



## Message From Our Spiritual Head Vaishnavacharya Shri Dwarkeshlalji Mahodayshree

"It gives me a lot of Anand to see the Vaishnav Youth Group growing. The Youth is the future, and seeing you all take up Seva and Satsang is very nice. It is great seeing you form positive friendships and grow together, learning about our Pushtimarg. Keep learning and performing Seva, and Shree Thakorji and Shree Yamunaji will shower their Grace upon you. My Ashirvaad to each of you as you celebrate your first anniversary of the Vaishnav Youth Group."

## Vaishnav Youth Group Celebrates One Year

Earlier last month, the Vaishnav Youth Group celebrated our first anniversary. It's been a wonderful year connecting with you all and running several satsangs and events. We look forward to another wonderful year of association with all the Vaishnavs.



|| Vadhai Shree Gopalprabhu Vijayete Vadhai ||

Shrinathdham  
National Haveli & Community Centre - UK

Vaishnav  
Youth Group

**1 Year On...**

**Celebrating 1 year of the Vaishnav Youth Group**

Over the last year, the Vaishnav Youth Group has done various activities:

- ❖ Several exciting *satsangs*, learning about *Pushtimarg* and what it means to be a *Vaishnav*
- ❖ Started and published 13 editions of our newsletters
- ❖ Performed a drama and dances for *Haveli Patatsav*
- ❖ Live group *satsang*, discussion and summary of Je Je Shree's *Bhagavat Saptah*
- ❖ Involved in the VSUK COVID-19 response
- ❖ 4 Cooking workshops
- ❖ Started reading 84 *Vaishnavs Vartaji*
- ❖ *Garba* workshop
- ❖ *Sanji* workshop
- ❖ Joined in *Purshottam Mahino Manorath* at Haveli

...and various other VSUK Sevas

And we have even more exciting activities lined up:

- ❖ *Sanskrit* classes
- ❖ Live group *satsang*, discussion and summary of Je Je Shree's *Shikshapatra Raspaan Mahotsav*
- ❖ Fundraising activities
- ❖ *Rangoli* workshops
- ❖ *Kirtan* classes

...and continued newsletters, *satsangs* and other VSUK Sevas

Thank You  
to everyone involved

Involved and join the youth group, or for further information, please contact:

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**ONE YEAR ANNIVERSARY  
OF VAISHNAV YOUTH  
GROUP**

## Bhagwat Saptah with our Spiritual Head, Shree Dwarkeshlalji Mahodayshree (Kadi, Ahmedabad)

A member of the Vaishnav Youth Group, Bhavik Patel shares his reflections from the Shreemad Bhagwat Saptah last month:

"Bhagwat Smaran,

I had the pleasure to watch Pujya Je Je Shree's Bhagwat Saptah which was streamed on YouTube in August from our Shrinathdham Haveli. This was a very enchanting experience, from the comforts of our own homes, especially during the times of Covid, where we all would like positive energy in our lives.

Some of the learnings, which I would like to share from Je Je Shree, and are relevant to my life are (and hopefully yours):

- Look at the good in others, rather than their faults, and be happy for everyone's success, as they deserve it due to previously performed good actions
- People will obtain long term bliss, if they learn to say yes and no in the right moments, including what to speak, where to go, and what to do. In order to do this, we need a purpose/vision in life and engage in Seva to keep us on the right path.
- Shreemad Bhagvatam is the current form of the Lord on Earth and helps us keep our mind pure
- We should all take and perform Niyams (commitments/good habits such as Meditation, performing mala, *paath* of Yamunashtak, satsang etc. even if it's for 5 minutes per day), in order to achieve higher goals in life. Through this we will succeed and keep ourselves focussed. Niyams will give us consistency in our daily life as well as Shree Thakorji's Seva.
- Performing Dharmic activities such as Seva keep us positive in our path of Grace during the darkest of times (even during Corona), as it keeps our mind at peace/improves our mental health and it unites us all.
- Kuntaji (The mother of the Pandavas), recognised that it is more difficult to remember Shree Krishna when we have fulfilled our materialistic desires (Sukh), and therefore asked the Lord to provide her with discomfort (Dukh). This taught me to understand that sometimes pain is good for us to grow stronger, whether it is spiritual, physical or mental.
- Je Je Shree also reminded us to keep Shree Krishna in our minds as much as possible, as we do not know when we will perish from this Earth, and we should remember Him in our last thoughts.

I apologise for any mistakes in my understanding if any, to Pujya Je Je Shree."

*If you would like to share your reflections from previous satsangs, mahotsav and kathas be sure to get in touch.*

## Basics Of Pushtimarg : Shreenathji Pithikaji



At the back of Shreenathji is His *Pithikaji* (frame-like structure) on which He rests. The *Pithikaji* consists of the following symbols; On the left there are 2 cows, Sheshnaag, goat, and a Rishi. At the top resides a parrot. On the right there are 2 Rishis, a snake, a lion & 2 peacocks.

All of these are bhaktas & they represent the nine-fold forms of devotion that is mentioned in Shreemad Bhagwat by Prahladji, and also followed in Pushtimarg. This 9-fold bhakti is known as Navdha Bhakti.

Symbol in the Pithikaji	Form of Navdha Bhakti	Meaning of this type of Bhakti
Dwitiya Gaay- 2 cows <i>The two cows can be seen looking up to Shreeji Bawa's Mukharavind. They both represent 2 of the 9 folds of Bhakti.</i>	Atma-nivedana Bhakti  Dasya Bhakti	Offering oneself completely to Shreeji Thakorji and dedicating everything you possess to his service.  Bhakti done in the mood of being a servant and serving Shree Thakorji.
Sheshnaag- the serpent upon which Lord Vishnu rests	Vandan Bhakti	Paying obeisance's (bowing) to Shreeji
Meda/Ghetu - Goat	Paadsevan Bhakti (Paad = Feet, Sevan = service)	Bhakti done through serving Shreeji's lotus feet
Rishi munis - Sages <i>There is one Rishi to the left and 2 on the right and they are seen doing Paath (prayers)</i>	Smaran Bhakti	Bhakti in the form of remembrance, done through remembering the divine Lilas of Shree Thakorji
Shukh - Parrot <i>This parrot is the form of Shukhdevji, the son of Vyasji and narrator of the Shreemad Bhagwat</i>	Kirtan Bhakti	Bhakti in the form of Kirtan, through singing about Shree Thakorji's divine qualities
Naag - Snake	Shravan Bhakti	Listening to the divine qualities of Shreeji
Sinh - Lion	Sakhya Bhakti	Bhakti done in the mood of friendship
2 Mor/Mayur - Peacocks	Archan Bhakti	Bhakti done through serving and worshipping His Swaroop itself

## Shree Vallabhacharya (Subhodini) :

Shree Vallabhacharya explains in Subhodini : *A person becomes truly accomplished when her speech, ears, hands, mind, head and eyes all become engaged in the Blessed Lord's service. Then her speech praises Him, while her ears hear His glories. The practitioner's hands then serve Him, while her mind remembers Him. Her head bows to God and her eyes behold Him.*

## 84 Vaishnavs ni Varta - Varta 6 - Seth Purshottam Das:

*The Lord's divine shelter, the supreme wealth*

Once, Sethji, interested in having the sight of Shree Mahaprabhu's birthplace, headed South with another renounced Brahmin Vaishnava. On their way, they halted on the Jharkhana mountain, for once Shree Mahaprabhu had visited there.

The Lord called Sethji to this spot, for through Sethji's contact, the heap of transgressions which had accumulated from all the sinful pilgrims would diminish. Only pure devotees like Seth Purshottamdas are able to purify such holy places.

One night, on this mountain, the Lord, disguised as a Brahmin, approached the Brahmin Vaishnava and said, "Who are you?" The Brahmin replied that he was a disciple of Shree Mahaprabhu.

The Lord then offered him a jewel and said, "This jewel will yield you as much wealth as you desire."

The renounced Vaishnava responded, "What shall I do with such a stone? The Lord supplies me with a kilo of flour every day. Give the jewel to Sethji, he is a householder and has many expenses."

The Brahmin Vaishnava then awoke Sethji and told him about the jewel. Sethji exclaimed, "I have no need for such a stone."

The disguised Lord then suddenly disappeared. Later, the Brahmin Vaishnava questioned Sethji, "Why didn't you accept the jewel?"

Sethji responded, "Why didn't you take it?"

The Brahmin explained, "The Lord supplies me with one kilo of flour everyday."

Sethji interjected, "If the Lord supplies you with one, then won't he give me ten kilos of flour? Oh Crazy Brahmin, is the Lord in any way deficient? I will not leave the Lord's divine shelter for any stone."

