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Vaishnav Innerfaith Pushtimargiya Organization

pushti  
awakening

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## Divine Blessings and Message

In this modern age of mobile phones, computers and internet, as we welcome the New Year Vikram Samvat 2074 through WhatsApp messages, emails and if we have time with phone calls; and as we celebrate the New Year with store bought ready made sweets, decorations bought from handicraft shops and vacation trips, here is a sincere message from the heart:

**May the divine light within, bring radiance to your life,  
May your hearts be filled with infinite love for Lord Shri Krishna,  
And may Lord Shri Krishna residing within fulfill your dreams this  
New Year!**

My heartfelt blessings for you all on this auspicious occasion and May Shree Kalyanray Prabhu shower you with peace, happiness and prosperity in the New Year!

My Guidance and support are always with you!.....



**HDH Shashthpeethadishwar Goswami 108  
Shree Dwarkeshlalji Maharajshree**



## The Four Goals of Life

Prior to this era of globalization, humans have always believed in spiritual beings or higher intelligence that govern the earth. But now, we have abandoned religion and spirituality, focusing solely on ourselves and science; modernism to be precise. But before we go further, let me enlighten us on the definition of modernism in the current context.

Modernism can simply be seen as the belief in contemporary ideas, thoughts and practices. Modernism can further be seen as a philosophical thought which aims at changing the traditional ways of life which includes religion, science, art, literature and so on. In essence, those who believe in modernism are not believers in any spirituality or divinity.

With the emergence of modernism, humans have come to abandon religion and welcome the radical thoughts and belief in the new teachings and contemporary ideas to fit our daily lives which are contrary to the teachings and belief as taught in Sanatan Vedic tradition or Hinduism. Here, I will try to brief us on Hinduism and how it can help us grow in life.

Hinduism, known as the oldest religion in the world and widely practised in the Indian subcontinent is an Indian religion and defined by many scholars as the eternal tradition. There are four goals of human life accepted by classical Hindu thought and these goals are namely; Dharma, Artha, Kama and Moksha. These four are known as Purusarthas; objectives of human life. These Purusarthas are the aspects of Hinduism that can help every human grow, develop and progress in life.

**The Dharma**, in Hinduism is considered as the first goal of a human being which deals with the righteousness and ethical principles guiding humans. It is seen as the moral codes and religious duties which humans must accept, respect and follow in order to sustain peace and harmony in the world. This helps humans grow in life because it teaches humans the rules to abide by in order for peace to reign on earth and in one's life.



**Artha** is the pursuit of wealth and riches for prosperity and livelihood in a virtuous way. This is an important goal of a human being on earth; to be financially stable and the Artha in Hinduism teaches us the right and truthful ways to enrich ourselves for not only our own benefit but also for the benefit of others that are less fortunate.

**Kama**, in Hinduism is referred to as desire; a wish or a longing or passion; pleasures of the senses or the enjoyment of life or the feeling of love whether sexual or not, and this is an essential goal of a human life, and the truthful pursuit of Kama helps in the growth of a human life without sacrificing the remainder of the goals.

**Moksha** which is considered as the most important goal of human life is the realization of one's union with God. This is a very important goal of human life because it guides us to good deeds here on earth as humans because whatever we do here will determine whether we'll be with God after death.

When we look deeply at these four goals of life and practise them judiciously, it will bring purpose and meaning to our life and make the world a better place where humans can live in peace and harmony. Hinduism, having these four aims of life is a way of life that will help a person grow in life in accordance with its teachings.



- Goswami 108 Shree Aashraykumarji Mahodayashree



## Krishna The Seed, Krishna The Fruit

Jagat Guru Shrimad Vallabhacharya Mahaprabhuji established the path of grace, *Pushti Marga*, to connect divine souls with their creator. Divine in this context means the one who can love and surrender to His lotus feet.

Shri Vallabh propounded the philosophy of pure non-dualism or "*Shuddhadvaita Brahmavad*" which states that the ultimate reality or truth (*Brahman*) and the world (souls and matter) are essentially one, as the world is part and parcel of that ultimate reality.

Shri Mahaprabhuji further elucidated that we can perceive the Almighty according to our personal preference of devotion or *bhakti*. To ignite the perception of ultimate reality within, as a Vaishnav we must recognize that Bhagwan is present in all worldly objects and also view the world within Him.

The ultimate reality or *Parabrahma* takes various forms based on the devotional emotion (*bhav*) of the devotee, but he remains the constant universal truth (*Parabrahma*). For example, there are various forms of *Bhagvan*, - *Swaroops*, but the installation of divine life force through vedic chants is the same in all idols.

After a detailed analysis of the Vedas, Brahmasutras, Bhagvat Gita and Shrimad Bhagvatham, Shrimad Mahaprabhuji declared that "Krishnastu Bhagwan Swayam" - Shri Krishna is the ultimate truth or *Parabrahma* who takes different shapes of Gods and Goddesses based on the devotees personal preferences and prayers.

Everything in this world is created by the Almighty, *Parabrahma* and whatever offering we make unto him is His creation, whether we take it from nature or our surroundings. So Shri Vallabhacharya, in his most famous sixteen works (*Sodash Granth*), "*Shri Yamunashtakam*" starts with the first word "*Namami*" meaning to bow down. Our eternal Guru states that we must do *naman*, - bow down our ego at His lotus feet as that is the only thing that is truly ours and can be given to God and in return take the most precious gift of all which is Shri Krishna himself!



Goswami 108 Shree  
Sharnamkumarji Mahodayashree



## Shree Vallabhacharyaji

In our previous edition I had introduced Pushtimarg to you in a nutshell, so it is logical that today I introduce you all to the founder & propagator of Pushtimarg without which Pushtimarg was never be understood. Friends today you shall therefore have a glimpse of “Sadguru Shreemad Vallabhacharyaji” - the founder & propagator of a sublime way of devotional love for Shree Krishna - a way established by the Gopis of Gokul- Pushtimarg.

Shree Vallabhacharyaji Mahaprabhuji was born in Vikram Sawant 1535 - Vaidiki Velanadu Brahmin in a small town in what is today known as Andhra Pradesh in south India. He was boen of the “Agni Kund” (a ring of protective fire surrounding him) and being so born is known as Vaishnav. The divine fire which the scriptures explains to be the mouth of God.



He completed formal education at a tender age, mastering all major scriptures of various philosophical streams of India including those propounded by his contemporary like Shankara Madhva etc, the great acharyas of medieval India. He undertook there three major journeys. His life time which stretched through the length and width of India covering nearly all towns, villages and religious places, thus fulfilling his mission of spreading Krishna Bhakti through Pushtimarg. This He did by the ability and power of his knowledge interpreting the scriptures correctly by his divine nature and his core passion towards everyone. He, also cured the airily Hindu religion of the ills and depression it suggested at that time.

He propounded the philosophy of Shadhavrat Brahmavad and established Shree Krishna as the presiding deity to be worshipped in Pushtimarg. When Shree Krishna manifested himself in his “Goverdhan Dharan” form Shree vallabh by example taught Krishna Bhakti through

seva as devotional service. He gave great literature both philosophical and devotional which interpreted the Hindu scriptures correctly and His greatest literary work came in the form of “Shri Subodhini” which is the greatest interpretation of Shrimad Bhagwat.

Shree Vallabh thus reoriented Hinduism founded Pushtimarg & changed the lives of thousands of people. His persona is “Krishna Bhakti” & He is perhaps the greatest apostle of selfless devotion to God the world has ever known a prophet of divine love who brought a revolution in Hinduism when it was going through its darkest ages. He taught devotion and lived it. Thus teaching his followers by example, never impressed or touched by wealth and riches. He performed miracles only to eat of compassion to ease the misery of suffering in people and to establish the power of God.



In one line Shree Vallabh’s teachings were sublimation of life through self surrender at the feet of the Lord. Amongst thousands of His devotees 84 were the most prominent a rare set of human beings who experienced God n their life time just out of the power of Grace - of their divine Guru “Shree Vallabh”.



## Who is Vaishnav

To be able to answer this question, one must first define the word Vaishnavism. Vaishnavism is the largest branch of all Hindu traditions in which Lord Vishnu and all his divine forms are worshiped as the Supreme God. Subsequently followers who worship and love all or any forms of Lord Vishnu are known as Vaishnavs or Vaishnavites.

Vaishnavism was popularized initially in the temples of Tamil Nadu by the Alvars, the twelve saint poets of South India between the 6th to 9th century CE. The Alvars were not philosophers or theologians, but simple “Bhaktas” (Devotees) who worshiped the Lord with a pure heart. As a form of bhakti/devotion they composed and sang heart stirring Tamil devotional songs (Bhajans) in praise of Lord Vishnu and his forms. They traveled from mandir to mandir establishing pilgrimage sites and attracting people of all social classes since they themselves were not from the Brahmin caste. One famous Alvar, Nammalvar was from a low caste another famous Alvar, Andal was a woman and thought to be the reincarnation of Lord Vishnu’s consort Lakshmi. According to legend she merged into the murti of Vishnu in Shrirangam temple.

From the Temples of Tamil Nadu the Bhakti movement eventually spread to different regions of North India. Initially, it was the saint poets and mystics who traveled the length and breadth of India to sing the glories of God who vitalized the Bhakti movement through out the country.

The philosophical basis of Bhakti in Vaishnavism was established in the Middle Ages by five great acharyas: Ramanujacharya, Nimbarkacharya, Madhvacharya, Jagadguru Shrimad Vallabhacharya Mahaprabhuji and Chaitanya Mahaprabhuji.

The distinctive religious belief in Vaishnavism is on the emphasis that God is a personal being meaning some-one you can know and have a relationship with. In all sects of Vaishnavism, the relation with God is based on bhakti/devotion and sharanagathi/surrender.





The main shastras of the Vaishnavs include the Vedas, Vaishnava Agamas, Ramayana, Mahabharat, Bhagvad Gita, Vishnu Purana, and bhajans of the Alvars and other saint poets such as Eknath, Tukaram Tulsidas and Surdas and many others as seen in the Pushtimarga tradition.

A Pushtimargiya Vaishnav worships Lord Shrinathji (The manifestation of Lord Shree Krishna in the Kalyug) and follows the teachings and philosophy of Jagadguru Shrimad Vallabhacharya Mahaprabhuji. Mahaprabhuji was the founder of Pushtimarg - The path of Grace. He established the various forms of bhav (Sentiments) for bhakti or devotion which are prevalent in human nature to develop relationship with God:

- ◆ **Das Bhav (Feeling of Servitude)**
- ◆ **Sakha Bhav(Feeling of Friendship)**
- ◆ **Madhura Bhav(Feeling of Intense love)**
- ◆ **Vatsalya Bhav(Feeling of Parental Love).**

Shrimad Vallabhacharya Mahaprabhuji has built the entire Pushti Marga movement around the idea of “Dasoham Bhav” (I am your humble servant).

This Bhav or sentiment begins with the “Brahmasambandh Mantra” when a person pledges to serve the Lord unconditionally and submit all his mental, bodily and material possessions to him, thereby adopting Pushti Marga as a way of life and not as a religion. Therefore the first and foremost duty of a Vaishnav is service to the Lord (Seva) and other disciplines are to be followed so that one can perform perfect Seva.

A Vaishnav should always wear Tulsi Mala around his neck and tilak on the forehead but cleanliness of the body and purity of the mind are the most important virtues of a Vaishnav.

One of the most famous Vaishnav poets Narshin Mehta has best described the qualities and attributes of a Vaishnav in his most famous song, “Vaishnav Jan to Thanay Khahiye”. Here’s an English Translation of the song: Whom do we call a Vaishnav ?



One who is a Vaishnav,  
Knows the pain of others,  
Does good to others, without letting pride enter his mind.

A Vaishnav is tolerant and praises the entire world,  
Does not speak ill of others,  
keeps his promises, thoughts and actions pure

A Vaishnav sees everything equally, rejects greed and materialism,  
Respects women as he respects his own mother,  
Though his tongue may tire, he will utter no lies,  
He Never steals from others

A vaishnav does not become a slave to eordly attachments,  
He has renounced all types of anger and desires  
Not only is the person who exhibits these attributes blessed,  
But the entire family receives salvation.

Finally, here are some interesting facts about Vaishnavs today:

- ◆ Vaishnavs are the second largest community in India, 5th largest in Asia and 11th largest in the world.
- ◆ 15% of India's business and 70% of Gujarat's business are handled by Vaishnavs.
- ◆ Vaishnavs are the 4th richest community in the world.
- ◆ 35% of Indians living outside India are Vaishnavs.
- ◆ By 2018 Vaishnavs will be the world's largest community.

**“SO FEEL PROUD TO BE A VAISHNAV!”**

**JAY SHREE KRISHNA  
JAY SHREE VALLABH**

**- Dr. Grishma Patel**



## The Secret to Success

In this day and age, the young generation live in an era of instant gratification and are engrossed in conquering the world. Whether one is student, scientist, doctor, lawyer, journalist, musician, artist author, all are working very hard to achieve success in their respective fields.

The Young generation are very smart, talented, determined and knowledgeable. They possess the skills to reach their goals, yet many fail because of anxiety and stress.

Our ancient scriptures have a very simple solution for this universal problem affecting the millennials. Do not look outside for answers for the solution lies within.

In the 6th Chapter of the Shrimad Bhagvad Gita, Lord Shri Krishna Speaks to the Arjun's of the world and states:

**“The one who performs his duty without desiring the fruits of his actions is a true Yogi or a Sanyaasi!”**

(A Yogi or Sanyaasi is an individual who has mastered living a balanced life focused on performing work in devotion to purify the mind.)

The action you perform is under your control but the fruit or ultimate result of your actions are dependent on various factors.

Lord Shri Krishna continues in Chapter 6 Verse 3:

**“If a person is aspiring for perfection/success, he must work without attachment of the outcome. For dependence on the results or fruit makes you a slave to the world.”**

For example, scoring the top most marks in your class should not be goal. The fulfillment or satisfaction should come from gaining and mastering the knowledge. When you perform work, give it all you have got without wasting time or energy on the outcome. Focus or concentrate on the task or work at hand and success will be yours.



Then the question arises in many minds: How can one be motivated to work hard without a goal?

We must learn to shift our goal to a higher purpose or ideal, that motivates us to work harder and with great enthusiasm. You cannot completely focus on the task or work at hand when you are constantly thinking about the outcome. This can lead to failure or substandard performance which is not a reflection of your best abilities. Therefore to avoid and significantly diminish the anxiety and stress associated with a task or work, one should shift their thoughts to a higher ideal.

Example: There was a young student who had dreamed of being a doctor from a very young age, because she wanted to help others in the world who were suffering. Most of her friends in medical school chose the profession in order to make a lot of money so that they could buy big homes, fancy cars and expensive watches. When exam time came around these students suffered most stress and anxiety, as they were focused on being on the top of their class so that eventually they would be able to choose a specialty where they would earn a lot of money. The student whose goal was to help others and did not care about the financial reward, did not suffer from anxiety and stress during exams and ended up to the top of her class.

Therefore if one wants to be happy, free of stress and anxiety, and excel, one must shift the mind to a higher ideal and perform action or work.

In conclusion remember

- To focus on a higher ideal and do not worry about the result.
- Surrender to God in the knowledge that he is looking over you.
- Act or perform work with confidence and complete dedication.

- Dr. Grishma Patel



## Annakut / Goverdhan Puja Importance

Annakut / Goverdhan Puja is one of the most important festival / utsavs in both Hindu and Pustimarg traditions. This special festival occurs the day after Diwali which also corresponds to the New Year (Kartik Sud 1) for people from Gujarat and Haryana. In many states of India and in Hindu temples this celebration is marked with Goverdhan Puja and Annakut, which literally means mountain of food. Several food items and drinks are prepared by devotees and offered to the Lord.

This important festival is celebrated in observance of the time when Lord Shree Krishna protected the Vrajvasis (Residents of Vraj) from the wrath of Indra and to enlighten them about the importance of Mount Goverdhan/Shro Girirajaji.

According to Shrimad Bhagvatam, prior to the birth of Lord Shree Krishna, the people of Vraj prayed and offered food to Lord Indra, the God of rain after the harvest to thank him. As a young boy, Lord Krishna challenged this practice and told his father Nandbaba who was preparing for the Puja for Lord Indra, that since the Vrajvasis were cowherds, they should pray and offer food to Mount Goverdhan that provided the cows with fodder. The residents became convinced and they performed puja and offered food to Mount Goverdhan. The Lord himself assumed the form of Mount Goverdhan and partook all the offering Gokul. To protect the Vrajvasis, Lord Shree Krishna raised Mount Goverdhan with his little finger for seven days, thereby protecting all the residents, cows and other animals of Vraj.

The other reason for this leela was that Lord Shree Krishna wanted to teach the Vrajvasis to offer all the harvest to him and then share amongst themselves. So this celebration of Annakut was initiated by Lord Shree Krishna himself.

In Pustimarg, the bhav or sentiment of this Utsav is that we need to surrender to Lord Shree Krishna only who will absolve us of our sins and protect us.



## Vision In Action : Poetry & Art Work from various young Vaishnavs

કાનને શોધતી રાધા

રાધા થી આઘો થયો મીઠડો માધવ

એની ઢાળેલી પાંપણેથી વહે ગંગા યમુનાના નીર

ઘેલી થઇ રાધા ફરી વળી ગંગા, ગોમતી અને યમુના કેરે ઘાટ

ગોકુળ ધૂમી મથુરા ફરી દ્વારિકા ગઈ દોડી,

હારી થાકી ને બેઠી ઘરના ઉંબરા પર,

ત્યાં તો અચાનક આવી ગયું યાદ,

અરો! મારો માધવ તો બેઠો મારા હૈયાની કોર પર હવે થયું હાશ,

મારો કાનો મારી પાસ



## Shreenathji Lord of Life

Shreenathji you baken me  
 With your ever raised hand  
 With your melodious flute  
 To your in chanted land  
 That smile on your lips  
 That shine in your eyes  
 That dark clouded form  
 and your in chanted land  
 That slight crooked form  
 That Radha so loves  
 Those feet full of grace  
 your devotees serve  
 with your pastimes divine  
 On the lands of Yamuna  
 You backen me towards you\_  
 and your in chanted land..



## SANJAB KHEER (FADA)

Can be served as “Bhog” for Thakorji / Prasad in Annkut or any festival

**Ingredients :** Sanjab (Fada - Broken Wheat) 200 Gms or 1 Bowl, Milk 1 Litre, Sugar 400 Gms, Cardamon (Elaichi) Powder, Clarified Butter (Ghee), Small Pieces of Dry Fruits like Almonds & Pistachios.

### **Method of Making :-**

1. Bake Broken Wheat on slow flame until the color turns in to brown;
2. Once it is baked properly, pour the milk in to it- keep the flame on;
3. As the mixture is boiled properly add sugar to it;
4. After almost 10 minutes add cardamon powder & dry fruits;
5. Keep it aside to coo; it, after 2 hours it is ready to serve;

**Note :** With the same recipe, we can make kheer of Makhana (Just replace the Sanjab by Makhana).

**Guidance By : P.P.Go.A.S.Shree Jayati Vahuji**





## Diabetes In Desis : A Global Epidemic

### **Introduction :-**

Whether it is someone in our family, our close friend circle, or even ourselves, we all know someone who has been diagnosed with type 2 diabetes mellitus (T2DM). It is well known in the medical community that T2DM is a global epidemic affecting approximately 285 million people worldwide, a number that is projected to increase to 439 million by 2030. South Asians, including Bangladeshis, Indians, Pakistanis, and Sri Lankans, are particularly susceptible, regardless of whether they have migrated to the Western world or they leave in rural or urban South Asia. Fifteen to 20% of South Asians will develop T2DM compared to 2-5% of Caucasians. Perhaps more alarming is that studies suggest that the prevalence of diabetes in South Asian population is on the rise and that it is being diagnosed at a younger age. And the question is why?

### **Development of Diabetes :-**

To understand why South Asians are more vulnerable to developing diabetes, it is important to know how the disease occurs. When food is eaten, it is digested in the stomach and intestines, broken into its component parts, the most relevant being glucose. Glucose is then absorbed into the blood stream, passing by other cells in the body that can take the glucose up to be used as energy. However, insulin plays an important role in allowing those cells to take up glucose. Each cell has a “door” (receptor) that allows glucose to come in; but without insulin, which functions as the “key” to unlock the door, glucose cannot enter. So, when food reaches the stomach, the body sends signals to the pancreas to secrete insulin. In type 2 diabetes, the body changes in such a way that the key can no longer open the door. That means that despite the body producing tons of insulin, the cells cannot use the glucose. This results in high blood sugar levels which can not only damage blood vessels and nerves but also vital organs such as the kidneys and eyes.

## Risk Factors :-

South Asians tend to have greater prevalence of diabetes within their communities because in general we tend to have certain metabolic risk factors. There is strong evidence to suggest that South Asians are more insulin resistant; in other words, their cell receptors (the “doors”), which allow glucose inside cells to be used as fuel, do not open in response to insulin despite there being high levels. Some theorize that South Asians develop these metabolic abnormalities because of their lower birth weights. More specifically, it is believed that nutritional deficiencies in utero, which result in lower birth weights, also lead to reduced pancreatic mass or impaired pancreatic function. Others attribute this to the accumulation of visceral fat or fat in the abdominal region, a trend that is also seen in the South Asian population. South Asians also have an increased waist-to-hip ratio and increased skinfold thickness in the shoulder and hip regions, both of which are known risk factors for diabetes. This particular distribution of fat actually causes the Body Mass Index (BMI) risk criteria for Caucasians to be too lenient for South Asians.

## Prevention :-

Knowing that the South Asian population is at increased risk of developing diabetes compared to their Caucasian counterparts, several steps surrounding diet and exercise can be taken to prevent the onset of diabetes. First is the importance of maintaining a vegetarian diet. Studies show that red and processed meat can increase the risk of diabetes and opting for fats in the form of avocados, nuts and seeds can also help lower your risk of heart disease. In general, a diet rich in vegetables and whole grains can keep blood sugar levels and appetite in check. Second is to cut down on refined carbohydrates and sugary drinks and food. As we know, the South Asian diet is rich in fats, sugars and deep fried foods, which are major contributors to increased risk of diabetes in our population. While we cannot avoid these foods entirely, eating them less frequently is key and canola oil and olive oil are great alternatives for cooking. Third, try to keep

your weight in check. Managing weight is a simple, calories in versus calories out game. Try mobile applications like “My Fitness Pal” or “Lose it! Lose it!” which can help you keep track of the calories ingested and burned during the day. Remember when setting a goal to use Asian-specific BMI and waist circumference (WC) cut-offs; individuals with a BMI = 22 or a WC = 80cm (women), = 90cm (men) are considered “at risk” for diabetes.

### Conclusion :-

Type 2 diabetes is a serious chronic health concern for South Asians. The increased risk may be associated with several factors including genetic predisposition, in-utero metabolic factors and dietary practices. In light of this, it is important to start eating healthy and exercising at a young age.

Written by:

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## Pushti Etiquette

Many of you may be wondering, why do we need to learn about Pushti Etiquette or Manners. All of us are taught manners as we grow up, which are universal for the society or culture we live in. However as seen earlier Pushtimarg is not a religion, it is a way of life, and therefore it consists of numerous customs and protocols, which are very unique and different.

As a Pushtimargiya Vaishnav, one of our duties is to adhere to set of customs, rituals and manners that have been elucidated by our Gurus, Shrimad Vallabhacharya Mahaprabhuji, Shree Gopinathji and Shree Vitthalnathji. It is very important not only to learn these traditions, but to practice them with understanding so that their true sentiments can radiate as shining examples of Pushtimarg.

So one of the first questions we are going to answer is the most common that has been asked in our Pushtimarg Tradition throughout generations:

### **Why do we not say “Jai Shree Krishna” to Vallabhkul Acharyas in Pushtimarg ?**

I am sure many of you have been told that you cannot say **“Jai Shree Krishna”** to any Vallabhkul Balaks including Vaujis and Betijis, but how many of you know the reason behind this ?

In Pushtimarg Vaishnavs say **“Jai Shree Krishna”** to one another in our daily conversations as a remembrance of our beloved Lord Shree Krishna (Bhagvat Smaran). **“Jai Shree Krishna”** is usually used as a greeting between Vaishnavs in their day to day lives. When Vaishnavs meet each other they say **“Jai Shree Krishna”** and when they part they also say **“Jai Shree Krishna”**.

However, it is disrespectful to greet Vallabhkul Balaks with **“Jai Shree Krishna”** because they are our Gurus and it is the Guru who has the authority to remind us of our creator- Lord Shree Krishna, Our Gurus establish the bond between us (Jeev) and the Supreme Lord who is Purn Purshottam (Absolute Perfection) through **“Brahmasambandh”** initiation with the Asthakshar Mantra. So how can mere mortals like ourselves remind our Guru or Vallabhkul Balaks who are the descendants of our eternal Guru Shrimad Vallabhacharya Mahaprabhuji of Lord Shree Krishna ? In fact, there is no difference between our eternal Guru Shrimad Vallabhacharyaji Mahaprabhuji and Lord Shrinathji.

So then how do we greet our Guru and Vallabhkul Balaks: We say : **“Dandvat Pranam”**, meaning that we bow or prostrate to the Supreme Being (Lord Shrinathji and Shrimad Vallabhacharya Mahaprabhuji) that resides within our Guru and Vallabhkul Balaks.



# Hindu Heritage Celebration Organization Month & At International Center, Canada



# First Patotsav of Gokuldhham Atlanta & Grand cultural Programme in Presence of Jeje Shree



# Diwali Annkut, Goverdhanpuja at Shree Kalyanraiji Mandir

