

## INSTRUCTIONS TO THE MIND: THE MANUAL FOR ULTIMATE DEVOTION



Raghunātha dāsa Gosvāmī wrote Śrī Manaḥ-śikṣā under Svarūpa Dāmodara Gosvāmī's direction as a step-by-step guidebook for attaining love for Kṛṣṇa in the mood of the residents of Vṛndāvana. In twelve verses, it goes deeply into the heart with practical and clear instructions for overcoming all obstacles and finding the ultimate spiritual attainment.

Bhaktivinoda Ṭhākura explains that Manaḥ-śikṣā is an instruction manual for the practice of spontaneous loving devotion, and he wrote both a commentary and meditative song on each verse. Manaḥ-śikṣā is fully in line with how Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura and Śrīla Prabhupāda want us to live. The principles are applicable even for beginning devotees, and devotees who are ready for deeper practice greatly benefit from such guidance from our ācāryas.

Making sure our compass is set to the right direction, and our heart is attuned to the mood of the spiritual world

Recognizing the increasingly subtle inner thieves and traps on the path, and employing counteracting measures

How the fully humble soul enters into loving perfection in Vṛndāvana

