

*Every sincere devotee should contemplate and follow this personal instruction*

Written by Srila Pranakrsna Das Babaji Maharaji



- 1) Wake up for Brahma muhurta.
- 2) Do Sri guru, Govinda, vrajadham, parampara dandavat.
- 3) Try to have clean habits of brushing one's teeth, going to toilet, taking shower, doing Thakur puja.
- 4) See the whole world happily doing bhajan.
- 5) Keep silent.
- 6) Do not speak with or touch women.
- 7) Pray to Guru and Vaisnavas, read Gita and Bhagavatam.
- 8) Do not think bad of others.
- 9) Do not pass semen
- 10) Do not sleep in the day time.
- 11) Keep your back straight.
- 12) Do not eat luxuriously.
- 13) Do not disturb others with body, mind and words.
- 14) Do Harinam kirtan.
- 15) Count while doing Japa.
- 16) Do not be lusty and angry
- 17) Meditate on your svarupa.
- 18) Respect Krsna in every living entity.
- 19) Think of Vrindavan as your very life.
- 20) Think of Radha-Krsna even in your dreams.
- 21) Have faithful bhakti in Sri Gurudeva, Vrajadham, the Vrajabasis, the Vaisnavas, your diksa mantra, harinam.
- 22) Think always about Giriraj, Yamuna and the kunjavan.
- 23) Take the trinad api sloka as your very life.
- 24) Think of all women as your mother.
- 25) Contemplate death.