## **GEM EIGHT**

तन्नामरूपचरितादिसुकीर्तनानु स्मृत्योः क्रमेण रसनामनसी नियोज्य तिष्ठन् व्रजे तदनुरागि जनानुगामी कालं नयेदिखलिमित्युपदेशसारम्

tan-nāma-rūpa-caritādi-sukīrtanānusmṛtyoḥ krameṇa rasanā-manasī niyojya tiṣṭhan vraje tad-anurāgi-janānugāmī kālam nayed akhilam ity upadeśa-sāram

## **SYNONYMS**

tat—of Lord Kṛṣṇa; nāma—the holy name; rūpa—form; carita-ādi—character, pastimes and so on; su-kīrtana—in discussing or chanting nicely; anusmṛtyoḥ—and in remembering; krameṇa—gradually; rasanā—the tongue; manasī—and one's mind; niyojya—engaging; tiṣṭhan—residing; vraje—in Vraja; tat—to Lord Kṛṣṇa; anurāgi—attached; jana—persons; anugāmī—following; kālam—time; nayet—should utilize; akhilam—full; iti—thus; upadeśa—of advice or instruction; sāram—the essence.

## **TRANSLATION**

The essence of all advice is that one should utilize one's full time—twenty-four hours a day—in nicely chanting and remembering the Lord's divine name, transcendental form, qualities and eternal pastimes, thereby gradually engaging one's tongue and mind. In this way one should reside in Vraja [Goloka Vṛndāvana dhāma] and serve Kṛṣṇa under the guidance of devotees. One should follow in the footsteps of the Lord's beloved devotees, who are deeply attached to His devotional service.