

**OM**

**Om Shree Krishnaaya Param Brahmane Namah!**

**Om Namō Bhagavathe Vaasudhevaayah!**

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श्रीमद्भागवतं - एकादशस्कन्धः

**SREEMADH BHAAGAWATHAM  
MOOLAM (ORIGINAL)**

**EKAADHESASKANDDHAH (CANTO ELEVEN)**

॥ ॐ नमो भगवते वासुदेवाय ॥

**Om Namō Bhagavathe Vaasudhevaayah!**

॥ एकादशस्कन्धः ॥

**EKAADHESASKANDDHAH (CANTO ELEVEN)**

॥ एकोनत्रिंशोऽध्यायः - २९ ॥

**EKONATHRIMSATHTHAMOADDHYAAYAH (CHAPTER TWENTY-NINE)**

**[UdhddhavOpadhesam – BhakthiYogaNiroopanam,  
UdhddhavaYaanam] ([Sree Krishna Bhagawaan’s Advice To  
Udhddhava {Continuation} – Sree Krishna Bhagawaan’s Instructions  
On Description Of The Process Of Bhakthi Yoga Or Spiritual Practice,  
Udhddhavaa’s Journey {To Bedharikaasrama}]])**

[This chapter describes Bhakthi Yoga or Devotional Services as explained by Sree Krishna Bhagawaan to His most intimate Associate, Udhddhava. As Udhddhava mentioned that Aathmajnjaana Nishtta or Spiritual Practice based on Vairaagya or Detachment is difficult to be practiced by mundane material human beings, Udhddhava requested to explain to him some easier method to attain Aathmasaakshaathkaaram. Most of the human beings who are influenced by the modes of material nature and even the Mystic Yogees are bewildered by Maaya and are getting misidentified by Ahantha or false ego. Such personalities refuse to take shelter at the Lotus Feet of Sree Krishna Bhagawaan. Whereas pure and virtuous people with swanlike pure minds, who are capable to discriminate between essential and nonessential, always take shelter at His Lotus Feet. Sree Krishna Bhagawaan is The Universal Master Who teaches both material and transcendental lessons by practical examples. He teaches that One can execute all fruitive duties and responsibilities as an offering to The Supreme God as Nishkaama Karmma or Action without desiring for material results. Bhakthi Yoga teaches us to understand and realize that all living beings should worship and offer obeisance to please Sree Krishna Bhagawaan Who is The Supreme Soul and to merge within Him. This will enable us to see everything equally and everywhere and thus One would be able to remove all faulty qualities like envy, false ego, and so forth easily. By listening to Bhakthi Yoga preached and instructed by his Master Sree Krishna Bhagawaan, Udhddhava attained Aathmasaakshaathkaaram and departed, though he had the pain of separation, to Bedharikaasrama as commanded by Krishna Bhagawaan. There he lived according to Krishna's instructions and ultimately reached Vishnu Padham. Please continue to read for more details...]

उद्धव उवाच

**Udhddhava Uvaacha (Udhddhava Mahaathman Said):**

सुदुश्चरामिमां मन्ये योगचर्यामनात्मनः ।  
यथाञ्जसा पुमान् सिद्ध्येत्तन्मे ब्रूह्यञ्जसाच्युत ॥ १ ॥

1

Sudhustharaamimaam manye yogacharyaamanaathmanah  
Yetthaanjjasaa Pumaan sidhddhyeth thanme broohyanjjasaAchyutha!

Oh, My Dear Lord Achyutha Bhagawan! Oh, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan! I think it is extremely difficult for One who does not have the power to control his mind completely to practice the KriyaaYoga as described and instructed by You. Therefore, please explain to me the One or various methods which can easily be practiced by the mankind.

प्रायशः पुण्डरीकाक्ष युञ्जन्तो योगिनो मनः ।  
विषीदन्त्यसमाधानान्मनोनिग्रहकर्षिताः ॥ २॥

2

Praayasah Pundareekaaksha yunjjantho yogino manah  
Visheedhanthyasamaaddhaanaanmanonigrehakarsithaah.

Oh, Pundareekaasha or Lotus-Eyed Bhagawan! Even for great Yogees it is exceedingly difficult, and they are also struggling hard to control their minds. Even after great effort they are unable to control their minds and they are whirling in the deep ocean of material miseries and worries.

अथात आनन्ददुघं पदाम्बुजं  
हंसाः श्रयेरन्नरविन्दलोचन ।  
सुखं नु विश्वेश्वर योगकर्मभि-  
स्त्वन्माययामी विहता न मानिनः ॥ ३॥

3

Atthaatha aanandhadhugam padhaambujam  
Hamsaah sreyerannAravindhalochana  
Sukham nu, Viswesvarah, yogakarmmabhi-  
Sthvanmaayaayamee vihathaa na maaninah.

Oh, Aravindhalochana or Lotus-Eyed Lord of the Universe! Therefore, men of pure wisdom or transcendental intelligence always takes shelter at the Lotus Feet of You, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, from where blissful

happiness is being showered throughout and thus, they are finding the comfort of blissful happiness. They are not being deluded or their minds are not getting bewildered by the Power of Your Maaya or Illusory Power. Oh, Bhuvaneswara or Lord of the Universe! Those who are egotistical proud that they are capable of achieving all Sidhdhees or Perfections by engaging in appropriate fruitive activities are being bewildered and deluded by the Power of Your Maaya. There is no doubt about it.

किं चित्रमच्युत तवैतदशेषबन्धो  
दासेष्वनन्यशरणेषु यदात्मसात्त्वम् ।  
योऽरोचयत्सह मृगैः स्वयमीश्वराणां  
श्रीमत्किरीटतटपीडितपादपीठः ॥ ४॥

4

Kim chithramAchyutha thavaithadhaseshabenddho  
Dhaaseshvananyasaraneshu yedhaathmasaaththvam  
Yoarochayath sahamrigaih svayamEeswaraanaam  
Sreemathkireetathatapeedithapaadhapeettah.

Oh, Achyutha Bhagawan! You are the most infallible Lord of all Dhevaas or gods. It is absolutely not astonishing that You intimately approach Your servants [Udhddhava is also one of His servants] who has taken exclusive shelter of You. Even the leading Moorththees and Dhevaas like Brahmadheva, Siva, Indhra, and others; who are all supreme Lords and Controllers; vying and standing in queue to place their most effulgent tip of jeweled Kireeta or Crown at the cushion where Your Lotus Feet rested! You have shown special affection and intimate love and respect even towards animals as they took shelter at Your Lotus Feet. [You, as Sree Raama Chandhra Swaamy, have shown special affection for monkeys such as Hanumaan, Sugreeva, Jaambavaan, etc. and the bird like Jetaayu.] You are very merciful and compassionate to others who do not have any other shelter and seek shelter at Your Lotus Feet.

तं त्वाखिलात्मदयितेश्वरमाश्रितानां  
सर्वार्थदं स्वकृतविद्विसृजेत को नु ।  
को वा भजेत्किमपि विस्मृतयेऽनुभूत्यै  
किं वा भवेन्न तव पादरजोजुषां नः ॥ ५॥

Tham thvaakhilaathmadheyithEswaramaasrithaanaam  
 Sarvvaarththadham svakrithavidhvisrijetha ko nu  
 Ko vaa bhajeth kimapi vismrithayoanubhoothyai  
 Kim vaa bhavenna Thava paadharejojushaam nah.

Oh, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan! You are The Supreme Soul and The Soul of everything and everyone. You are universal and intimate to All. You are a provider of shelter and refuge to All those who seek shelter and refuge. You are fulfiller of all the desires and needs of All Your Devotees who worship and offer devotional obeisance and services to You. You are the personification of mercy and compassion. How can anyone who knows about Your Eternal Power and Opulence avoid You and not worship You? For attainment of immediate material opulence and perfection some persons may worship other Dhevaas or Deities and when they achieve their desire, they will forget those Dhevaas as well as You. How deplorable and pathetic is their condition? Oh, Bhagawan! We are so fortunate that we have the opportunity to wear the dust from the ground where Your Lotus Feet have stepped. In this world what more can we ask for? We are the most blessed in this world and there is no doubt about it.

नैवोपयन्त्यपचितिं कवयस्तवेश  
 ब्रह्मायुषापि कृतमृद्धमुदः स्मरन्तः ।  
 योऽन्तर्बहिस्तनुभृतामशुभं विधुन्व-  
 न्नाचार्यचैत्यवपुषा स्वगतिं व्यनक्ति ॥ ६ ॥

Naivopayanthyapachithim kavayasthavesa  
 Brahmaayushaapi krithamridhddhamudhah smaranthah  
 Yoantharbbehistanubhrithaamasubham viddhunva-  
 Nnaachaaryachaithyavapushaa svagethim vyenakthi.

Knowing that they cannot pay off the debt or satisfy the obligatory responsibility even if they live as long as Brahmadheva lives or Full lifetime

of Brahmadheva even the Scholarly Sages who are Masters of Vedhaas and Saasthraas, they have offered themselves completely including their lives to You, Who is effulgent within and outside of each and every entity and element of universe and also as their Supreme Aachaarya or Master, and destroys and removes all their sins and negativities and material egos and enlighten them with their own Aathma Swaroopa or Form of the 'Self,' unconditionally.

श्रीशुक उवाच

**SreeSuka Uvaacha (Sree Suka Brahmarshi Said):**

इत्युद्धवेनात्यनुरक्तचेतसा  
पृष्टो जगत्क्रीडनकः स्वशक्तिभिः ।  
गृहीतमूर्तित्रय ईश्वरेश्वरो  
जगाद सप्रेममनोहरस्मितः ॥ ७॥

7

Ithyudhddhavanaathyanurekthachethasaa  
Prishto Jegath kreedanakah svasakthibhih  
Griheethamoorththithreya Eeswaresvaro  
Jegaadha sapremamanoharasmithah.

Thus, being questioned or asked or requested by His most beloved and intimate Associate and Servant, Udhddhava Mahaathman, whose mind, heart, intelligence, and consciousness were fully merged within his Master, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, Who is having this entire Universe as His toy and Who is The Supreme Lord and Controller and Who is with Three different Forms as Thrimoorththees, Brahma, Vishnu, and Mahaadheva, with ardent love and affection spoke to His Paarshadha, Udhddhava, with a pleasing smile.

श्रीभगवानुवाच

**SreeBhagawaanUvaacha (Yedhooththama Uththamasloka  
Vaasudheva Sree Krishna Bhagawaan Said):**

हन्त ते कथयिष्यामि मम धर्मान् सुमङ्गलान् ।  
यान् श्रद्धयाऽऽचरन् मर्त्यो मृत्युं जयति दुर्जयम् ॥ ८॥

8

Hantha the katthayishyaami Mama ddharmmaan sumanggalaan  
Yaan sredhddhayaaaacharan marththyo mrithyum jeyathi dhurjjeyam.

I shall now explain to you, My dearest Udhddhava, the principles of devotion to Me, by properly executing which a mortal human being can conquer the unconquerable death. Please listen to Me carefully.

कुर्यात्सर्वाणि कर्माणि मदर्थं शनकैः स्मरन् ।  
मय्यर्पितमनश्चित्तो मद्धर्मात्ममनोरतिः ॥ ९॥

9

Kuryaath sarvvaani karmmaani Madharththam sanakaih smaran  
Mayyaarppithamanaschiththo Madhddharmmaathmamanorethih.

Always thinking about and remembering Me, One should perform all his duties as an offering to Me, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, without having any mental bewilderment or delusion and without any imagination and guess work, whether what he does is going to be good or bad, and without becoming impetuous. Having the mind and intelligence offered to Me, One should fix his mind in attraction to My devotional services.

देशान् पुण्यानाश्रयेत मद्भक्तैः साधुभिः श्रितान् ।  
देवासुरमनुष्येषु मद्भक्ताचरितानि च ॥ १०॥

10

Dhesaan punyaanaasrayetha Madhbhakthaih saaddhubhihsrithaan  
Dhevaasuramanushyeshu Madhbhakthaacharithaani cha.

One should visit daily the holy places where Saaddhoos or Divine Sages who are My steadfast devotees reside in their Aasramaas and seek advice and shelter from them. One should follow and execute the rituals and devotional services and other activities of worship of My devotees of Dhevaas, Dhaanavaas, and Marthhyaas.

पृथक् सत्रेण वा मह्यं पर्वयात्रामहोत्सवान् ।  
कारयेद्गीतनृत्याद्यैर्महाराजविभूतिभिः ॥ ११ ॥

11

Pritthak sathrena vaa mahyam parvvayaathraamahothsavaan  
Kaarayetdhgeethanrithyaadhyairmmahaaraajavibhoothibhih.

My devotee should conduct and participate either as a group or alone in singing and dancing and other exhibitions of royal opulence. One should arrange to celebrate with royal opulence those holy-days, ceremonies, and festivals with the purpose of worshiping Me also enabling other general public to participate in such functions without any restrictions.

मामेव सर्वभूतेषु बहिरन्तरपावृतम् ।  
ईक्षेतात्मनि चात्मानं यथा खममलाशयः ॥ १२ ॥

12

Maameva sarvabhootheshu behirantharapaavritham  
Eekshethaathmani chaathmaanam yetthaa khamamalaasayah.

My pure devotee with clear devotional mind and intelligence who offers devotional services to Me as My servant should see Me within and outside and beyond all entities and elements of the universe always without any blemish of ignorance, just like how One can see the sky everywhere, as I am Omnipresent and Omnipotent.

इति सर्वाणि भूतानि मद्भावेन महाद्युते ।  
सभाजयन् मन्यमानो ज्ञानं केवलमाश्रितः ॥ १३ ॥

13



Ithi sarvvaani bhoothaani Madhbhaavena, mahaadhyuthe,  
Sabhaajeyan manyamaano Jnjanam kevalamaasrithah.

Oh, Mahaadhyuthe or Most Brilliant Udhddhava! One who thus visualizes and views all moving and non-moving living and non-living entities with the idea that I, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, am present within each of them and that I am the Single One without a Second and that I am The Super Soul, think of Me alone always with devotional regards. My devotee should never have any thought of any distinction like that I am more present in someone than other or in some specie than other or at some places than other places and so on and with pure Aathmajnjanam or Transcendental Knowledge I am equally present in everyone and everything with equanimity.

ब्राह्मणे पुलकसे स्तेने ब्रह्मण्येऽर्के स्फुलिङ्गके ।  
अक्रूरे क्रूरके चैव समदृक् पण्डितो मतः ॥ १४॥

14

Braahmane pulkase sthene Brahmanyarkke sphulinggake  
Akroore kroorake chaiva samadhrik panditho mathah.

नरेष्वभीक्षणं मद्भावं पुंसो भावयतोऽचिरात् ।  
स्पर्धासूयातिरस्काराः साहङ्कारा वियन्ति हि ॥ १५॥

15

Nareshvabheekshnam Madhbhaavam pumso bhaavayathoachiraath  
Spardhddhaasooyaadhiraskaaraah saahankaaraa vyanthi hi.

One should see everything with equanimity with the knowledge that I am equally present within Soorya or Sun as well as within a Spark; I am present with equanimity within a sagely Braahmana as well as a cruel Thief; and One who can visualize and view like that is considered to be a Pandit with Vedhic Knowledge. Such a Person who can see Me with

equanimity in everything and everywhere always can realize that I am present within him always and that I and he am or are the same One with no distinction. For such a person, bad tendencies or qualities like envy, rivalry, abusiveness, cruelty, false ego, etc. would quickly be destroyed and he would never be affected by such negative tendencies again.

विसृज्य स्मयमानान् स्वान् दृशं व्रीडां च दैहिकीम् ।  
प्रणमेद्दण्डवद्भूमावाश्वचाण्डालगोखरम् ॥ १६॥

16

Visrija smayamaanaan svaan dhrisam vreedam cha dhaihikeem  
Prenamedhendavadhbhoomaavaasvachaandaalagokharam.

A devotee should disregard the ridicule based upon the social class or social standing and should fall flat and prostrate a Chandala or an Outcast, a Dog, a Donkey or an Ass, and a Cow seeing Me within each of them with equanimity; by disregarding the thought, which is product of his material concepts; that his friends and relative may ridicule and insult him if he does so.

यावत्सर्वेषु भूतेषु मद्भावो नोपजायते ।  
तावदेवमुपासीत वाङ्मनःकायवृत्तिभिः ॥ १७॥

17

Yaavath sarvveshu bhootheshu Madhbhaavo nopajaayathe  
Thaavadhevamupaaseetha vaangmanahkaayavritthibhi.

Until One fully develops the ability to see with firm and faithful belief that I am residing within each and every entity and element of the universe, One must continue to worship Me by the process explained in Kriya Yoga with the activities of his speech, mind, and body.

सर्वं ब्रह्मात्मकं तस्य विद्ययाऽऽत्ममनीषया ।  
परिपश्यन्नुपरमेत्सर्वतो मुक्तसंशयः ॥ १८॥

18

Sarvvam Brahmaathmakam thasya vidhyayaaaathmamaneeshayaa  
Paripasyannuparemeth sarvvatho mukthasamsayah.

One who worships Me with Soulful meditation like this would attain Aathmajnjaana and would be able to see everything as Brahma or Parabrahma and thus would be devoid of duality as he views everything as One and the same Parabrahma. He would be able to destroy and get rid of all his confusions, doubts, delusions, bewilderments, etc. Thus, he would realize Parabrahma or the Absolute Truth and with such realization he gives up all fruitive activities.

अयं हि सर्वकल्पानां सध्रीचीनो मतो मम ।  
मद्भावः सर्वभूतेषु मनोवाक्कायवृत्तिभिः ॥ १९॥

19

Ayam hi sarvvakalpaanaam saddhreecheeno matho Mama  
Mahdbhaavah sarvvabhootheshu manovaakaayavritthibhih.

It is well established and fully accepted by Me that the process of worshipping Me with Kaarana Threya – by One’s Mind, Words, and Bodily Functions – for realizing and seeing Me within all entities and elements is the best possible method of spiritual enlightenment.

न ह्यङ्गोपक्रमे ध्वंसो मद्धर्मस्योद्धवाण्वपि ।  
मया व्यवसितः सम्यङ्निर्गुणत्वादनाशिषः ॥ २०॥

20

Na hyanggopakreme ddhvamsa madhddharmmasyOdhddhavaanvapi  
Mayaa vyevasithah samyangnirggunathvaadhanaasishah.

One who executes his dutiful responsibility as an offering to Me without having any desire to gain any material benefits should fix his mind concentratedly to offer devotional services to Me always. Such a devotee never suffers any loss by adapting to this process of Nishkaama Karmma and on the contrary he achieves Aathmajnjaanam or Transcendental Knowledge.

यो यो मयि परे धर्मः कल्प्यते निष्फलाय चेत् ।  
तदायासो निरर्थः स्याद्भूयादेरिव सत्तम ॥ २१ ॥

21

Yo yo Mayi pare ddharmmah kalpyathe nishphalaaya cheth  
Thadhaayaaso nirarththah syaadh bhayaadheriva, Saththama.

Oh, Saththama or The Noblest of All, Udhddhava Mahaamathe! By offering all the activities as a devotional offering to Me [who is distinct from the One offering] without any selfish motivation, even if they are materially useless and worthless, My devotee would attain useful and valuable rewards and results and such activities would become religious. In a dangerous situation an ordinary person would become fearful and cry and lament, although such useless emotions would never change the situation.

एषा बुद्धिमतां बुद्धिर्मनीषा च मनीषिणाम् ।  
यत्सत्यमनृतेनेह मर्त्येनाप्नोति मामृतम् ॥ २२ ॥

22

Eshaa budhddhimathaam budhddhirmmaneeshaa cha maneeshinaam  
Yeth sathyamanritheneha marththyenaapnothi maamritham.

Hey, Udhddhava! I, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, am Changeless and Eternal. I am the Absolute Truth with no Mitthya. Whereas a Manushya or a Marthya or a human being is Mitthya and non-existing. Therefore, it is the supreme intelligence of the intelligent and cleverness of the cleverest to follow the process of realizing Me with the activities of his Marthya Sareera or material human body.

एष तेऽभिहितः कृत्स्नो ब्रह्मवादस्य सङ्ग्रहः ।  
समासव्यासविधिना देवानामपि दुर्गमः ॥ २३ ॥

23

Esha theabhihithah krithsno Brahmavaadhaasya sanggrehah

Samaasavyaasavidhinaa dhevaanaamapi dhurggemah.

Even for Dhevaas it is extremely hard to understand the meaning and essence of Vedhaas as it is inclusive of everything like science, philosophy, logic, mythology, religion, principles, disciplines, and everything One can think of and beyond. Hey, Udhddhava! I have already explained to you in detail wherever is mandated and also in brief where that was only required.

अभीक्षणशस्ते गदितं ज्ञानं विस्पष्टयुक्तिमत् ।  
एतद्विज्ञाय मुच्येत पुरुषो नष्टसंशयः ॥ २४॥

24

Abheekshnasasthe gedhitham Jnjaanam vispashtayukthimath  
Ethadhvijjaaya muchyathe purusho nashtasamsayah.

I have repeatedly explained to you the essence of Vedhic Knowledge with clear reasoning and logical rationalization. All those Persons who clearly understand these Religious Principles and follow them carefully would certainly be destroyed and removed of all their doubts and confusions and would be liberated from these corrupted material entanglements and would be released with Aathmajnjaana or Transcendental Knowledge.

सुविविक्तं तव प्रश्नं मयैतदपि धारयेत् ।  
सनातनं ब्रह्मगुह्यं परं ब्रह्माधिगच्छति ॥ २५॥

25

Suviviktham thava presnam Mayaithadhapi ddhaarayeth  
Sanaathanama Brahmaguhyam param Brahmaaddhigechchathi.

One who listens to the questions you asked Me and the logical explanations with detailed analysis and rationalizations I provided to you as answers very carefully will realize the confidential goal of Vedhaas and for him the path to reach Me, The Eternal Absolute Supreme Truth, will be widely opened. Such a devotee would certainly reach My abode of Vaikuntta.

य एतन्मम भक्तेषु सम्प्रदद्यात्सुपुष्कलम् ।  
तस्याहं ब्रह्मदायस्य ददाम्यात्मानमात्मना ॥ २६॥

26

Ya ethanMama bhaktheshu sampredhadhyaath supushkalam  
Thasyaaham Brahmadaayasya dhedhaamyathmaanamaathmana.

One who instructs and advice this confidential import of Vedhaas in full to My Bhakthaas or devotees would be provided by Me with power of Jnjaana Chakshus or Eye of Knowledge of Aathmajnjaana of Transcendental Knowledge to see My Real Form The Parabrahma Swaroopa or Form of Absolute Truth clearly and vividly.

य एतत्समधीयीत पवित्रं परमं शुचि ।  
स पूयेताहरहर्मां ज्ञानदीपेन दर्शयन् ॥ २७॥

27

Ya ethath samaddheeyatha pavithram paramam suchi  
Sa pooyethaaharaharmmaam jnjaanadheepena dhersayan.

This knowledge is the Supreme Most Knowledge. This is the most exalted of all knowledge. This is the purest of pure knowledge. One who studies this daily and learns this knowledge would be able to see himself and show others My Form with the light from the lamp of Aathmajnjaana or Transcendental Knowledge. He would become the purest of the pure and most virtuous of all virtuous with the eternal realization of Parabrahma, The Absolute Truth.

य एतच्छ्रद्धया नित्यमव्यग्रः शृणुयान्नरः ।  
मयि भक्तिं परां कुर्वन् कर्मभिर्न स बध्यते ॥ २८॥

28

Ya ethachchredhddhayaa nithyamavyegrah srinuyaannarah  
Mayi bhakthim paraam kurvvan karmmabhirnna sa beddhyathe.

One who carefully listens to this Vedhic Knowledge of Transcendental Principles without any other thoughts and material disturbances and with full faith and attention, while engaging in and offering pure devotional services to Me will never become bound by reactions of his material work.

अप्युद्धव त्वया ब्रह्म सखे समवधारितम् ।  
अपि ते विगतो मोहः शोकश्चासौ मनोभवः ॥ २९॥

29

ApyUdhddhava thvayaa Brahma, sakhe, samavaddhaaritham  
Api the vigetho mohah sokaschaasau manobhavah.

Hey, Udhddhava Mahaamathe! By this time with transcendental knowledge explained to you by Me, have you now been enlightened with Aathma Swarooma or The Form of the Self or Aathma. This is the Absolute Truth. With this ultimate knowledge all your doubts, confusions, and mental bewilderments would be destroyed, and the delusion created by Maaya, or Power of Illusion should be fully erased and removed from your mind. Please let Me know whether that has happened to you.

नैतत्त्वया दाम्भिकाय नास्तिकाय शठाय च ।  
अशुश्रूषोरभक्ताय दुर्विनीताय दीयताम् ॥ ३०॥

30

Naithaththvayaa dhaambhikaaya naasthikaaya sattaaya cha  
Asusrooshorabhaakthaaya dhurvineethaaya dheeyathaam.

Hey, Udhddhava Mahaamathe! You should never advice or instruct this most exalted and supreme knowledge of Vedhic essence of Aathmajnjaana which enlightens the Aathma Swarooma to an Atheist, a Cheat or a Rogue, a Hypocrite, a Dishonest One, One who does not listen Faithfully, a Non-Devotee, or One who is not Humble.

एतैर्दोषैर्विहीनाय ब्रह्मण्याय प्रियाय च ।  
साधवे शुचये ब्रूयाद्भक्तिः स्याच्छूद्रयोषिताम् ॥ ३१॥

31

Ethairdhdhoshairviheenaaya Brhmanyaaya priyaaya cha  
Saaddhave suchaye brooyaadhbhakthih syaachcchoodhrayo-  
shithaam.

Those who are devoid of all such disqualifications or bad qualities spelt out, in the previous stanza, who are fully dedicated to the welfare of Braahmanaas, who are kindly disposed, who are saintly, and who are pure should be taught this knowledge. And if common workers or Soodhraas and women are found to have devotion to Me, they are also eligible and to be accepted as qualified hearers or listeners.

नैतद्विज्ञाय जिज्ञासोर्ज्ञातव्यमवशिष्यते ।  
पीत्वा पीयूषममृतं पातव्यं नावशिष्यते ॥ ३२ ॥

32

Naithadhvijnjaaya jijnjaasorjnjaathavyamavasishyathe  
Peethvaa peeyooshaamritham paathavyam naavasishyathe.

When an inquisitive seeker comes to understand this ultimate knowledge of Aathma Thaththvam, he has nothing further to know. It is just like how One who has drunk more than enough palatable Amrit or nectar cannot remain thirsty and become thirsty.

ज्ञाने कर्मणि योगे च वार्तायां दण्डधारणे ।  
यावानर्थो नृणां तात तावांस्तेऽहं चतुर्विधः ॥ ३३ ॥

33

Jnjaane karmmaani yoge cha vaarththaayaam dhendaddhaarane  
Yaavanarththo nrinaam thaatha thaavaamstheaham chathurviddhah.

People seek to advance in all the Four Purushaarththhaas like religiosity, economic development, sense gratification, and liberation through analytical knowledge, ritualistic work, mystic Yoga, and mundane or materialistic business and political rules. But because you are My most ardent devotee, whatever men can accomplish in these multifarious methods and processes you will easily find within Me.



मर्त्यो यदा त्यक्तसमस्तकर्मा  
निवेदितात्मा विचिकीर्षितो मे ।  
तदामृतत्वं प्रतिपद्यमानो  
मयाऽऽत्मभूयाय च कल्पते वै ॥ ३४॥

34

Marththyyaa yedhaa thyekthasamasthakarmmaa  
Nivedhithaathmaa vichikeersshitho Me  
Thadhaamrithathvam prethipadhyamaano  
Mayaaaathmabhooyaaya cha kalpathe vai.

When a person renounces all his fruitive activities and get detached from material world and meditatively concentrates his mind, heart, intelligence, and consciousness upon Me, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, and offers devotional services to Me, at that time he will be liberated and released from all material miseries and attain Aathmajnjaanam and reach My abode of Vaikuntta Padham with Aathmasaakshaathkaaram or Transcendental Realization.

श्रीशुक उवाच

**SreeSuka Uvaacha (Sree Suka Brahmarshi Said):**

स एवमादर्शितयोगमार्ग-  
स्तदोत्तमश्लोकवचो निशम्य ।  
बद्धाञ्जलिः प्रीत्युपरुद्धकण्ठो  
न किञ्चिदूचेऽश्रुपरिप्लुताक्षः ॥ ३५॥

35

Sa evamaadhersithayogamaargga-  
Sthadhoththamaslokavacho nisamya  
Bedhddhaanjjalih preethyuparudhdhakantto  
Na kinjchidhoocheasruparipluthaakshah.

Having heard such most glorious words spoken by his Master, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, clearly explaining the path of Yoga Saasthra or Science of Yoga which would enable faithful listeners to attain Aathmajnjanam and Parabrahma Thatthvam, Udhddhava, the most devoted Servant and Associate of Sree Krishna Bhagawaan stood there without speaking a word as he was choked with blissful happiness and tears dripping from his eyes as he attained Aathmajnjanam and realized the Parabrahmam or The Absolute Truth.

विष्टभ्य चित्तं प्रणयावघूर्णं  
धैर्येण राजन् बहुमन्यमानः ।  
कृताञ्जलिः प्राह यदुप्रवीरं  
शीर्ष्णां स्पृशंस्तच्चरणारविन्दम् ॥ ३६ ॥

36

Vishtabhya chiththam prenayaavaghoornnam  
Ddhairyena, Raajan, behumaanyamaanah  
Krithaanjjalih praaha Yedhupreveeram  
Seershnaa sprisamsthachcharanaaravindham.

Udhddhava tried hard to control his mind which was unsubduable as he was overwhelmed by devotional love to his Master, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, but with Aathma Samyemanam – controlling the Self - devotional courage he controlled it and with folded hands he prostrated Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan and touched His Lotus Feet with his head and spoke to Him as follows:

उद्धव उवाच

**Udhddhava Uvaacha (Udhddhava Mahaathman Said):**

विद्रावितो मोहमहान्धकारो  
य आश्रितो मे तव सन्निधानात् ।

विभावसोः किं नु समीपगस्य  
शीतं तमो भीः प्रभवन्त्यजाद्य ॥ ३७॥

37

Vidhraavitho mohamahaanddhakaaro  
Ya aasritho me Thava sanniddhaanaath  
Vibhaavasoh kim nu sameepagasya  
Seetham thamo bheeh prebhavanthyAjaadhya.

Oh, Unborn Primeval Lord! You are The Prime and Primordial Supreme God. I was groping in the utter darkness of ignorance which was created by Your Illusory Power. With the Eternal Effulgence of Your Proximity my ignorance has been fully destroyed and dispelled with Your merciful association. How can the cold, darkness, and fear exert their power over the One who is standing near the brilliant Sun? They can never even approach anywhere near the Sun. Similarly, Your presence and association has removed all my delusion and ignorance.

प्रत्यर्पितो मे भवतानुकम्पिना  
भृत्याय विज्ञानमयः प्रदीपः ।  
हित्वा कृतज्ञस्तव पादमूलं  
कोऽन्यं समीयाच्छरणं त्वदीयम् ॥ ३८॥

38

Prethyarppitho me Bhawathanukampinaa  
Bhrithyaaya vijnjaanamayah predheepah  
Hithvaa krithajnasthava paadhamoolam  
Koanyath sameeyaachccharanam thvadheeyam.

Oh, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan! You are so merciful and kind that You have provided me, Your servant and associate, the Eternal Light and Effulgence of Aathmajnjaana. Oh, Bhagawan! I am so gratified and fully satisfied with your blessings. How can I seek shelter and refuge at anywhere other than the base of Your Lotus Feet? [I cannot and therefore I will always seek shelter at Your Lotus Feet.]

वृक्णश्च मे सुदृढः स्नेहपाशो  
दाशार्हवृष्ण्यन्धकसात्वतेषु ।  
प्रसारितः सृष्टिविवृद्धये त्वया  
स्वमायया ह्यात्मसुबोधहेतिना ॥ ३९॥

39

Vriknascha me sudhriddah snehapaaso  
DhaasaarhaVrishnyAnddhakaSaathvatheshu  
Presaarithah srishtivivridhddhaye thvayaa  
Svamaaayayaa hyaathmasuboddhahethinaa.

The rope, which You originally cast over me by Your Illusory Power and Energy for the purpose of developing your creation, of affection for the families of Dhaasaarhaas, Vrishnees, Saathvathaas, Anddhakaas, etc. which was tying, and binding has now been cut off by the weapon of Aathmajjaana or Transcendental Knowledge of the Self.

नमोऽस्तु ते महायोगिन् प्रपन्नमनुशाधि माम् ।  
यथा त्वच्चरणाम्भोजे रतिः स्यादनपायिनी ॥ ४०॥

40

Namosthu The, Mahaayogin, prepannamanusaaddhi maam  
Yetthaa Thvachcharanaambhoje rethih syaadhanapaayinee.

Oh, Yogesa or Lord and Controller of all Yogaas! Oh, Mahaa Yogin or Supreme Master and Lord of Yoga! I prostrate at Your Lotus Feet and offer obeisance unto You. Please instruct me, who has fully and unconditionally surrendered to You, how I would be able to achieve staunch and undeviating attachment to Your Lotus Feet.

श्रीभगवानुवाच

**SreeBhagawaanUvaacha (Yedhooththama Uththamasloka  
Vaasudheva Sree Krishna Bhagawaan Said):**

गच्छोद्धव मयाऽऽदिष्टो बदर्याख्यं ममाश्रमम् ।

तत्र मत्पादतीर्थोदे स्नानोपस्पर्शनैः शुचिः ॥ ४१ ॥

41

GechcchOdhdhava, Mayaaaadhishto Bedharaakhyam Mamaasramam  
Thathra Math paadhatheerththodhe snaanopasparsanaih suchih.

Hey, Udhdhava Mahaamathe! You are My most affectionate and ardent devotee. As per My command or direction please proceed to Bedharyaasrama now without any hesitation or reservation. That is My own Aasrama. It is the holiest pilgrimage place. There you get purified by touching as well as by taking bath in holy waters, emanated from My own Lotus Feet, of that Theerthththa.

ईक्षयालकनन्दाया विधूताशेषकल्मषः ।  
वसानो वल्कलान्यङ्ग वन्यभुक् सुखनिःस्पृहः ॥ ४२ ॥

42

EekshayaAlakanandhaayaa viddhoothaaseshakalmashah  
Vasaano valkalaanyangga vanyabhuk sukhanihspriah.

With the mere sight of the sacred and holy river Alakanandha, you can get rid of all sinful reactions and so there is no need of talking about One who becomes fortunate to take bath in Alakanandha. Then, dress yourself in bark and eat whatever forest food available in the forest. Thus, you should remain fully content always without having any desire or free of all desires for material gratifications and material pleasures.

तितिक्षुर्द्वन्द्वमात्राणां सुशीलः संयतेन्द्रियः ।  
शान्तः समाहितधिया ज्ञानविज्ञानसंयुतः ॥ ४३ ॥

43

Thithikshurdhvandhvamaathraanaam suseelah samyethendhriyah  
Saanthah samaahithaddhiya jnjaanavijnjaanasamyuthah.

You should always remain fully content and free from all material desires. You should not have any duality, or you should be tolerant of all dualities.

You should always be good-natured and self-controlled. You should be serenely peaceful with transcendental intelligence. With fully concentrated and fixed attention, meditate constantly upon these instructions I, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, have imparted to you and assimilate their essence.

मत्तोऽनुशिक्षितं यत्ते विविक्तमनुभावयन् ।  
मय्यावेशितवाक् चित्तो मद्धर्मनिरतो भव ।  
अतिव्रज्य गतीस्त्रिस्रो मामेष्यसि ततः परम् ॥ ४४॥

44

Maththoanusikshitham yeththe vivikthamanubhaavayan  
Mayyaavesithavaakchiththo Madhddharmmaniratho bhava  
Athivrajya getheesthisro Maameshyasi thathah param.

With clear understanding of the essence of what I have instructed, fix your words and thoughts upon Me and always endeavor to increase your realization of My Transcendental Qualities. In this way you will cross and reach the destination of the three modes of nature and finally come back to Me, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan. There is no doubt about it.

श्रीशुक उवाच

**SreeSuka Uvaacha (Sree Suka Brahmarshi Said):**

स एवमुक्तो हरिमेधसोद्धवः  
प्रदक्षिणं तं परिसृत्य पादयोः ।  
शिरो निधायश्रुकलाभिरार्द्रधी-  
न्यषिञ्चदद्वन्द्वपरोऽप्यपक्रमे ॥ ४५॥

45

Sa evamuktho HarimeddhasOdhddhavah

Predheikshanam tham parisrithya paadhayoh  
Siro niddhaayaasrukulaabhiraardhraddhee-  
Rnnyeshinjchadhadvandhvaparoapyapakreme.

Udhddhava, the best of all Yaadhavaas, being instructed like that by his Master and Lord Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan, all his dualities were destroyed by attainment of Aathmajnjaana or Transcendental Knowledge. And he circumambulated Bhagawaan Hari or Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan with the sorrowful thought that he has to depart from his Master, his mind was melted with the pain of separation and with tears dripping from his eyes he fell flat and with his head touching on the Lotus Feet of Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan and drenched or bathed the Lotus Feet of Krishna Bhagawaan with his tears. [As Udhddhava's intelligence was purified with Aathmajnjaana and devoid of duality, how can he feel that he is going to be separated from Vaasudheva Sree Krishna Bhagawaan or who is departing from whom as there is only One Parabrahmam!]

सुदुस्त्यजस्त्रेहवियोगकातरो  
न शक्नुवंस्तं परिहातुमातुरः ।  
कृच्छ्रं ययौ मूर्धनि भर्तृपादुके  
बिभ्रन्नमस्कृत्य ययौ पुनः पुनः ॥ ४६ ॥

46

Sudhusthyejasnehaviyogakaatharo  
Na saknuvamstham parihaathumaathurah  
Krichcchram yeyau moordhddhani bharththrupaadhuke  
Bibhrannamaskrithyayeyau punah punah.

Though Udhddhava was with Aathmajnjaana, he was unable to separate from his Swaamy or Lord Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan to whom he felt such indestructible or un-abandonable love and affection and hence so fearful of the pain he is having from the very thought of separation and loss of proximity with Him. Udhddhava was so distraught that he could not give

up the company of his Swaamy. Finally, thinking that there no choice but to obey the commands of his Swaamy, as he has never ever dared and could not disobey His orders, whatever it is, with great pain he bowed down to Lord Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan again and again, place the Paadhukaas or the Slippers of his Swaamy Vaasudheva Sree Krishna Bhagawaan upon his head and departed with tears flowing down from his eyes.

ततस्तमन्तर्हृदि सन्निवेश्य  
गतो महाभागवतो विशालाम् ।  
यथोपदिष्टां जगदेकबन्धुना  
तपः समास्थाय हरेरगाद्गतिम् ॥ ४७॥

47

Thahtasthamantharhridhi sannivesya  
Getho Mahaabhaagawatho visaalaam  
Yetthopadhishtaam Jegadhekabenddhunaa  
Thapah samaasthtthaaya Hareragaadh gethim.

Thereafter, Udhddhava - the Best of All Krishna and Vishnu Bhakthaas – fixed The Transcendental Form of his Swaamy Lord Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan within the lotus of his heart and went to Bedharikaasrama as instructed or commanded by his Swaamy. By engaging there in full austerities as described to him by Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is Jegadhekabenddhu or the Only Friend of the whole Universe, he attained Vishnu Padham.

य एतदानन्दसमुद्रसम्भृतं  
ज्ञानामृतं भागवताय भाषितम् ।  
कृष्णेन योगेश्वरसेविताङ्घ्रिणा  
सच्छ्रद्धयाऽऽसेव्य जगद्विमुच्यते ॥ ४८॥



Ya ethadhaanandhasamudhrasambhritham  
 Jnjaanaamritham bhaagawathaaya bhaashitham  
 Krishnena Yogeswarasevithaangghrinaa  
 Sachchredhddhayaaaasevya jegadhvimuchyathe.

Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan is the One to whom all Yogeeswaraas worship and offer obeisance. They always wanted to prostrate and offer devotional services at His Lotus Feet and seek shelter for Aathmajnjaana. Anyone who receives and understands this description of Bhakthi Yoga is assured of liberation from material world and attainment of Aathmasaakshaathkaaram or Transcendental Realization.

भवभयमपहन्तुं ज्ञानविज्ञानसारं  
 निगमकृदुपजहे भृङ्गवद्वेदसारम् ।  
 अमृतमुदधितश्चापाययद्भृत्यवर्गान्  
 पुरुषमृषभमाद्यं कृष्णसंज्ञं नतोऽस्मि ॥ ४९॥

Bhavabhayamapahanthum jnjaanavijnjaanasaaram  
 Nigamakridhupajehre bhringgavadhVedhasaaram  
 Amrithamudhaddhischaapaayayedhbhrithyavarggaan  
 Purushamrishabhamaadhyam Krishnasamjnjam nathoasmi.

I offer my devotional obeisance unto the Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan Who is the Incarnation of The Supreme Soul Lord Sree Vaasudheva Sree Mahaa Vishnu Bhagawaan Who is the Original and the Prime Primeval Personality Who advised or instructed this Bhakthi Yoga, to His most faithful and affectionate servant Udhddhava Mahaathman, which is the combination of Essence of Jnjaana or theoretical knowledge of Vedha and Vijnjaana or the Analytical and Logical Knowledge and which is capable of destroying and removing all the fears of material modes of nature existing in this material world and the Amrith which is obtained by churning Ksheera-Abddhi or Milky-Ocean; just like how the honey bee collect the essence of honey from the flowers and

provide to the world to drink and enjoy. Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan collected the Essence of Vedha Saara which is Amrith and provided it to His faithful servants for drinking. I worship and offer my obeisance and prostrate at His Lotus Feet again and again. Thus, Yedhooththama Uththamasloka Vaasudheva Sree Krishna Bhagawaan has awarded to all his faithful devotees this nectar from the ocean of bliss, and by His mercy they all could drink and have drunk it.

इति श्रीमद्भागवते महापुराणे पारमहंस्यां  
संहितायामेकादशस्कन्धे एकोनत्रिंशोऽध्यायः ॥ २९॥

Ithi Sreemadh Bhaagawathe MahaaPuraane Paaramahamsyaam  
Samhithaayaam EkaaDhesaSkanddhe ([UdhddhavOpadhesam –  
JnjaanaYogaNiroopanam] [Naama] EkoNaThrimisathThamoAddhyaayah

Thus, we conclude the Twenty-Ninth Chapter – [Named As]  
([UdhddhavOpadhesam – BhakthiYogaNiroopanam, UdhddhavaYaanam])  
Of the Eleventh Canto of the Most Divine and the Supreme Most and the  
Greatest Mythology Known as Sreemadh Bhaagawatham.

**Om Shree Krishnaaya Param Brahmane Namah!**  
**Om Namo Bhagavathe Vaasudhevaayah!**  
**Om Namo Bhagavathe Vaasudhevaayah!**  
**Om Namo Bhagavathe Vaasudhevaayah!**