

Vaishnav Innerfaith Pushtimargiya Organization



pushti awakening

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Divine Blessings and Message Pearl of Wisdom

All of us at various times in our lives experience rejection, anger, fear, sadness or irritability, and we always blame others for these emotions. But the real truth is that others do not have the power to assert these negative emotional challenges on us. The control of these emotions lies within us; it is in our hands as to how we react to these experiences or circumstances. The challenge is to maintain our focus on the ultimate truth as we interact with others in the world so we can manage our thoughts and in turn our emotions. To the extent that we are able to maintain this focus, we are spiritual. Spirituality does not only mean to pray, observe fasting, perform rituals or go on religious pilgrimages. Your spiritual status is determined by your persistent awareness of connection with the divine truth - GOD. And the development of this spiritual awareness materializes when you surrender to God, perform regular seva, participate in regular satsang and self reflect.



*HDH Shashthpeethadishwar
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Positive Impact of Krishna in My Life

Why is Lord Krishna important in a devotee's life? How can Krishna impact your life? The answer to these questions lies in the teachings and the examples set by Shree Krishna. More specifically, to understand and attain the positive impact of Krishna, you should start with learning what Krishna intended for us.

Read on for more into how you can attain spiritual bliss with help of Krishna. We will answer some core question regarding Lord Krishna to give you a closer look into the Hindu deity. This includes a brief introduction of Shree Krishna, the impact of Krishna, and how we can use his teachings in our everyday life.

Brief Background - Who is Lord Krishna ?

In ancient India (3228 BCE), a divine child was born to Vasudeva and Devaki - as Lord Vishnu's promise to relieve the earth of evil rulers. Krishna came to the world following a prophecy that Devaki and Vasudeva's eighth son would bring an end to the evil rule of king Kansa - who imprisoned the couple for fear of his downfall. That baby was Lord Krishna, a supreme hindu god and the eight reincarnation(Avatar) of Lord Vishnu.



*Goswami 108 Shree
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Did you know ?



Depiction of **Sri Krishna playing the flute** in a temple constructed in **752 CE** on the order of Emperor Shomu, **Todai-ji Temple**, Great Buddha Hall in **Nara, Japan**.

Lord Krishna is referenced as an important figure in various religious Hindu texts, including the Bhagavata Purana and Mahabharata. As shown in figure above, Krishna is often depicted with blue skin while holding a flute. It is also common in some images for Krishna to be accompanied by a cow in reference to his upbringing in Gokul as a skillful musician and cowherd.



Impact of Krishna

One generation after another, Krishna has influenced the culture, life and thought of people in various ways. The Hindu deity has a significant impact on Indian folklore,

music, dance, painting, religion and even philosophy. How does Krishna achieve all these positive impacts? By offering salvation, hope, happiness and peace, among other lessons.

Krishna Offers Salvation: Just as Krishna was born to save people from the evil of King Kansa, he offers salvation to all of humanity. In the Bhagavad Gita, Sri Krishna says, “Whenever, O descendant of Bharata, righteousness declines and unrighteousness prevails, I manifest myself. For the protection of the righteous and the destruction of the wicked, and for the establishment of religion, I come into being from age to age”.

Krishna Offers Self-Realization: Why is devotion important? According to Lord Krishna, it is the shortest path to self-realization. He says, “However men try to reach me, I return their love with my love; whatever path they may travel, it leads to me in the end”.



Krishna Offers Hope: When faced with serious challenges, it is easy to give up and lose faith. In the Bhagavad Gita dialogue with Arjuna, Krishna says that “you can break through the bonds of karma. On this path, effort never goes to waste, and there is no failure. Even little effort toward spiritual awareness will protect you from the greatest fear.” Therefore, Krishna teaches us to find comfort and hope in our relationship with God.

Krishna Offers Happiness: “Neither agitated by grief nor hankering after pleasure, they live free from lust and fear and anger. Established in meditation, they are truly wise. Fettered no more by selfish attachments, they are neither elated by good fortune nor depressed by bad. Such are the seers.” In this teaching of Sri Krishna, he guides us into the true definition of happiness - spiritual happiness that is free from material influence.

Krishna Offers Peace: The Bhagavad Gita calls for man to renounce ego, and instead participate in desireless action. Lord

Krishna teaches us that the primary and only purpose in life is God. According to the Bhagavad Gita, “The impermanent has no reality; reality lies in the eternal. Those who have seen the boundary between these two have attained the end of all knowledge...The body is mortal, but he who dwells in the body is immortal and immeasurable.” What does this mean for an individual? You can find peace of mind knowing that there is only one significant path in life, the path to God.

Master of 16 Arts (Kalas) - What else can we learn from Krishna ?

Do you want to enriching personal experience with Krishna? Lord Krishna is characterized by 16 Kalas or attributes that make him the complete avatar (Purna Avatar). Striving to attain these attributes in your life or incorporating them into your personality can help improve your quality of life. Some of the 16 Kalas of Lord Krishna that you can try emulating today include compassion, patience, forgiveness, impartiality, justice, meditation, detachment, honesty, truth and control.

BELIEF - TO EACH HIS OWN



*Goswami 108 Shree
Sharnamkumarjii Mahodayashree*

There is a very famous saying: “seeing is believing,” but to believe in something does not mean that it has to be true. Similarly something being a truth should not always be believed, but something in which I believe should be truth. That is why our culture has always talked about finding or reaching to the Ultimate Truth. Therefore Hinduism is not about finding God, but it is about discovering the truth. More and more in the 21st Century we seem to be running after materialistic objects in which we find happiness and joy. These objects bring us happiness momentarily: they are not a source of permanent joy.

When we believe in something or someone we start expecting multiple

things from that person. “believe in them,” makes us think that they will do something for us and when our expectations are not met or fulfilled we lose our belief and faith in them.

Another context in which belief system works is that if we believe something exists it is good for us but if you believe that something does not exist it doesn't matter for what is going to be there will always be present.



“Ishavasyam Idam Sarvam, yath kimcha jagatyam jagat”

The shloka says what we see does exist but does not mean what is not visible is not truth, and it does not exist. We are able to see one dimension of the world, but other dimensions are there as well and are passing through the same time frame - this only means that we are not able see everything at the same time. So how can we say seeing is believing?...because when we say this it means that you don' believe in something you cannot see. For example air or oxygen cannot be seen but we breathe it every moment of our life for our survival. We know it exists even though we cannot see it. There is no need to believe in something which always does exist if you believe, I do not believe it is not going to be there. We close the open box hen we start believing when we say I believe in this and I don' believe in this which clearly draws a line which makes things possible or impossible. The truth never changes, whether you believe it or not. Hinduism and our culture has never forced anyone to believe in what others believe in. The followers of Hinduism

always welcome all different perspectives of looking at the truth. We respect every philosophy, way of thinking and acting. This is the reason why we have so many different paths in Hinduism because we all have different perspectives and different ways to reach to the Universal Truth, the almighty, Shri Krishna!



Philosopher Jonathan Glover warns that belief systems are like whole boats in the water; it is extremely difficult to alter them all at once (for example, it may be too stressful, or people may maintain their biases without realizing it)



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Vaishnav Parivar of Norfolk, Virginia



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Shreejidwar Haveli, Chicago



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Yamunashtakam (An Ode to Shree Yamunaji)

In our previous edition we outlined the most important Sixteen Works (**Sodash Granth**) written by Shri Mahaprabhuji which are the foundation of Pushti Bhakti Marg. In this edition we will begin to closely examine one of these works starting with *Shri Yamunashtakam* which is the foremost treatise that is an ode to Shri Yamunaji who is considered the *Isht Devi* (divine mother) in Pushti Marg. Shri Vallabhacharyaji composed this important treatise at the mere age of 13 during his first pilgrimage on the banks of the Yamuna River at Vishram Ghat in Vikram Samvat 1549 in the lunar month of Shravan Shukla 3.

The Yamunashtakam is the first of the treatise which marks and symbolizes an “Auspicious Introduction.” Every Vaishnav recites the Yamunashtakam at the beginning of their daily prayers as it is the means through which the devotee perfects and strengthens their devotion towards Lord Shri Krishna. It is because of Shri Yamunaji’ purifying influence that the devotee can conquer the impurities of his heart, mind and senses and develop affection for God and enjoy His divine love. In Pushtimarg, the devotee can only experience Shri Krishna’ love and divine leelas through the grace and blessings of Shri Yamunaji

The Yamunashtakam comprises nine verses (*shlokas*). In the first eight verses Shri Mahaprabhuji describes the eightfold attributes of Shri Yamunaji and the ninth verse is a dedication to Her and the benefits of recitation of this beautiful ode.

The following are the eight important elements of each shloka of the Yamunashtakam:

1. Shri Yamunaji grants all devotional perfection
2. Shri Yamunaji increases love for Shri Krishna
3. Shri Yamunaji purifies the devotee in order for him/her to experience Shri Krishna
4. Shri Yamunaji facilitates divine relationship
5. Shri Yamunaji destroys the impurities of the devotee influenced by Kalyug.
6. Shri Yamunaji grants quality of worthiness to experience Shri Krishna’ love
7. Shri Yamunaji bestows a divine body in order to perform Shri Krishna’ seva
8. Shri Yamunaji bestows a spiritual body with which Shri Krishna’ leelas can be witnessed and experienced, where Shri Krishna is seen in everyone and everything and one gets immersed in him.



Shloka 1:

**Namami Yamuna –maham sakala –siddhi-hetum mudaa
Muraari-pad-pankaja sphuradamanda renukataam
Tatastha nava kanana prakata-moda pushpaambunaa
Suraasura supoojita smarapituh shriyam bibhrateem**

With immense joy I bow to Shri Yamunaji , the source of all spiritual perfections who grants all devotional power , on whose golden banks of shining sand the dust of Shri Krishna' lotus feet , the slayer of demon Mura is scattered. Her water is rendered fragrant by the beautiful flowers falling from the surrounding lush forest. Her beauty reminds us of Shri Krishna and she is worshipped by humble and proud souls alike.

Shloka 2:

**Kalinda-giri mastake patadamanda- poorojjvalaa
Vilaas gamanollasat- prakata ganda shailonnataa
Saghosha-gati-danturaa Samadhi roodha-dolottamaa
Mukunda-rati vardhinee. Jayathi padmabandhoh sutaa**

As She descends from the peak of the Kalindi mountain, her flow is fast creating a foam that shines brightly. Her rapid descent is playful, as she leaps up and rolls down against small and large rocks she encounters on her path releasing a mist in the air. Her waters roar playfully up and down as if she is sitting on a swing. She increases love for Beloved Shri Mukund (Krishna) who is the granter of devotional liberation.

Shloka 3:

**Bhuvam bhvana-paavaneemadhighataamane-kasvanaih
Priyaa-bhiriva sevitaam shuka-mayoora hansaadibhih
Taranga bhujakanakana prakata muktikaa vaalukaa
Nitamba-tata-sundarem namata turya krushna priyaam**

Let us all bow down in reverence to Shri Yamunaji, who comes down to earth to purify the bodies of the devotees so that they may be worthy to serve the Lord (seva). Just as she is served by the Gopis, here she is served by the peacocks, swans and birds with their various sounds. The waves are her delicate yet strong arms and when her waves meet the sand on her banks, they shine like the pearl bangles on her wrist. Her banks are her beautiful hips and she is the fourth consort of Shri Krishna.



Shloka 4:

**Anant guna bhushite Shiva Viranchi deva-stute
Ghanaa-ghana-nibhe sadaa Dhruve Paraasharaa bheeshtade
VishuddhaMathuraa tatesakala gopa-gopee vrute
Krupaa jaladhi samshrite m ama manah sukham bhaavaya**

Shri Yamunaji possesses immense great qualities. She is praised by Lord Brahma, Lord Shiva and other Gods. She is astoundingly beautiful like the dark rain filled cloud. She has fulfilled the wishes of Dhruva and Parashara. On the banks of Mathura, she is surrounded by the the Gopis and Gwals. She remains in the shelter of beloved Shri Krishna who is an ocean of grace. Now I implore Her to make my heart ready to be filled with joy.

Shloka 5:

**Yayaa charana padmajaa mura-ripoh priyam bhaavuka
Samaagamanato-bhavat sakala siddhidaa sevataam
Tayaa sadrushataamiyaat kamalajaa sapatneeva yat
Hari priya Kalindayaa manasi me sadaa stheeyataam**

Shri Gangaji who emanates from the Lotus feet of the Lord meets and mingles with Shri Yamunaji, and for this simple reason she is very dear to Lord Krishna and is able to grant devotional perfections to those who worship her. May Shri Yamunaji (aka Kailindi) , beloved of Shri Krishna, the remover of all sorrows forever remain enthroned in my heart.

Shloka 6:

**Namostu Yamune sadaa tava charitra-matyabhutam
Na jaatu yama-yaatnaa bhavati te payah-paanatah
Ymopi bhaginee sutaan kathamu hanti dushtaanapi
Priyo bhavati sevanaat tava hareryathaa gopikaah**

Shri Yamunaji, I bow to you ceaselessly, for your exceptional character. By drinking your holy water, the suffering brought by Yama is never felt because Yama cannot punish his sister's own children even if they are sinners. Devotees who perform service to Shri Yamunaji become beloved of Shri Krishna just like the Gopis.

Shloka 7:

**Mamastu tava sannidhau tanu navatva metaavataa
Na durlabha-tamaa ratir-muraripau Mukunda priye
Atostu tava laalana sura-dhuneer param sangamaat
Tavaiva bhuvik keertitaa na tu kadaapi pushti-sthitaih**

May I stay close to you Shri Yamunaji, attaining a new divine and spiritual body so that it is easy to attain and gain Shri Mukund' (Krishna') divine love. Many your praises be sung. Pushtimarg devotees only praise you. Only Shri Yamunaji can grant a spiritual body to serve Lord Shri Krishna and His leelas.

Shloka 8:

**Stutim tava karoti kah kamalajaa sapatani priye
Harereryadanu sevayaa bhavati saukhya-maamokshatah
Eeyam tava kathaadhikaa sakala gopikaa sangama
Smara-shrama-jalaanubhih sakala gaatrajaih sangamah**

Shri Yamunaji, you are 'Shri Lakshmi' co-consort and beloved of Shri Krishna. Who is truly worthy of singing your praise? Shri Lakshmi can grant only the joy of liberation and in turn separation from Shri Krishna. But Shri Yamunaji, you are the pearls of sweat emanating from the divine union of Lord Shri Krishna and Gopis, and you alone can grant your devotees this sublime relationship - the bliss of serving Shri Hari.

Shloka 9:

**Tavaashtakamidam mudaa pathati soora-soote sadaa
Samasta-durita-kshayo bhavati vai Mukunde ratih
Tayaa sakala siddhaya mura ripushcha santushyati
Svabhaav vijayo bhaved, vadati Vallabhah Shree- Hareh.**

Shri Yamunaji! Devotees who recite these eight sacred verses dedicated to you, regularly with sincerity and devotion will be removed of their sins and gain love of Shri Krishna -the granter of liberation. The devotees will not only attain devotional perfection but Shri Krishna himself, the enemy of Mura. Thus the innermost nature of the devotee is transformed states Shri Vallabh who is the beloved of Shri Hari.

**Iti Shreemad Vallabhaacharya virachitam
Shree Yamunaashtakam stotram sampoornam**

Thus ends the Yamunashthkam as composed by Shrimad Vallabhachyara Mahaprabhuji!





Prabhucharan Shree Gusainji

We have briefly been introduced to “Pushti Marg” and Shri Vallabhacharyaji in our previous edition. Let us now be introduced to Shri Vitthalnathji, Shri Gusainji the second son of Shri Vallabh who took Pushti Marg to its glorious best in keeping with the highest ideologies of devotion which was the true legacy of his divine father. While Shri Vallabh founded pushtimarg it was entirely the perseverance and labour of Shri Gusainji that nurtured and strengthened the sect to be handed over to the future generations.

Shri Gusainji was a great guru of divine traits a learned scholar well versed with every Hindu Scripture a compassionate human being, an artist a poet and an able administrator. But above all this he was a staunch devotee always immersed in the love type devotion towards Shri Krishna, and he found fulfillment in spreading Krishna Bhakti and therefore could attract thousand of devotees from every strata of society motivating and guiding them towards the path of devotion as a way of life thus in the process strengthening Pushti Marg and taking it to its glorious best for this was not just a mission of his life but life itself for him.

While propagating and spreading Pushti Bhakti he guided people to change the modes of their lives and showed them a way of life enriched with love of God. He was a great champion of seva and in this field too he practised before he preached going beyond simplistic mode of devotional service, he imbibed in its simple ways the artistry

and sublimity which were unknown to the people. He wove a delicate blend of Raag Bhog and Shringar into the Seva and made it aesthetic and sublime where the devotee would find his ultimate bliss and please the Lord.

He was a compassionate human being and a lover of cows and was a living embodiment of the principles of Vedic Hindu Scriptures and culture . He taught and lived the Pushti principles laid down by his father and himself practiced the same.

His love for art and beauty were channelised towards their use in seva routine. His poetry, his love for music and other arts like painting etc everything was dedicated towards Shri Krishna and was adapted into the seva in such a way that today we see every art come alive when we are performing our seva.

His greatest contribution is the formation of “Ashta Chap ”a group of eight devotee poets who composed Kirtans as per their darshan of various Lilas of Shri Krishna dedicating them to Shri Krishna, Shri Nathji (who is the presiding deity of Pushti Marg), With mellifluous voices the “ Ashta Chhap” pleased Shri Nathji and appeased Him taking their devotion to great heights.

Its is hardly possible to know Shri Gusainji in a few words or a few lines, volumes of books cannot do enough justice to understand and know Shri Gusainji, who is our eternal guru equal only to Shri Vallabhacharyaji and never to be surpassed by anyone else.

- Nitaben Maheta

Pancakes with Milk

Ingredients :-

Milk	-	500ml
Corn Flour	-	3-4 teaspoon
Sugar (Powdered)	-	1 Small Cup
Ghee	-	1 Small Cup
Cardamom Powdered	-	1 teaspoon
Powdered / Sliced	-	Almonds, Cashewnuts , Pistachios

METHOD :

Heat the milk in a thick bottomed pan and keep stirring till consistency is thick like a batter. Remove from gas and let it cool for 5-10 mins. Mix 2 to 3 spoon corn flour. Add more only if required. Prepare batter for making pancakes. Heat the tava and make pancakes using Ghee. When they are done on both sides sprinkle powdered sugar and dry-fruits and alternatively pancakes can be rolled and cut into desired shape.



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





The Secret to Healthy Relationships

Humans are considered social animals and our goal in life is to find happiness. In large part our happiness depends on our relationships. We are desperately seeking meaningful and healthy relationships, but often we still feel alone even in the company of our loved ones. The truth is that we are isolated from our inner being and disconnected from that Supreme force that is the source of all happiness.

We try to fill that void by forming connections or bonds with others in the hope of joy, fulfillment and interconnectedness. However, often our ego, selfishness and desires get in the way which leads to discontentment and discord in the relationship. Because we feel committed to the relationship we try to change the other person for our own selfish needs and desires, but not realizing that we are only making things worse for ourselves because we cannot change them. We can try to make them understand, but it is we who have to change.

The key to healthy and meaningful relationships is to replace conflict and arguments with cooperation and understanding. One easy way is to put oneself in the position of the other and consider whether one would react or behave in the same way as the other person in the same situation. If that is the case than you will see that the other person is acting out of love and affection

for you.

There is a beautiful example about the honey bee, which teaches us a valuable lesson to improve our relationships and bring happiness into our lives. The honey bee flies from one flower to another extracting the nectar without changing, disturbing or destroying it. The mindset of the honey bee is to seek the sweet essence of each flower. Even amidst a filthy place like a rotting garbage dump, the honey bee focuses on a single tiny flower to find the nectar. In the same way, in our relationships we must also focus on the positives and learn to deal with each others faults constructively.

All of us are a combination of good and bad, beauty and ugliness. Just like the honey bee our focus should be on the positive rather than the negative. We should look beyond the negativity and focus on the essence of goodness of the other person, then we will experience the joy and contentment that we are seeking in our relationships.

This is what the spiritually enlightened souls such as our revered sages and saints have achieved through the disciplined practice of meditation, introspection, selfless service and study of the scriptures. They always see the goodness in others and focus on the beauty within. In this way they are able to bring out the best of that person.

- Grishma Patel, MD

Reflections from Monthly VIPO Satsang (Florida)

When we first started monthly Satsangs, I wasn't sure what to expect. My fear was that kids would feel forced to go by their parents and view this as another chore or "have to" I know now I had no reason to fear. For the past ten months now, we have had Satsangs at least once a month. Although reluctant at first, the kids have found they enjoy Satsang and better yet, they actually look forward to coming!

I have been in their shoes before. As a child, I always felt forced to do Seva, Arti, go to mandir and perform religious activities. As an adult, I found my way to Hinduism and discovered Pushtimarg on my own terms. Looking back on my childhood, I wish I had had someone to explain the *meaning* behind Seva, Arti and other religious activities. I might have felt more willing and compelled to partake in these actions vs. feeling obligated and forced. Now, I get to be that person for the nine to sixteen year olds who come to Satsang. It has been one of those full circle experiences. Maybe that's how life works.

With the kids, I simply share my understanding of our religion. I do not tell them what to do. In addition to sharing my experiences, I ask the kids about what they're learning and if they have any questions. They open up about their personal struggles, victories, school and the like. I meet them where they're at. The kids also tell me about what they want to learn more about or what they don't understand. We then have a conversation about it and my main objective is to have the kids involved in the discussions, even if we get off topic.

This is my approach to our Satsangs. I believe when I'm honest and transparent, I leave the door open for the kids to find *their* own journey and *their* own path. Hinduism and Pushtimarg are rich, joyful experiences but it is important that people find their own personal relationship with them. At least, this is my belief and my hope. Time will tell!

- Sharadha J Patel
Vero Beach, FL



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Hindu Temple, California



Vraj Canada



Shreejidwar Haveli, Chicago



Portugal, Europe



Questions from Readers

1. Why is there a need for seva in modern life?

Simply answered seva has several benefits that can help the modern man overcome many of the issues he faces in his day to day living such as stress, anxiety, relationship problems, desires, and ambitions.

Most of you may think how is it possible that seva can help me deal with these challenges?

In our Pushtimarg tradition our gurus introduced the practice of Ashthyam Seva to help us connect with God because the human mind is so fickle. When we are engaged in Seva as taught by the great acharyas of our tradition the mind finds itself entangled in Shri Krishna's service. There is no time left for the mind to wonder but focus on Shri Krishna alone. This form of spiritual practice does not demand the conventional practice of meditation or yoga but performing duties and activities for the comfort and pleasure of the Lord such as singing his praises and of his pastimes (Leelas), offering food and dressing the Lord with various clothing and ornamentation.

By performing regular seva with devotion, the Lord resides not only in our homes but also in our hearts. We become his humble servant (Dasoham bhav) We constantly become aware of his presence in all aspects of our life, - spiritual and materialistic We begin to see Shri Krishna in everyone, everything, every thought and every situation (Sarvathma bhav)- igniting a more holistic approach to life.

In this way:

- Seva helps us to get rid of negative thoughts.
- Seva helps us deal with stress and anxiety.
- Seva helps us get rid of our worries and tension.
- Seva helps us to manage our day to day responsibilities efficiently and positively.
- Seva enhances our ability to face challenges.
- Seva energizes the mind.
- Seva helps us to improve our alertness.
- Seva helps us change our perceptions in positive manner.
- Seva helps us improve our relationships.
- Seva teaches us humility.
- Seva teaches us patience.
- Seva teaches us to think about the well being of others.
- Seva teaches us to see the good in others.
- Seva teaches us to be kind and considerate to others.
- Seva teaches us to live in harmony with others and the world around us.
- Seva teaches us to be peaceful in all situations.

2. What is the evidence that mantra jap is a useful practice in our lives?

In Hinduism the concept of “Mantra jap” is very important as it helps to steady and calm the mind. Many Hindus and followers of Buddhism, Taoism and other faiths also practice mantra recitation for the same purpose. In our Pushtimarg tradition, our Gurus have always stressed the importance of ashtakshar mantra jap to steady the mind and focus on Lord Shri Krishna. However, it has only recently that scientific researchers have begun to look at the power of this practice.

In 2015, a research study in the journal *Brain Behavior* showed that by repeating the same mantra the brain gets occupied so much that it does not get a chance to wander, obsess or plan which led to a calming effect. In the research participants were asked to lay down in relaxed position without any instruction of mantra jap and then with instructions to chant the mantra to themselves. Their brains activity was measured with an MRI machine which showed that when participants chanted the mantra their brain activity decreased a lot compared to when they were not chanting the mantra. This means that the participants’ minds were calm but focused with mantra recitation and their minds were wavering when they were not reciting the mantra.

Besides gurus and spiritual seekers, many professionals, athletes and entertainers also practice mantra recitation to improve their performance. Their key message is that mantra jap can really be helpful to steady and calm the mind, increase focus and improve performance in their day to day life; however, it requires daily practice to reap its benefits.



From the Editors

With the grace of Shree Kalyanrai Prabhu, and blessings from HDH Shashthpeethadishwar P. P. Goswami 108 Shree Dwarkeshlalji Maharajshree, we hope that you have enjoyed reading the third edition of Pushti Awakening e-magazine of 2019.

This magazine has been specifically created for Vaishnavs of all ages who are interested in learning the principles and concepts of Hinduism and Pushti Bhakti Marg as envisioned by Jagad Guru Srimad Vallabhacharya Mahaprabhuji.

The magazine endeavors to cover varying topics including divine messages from our beloved Vallabhkul Acharyas, practical guidance, information and view points from prominent vaishnavs as well as readers like you.

We also encourage and invite readers to submit questions, opinion pieces, articles, poetry, art work, photographs etc for the magazine.

Please do not hesitate to connect with us at viposeva@gmail.com.

- The Editorial Team

