not to elevate oneself from lower varna and ashrama to higher varna and ashrama. (brahmanas,sannyasi)

This may be progress of body but not of soul.

Practice of varnashrama is for the maintenance of body( till one comes to the stage of bhakti).

Yoga is for the advancement of the mind.

Sadhana bhakti is for the advancement of the soul.

**The real goal of life is advancement of the soul.**

## Seeing the special position of devotees

The devotees may not be expert at farming, fighting, or any material occupation but they are expert in terms of the real life of the human being so they are special.

Those who can see the elevated position of the devotees are actually intelligent, and can obtain the mercy of the Lord.

## A devotee who has received the mercy of Lord

When a devotee receives the mercy of Lord, the devotee gives up thinking of karma-kanda and other material affairs.

Then the devotee will also stop gauging other devotees based on their material qualifications. (he is a driver! he is the CEO of a company etc).

He will respect devotees for their devotional progress regardless of their material background and material occupation.