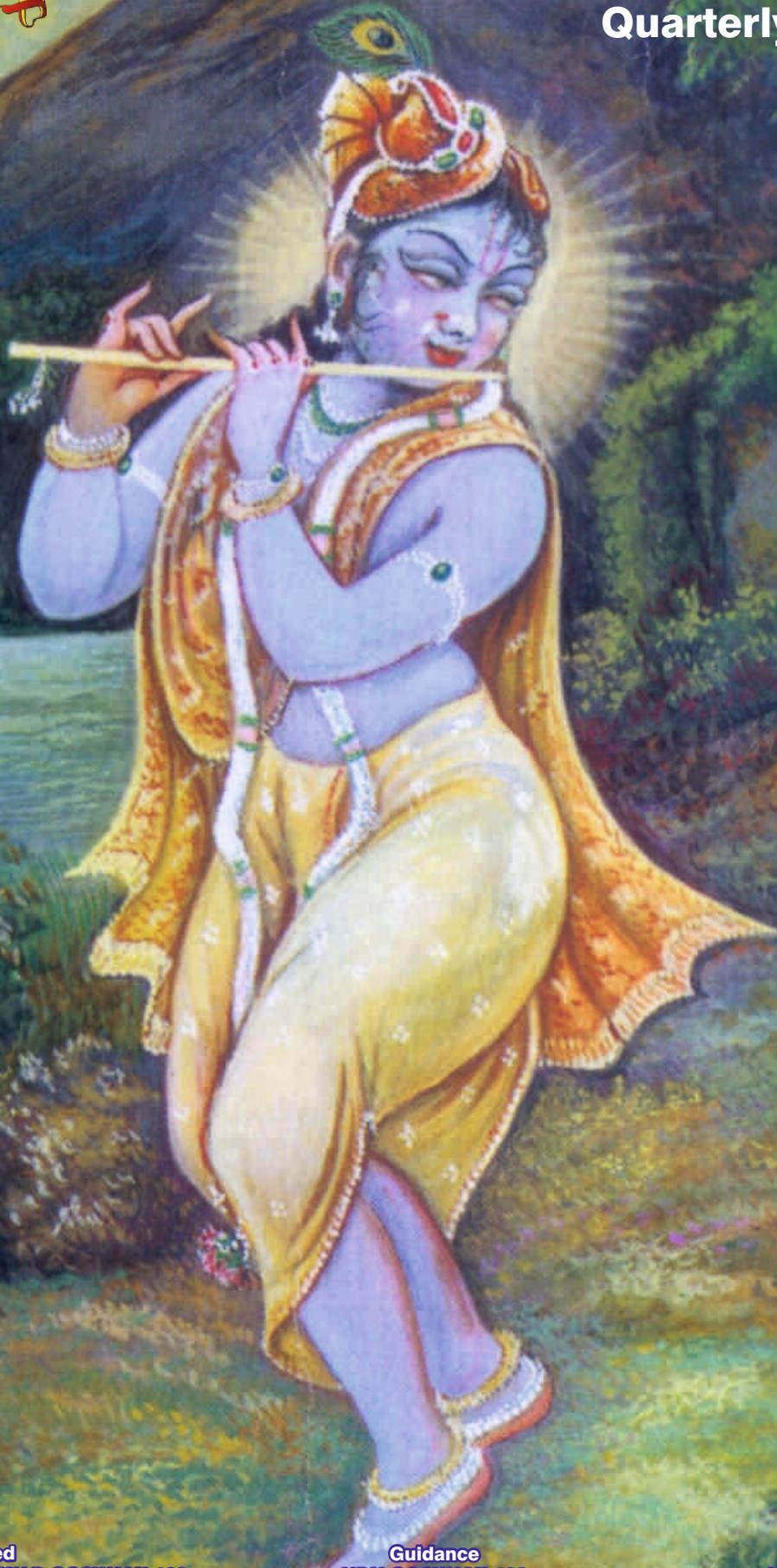




# pushti awakening

Quarterly E-Magazine



Inspired  
HDH SHASTHPITHADISHWAR GOSWAMI 108  
SHREE DWARKESHLALJI MAHARAJSHREE

Guidance  
HDH GOSWAMI 108  
SHREE AASHRAYKUMARJI MAHODAYA

Guidance  
HDH GOSWAMI 108  
SHREE SHARNAMKUMARJI MAHODAYA

# ESSENCE OF VIPO LOGO



→ **Satsang:** Is to gather to raise one's spiritual and devotional consciousness by mediating, chanting God's name and discussing, reading or listening to religious scriptures.

→ **Samarpan:** Is surrendering one's body, mind, spirit and wealth to God with complete dedication as well as for the benefit of humanity.

→ **Seva:** Is loving selfless service to God and mankind at large.

**Sangathan:** Is an organisation that unites individuals of all ages to understand one self and one's unique role in the world.

**Sadbhav:** Is an attitude of goodwill, harmony & compassion towards all arising from the understanding that both God and the individual self are the same.

**The symbol of world in the logo indicates the mission of organization i.e. to unite Vaishnavs globally with a collective goal to play a positive role in the world for the upliftment of all irrespective of color, caste, national identity, gender, age, religion or socio-economic status by developing social, religious, spiritual and cultural values to spread love, knowledge and positivity through loving selfless service.**

## SANGATHAN SUVAS



One of the most important tenets of Pushti Bhakti Marg (Path of Grace) is “Satsang”. Satsang means simply to gather with others to raise one’s spiritual and devotional consciousness by either chanting, singing, reciting, discussing or listening to religious scriptures as well as Lord Shri Krishna’s glories and past times.

**Satsang is of three types**

- 1 Hearing the Vachanamrut of Vallabhkul Acharya;
2. Discussing with other Vaishnavs so as to get more knowledge or to solve the confusing matters etc;
3. To read Granths, stories of Devotee Vaishnavs like 84-252 Vaishnavs of Shri Mahaprabhuji and Shri Gusaiji. The ultimate goal of all these type of Satsang is to increase the knowledge of Pushtimarg which will result into increase in faith and devotion. In this way, the follower of the Path of Grace is able to experience God’s infinite love. “Satsang” is the answer to the question of how one can understand God’s love for his devotee.



HDH Shashthpeethadishwar Goswami 108  
Shri Dwarkeshlalji Maharajshree

## FROM THE DESK OF THE EDITORIAL TEAM

**Jay Shri Krishna !**

**With the grace of Shree Kalyanrai Prabhu, and blessings from HDH Shashthpeethadishwar P. P. Goswami 108 Shree Dwarkeshlalji Maharajshree, welcome to the first English edition of Pushti Awakening, our new quarterly magazine designed especially for the young generations of Vaishnavs.**

**This magazine has been specifically created for young Vaishnavs who want to learn & understand the principles and teachings of Pushti Bhakti Marg as envisioned by Shreemad Vallabhacharya Mahaprabhuji.**

**The magazine covers several topics including messages from Vallabhkul Acharyas, practical guidance and information on common topics, FAQ's on Pushti Etiquette, recipes, word games and much more.**

**We hope you enjoy this first issue & we encourage you to connect with us regarding any topics or questions you would like to see covered in the future.**

**The Editorial Team**

**Pushti Awakening**

**Email: [pujyashreeyadunathji@yahoo.com](mailto:pujyashreeyadunathji@yahoo.com)**



# ONE WORLD RELIGION WE ARE ONE

**Sachchidananda roopaya vishwa uthpathyaadhi hethave |  
Thaapathraya vinaashaaya Sri KrishNaaya vayam namah ||**

**JAGAT GURU SHRI VALLABHACHARYAJI MAHAPRABHUJI** always believed in the concept of **VASUDHAIVA KUTUMBAKAM**. The world is one family.

**-Let's work together for peace**

**-The only religion humanity**

I do not believe that there are many gods, like Muslim God, Hindu God, Christian God. I believe God is one and there are different paths to find him or believe him. I am proud to be in a culture where we say that whole world is a family, we all are one.

Today here we have thousands of people from all Religions/Faiths around the world or even on religions. This shows our unity, love and belongingness for each other.

**But being a human you should always serve humanity - respect and love all.**

My Father once said to me, First you live in this world called earth, then you are a human being, then you belong to a country (Indian, American, Chinese). Then you belong to a religious group ( Hindu, Christian, Muslim etc.).

So firstly it's our responsibility to take care of our nature/environment, then we are humans so learn the values of sharing n caring. Then you are a citizen of a particular country and then you belong to religious group.

- So never forget nature it shapes you.
- Never forget you humanity it accepts you.
- Never forget your country it builds you.
- Never forget your religion/faith it educates you, teaches you the true values of life.

Every religion plays role in building this nation a better place to live. Religions have many charity activities which help the unprivileged persons to have the facility of better living in this fast growing world.

- Provide educational services
- Provides medical services
- Provides daily food to all
- Gives a protection to nurture and grow.
- Encourages environmental precautions
- Focuses on animal protection etc.

As Vaishnavs, we should always remember these important principles and practice them, so we are not only serving humanity but also Shree Thakorji.



**- Goswami 108 Shree Aashraykumarji Mahodayashree**

## “Para Brahma” – Lord Shri Krishna

And one of the many simple ways to connect with Him!

Today, in the 21<sup>st</sup> century, we live in an era of rapidly evolving knowledge, technology creativity and development. However, the wisdom of the ages which teaches us how to connect spiritually with the divine has remained constant and immutable. In our Pushti Bhakti Marg/ Path of Grace, our Guru, Shrimad



Vallabhacharya Mahaprabhuji has shown us a very simple and practical approach to connect with God in our daily lives. Shrimad Mahaprabhuji simply instructs us to surrender completely and focus on the devotion and love of God. In “Shri Sarvottam Stotra” which is a treatise written in praise of Shri Vallabh, by Shri Gusainji Prabhucharan, the second son of Shrimad Mahaprabhuji; he complements Shrimad Vallabhacharyaji with the name “Daivoddhar- prayatnatma” meaning the one who is actively committed for the elevation of spiritual souls that are beloved of Lord Shri Krishna/ Shri Thakorji.

Bhagvan Shri Krishna is “Para Brahma”, the supreme ultimate reality, from whom jad (inanimate objects) , jeev (creatures) and chaitanya (spiritual consciousness) emanates. This world is nothing more than a remodeled manifestation of Lord Shri Krishna himself. He is the one that dictates the duties of other Gods and Goddesses. In the Shrimad Bhagvad Geeta, Bhagvan Shri Krishna himself states that He is the one who gives power to Brahma for creation, He is the one who provides strength to Vishnu to maintain and operate and He is the one who gives authority to Shiva for destruction. He was present before the creation of the universe, he will witness the annihilation (Pralaya) and again will re-create the formation of the universe. He tells Arjun in the Shrimad Bhagvad Geeta: “ I am the creator and the destroyer and there is nothing higher than me O Arjun!” Bhagvan has made the universe his adventurous playing field, and all Gods, Goddesses, humans, animals, insects and inanimate objects are his toys with which He plays. Even Gods and Goddesses like Shiva, Ganesh, Durga also worship Bhagvan Shri Krishna as their controller.

Shri Mahaprabhuji in one of his famous writings “Siddhant Muktavali” states “Parabrahma tu Krushnauhi” – which means Shri Krishna the supreme Brahma is considered the greatest of all and therefore Shrimad Mahaprabhuji guides us to surrender to the ultimate Supreme reality- “Para Brahma”, Lord Shri Krishna through the path we know as Pushti Marg.

How do we connect to Par Brahma Lord Shri Krishna in this fast paced modern world based on the guiding principles of our Guru, Shrimad Mahaprabhuji? As mentioned earlier we must first surrender to him completely and have faith in him. Our gurus Shrimad Mahaprabhuji and Shri Gusainji direct us simply to perform Seva or selfless service which permeates our life with positivity and elevates it. But today, most of us do not have time to perform the traditional ritual of “asthyam seva” as proposed in Pushtimarg. Fortunately, our gurus were visionaries for they understood that many of us would not have enough time to perform seva in the

traditional way; therefore they provided us with many variations and options to serve Lord Shri Krishna.

Here is a practical tip that one can start with to connect with the Lord daily:

Every morning, we should set aside a minimum of 5 to 10 minutes to connect with God.

Upon awakening, do darshan of Lord Shri Krishna. Make sure you have a photo by your bedside table or hanging in your room. Join your hands together and chant the following mantra:

“Vasudevasutam devam, Kansa Chanur mardhanam, Devaki parmanandamam, Krushnam vande jagadgurum.”

( I worship Lord Shri Krishna, Who is the master of the universe, Who is Vasudev's son, Who destroyed Kansa and Chanur and Who is Devaki's bliss.)

This mantra is in praise of Lord Shri Krishna. By reciting this mantra, you are giving thanks to God for waking you up. Starting your morning with gratitude sets a positive tone for the day.

Then close your eyes, breathe deeply and recite the mantra: “Krishna Tavasmi” (I am Yours) or “Shri Krishna Sharnam mama” (Lord Shri Krishna is my refuge) to fill your mind, body and soul with positive energy. Young children can start with reciting the mantra 11 times and slowly increase to 5- 10 minutes as age and time permits. This powerful process of meditation, breathing and reflection will energize your mind, body and spirit with positive vibrations which will influence your thoughts and actions throughout the day; and in turn will impact not only you, but also the world around you!

Living life filled with positivity is also a form of seva!

I strongly recommend that you implement this tip daily. Start slowly and work up to 10 minutes. Do let me know how this small step has transformed you.

Please email me at  
[pujashreeyadunathji@yahoo.com](mailto:pujashreeyadunathji@yahoo.com).

Next time I will give you other tips to connect with God in your day to day life.

- Goswami 108 Shree Sharnamkumarji Mahodayashree



## INTRODUCTION OF PUSHTIMARG



The concept of devotional life & spiritual existence is at the very base of vedic Hindu religion. From its very existence our scriptures have shown us how to live a pure, happy life through spiritual practices & to take them to the highest levels of ever attaining God. Great seers, philosophies & spiritual men have shown us quite a few reasons i.e. achieve this end, and devotion or Bhakti is our such way.

Bhakti in its truest sense means love of God - pure, unselfish or without a want of anything n return. Devotion may have been propounded from time immemorial, but "Pushti Bhakti Marg" was shown to us some 500 years ago when SHRI VALLABHACHARYAJI SHRI MAHAPRABHUJI - its founder established it.

thus giving us a very novel and an exceedingly beautiful way of worship towards Shri Krishna based on His "Leelas" in vraj depicted in the 10th canto of Shrimad Bhagvat.

Based on the will & grace of the Lord Himself we are shown a way not only to live a spritual life but to experience Shri Krishna himself. However we see that in the present modern times, a lot of people have been seeing Pushti Marg as opposing Hindus Vedic religion, but contrary to that Shri Vallabh has propounded it on the basis of the principles of devotion as shown in the 12th Canto of Shrimad Bhagvat itself. He gives us a way of pure devotional love in all its glory leading generations of his followers a beautiful way of life blending both, the material world & spirituality. Shri Valabh shown us a life of living sublimated existence through self surrender at the feet of God with total love & devotion.

Pushti Marg definitely does not denote ngativity of self denial, but a sheer positive force of living a positively pure life while the mind focuses on devotion & love of the God. Shri Vallabh teaches us this devotion which starts with the surrender at the feet of the Shri Krishna. This is taken further by channelizing the love & devotion and energies to please Him which gradually develops our second nature but this can be done only through the will & grace of God Himself. Pushti Marg in a very few words means "The path of the Grace of God".

We as Pushti Marg followers have to understand one thing very clearly before we chart out our way of life and that is, we are in his path definitely due to the will of grace of Shri Krishna and Shri Vallabh. How we go further on this path is to be determined a little by us also. We are Vaishnavs, a section of people chosen by the Lord Himself. Therefore we have to determine and learn to live as per the teachings & commands of Shri Vallabh and who knows one day we could be playing ball with the Lord Himself !!

- Neeta Mehta

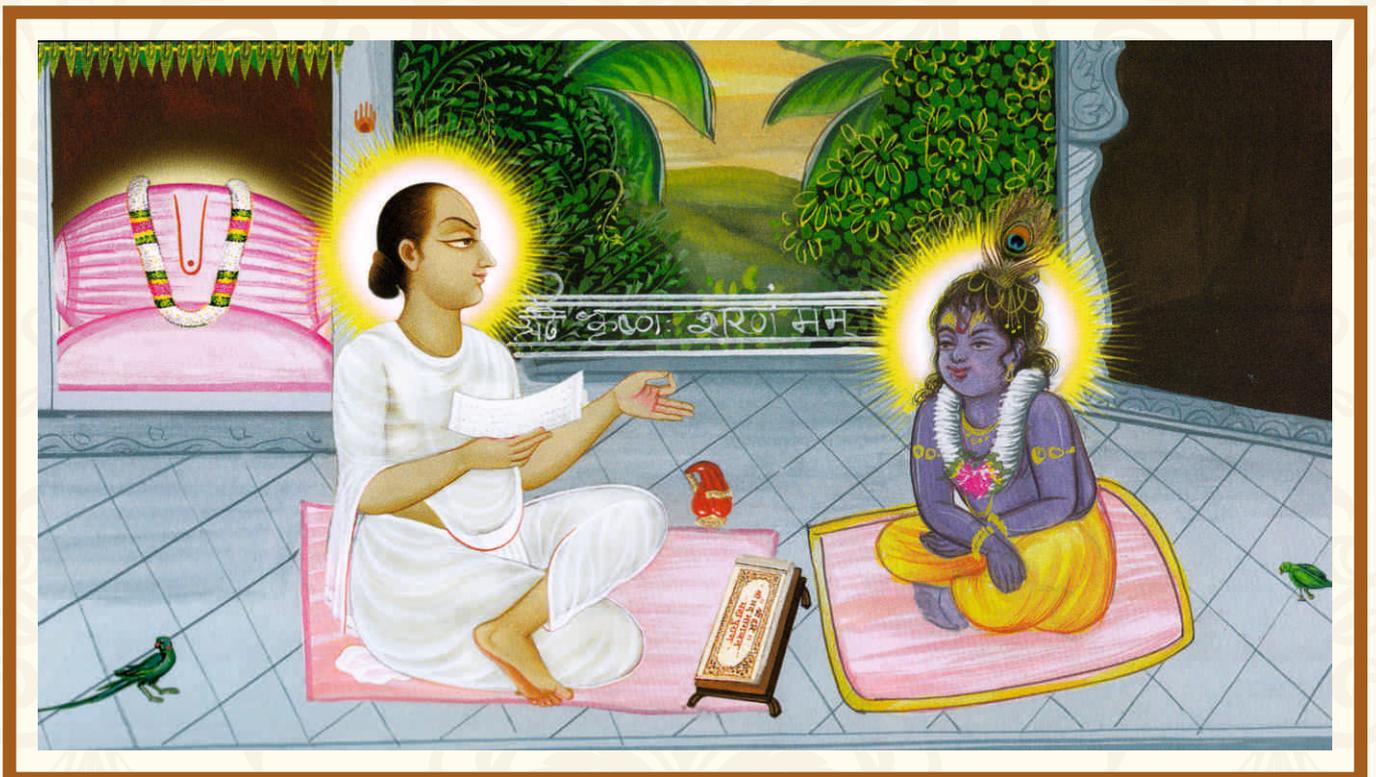
## What is a *BAITHAKJI* & What is it's importance in Pushtimarg.

Many vaishnavs visit Baithakjis during their religious pilgrimages in India along with many other sacred temples, but very few Vaishnavs know about their importance in Pushti Bhakti Marg.

Bhaitakji is the sacred place (Bhumi) where Shrimad Vallabhacharya Mahaprabhuji and Shri Gusainji Prabhucharan, the eternal Gurus of Pushti Bhakti Marg spent three to seven days reciting and teaching Sanatan Vedic Scriptures such as the Bhagavatham, Bhagvat Gita, Valmiki Ramayana and many other holy texts.. They also introduced many important Pushtimargiya principles based on the Shuddhadvaita philosophy of Vedanta in these sacred places.

In the Upanishads, the term “Bhuma” denotes holy and blissful ground. During their pilgrimages, Shrimad Mahaprabhuji and Shri Gusainji Prabhucharan stayed under the shelter of the tree close to a river bank. With Aapshris' divine touch that ground became devotional and sacred. Many Vaishnavs who have visited these holy places have experienced the spiritual presence of Shrimad Vallabhacharya Mahaprabhuji and Shri Gusainji Prabhucharan. Though our beloved Acharyas /gurus are not physically present in this day and age, Vaishnavs still flock to these holy places for darshan, seva and to experience their spiritual presence.

Baithak means the sacred space where Shrimad Mahaprabhuji and Shri Gusainji Prabhucharan's presence is experienced. Originally, the special space was created of mud, then allowed to dry before it was used for sitting. In ancient times, Vaishnavs visited these sacred spaces which were still made of soil where Shrimad Mahaprabhuji and Shri Gusainji Prabhucharan rested and sat during their pilgrimages. It is more recently that marble flooring has been placed on these sacred spaces and adorned with comfortable cushions. However, there are still many Baithaks where the original mud thrones are still present.



## FREQUENTLY ASKED QUESTIONS REGARDING BAITHAKJIS

### 1. How many Baithakjis of Pushtimarg are there?

According to a manuscript entitled “Baithak Charitra” in “Shri Vallabh Digvijay” written by Shrimad Vallabhacharya's grandson, Shri Yadunathji 84 Baithakjis of Shrimad Mahaprabhuji have been mentioned.

A closer study of the “ Baithak Charitra” reveals that there are some Baithaks where Shri Mahaprabhuji did indeed recite the Shrimad Bhagvatham and other religious scriptures and in others where he spent some time without recitation of any holy texts. scr

However, besides the 84 Baithaks identified in the manuscript, there are many others which have not been revealed and known to exist especially in the Himalayas and in Southern India.

Besides the 84 Baithaks of Shrimad Mahaprabhuji, there are 28 Baithakji's of Shri Gusainji Prabhucharan, the younger son of Shrimad Mahaprabhuji,; 4 Baithaks of Shri Girdhalalji, the eldest son of Shri Gusainji Prabhucharan; 13 Baithaks of Shri Gokulnathji, the fourth son of Shri Gusainji Prabhucharan, 7 Baithaks of Shri Hariraiji, 1 Baithak of Shri Raghunathji, fifth son of Shri Gusainji Prabhucharan and 2 Baithaks of Shri Ghanshyamlalji, seventh son of Shri Gusainji Prabhucharan.

There are a total of 142 Baithakjis of Vallabhkul (Vallabh family). Please refer to “Baithak Charitra” for detailed description of each baithak.

Besides the aforementioned 142 baithakjis , recently there are many others that have been established including Shrimad Mahaprabhuji's baithakjis in towns of Daabha and Kaavi and Shri Gusainji Prabhucharan's baithakji in Vadanghar. Shri Balkrishnalalji's (third son of Shri Gusainji Prabhucharan) baithakjis are in Gokul and in Kutch. Additionally, there are many other baithakjis dedicated to other Vallabhkul Acharyas in various cities, towns and villages throughout India. Unfortunately, even today there is no comprehensive guide available for all the established baithaks for Vaishnavs to visit and perform seva.

### 2. Vaishnavs often ask the following question: Is it appropriate to drink tea before perform Seva at baithakji?

Vaishnavs should ALWAYS remember that Seva is to be performed for Shri Thakorji's and Shrimad Mahaprabhuji's pleasure and comfort. Vaishnavs cannot eat or drink anything without first offering it to the Lord or to our eternal guru, Shrimad Mahaprabhuji. However, there are some exceptions to the rule, specifically for the very young, old and Vaishnavs suffering from illness. It is very important that when when Vaishnav performs seva, he is of sound mind and body. Therefore if one needs to drink tea, coffee or milk with medications, it is completely acceptable.

### 3. Can a Vaishnav who has not taken Brahasambandh perform seva at baithakji?

Vaishnavs who have not taken Brahasambandh cannot enter or perform seva in the inner sanctum of the baithakji. However, they can perform other forms of seva, like cleaning the premises of the baithakji, recite Sarvottam Stotra or sing pads or kirtans outside the inner sanctum. Vaishnavs that are in mourning (Sutak) and Vaishnav women who are in their monthly cycles cannot enter the baithak premises as they cannot perform mindful seva focused on the guru.

Only vaishnavs with Brahasambandh can enter the inner sanctum of the

baithakji after they have bathed on the baithakji premises and worn clothing specifically reserved and or made for seva.

4. What should a vaishnav do if “shrunghar seva” has already been performed when they reach the baithakji?

Vaishnavs should always think of Shri Thakorji and Shrimad Mahaprabhuji's comfort during seva. Therefore if the the shrunghar seva has already been performed, when Vaishnav reaches the baithakji, they can perform the seva with the same sentiment/bhav to Shri Mahaprabhuji's paduka which is also considered as Shri Mahaprabhuji's swaroop. One should take a thaal/large steel plate and line it with a clean cloth and place the padukaji on it, then perform kesar snaan, ang vastra, apply athar/ perfume, and do tilak.

Vaishnavs can then offer the dhoti and upaarna to Shri Mahaprabhuji on top of the one that has been offered during shrunghar seva along with the flower malaji/garland..

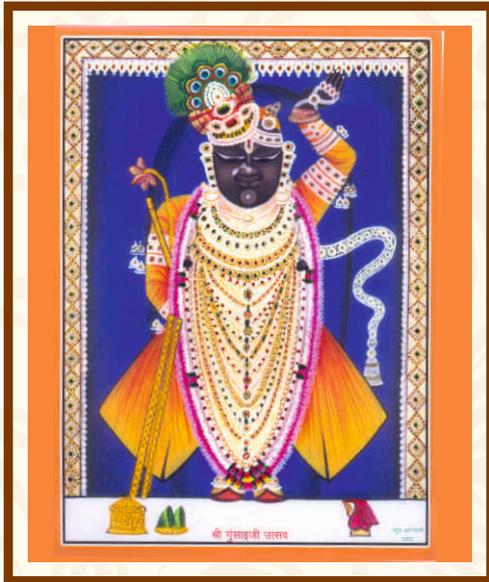
Grishma J Patel, MD



## Darshan: A Mystical Experience

Every day, all over the world, millions of Vaishnavs visit Pushimarg temples/havelis for “darshan” of Lord Shri Krishna. The darshan occurs eight times a day starting at dawn and ending in the late evening. With each darshan, the doors or curtains of the inner sanctum of the Lord are opened for public viewing.

Darshan is a very familiar and common word that is used by Vaishnavs in Pushtimarg. It denotes the visual encounter with Lord Shri Krishna. But this encounter is not unidirectional. For as much as the devotee is eager to see Lord Shri Krishna, the Lord himself is also looking forward to seeing his devotee. Therefore, when Vaishnavs visit havelis they dress up in bright clothing and wear



ornate jewelry as they also want their Beloved Lord Krishna to see them in their best appearance.

Each darshan throughout the day creates a unique devotional mood (Bhav) associated with the activities of Lord Shri Krishna which includes waking up in the morning, eating breakfast, bathing and dressing, going into the fields to tend to the cows, eating lunch, taking an afternoon nap, waking up from nap time, eating supper and finally retiring to bed.

In Pushtimarg, darshan is an intimate mystical experience between Lord Shri Krishna and his devotee. It plunges the devotee into a devotional realm that is in complete contrast to the devotee's mundane day to day life. Even a momentary devotional/spiritual connection between the devotee and Lord Shri Krishna can be transformative. Darshan can change the Vaishnav's view of the world from duality into a single seamless experience. This experience can only be realized if the devotee is devoid of ego and surrenders completely to Lord Shri Krishna. This sensory encounter (darshan) of Lord Shri Krishna eliminates the distinction between the human and the divine and all that is experienced is Shri Krishna!

## Bala Bodh – Instructions for Spiritual Children

It is said that the Bala Bodh – one of the sixteen famous texts (Sodas Granths) was written by Srimad Vallabhacharyaji when he embarked on his first circumambulation pilgrimage of India at the age of 15 in the year VS1550 (1494 CE) while at Pushkar Tirth (in present day Rajasthan).



The Bala Bodh text is for beginners who have three choices in living life – 1) Materialistic, 2) Dharmic, or 3) Devotional. Srimad Vallabhacharya mentions that based on the teachings of God, the great seers for many millennia have talked of 4 human pursuits: 1. Dharma (Righteous Duties), 2. Artha (material needs – wealth), 3. Kaam (desires) and 4. Moksha (liberation). Hindu literature is replete on how to obtain the first three according Shri Mahaprabhuji so he elaborates on Moksha – in this text which is the ultimate goal of human life.

For the sake of his newly initiated devotee Narayandas Kayastha, Srimad Vallabhacharya focuses on this fourth pursuit – Moksha – liberation as it is ultimately the highest goal of human life – one that gives the highest satisfaction. The great master, in this Bala Bodh text describes 4 traditions that have shown the way to liberation: two through self-effort or renunciation, and other two through assistance of God.

Through self-effort there is a means of external renunciation (as described in the Sankhya tradition) and then there is the means of internal renunciation (as in the Ashtang Yoga) but in both these traditions they resolve to be free of the notion of “me and mine”. In Sankhya the aspirant gives up material things to be free from ego, while in the path of Ashtang Yoga the aspirant is mentally as well as by attitude achieving perfection through the various practices.

Then there are the two traditions that depend on the Grace of God to achieve liberation – either through Vishnu (the sustainer) or through Shiva (the destroyer). Srimad Vallabhacharyaji clearly states that both Vishnu and Shiva grant liberation and enjoyment of material pleasures to their followers. In addition, Srimad Vallabhacharyaji clearly mentions in this text that Supreme Brahman (One God) is both Vishnu and Shiva (just as one man can be both a father and a husband). The personalities and qualities of each have been described in their own scriptures as flawless and replete with all divine virtues. It is clear, that Shiva grants enjoyments more readily (as liberation is what He cherishes the most), while Vishnu grants liberation more readily (for He cherishes enjoyment with Lakshmi the most). These rewards are bestowed upon their respective flowers.

Those that rely on the Grace of God to get liberation should at least try to purify their souls by means of loving devotional processes (Bhakti) including devotional listening and other appropriate spiritual practices which enables them

to attain perfection. According to Srimad Vallabhacharya the highest spiritual practice is when you completely offer everything to the Blessed Lord (become Samarjit) leading the soul naturally to its perfect state which makes one feel the blissful condition of belonging to God. If one cannot offer everything, the next best alternative is to take the Lord's shelter (Sharan). (In Pushtimarg you often see a seeker first taking the refuge of God – called the step of Sharanagati. When wanting to more actively be connected and serving the Lord, the devotee then takes the advanced step of Sharanagati which is represented by taking Brahmasambandh initiation). If devotional worship is not possible than Shri Mahaprabhuji suggests at least follow the Dharmic path (path of righteous living). He cautions that if a person cannot even follow the Dharmic path, then he or she would have great burden for one will never achieve any meaningful joy and success as neither a state of spiritual belonging nor the merit of correct actions is achieved. Understanding these teachings in the Bala Bodh will avoid all confusion concerning the pursuits of life.

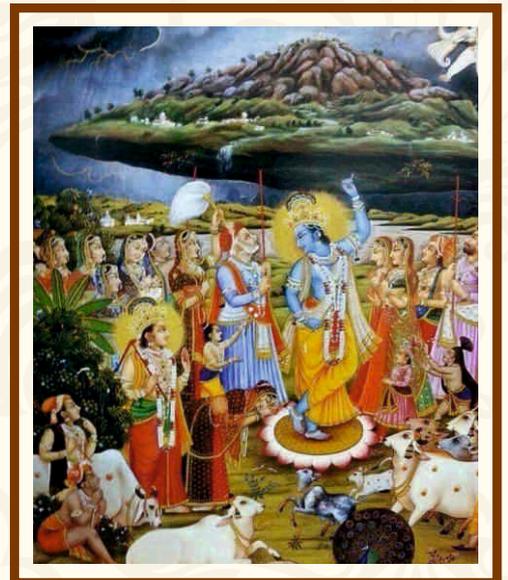
### Initiation Into the Path of Grace (Pushtimarg)

As has been inferred from this text of the Bala Bodh, in the path of devotion there are two steps to start the journey into Pushtimarg – first Sharanagati and second Samarpan.

#### 1. Sharanagati

Sharanagati is having surrendered and taken refuge of God and in Pushtimarg tradition the first step into its initiation is when the Vallabhkul Guru (direct descendent of Shri Vallabh) instructs to recite the “Shri Krishna Sharanam Mama” (Ashtakshara Mantra – the cardinal mantra of Pushtimarg) while giving one Tulsi mala to be worn reminding of the establishment of that relationship with Lord Hari (Shri Krishna). As one ripens in this stage the devotee:

1. Should do what God wants and likes
2. Avoid things that God does not like and leave it
3. Have faith in God that He will rescue you
4. Realize God is the main partner of all things – who does and to whom we should give back
5. Give all to God
6. Have Dinta (humility) and do not have ego, nor have disagreement with others.



One of the means to this state is to follow the path of NavdhaBhakti (such as Listening, Chanting/ Speaking only of Lord's Glory, Remembering, Serving, Worshipping, Prostrating etc.). Chanting the mantra Shri Krishna Sharanam Mama (Shri Krishna is my shelter) with Bhav (love and understanding) one develops the conviction that God alone becomes dear to him

and he becomes dear to God. He then has no fear of any kind! There is no difficulty that he cannot face. The words of this mantra contain the meaning of the Vedas reminding the devotee that “Shri Krishna alone is the ultimate reality or innermost soul of the entire universe”.

## 2. Samarpan

In Pushtimarg this step is symbolized when one has been given the Brahmasambandh initiation with a second tulsi mala. This is really like a marriage vow of sorts – a commitment and promise to form a relationship (sambandh) with the Supreme entity (Brahman). It is bestowed by the Vallabhkul Guru. The devotee surrenders all of himself or herself (mind, body, intellect, subconscious, soul, family, belongings etc.) in the pleasing service of God. This active and interactive relationship with the Lord when all is dedicatedly offered to the Lord leads to the highest form of Bhakti known as “Prem-Lakshana Bhakti”.

### Dharmic Path

HDH Shasthpeetadhiswar Goswami 108 Shri Dwarkeshlalji Maharajshri (Vadodara) often says a person is first human, a citizen of the country they reside in, then may be a follower of Sanatan Dharma (Hinduism) and then a Vaishnav. That means that a Vaishnav automatically has all the great qualities of a human, citizen and of Dharmic living. Obviously it is then inferred that a person or a child should have at least the following Dharmic Sanskars (human values of living) imbibed - according to the teachings of Shri Mahaprabhuji:



1. Always speak truth (especially never hide things from your parents as they are your well wishers)
2. Do not steal
3. Never kill any living thing (Jeev)
4. Never ask for anything from anyone – be self-reliant
5. Never take anything for free
6. Speak in balance
7. Eat in balance
8. Avoid all bad habits and addictions
9. Respect elders
10. Be Clean
11. Live in clean surroundings
12. Be regular and have appropriate sleep (not excessive)
13. Exercise your body in a balanced way
14. Self-introspect daily to make improvements in your life to stop mistakes from occurring.

We see many of these qualities in a true Vaishnav and we can certainly see in our Jeeshri – our Guru, Pujya Pad Goswami 108 Shri Dwarkeshlalji Maharajshri that we can emulate and put in practice.

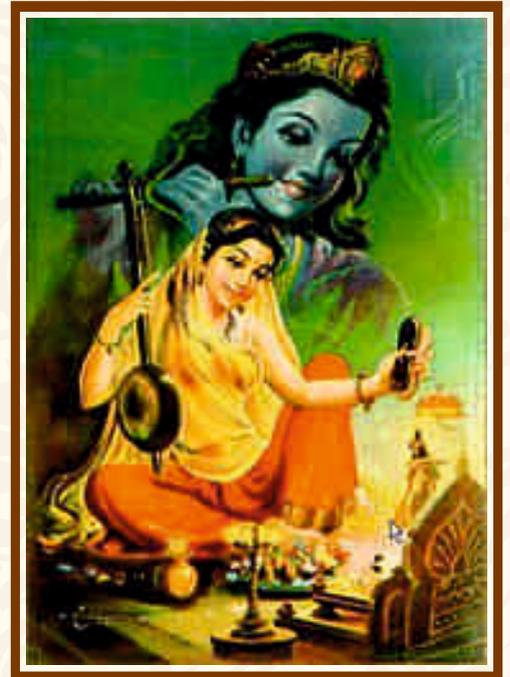
## PREM LAKSHANA BHAKTI

The Golden Age of Bhakti Movement (Devotional Movement) in India was the time when there was much turmoil with religious persecution, repression of women, forced conversions much of it directed against Hindus who were challenged in practicing their own religion in their homeland by rulers who had invaded India. But this time of turmoil also was the age of Srimad Vallabhacharya Mahaprabhu and the 84 Vaishnavs – considered the golden age of Bhakti when several Vaishnav Acharyas and Saints were also present – Krishna Chaitanya, Surdas and other Astha Chhap poets, Mirabai, Harivans, Shri Gusaiji (Vithalnathji, etc.

What was at the root for the revival of Hinduism at this time of the Bhakti movement? It was the loving devotional worship that inspired and enabled flourishing of the lavish worship, language, arts, culture that enabled to overcome the rigid restrictions that had been overlaid over centuries and had deviated from the true teachings of the Vedas. Devotional (Loving) worship, or Bhakti became a powerful social force.

What was the original description of Bhakti that was clearly relayed in the ancient Puranas by Veda Vyas (over five millennia ago)? Devotional processes or Bhakti is described as consisting of nine stages – Navdha Bhakti in the Shrimad Bhagavad Purana – authored by Veda Vyas himself. These stages of Bhakti include:

1. Shraavanam – listening to the divine qualities and activities of Lord Krishna
2. Kirtanam – singing and speaking of the divine qualities of the Lord
3. Smaranam – recalling the “leelas” (divine sportive plays) of Shri Krishna whereby one tries to understand also the purpose and meaning of these leelas which were performed not only from accounts in the Puranas but also in our daily lives
4. Paada-Sevanam – serving the lotus feet of Lord Krishna
5. Archanam – worshipping the image of Lord Krishna including that given by the guru
6. Vandanam – paying obeisance to the Lord
7. Dasyam – always being in His service as a servant
8. Sakhyam – having developed a relationship of friendship with the Lord
9. Atma-Nivedanam – offering one's complete Self (from inner core meaning the Atman or soul) in every aspect to the Lord.



During this time Shrimad Vallabhacharyaji elucidated that one need not follow a prescribed formula if the devotee has developed profound selfless love for the Lord and he called this form of bhakti which is often referred to as Pushti Bhakti, “Prem Lakshana Bhakti”. For Prem (Love) is the most powerful and transformative

force that can make all things achievable. He gave evidence of the experiences of the Gopis of Vraj to prove his point. The Lord had to answer the thirst of the sacrificial selfless love of the Gopis which we see through all the leelas He performed with them and He does the same even today with those having true love for Him. All of us are made by the Grace and power of His love – for He is also the source of Love that we see and experience everyday with the bountiful blessings we receive from the Lord in every moment of our lives. Srimad Vallabhacharya demonstrated that love elevates our minds and hearts to do good, to heal and to connect more powerfully than any prescribed path. Selfless love is a force that shows us way to also live and has the power to change ourselves as well as the world.

Therefore, with selfless love, one gets the feeling of doing everything for Him with body, mind and wealth (“Tann”, “Mann” and “Dhann”). A true (Pushti) devotee cannot buy someone else to do the service of God. Just as a person in love does everything for their beloved and constantly thinks and talks about them, the devotee too thinks and talks about them and spends all one's life in the service of the Lord. This is “Prem Lakshana Bhakti”. Just as the Gopijans displayed this type of devotion, so did Gajjan Dhawan, one of the 84 Vaishnavs. This type of devotion is selfless, unexpectational – meaning does not expect anything in return and only gives and expresses true love through actions. This unconditional love is rare and depends on the Grace (Pushti or Krupa) of God. That is why the name Pushtimarg – Path of Grace!

- Dr. Divyang Patel

## Recipe for Ushnakaal:

Guidance by: P. P. Goswami A. S. Jayati Vahuji

Shri Gusainji Prabhucharan, the second son of Shrimad Mahaprabhuji expanded Pushti Bhakti Marg by establishing a very elaborate and extensive practice of performing seva for Lord Shri Krishna. He introduced devotional music and singing known as Raag, elaborate clothing and ornaments to adorn the Lord known as Shringhar and delicious foods that were prepared according to the season known as Bhog.

Here we are sharing a recipe provided by HH Goswami A. S. Shri Jayathi Vahuji for Ushnakaal. During these months we prepare foods for the Lord that enhance the cooling effects in the body.

### Recipe: Satwa/Sattu

**Benefits:** Boosts one's energy and enhances the “coldness” in the body  
Can be used as “Bhog” for Shri Thakorji

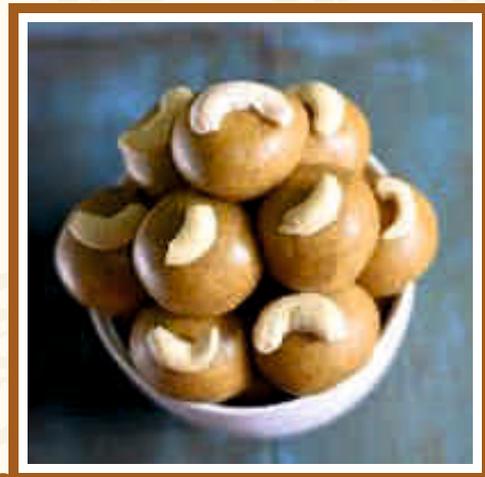
#### Ingredients:

500gms Channa dal  
200gms Jaav (Barley)  
250 gms Ghaun (Whole wheat)  
650 gms powdered sugar  
Rose water  
Ground cardamom  
Ghee

#### Method:

1. Roast the grains separately over a slow flame for 15 minutes
2. Grind them separately, once they have cooled
3. Mix all of them together
4. Add the powdered sugar and mix thoroughly
5. Add ground cardamom according to taste.
6. Add enough ghee so that you are able to form balls (Laddu)
7. Shape them in the form of laddus.

**Note:** You can also serve it as a drink, just add rose water after Step 5 and serve.



## How to perform Shri Thakorji's darshan for optimum spiritual experience.

When we do darshan of Shri Thakorji we should start our gaze at the Lotus feet of the Lord where Shri Navnit Priyaji resides. We should do namaskar and say: I bow to Your Lotus feet O Navnit Priyaji with humble salutations.

Then we gaze upon the lotus feet of Shri Thakorji and recite the following mantra three times:

**" Shri Krishna Sharnamama  
Shri Krishna Sharnamama  
Shri Krishna Sharnamama "**

Thereafter, we raise our gaze upward at Shri Thakorji's divine heart where our eternal Guru, Shrimad Mahaprabhuji resides and recite the following mantra three times:

**" Shri Vallabh Sharnammama  
Shri Vallabh Sharnammama  
Shri Vallabh Sharnammama "**

We continue to raise our gaze upward to Shri Thakorji's left hand with which He raised Mount Goverdhan and recite the following mantra three times:

**" Shri Haridasivarya Shri Giriraj Goverdhanaiya Namah  
Shri Haridasivarya Shri Giriraj Goverdhanaiya Namah  
Shri Haridasivarya Shri Giriraj Goverdhanaiya Namah "**

Finally, we shift our gaze to do darshan of Shri Thakorji's celestial face and recite the following mantra three times:



**" Shri Nathji Pyare ki Jai  
Shri Nathji Pyare ki Jai  
Shri Nathji Pyare ki Jai "**

**PUSHTI VOCABULARY SCRABBLE  
( SWAROOPS)**

1. **RHIJSNHATI** -----
2. **NHORGAVED** -----
3. **PIYANJITVNPRA** -----
4. **HIJMTAHERSI** -----
5. **HIVTJANALITHA** -----
6. **KOTGUHILANJ** -----
7. **KOGCAHRUMJIDALNA** -----
8. **LRIHKAJABSHI** -----
9. **YARKILRIANAJ** -----
10. **MINDAHMANOJA** -----



**( Answers of this Scrabble is available on the page no. 21 of this Magazine)**

## Save Water, Save Earth, Save Life

This year with the divine blessings of HDH Goswami 108 Shasthpeethadishwar Shri Dwarkeshlalji Maharajshri, HH Goswami 108 Shri Aashraykumarji Mahodayshri and HH Goswami 108 Shri Sharnamkumarji Mahodayshri have initiated a global campaign to save water.

Water is necessary for the sustenance of life on earth, Almost every living creature needs water to survive. Although 70% of the earth's surface is covered with water, 97% contains salt. Only 3% is fresh water and of that only 1% is available for human consumption. The other 2% is found on glaciers and mountain peaks.

Today, due to global warming, rise in population and changes in weather pattern coupled with the irresponsible use of water by us humans, many countries are facing significant water shortages. In early May 2018, Cape Town, South Africa narrowly avoided "Day Zero." This day is defined as the day when Cape Town with population of 4 million people will would completely run out of water. The citizens of South Africa have had to severely restrict water useage to avoid this day.

Many of us that do not face these shortages wonder, how can my saving water help others and the planet? Jane Goodall a very famous naturalist said: " You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of difference you want to make."

Our Hindu scriptures teach us how to live in harmony with our environment and protect our natural resources. Our Pushtimarg Gurus Shrimad Mahaprabhuji and Shri Gusainji also practiced these principles in their daily lives.

Here are some simple steps we can all take to save water in our own communities:

1. Turn the water off while brushing your teeth.
2. Turn the tap off while you are using the soap to wash your hands.
3. Wash the vegetables in a bowl and throw the used water in your indoor plants or garden.
4. Do not throw away the pasta water. Reuse it t



7. Do laundry in the washing machine, when you have a full load. Only turn dishwasher on once it is fully loaded. Also there is no need to pre-wash the dishes thoroughly.
8. Pour only enough water in the glass that you are going to drink.
9. Do not waste food- It takes a lot of water to grow fruit, vegetables and grains we eat.
10. Do not eat meat and reduce dairy consumption as a lot of water is needed to raise these animals.



Let us all do our small part and follow these tips to create a huge impact to save water.

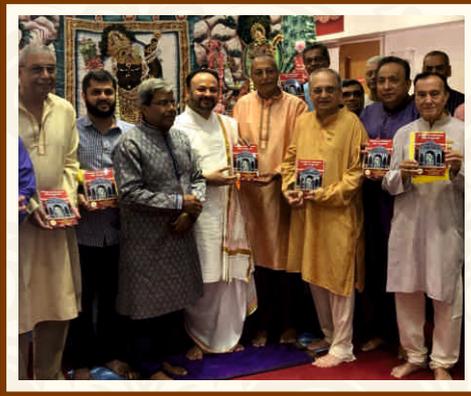
**“ SAVE WATER TO SECURE LIFE ON EARTH! “**



**Answers of Scrabble :**

- 1.(SHRINATHJI) 2.(GOVERDHAN) 3.(NAVNITPRIYAJI) 4.(MATHURESHJI)
- 5.(VITTHALNATHJI) 6.(GOKULNATHJI) 7.(GOKULCHANDRAMAJI)
- 8.(BALKRISHNAJI) 9.(KALAYANRAIJI) 10.(MADANMOHANJI)

**INAUGURATION OF RAMKATHA AT HINDU SANATAN TEMPLE, WEMBLEY & MANORATH AT SHREEJIDHAM LEICESTER BY PUJYA MAHARAJSHREE**



**SHRI KRISHNA TATVA DARSHAN KATHA BY PUJYA MAHARAJSHREE AT HINDU SABHA MANDIR, BRAMPTON, CANADA**



**GLIMPSE OF 108 KUND PURSHOTTAM MAHAYAGNA AT CANADA / MAYOR OF BRAMPTON ATTENDING THE YAGNA**



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E - magazine please write us  
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