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Vishnu Sahasranama Part 18: Yogah - The One Who is Realised Through Yog by Shri Chandan Goswami Maharaj

The 18th Name in the Shri Vishnu Sahasranama Stotram is Yog:

युज्यते हृदि योगिभिः ध्यायते इति योगः

*yujyate hṛdi yogibhīḥ dhyāyate iti
yogaḥ*

"Yogis who meditate on Krishn in their hearts are called Yog."

भक्तानां भवतरणोपाय इति योगः

*bhaktānām bhavataraṇopāya iti
yogaḥ*

"The one who helps devotees cross this material world is known as *yog*."

In his commentary on the *Yoga Sutra*

(1.1), Vyas states: योग समाधिः, *yoga samādhiḥ*, "yog is samadhi."

Also, Shri Gopal Bhatt Goswami writes in *Bhakti Sandarbha*, 279: योगोऽत्र समाधिः, *yogo'tra samādhiḥ*, "the word *yog* here means *samadhi*." *Samadhi* is a state where you are so absorbed in the object of meditation that you become unaware of what is around you. You even lose awareness of yourself. Jeev Goswami gives the example of sage Markandeya who was meditating on Narayan. Even when Shiv and Parvati came to bless him, he did not notice them.

But in this commentary, Shri Baldev Vidhyabhushan says that, "Meditating upon Krishn is *yog*. And anyone who is under the auspicious shelter of *prem samadhi*,¹ in other

words Shri Krishn, is *yog*."

The same meaning is described in the *Shrimad Bhagwatam*, 11.13.14, as well:

एतावान् योग आदिष्ठो मच्छिष्यैः सनकादिभिः ।
सर्वतो मन आकृष्य मय्यद्वावेश्यते यथा ॥

*etāvān yoga ādiṣṭo macchiṣyaiḥ
sanakādibhiḥ ।
sarvato mana ākṛṣya mayyaddhāveśyate
yathā ॥*

"Dear Uddhav! The real method of *yog*, as taught by my devotees like Sanak Kumar and other great sages, is simply this: one should detach the mind from all other things and concentrate it directly and completely on me."



Abhiram Thakur – Associate of Chaitanya Mahaprabhu



Shri Ramdas, later known as Abhiram Thakur, was Shridham, one of the 12 main cowherd friends in Krishn Lila (*Gaur-Ganodesh-Dipika*, 126). Through Nityanand Prabhu's instruction, Abhiram Thakur became a great Gaudiya Vaishnav scholar and preacher. He worshipped Gopinathju whose temple is situated in a small town named Khanakula Krishnanagar. It is said that Abhiram Thakur had a whip and that whomever he touched

with it would immediately become a great devotee of Krishn (*Bhakti-Ratnakar, Taranga 4*).

Shrinivas and Abhiram Thakur Meet

(Adapted from Nityanand Das' *Prem Vilas*, 5.28-62)

Shrinivas Acharya was sent to meet Abhiram Thakur by Jahnava Maa, Nityanand Prabhu's wife. She gave Shrinivas a letter to deliver in

1. The state where one is completely absorbed in Krishn's beauty and *lila*.

which she requested Abhiram Thakur to touch Shrinivas at least three times with his all-auspicious whip called Jay Mangal. It is said that whoever he touched with this whip would experience Krishn's ecstatic affection. Shrinivas and Ishan¹ said their farewells to Jahnava Maa and Viracandra² and began their journey to Abhiram's house.

Ishan presented Shrinivas to Abhiram when they arrived, and the letter was delivered. Abhiram was delighted to meet Shrinivas, who bowed respectfully. Abhiram thought, "Jahnava Maa has sent this boy so that I can bless him with my whip but first, I need to determine whether he is eligible. Give him eight coins and watch what he does with them. If his actions satisfy me, I will grace him with my whip." Abhiram then gave Shrinivas the eight coins and told him to go purchase some cooking ingredients so he could make his own lunch. Shrinivas went to a nearby water reservoir to prepare after purchasing rice, *daal*, and spices from the merchants.

In the meantime, Abhiram called two devotees and instructed them, "Go to where Shrinivas is cooking and pose as guests. Arrive shortly after he finishes preparing and request that he provide you with lunch."

The two devotees arrived on time and asked Shrinivas to serve them. Shrinivas was happy to see them. "You are Vaishnavs, and this

lowly, worldly soul is blessed to be able to serve you."

Shrinivas then divided the food into two portions so that the devotees could consume it to their hearts' content. Following their meal, they returned to Abhiram and said, "Shrinivas fed us rice that tasted like honey. Despite the lack of vegetable dishes, the meal was delicious. We were pleased. We believe Radha-Krishn must have tried his rice."



Abhiram Thakur

1. The family servant of Mahaprabhu.

2. Nityanand Prabhu's second wife's son – he was also married to Vasudha Devi.

The devotees' account pleased Abhiram. "Bring Shrinivas to me as soon as possible," he said to Ishan. Today, as Jahnava Maa requested, I will bestow Thakurji's sacred love upon him." Abhiram touched Shrinivas with his whip three times as soon as he offered his obeisances. Thereafter, Shrinivas' heart filled with joyful love for the Lord. He started to experience the eight ecstatic symptoms of bliss, as described in the *Shrimad Bhagwatam*, 11.14.24, and danced with delight:

वाग्गदृदा द्रवते यस्य चित्तं रुदत्यभीक्षणं हसति क्वचिच्च ।
विलज्ज उद्गायति नृत्यते च, मद्भक्तियुक्तो भुवनं पुनाति ॥

*vāggadṛdā dravate yasya cittam rūdatyabhīkṣṇam hasati kvacicca ।
vilajja udgāyati nṛtyate ca, madbhaktiyukto bhuvanam punāti ॥*

"The devotee's voice becomes choked in ecstasy because he or she is overwhelmed by devotional emotion. Sometimes the devotee sobs uncontrollably, and then he laughs incessantly as if revelling in limitless divine happiness to the fullest. He sings and moves with glee. These saintly symptoms (drowned in divine ecstasy) create a unique divine atmosphere, which drowns all observers in divine sentiments."



Abhiram touches Shrinivas with his whip



Akshay Tritiya



This year, the auspicious festival of Akshay Tritiya falls on Saturday 22nd April. It is called this because any good action you do on this day becomes limitless (*akshay*). Thus, Akshay Tritiya is one of the best days for starting new projects or performing concentrated *sadhna*. Because this day marks the onset of the summer heat, the *seva* on this day centres around keeping Radharamanji and his Beloved cool.

After enjoying his midday meal (*rajbhog*), Shri Radharaman Lal wears a dress made completely out of sandalwood paste (*chandan*). The foods and drinks he enjoys are specially chosen for maximum cooling effect: cucumber, melon and sweets made from *sattu*¹ are the favourites of the day. Because the most intense heat occurs in the afternoon, the Rajbhog Aarti lamp is replaced by a small plate of flowers every day until Chhoti Sharad Purnima (the first day of Kartik month).

The poet Brajadhish beautifully describes the *seva* of this day as follows:

सखी सुगंध जल घोरि के चन्दन हरि अंग लगावत ।
बदन कमल अलके मधुपनसी तेढ़ी पाग मन भावत ॥
कोऊ विजना कुसुमन के ढोरत कुसुमन भूषण करि उर पहरावत ।
तरु बेलि सीयरी तट क्रीड़त ब्रजाधीस गुन गावत ॥

*sakhi sugandh jal ghorि ke chandan hari ang lagaavat ।
badan kamal alaken madhu panasi tedhi paag man bhaavat ॥
kou vijnaa kusuman ke dhorat kusuman bhushan kari ur paharaavat ।
mrdu beli siyaari tar kridat brajaadhis gun gaavat ॥*

"With her own lotus hands, Shri Priyaju covers Shri Lalju's handsome form with the finest sandalwood paste infused with floral essences. His black curls swirl around the lotus of his face like honeybees, intoxicated on the nectar of his smile. And binding those curls is a stylish turban, worn slightly crooked to match the artful way he stands and his cheeky personality. Shri Priyaju's *sakhis* are gathered around their beloved Couple, ready to serve them. One *sakhi* waves a fan made of flowers, while another adorns them with the most elegant handmade flower jewellery. The poet Brajadhish sings their glories as the loving scene unfolds under the cooling shade of Vrindavan's blossoming trees and vines."

1. A mixture of barley and other grains ground into a fine powder.



Braj Animal Care



Mahaveer's Story

This baby monkey, Mahaveer, has been treated a few times by Braj Animal Care. When we first met this baby, we could see that its right arm and leg were badly damaged. They appeared to be burnt and barely attached to its body. We administered treatment to help with the pain, promote healing and to prevent infection. Despite this, Mahaveer needed amputation and this procedure was done in Mathura. We met the little one again for a follow-up after the arm and leg had been removed. The wounds were still healing so we administered spray to help the process along and we provided antibiotics too. This little fighter is active and on the road to recovery.



Mahaveer enjoying a banana

For more information about Braj Animal Care's programs and services, please follow us on social media at:

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Maharajji's Latest Updates



Maharajji celebrated Holi and Gaur Purnima in Vrindavan. He spoke about the festival known as Dolotsav or Dol Yatra at the Sankirtan, which was held at the Raas Mandal, near the Shri Radharaman Temple. The 40-day Holi festivities came to an end on this day, but Shriji misses touching his Beloved, Priyaju. He is seated on a flower swing with her as Gunmanjari pushes them. The *sakhis* see that Radharaman Lal is sad and they tell him to lower his head on her shoulder gently, with the excuse that he is tired from Holi. As he rests his head on her shoulder, Priyaju tells him to sit up straight in front of everyone. Then, the *sakhis* suggest that he embraces her with his left arm. This way, no one will see. Shriji wraps his arm around her and pulls her close, filling him with complete bliss. So on this day, he gives blessings with only one hand raised.



Maharajji also attended a *sankirtan* in Delhi on the auspicious occasion of Ram Navami (which fell on 30th March 2023 this year), where he shared some nectar on the meaning behind this special day. A summary will be shared in the next edition.

Spiritual Questions and Answers with Maharajji

Q: What comes first, winning Guru's heart or Radharaman's?

A: They are one, there is no difference but again, the primary relationship should be with Guru. From *Guruashtakam*:

यस्य प्रसादाद् भगवत् प्रसादो यस्या प्रसादान् न गातिः कुतोऽपि ।

*yasya prasadad bhagavat-prasado
yasyaaprasadan na gatih kuto pi*

"By the mercy of the spiritual master, one receives Krishn's blessings. Without the grace of the spiritual master, one cannot make any advancement." (Verse 8)

For more information about Maharajji's upcoming programs, please contact us via the following channels:

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Vaishnav Calendar

For upcoming festivals and Ekadashi dates, please click [here](#) to view our Vaishnav calendar.

