

**(Adha Shashtoadhyayah)**  
**Chapter Six**  
**(Sapthaha Vidhi)**  
**The Norms, the Process and the Procedures for Conducting Sapthaha Yenja**

[This chapter provides a very descriptive picture of how to conduct a Sapthaaha Yejnja. Norms and procedures to be followed and who should be installed as the Aachaarya, who should be Puraanikas, what place to be selected, the facilities to be arranged for the Aachaarya and Puraanikaas and also for the invitees, who are all to be invited, how early they should be invited, what mode should be used for inviting them, what types of food to be served, what type of accommodation to be arranged, and in short all in all from A to Z of how to conduct the Sapthaaha Yejnja.]

**Sanatkumaras Said:**

1

Attha the sampravakshyaamah sapthaahasravane viddhim  
Sahaayairvvasubhischaiva praayah saaddhyo viddhih smrithah

Oh the Great Seer, Narada! We will now explain the norms to be maintained and kept up for conducting Sapthaha Yenja and also the norms to be observed by each and everyone involved in Sapthaha Yenja. Please listen to us carefully. If you have eight types of support then you should be able to perform and conduct Sapthaha Yenja according to prescribed norms without any difficulty.

2

Dhaivajnam thu samaahooya muhoorththam prichcchya yethnathah  
Vivaahе yaadhrisam chiththam thaadhrisam parikalpayeth.

First you should bring a very highly knowledgeable and spiritually honored astrologer. Then discuss and debate with him in detail of the Sapthaha Yenja you wished to conduct. Then let him, with all available background, calculate and prescribe the most appropriate and most auspicious time period to conduct the Sapthaha Yenja. This auspicious time period he prescribes should also be the most prosperous, cheerful and pleasant and rewarding time to conduct the Sapthaha Yenja successfully.

3

Nabhasya aaswinorjjau cha maarggaseershah suchirnnabhaah  
Ethe maasaah katthaarambhe srothrinaam mokshasoochakaah

In the Saka Era, the months of Aswinam (Kanny of Malayalam Era or latter half of September and first half of October), Karthikam (Thulam of Malayalam Era or latter half of October and first half of November), Pausham (Dhanu of Malayalam Era or latter half of December and first half of January), Agrahayanam (Vrischikam of Malayalam Era or latter half of November and first half of December), Shravanam (Karkitakam of Malayalam Era or latter half of July and first half of August) and also Bhathrapatham (Chingam of Malayalam

Era or latter half of August and first half of September) are all auspicious and suitable for conducting the devotional Sapthaha Yenja. [This is the order of priority starting from most auspicious in that order.] It is absolutely sure that those who conduct and listen to Sapthaha Yenja during any of these months would definitely attain the ultimate liberation or salvation or deliverance from entrapments of this material life and reach the feet of Lord Sri Maha Vishnu at his abode Vaikunda.

4

Maasaanaam vigrāhe yaani thaani thyaajyaani sarvvatthaa  
Sahaayaaschethare thathra karthavyaah sodhyamaascha ye.

Oh the Great Seer, Narada! But please be known that even during above months it is not suitable and is inauspicious to conduct and or to listen to Sapthaha Yenja during these months in which more than one planet may cross its orbital path. [The Astrologer will calculate and predict such times as well. i.e. Sapthaha Parayana should start and end in the same zodiac.] And therefore such time periods should be avoided and no Sapthaha Yenja should be conducted during such time periods. Extra long months (Athimasa) should also be fully avoided for conducting the Sapthaha Yenja. The preceptors have established that the full result of listening to the holy and divine spiritual stories for the full month of Magha (latter half of January and first half of February or Makaram of Malayalam Era) can definitely be attained by listening to one single Sapthaha Yenja. Whole hearted full co-operation should be sought and provided from each and every one and all those who are involved should generously help and support to conduct the Sapthaha Yenja successfully.

5

Dhese dhese thatthaa seyam vaarththaa preshyaa prayathnathah  
Bhavishyathi katthaa chaathra aaganthavyam kutumbibih

You must notify each and every person interested to listen to this sacred discourse of Sapthaha Parayanam wherever they are located by tackling any difficulty you may face to contact them. You must take all the effort to ensure that the announcement has reached the ears of all sufficiently in advance so that they can make all preparations to attend this great divine Yenja from the very beginning to the end. Even at far distant places you must send letters [make use of the modern technology and contact by telephone calls or via detailed email notifications] to spread the news of Sapthaha Yenja with all details of the timing and about the Preceptor (Acharya), and the Pouranikas (Reciters).

6

Dhoore Harikatthaa kechidh dhoore chaachyuthakeerthhanaah  
Sthriyah soodhraadhayo ye cha theshaam boddho yetho bhaveth.

You must also send special messenger to notify ladies and Sudras so that they can be enlightened with the importance of Sapthaha Yenja. [This was written at a time when ladies and Sudras did not have access to Vedas, Upanishads, Puranas, etc. and that is this insistence of special messenger.]

7

Dhese dhese virakthaa ye Vaishnavaah keerththanothsukaah  
Theshweva pathram preshyam cha thallekhanamitheeritham.

The format of the notification should read like: "I/We have decided to conduct a Sapthaha Yenja. It will take seven days to complete this Yenja. It is one of the rarest opportunities to listen to the holy, divine and spiritual stories of Lord Sri Krishna Bhagawan which is the eighth of the ten incarnations of Lord Sri Maha Vishnu."

8

"Sathaam samaajo bhavithaa sapharaathram sudhurllabhah  
Apoorvvaesaroopaiva katthaa chaathra bhavishyathi."

"Please make all out effort to attend all seven days of this divine celebration. This would definitely uplift you and liberate you from the miseries and distresses of this material world. This would provide you with ultimate and blissful happiness by raising you to the divine feet of Lord Sri Maha Vishnu whose abode is Vaikunda. And of course, this divine Sapthaha Yenja will include many interesting and thought provoking divine stories also."

9

"Sree Bhaagawathapeeyooshapaanaaya resalempataah  
Bhawanthascha thatthaa seeghramaayaatha premathathparaah"

"Oh our most esteemed guest who is very much interested to listen to the glories of Lord Sri Maha Vishnu! Please come and join with us in this great Sapthaha Yenja and enjoy the ambrosia which will provide us all with immortal and divine blissful happiness. Please ensure to come far in advance with all your family to enjoy this great Yenja."

10

"Naavakaasah kadhaachichchedhdhinamaathram thatthaapi thu  
Sarvvatthaaaagamanam kaaryam kshenoathraiva sudhurllabhah"

"By any chance if you are unable to participate for all the seven days then you must come and attend this great Yenja at least for one day and then you can go back. It is important that you must come and participate. This request of invitation is coming from your most humble and soul loving friend and is with utmost respect and reverence. We pray that this invitation request will have your favorable and positive response."

11

Evamaakaanam theshaam karththavyam vinayena cha  
Aaganthukaanaam sarvveshaam vaasastthaanaani kalpayeth.

You must send similar invitation to all those who are interested in listening to the glories and divine stories of Lord Sri Maha Vishnu and those who have renounced the interest in this material life and concentrated in praying and worshiping Lord Sri Maha Vishnu and wandering in the world by singing the glories of Lord Sri Maha Vishnu. You must invite such devotees wherever they are. You must make sure that invitation reached them sufficiently ahead of time so that they can make necessary arrangements to attend this divine Sapthaha

Yenja. You must also arrange for their accommodations and meals and comfortable stay nearby the auditorium of the Saphaha Yenja.

12

Theerththe vaapi vane vaapi grihe vaa sravanam matham,  
Visaala vasuddhaa yethra karthavyam thatkathaastthalam.

Holy monasteries or hermitages or forest homes or homes are all said to be the most apt place for reciting and listening to the Saphaha Yenja. A temporary thatched shed, a panthal or a shamiana, in an open wide area may be comfortable to sit and listen and also may be better for hearing without any echo sound.

13

Sodhanam maarjjanam bhoomerlepanam dhaathumandanam,  
Grihopaskaramudhhrithya grihakone nivesayeth.

You must thoroughly examine the hall for the safety of the occupants. It must be swept, cleaned, purified and sprinkled and labeled with Panchagavyas. [Panchagavyas are Cow's Milk, Curd or Yogurt, Ghee or Clarified Butter, Cow's Urine and Cow dung. It has been established that cow's urine and cow dung has medicinal capabilities and can be used as very effective insecticide also. We know that cow urine has been being used as consecrated water for purifying houses and surroundings to remove any pollution. Also cow dung has been being used to purify the places before starting any holy rites. So it is a normal practice to use Panchagavyas, the five produces of the holy animal, cow, to refine and purify any ceremonial places.] And also the hall should be colorfully decorated with and adorned with proper shapes and paintings of the images of deities. All the utensils and other needed tools for the home should be kept away in some empty corner. [Basically the audience in no way should have any hindrance or blockage for their free movements.]

14

Arvak panchaahatho yethnaadhaastheernnani pramelayeth  
Karthavyo mandapah prochchaih kadhaleekhandamandithah

You must collect and spread sufficient clothes well in advance for all audience to sit comfortably. You must clean them and spread it in time for audience to sit. An elevated platform should be built, to be used as dais for the Acharya and Pouranikas. That platform should be well decorated with banana plants with bunches and decorative coconut plants with bunches. [Banana plants, with full bunch, and coconut plants, with full bunches, are very commonly being used for decorating the auditoriums for most of the auspicious occasions.]

15

Phalapushpadhelairvishwagwithaanena virajithah  
Chathurdhishu ddhwjaaropo bhusampadhwirajithah

The platform and the dais should be decorated with beautiful and charming fruits and fruit bunches and with leaves and with flowers. The decoration must be incomparably beautiful.

All four sides must be modified with beautiful flags raised on flag masts decorated and ornamented with silky, shining and colorful clothes.

16

Oordhddhwam sapthaiva lokaascha kalpaneeyaah savistharam  
Theshu vipraa virakthaascha stthaapaneeyaah praboddhya cha.

We should visualize that the space above the auditorium as all the upper seven worlds including the earth. [The the upper seven worlds are Bhoolokam, Bhuvanlokam, Swargalokam, Maharlokam, Janalokam, Thapolokam and Sathyalokam. Just above Earth or Bhooloka is considered to be the Bhuvanloka and then above that is Swargaloka or Heaven and then in same order the top most one is Sathyaloka or the abode of Brahmadeva.] Then we should worship and pray the Brahmins and other residents of these worlds who are leading spiritual lives renouncing all the material pleasures for their benedictions and blessings.

17

Poorvam theshaamaasanaani karththavyaani yetthoththaram  
Vakthuschaapi thadhaa dhivyamaasanam parikalpayeth.

Firstly you should identify and receive with due respect and reverence all classic and divine and leading Brahmin listeners and offer them seats in the very front rows. And the scholarly and divine reciter or the reader should also be offered and assigned with a very noble seat at the top.

18

Udhngmukho bhavedhwakthaa srothaa vai praangmukhasthadhaa,  
Praangmukhaschedhbhawedhwakthaa srothaa chodhangmukhasthadhaa.

If the reciter is sitting to the north then all the audience should be facing to east or if otherwise if the reciter is facing to east then the audience should be facing north.

19

Atthavaa poorvvadhigjneyaa poojyapoojakamaddhyathah  
Srothrinamaagame proktho dhesakaalaathikovidhaih

The reciter is the most respectable and worshipful. The listeners are the worshippers. And the middle of the reciters and the listeners are considered and referred here as Poorvadikku or East and that is how it has been established by the great scholars specialized in directions.

20

Viraktho Vaishnavo vipro vedhasaasthravisudhddhikrith  
Dhrishtaanthakusalo ddheero vakthaa kaaryoathinihsprihah

The reciter should be a staunch devotee of Lord Sri Maha Vishnu. The reciter must be the one who has renounced all his material pleasures and comforts. The reciter should not have any strong attachment and interest in the family life and should not be attached to his wife, children, relatives, friends, etc. The reciter must be smart and brave. The reciter must be a scholar in Vedas, Upanishads, Puranas, etc. and his mind and heart should always be fully involved in learning and teaching them. The reciter must be capable of explaining the meaning of Sreemad Bhagawatham with appropriate and suitable stories as examples so that it can be clear to the listeners. The reciter must be someone who has renounced all and any desires in material life.

21

Anekaddharmavibhraanthaah sthrainaah paakhandavaadhinah  
Sukasaasthrakatthochchaare thyaajaasthe yedhi pandithaah

Those who are always and fully and exclusively involved in this material life and those whose mind and heart are entrapped in various selfish and materialistic activities even if they are scholars should not be provided with admission into this auditorium. Whose mind and heart are attached and interested in the illusory enticements of the charming women even if they are scholars should not be admitted in this auditorium. Those who are ill witted and dull minded and foolish even if they are scholars should not be admitted to this auditorium.

22

Vakthum paarswe sahaayaarththamanyah stthaapyasthatthavidhah  
Pandithh samsayachcheththaa lokabodhanathatharah

In order to assist, help and support the reciter or the narrator we must assign another equally qualified and scholarly devotee also. And that second person also should be smart and capable to explain and erase any and all doubts or confusion the listeners may have.

23

Vakthraa kshauram prakarththavyam dhinaadharvvagvrathaapthaye  
Arunodhayeasau nirvvarththya saucham snaanam samaachareth.

The reciter should observe austerity and as a part of that he must cut his hair and shave the previous day. And every day he must wake up before the sun rise and complete all daily rituals like cleaning or brushing teeth and cleaning tongue and have ablution (ritual bath for observing austerity).

24

Nithyam samkshepithah krithwaa sanddhyaadhyam swam prayathnathah  
Katthaavighnavighaathaaya gananaattham prapoojayeth.

The reciter must pay obeisance and worship the day-break or dawn and then offer prayers and worship to Lord Ganesa or Gananatha for smooth completion of reading without having any hindrances or blockages.

Pithrin santharpya sudhddhyarththam praayaschiththam samaachareth  
Mandalam cha prakarthavyam thathra stthaapyo Haristhatthaa.

The reciter should offer libation to the deceased ones and then request for repentance of any previous wrong doings to the soul of the deceased ones and also must perform appropriate rites to purify and elevate the ghosts from nether world to upper worlds.

Krishnamudhdhisya manthrena chareth poojaviddhim kramaath  
Pradhakshinanamaskaaraan poojaanthe sthuthimaachareth.

Then the reciter must invoke Lord Sri Krishna Bhagawan either on a picture or on an icon or on an idol and place it in the most noble and respectable place. He must pray and worship Lord Sri Krishna Bhagawan by offering proper Puja and or Obeisance. Then the reciter must circumambulate around that Lord Sri Krishna Bhagawan by chanting mantras' like "Om Namoh Bhagawathe Vaasudhevaayah", "Om Namoh Narayanayah", "Om Govindayah Namah" "Om Sri Krishnaaya Namah", "Om Sri Krishna Param Brahmhane Namah", etc. purported to appease Lord Sri Krishna Bhagawan also with appropriate prayers and worships. Also the reciter must pray and worship Lord Sri Krishna Bhagawan with the following prayers:

27

"Samsara sagare magnam theenam maam karunanidhe  
Karma graham griheethangam maamudhdhara bhavarnavath."

#### Meaning

"Oh Lord Sri Krishna Bhagawan! I am entrapped and distressfully rambling in the ocean of this material world. And my material body is being swallowed by the alligator of my attachment to this material life and my actions are enticed by the pleasures and pains of this material world. I pray for your mercy to release and liberate me from all actions related with attachment to this material life and material world in which I am also subjected into."

Sreemadh Bhaagawathasyaapi thathah poojaa prayathnathah  
Karthavya viddhinaa preethya ddhoopadheepasamanwithaa.

Then the reciter must worship devotedly and offer Pujas and prayers to Sreemad Bhagawatham Book by singing the glories of the book along with lit lamps and with incense and camphor.

Thathasthu sreephlam ddhrihwaa namaskaaram samaachareth  
Sthuthih prasannachiththena karthavya kevalam thadhaa.

Then the reciter must offer a coconut and prostrate and worship with utmost devotion to both Sreemad Bhagawatham and to Lord Sri Krishna Bhagawan.

30

“Sreemadh Bhaagawathaakhyoayam prathyakshah Krishna eva hi  
Sweekrithoasi mayaa naattha muktharththam bhavasaagare.”

“Oh Lord Sri Krishna Bhagawan you will always appear wherever there is reading of Sreemad Bhagawatham as you are always interested in providing your presence to the listeners of the recital of Sreemad Bhagawatham. Oh Lord! Oh Kesava (the one who killed the demon called Kesi)!”

31

“Manorattho madheeyoayam saphalah sarvvaddhaa thwayaa  
Nirvighneneaiva karththavyo dhaasoaham thava Kesava.”

“I am prostrating, praying and worshipping You to help me to cross this ocean of material life and to liberate me from the enticement of this illusory material world. I am seeking your help and support and hence please help this servant (I am your servant. Here the reciter.) without any hesitation and delay please fulfill and satisfy my wishes and liberate me from the entrapment of this material world.”

32

Evam dheenavachah prochya vakthaaram chaattha poojayeth  
Sambhooshya vasthrabhooshaabhih poojanthe tham cha samsthaveth.

And listeners should also worship, and with prayers as above, and should adorn the reciter with pure white dresses and with other appropriate garlands and ornaments. The listeners should also label the reciter with sandal paste and chant the manthras and worship and prostrate him.

33

“Sukarooma, praboddhajnja, sarvvasaasthravisaaradha  
Ethath katthaaprakaasena madhajnjaanam vinaasaya.”

“Oh the great scholar who is as good as Suka Brahmarshi! Please narrate the stories in such a way to eliminate all my ignorance and provide me with divine knowledge with your splendid recital.”

34

Thadhagre niyamah paschaath karththavyah sreyase mudhaa  
Saptharaathram yetthaasakthyaa ddhaaraneeyah sa eva hi

If the reciter strictly follows and maintains the norms prescribed for conducting the Sapthaha Yenja then that would be more than sufficient to complete the Yenja without any hindrance.

35

Varanam panchavipraanaam katthaabhangganivriththaye  
Karththavyam thairHarerijaapyam dhwaadhasaaksharavidhyayaa.

You should assign five most noble Brahmins to chant the Dwadasakshari Manthra, ["Om Na Mo Bha Ga Va The Va Su The Va Yah"], which primarily dictates the importance of Lord Sri Maha Vishnu who has his abode in Vaikunta, with full faith and devotion in their inner mind and heart for successfully completing the Saphaha Yenja without any hindrance.

36

Brahmanaan Vaishnavaamschaanyaamsthatthaa keerththanakaarinah  
Nathwaa sampoojya dhaththaaajjah swayamaasanamaaviseth.

The listeners should worship and prostrate all other Brahmins those who are praying and worshipping Lord Sri Maha Vishnu praising his glories with songs. And then with the permission of those Brahmins the listeners should occupy the divine seats assigned to them.

37

Lokaviththaddhananaagaraputhrachinthaam vyudhasya cha  
Katthaachiththah sudhddhamathih sa lebheth phalamuththamam.

If the listener concentrates his or her mind fully in the stories narrated by the Vachika (Reciter) without having any other thoughts like about the wealth, house, town, wife, children, family, etc. then they will definitely achieve the expected result from listening to the Saphaha Yenja. [This means the listener must renounce all thoughts related to material life and concentrate fully on the stories narrated by the reciter in order to achieve proper result of listening to Saphaha Yenja.]

38

AaSooryodhayamaarabhya saaidhddhathripraharaanthakam  
Vaachaneeyaa katthaa samyak ddheerakandam suddheemathaa.

The most suitable time for reading Sreemad Bhagawatham during Saphaha Yenjam is the ten and a half an hours starting from sun rise every day for the seven days. [It is "Aasooryodayamarabhya saardha thri praharanthakam" and one praharam is three hours] The reading should not be either in high pitch or in low pitch. It should be in gentle and soft but at the same time proud and clear voice with proper pronunciation in such a way that the meaning would be crystal clear to the listeners.

39

Katthaaviraamah karththavyo madhddhayaahne ghatikaadhwayam  
Thathkatthaamanukaaryam vai keerththanam Vaishnavaisthadhaa.

In the noon we should take a break from the recital for forty eight minutes (*ghatikadwayam* means two *ghatikas* and two and a half *ghatika* is an hour or one *ghadika* is twenty four

minutes). During this break the noble and devoted Brahmins must sing the glories of Lord Sri Maha Vishnu melodiously and sweetly and elevate the listeners to the ecstasy of true divine happiness.

40

Malamoothrajayaarththam hi leghawaahaarah sukhaavahah  
Havishyaannena karththavyo hyekavaaram kattharththinaa.

It is better to take very little food and water in order to reduce frequent disturbance to satisfy the call of the nature. [If we take more food and water we will be forced to go to the toilet more frequently. By taking very little food and water our need to go to the toilet can be limited if not it can be completely eliminated during the time we are listening to the recital.] You must cook the most favorite corn and offer it to Lord Sri Maha Vishnu with devotion for his blessings and then eat and enjoy that as a grace of God at one time in a day.

41

Uposhya sapharaathram vai sakthischeth srinuyaaththadhaa  
Ghrithapaanam payahpaanam krithwaa vai srinuyaath sukham.

If your physical health permits it is more desirable and the best to fast all these seven days and listen to the recital of Sapthaha Yenja. You can drink milk or even take ghee but what is required is that you should be able to sit and listen to the recital without any disturbances and physical discomforts.

42

Phalaahaarena vaa sraavyamekabhukthana vaa punah  
Sukhasaaddhyam bhavedhyaththu karththavyam sravanaaya thath.

If you want to have some good fruits that is also allowed or if you want to have sumptuous feast one time that is also okay the only thing you have to be careful is that due to your interest in filling your stomach, your interest and concentration in listening to the recital of the Sapthaha Yenja should in no way be affected negatively. [The point is that while listening to the recital your mind should not be wandering after the feast or the food you are going to have or about the taste of the food you already had.]

43

Bhojanam thu varam manye katthasravanakaarakam  
Nopavaaso varah prokthah katthavighnakaaro yedhi.

If you think by fasting you are not going to be able to listen to the recital and the narration of the stories of Lord Sri Maha Vishnu with full concentration then it is better not to fast at all. But ensure that you are taking only sufficient food which would be most befitting for you to listen to the recital and narration of the stories of Lord Sri Maha Vishnu with full concentration and true devotion.

44

Sapthaahavrathinaam pumsaam niyamaanjcchrinu, Naaradha,  
Vishnudheekshaaviheenaanaam naaddhikaarah katthaasrave.

Now we will spell out the norms prescribed for as how to observe the noblest penance of “*Sapthaha Vratha*”. [*Sapthaha Vratha* is the penance observed by all those who wanted to strictly adhere to the norms for all the seven days of the recital with strict austerity.] Those who are not thorough with the manthras meant to appease Lord Sri Maha Vishnu and those who are not familiar with the entire process are not eligible to observe this penance.

45

Brahmacharyamaddhahsupthih pathraavalyaam cha bhojanam  
Katthaasamaapthau bhukthim cha kuryaannithyam katthavrathee.

Those who wish to observe this “*Sapthaha Vratha*” should not have any contact with ladies during the whole seven or eight days time period. They should be sleeping only on plain ground. They should take meals only after listening to the stories of Lord Sri Maha Vishnu. Those who observe this penance should eat only on leaves and should not use any plates.

46

Dhwidhalam maddhu thailam cha garishtaannam thatthaiva cha  
Bhaavadhushtam paryushitham jahyaannithyam katthaavrathee.

You should not eat oily food and or ghee and or gur and or any type of peas or green grams and or anything which is heavy and difficult to digest. You should not take anything which is provided by evil people. You should not eat anything which was cooked the previous day or before that and you should not eat any stale food. Such items should immediately be discarded without eating a bit of it.

47

Vrinthaakam, cha kalamjam, cha dhegdhddhamannam, masoorikaa,  
Nishpaavaaadhyaamisham, chaiva varjjayedhyah katthaavrathee

You should not eat papaya and or pigeon pea and or ganja and also similarly you should not eat anything which is burned. And you should not eat onions and or brinjals and or drumsticks and or raddish and or ash gourd and or white gourd and or lotus stems.

48

Palaandum, lesunam, himgu, moolakam, grinjjanam thatthaa  
Naalikaamoolakoosmaandam naivaadhyadhyah katthaavrathee

You should not take any dish with asafetida. You should not eat anything which is cooked a second time. You also should not take any non vegetarian items like fish and meat.

49

Dhwipaachitham, soothakaannam, lavanam, lavanam thatthaa  
Mathsyamaamsa, majaanadhugdhddham palwalodham cha varjjayeth

You should not eat anything which is cooked in the home with a child birth recently. You should not take anything added with potassium chloride. You should not take sheep milk and goat milk. You should drink water from mire pit.

50

Kaamam kroddham madham maanam mathsaram lobhameva cha  
Dhembham moham thatthaa dhwesham dhoorayechcha katthaavrathee.

You should get rid of evil passions like aversion (dwesha), lust (kama), anger (krodh), greed (lobh), false pride (mada mana), jealousy (matsarya), etc.

51

VedhaVaishnavavipraanaam gurugovrathinaam thatthaa  
Sthreeraajamahathaam nindhaam varjjayedhyah katthaavrathee.

The reciter or the reader and the listener should never treat irreverently to Brahmins, Vaishnavas [Vaishnavas are those who believe Lord Sri Maha Vishnu as the supreme God versus Shaivas who believe Lord Sri Maha Deva as the supreme God.], Holy and Pure People, Kshathriyas, Patriots, Cows and Vedas.

52

Rejaswalaanthyajamlechcchapathithavraathyakaisthadhaa  
Dhwijadhwitvedhabaahyaaischa na vadhedyah katthaavrathee.

The reciter should not have conversation or contact with the outcaste (chandals or pariahs), ladies during their monthly period, people with low and mean cultures and traditions, those who are averse to Vedas and Upanishads and barbarians.

53

Sathyam saucham dheyaam maunamaarjjavam vinayam thatthaa  
Udhaaramaanasaam thadhwadhevam kuryaath katthaavrathee.

You should maintain and practice all virtuous qualities like honesty, generosity, compassion and kindness, physical cleanliness, humility or modesty, forthrightness or straight forwardness, silence and other positive qualities.

54

Dharidhrascha kshayee rogee nirbhaagyaah paapakarmmavaan  
Anapathyo mokshakaamah srinuyaachcha katthaamimaam.

The original stories and Saptaha Parayanam recital should necessarily be heard and listened by poor people, beggars, tuberculosis patients, and people of ill or bad luck, those who have committed horrible and sinful crimes, childless people and those who wish to attain final salvation.

55

Apushpaa kaakavanddhyaa cha vanddhyaa yaa cha mrithaarbhakaa  
Sravath garbhaa cha yaa naaree thayaa sraavyaa prayathnathah

Sapthaha Parayanam recital and narration of stories should always (means at all opportunities) and definitely be heard and listened by girls who do not show of their age of puberty in time, women whose children are killed immediately after conception, women who turned out to be barren after first childbirth, women those are barren, Women who always get aborted and all such girls and women with such ill fortunes.

56

Ethena viddhinaa sraave thadhakshayatharam bhaveth  
Athyuththamaa katthaa dhivyaa kotiyejnaphalapradaa.

If the devotees can hear and listen to Sapthaha Parayanam recital and narration of stories as stipulated above then they will be provided with unlimited positive results. Hearing and listening to this divine supreme Sapthaha Parayanam recital and narration of stories would be equal to conducting more than a hundred crores of sacrifices.

57

Evam krithwaa vrathaviddhimudhyaapanamatthaachareth  
Jenmaashtameevrathmiva karththavyam phalakaamkshibhih

In order to obtain full result for hearing and listening to Sapthaha Parayanam recital and narration of stories you must strictly adhere to all above norms throughout the seven days and then and after conclusion you shave your beard and cut your hair. And also for full result you must start the Yenja from Janmashtami day. [Janmashtami is the birth day of Lord Sri Krishna Bhagawan.]

58

Akinchaneshu bhaktheshu praayo nodhyaapanaagrahah  
Sravenenaiva poothaasthe nishkaamaa Vaishnavaa yethah

Those pure and selfless devotees do not have to observe above stipulations as they do not worry about the result as pure and steadfast devotion to Lord Sri Krishna Bhagawan is the purpose of hearing and listening to Sapthaha Parayanam recital and narration of stories. [They do not have any expectations or desires.] And if the desire less pure devotee listens to this then inside of his mind and heart will become spotless and divinely pure.

59

Evam nagaahayejnjeasmin samaapthe srothribhithadhaa  
Pusthakasya cha vakthuscha poojaa kaaryaathibhakthithah

And after concluding Sapthaha Parayanam as per norms prescribed above, the listeners and the devotee who conducted this Sapthaha Yenja should worship the reciter or the reciters and the interpreter or the Acharya and offer them with the book they used to read

and also gift them with dresses, daily usable articles and wealth. And person who conducted the Yenja should ensure that the Acharya was fully satisfied and well pleased with the rewards provided to him.

60

Prasaadhathulaseemaalaa srothribhyaschaattha dheeyathaam  
Mridhangaalalelitham karththavyam keerththanam thathah

The listeners also must be provided with sweets and with garlands of Thulasi or Basel as a token of honoring and receiving them as respectful guests. With sweet and melodious musical backgrounds the glories of Lord Sri Krishna Bhagawan should be sung daily.

61

Jayasabdham namahsabdham sangkhasabdham cha kaarayeth  
Viprebhyo yaachakebhyascha viththamannam cha dheeyathaam.

The entire surroundings must be filled with repeated and continuous sounds of loud prayers like: "Om Namo Bhagawathe Vasudeavayah", "Om Namo", "Om Narayana Jaya or Victory to Lord Sri Maha Vishnu" and so on so that devotees would be cheerful and would attain divine happiness. The Brahmins and beggars should be provided with sumptuous meals, gold and money.

62

Virakthaschedh bhavechchrothaa geethaa vaachyaa pareahani  
Grihastthascheththadhaa homah karththavyah karmmasaanthaye.

If the Primary Listener [This is the person designated like Pareekshith Maharaja as to listen the recital and discourse without any break throughout the seven days from the very beginning to the end.] is detached with this material life then on the eighth day he or she must read and or must be read to him or her, the entire Shrimat Bhagawat Gita. If he is a swathik grihasthasrami (a virtuous family man or woman) then it should be concluded with a homam (offering of ghee or other materials listed below to fire) as prescribed below.

63

Prathislakam thu juhuyaadhiddhinaa dhesamasya cha  
Paayasam maddhu sarppischa thilaannaadhikasamyutham.

The homam should be conducted by offering devotionally ghee or rice with sesame or honey or gur (sugar candy) or pudding whichever is convenient with chanting of each stanza from the tenth section (dasama skandha).

64

Atthavaa havanam kuryaadh Gaayathryaa susamaahithah  
Thanmayathwaath puraanasya paramasya cha thaththwathah

It is sufficient to perform the homam by chanting gayathri mantra with full concentration. We must keep in mind that Gayathri is the most divine mantra and also very closely associated with this Bhagawatha Purana.

65

Homaasakthau buddho haumyam dhedhyaaththathphalasisdhdhaye.  
Naanaaachcchidhraniroddhaarththam nyoonaathaaddhikathaananayoh

If you are incapable to perform the homam then you must donate the materials needed to perform the homam.

66

Dhoshayoh prasamaarththam cha pattennaamasahasrakam.  
Thena syaathsaphalam sarvvam naasthyasmaadhaddhikam yethah

In order to balance and or to cover any deficiency or excessiveness – in the whole process Sapthaha Parayana Yenja - you must chant or arrange to chant Vishnu Sahasra Namam [The thousand plus synonyms of Lord Sri Maha Vishnu]. Chanting of Vishnu Sahasra Namam is the most holy and the divinest process to eliminate any possible negative impacts. There is nothing which is holier than chanting Vishnu Sahasra Namam.

67

Dhwaadhasa Brahmanaan paschaadhbjojayenmaddhupaayasaih  
Dhedhyaatha suvarnam ddhenum cha vrathepoornnathwahethave.

After completing homam you should feed sumptuously with a feast for twelve Brahmins. Then you should complete and conclude the Sapthaha Yenja by generously offering cows, gold, wealth, other precious materials, etc. for the fullest satisfaction in order for you to achieve highest result of this Yenja.

68

Sakthau palathrayamitham swarnnasimham viddhaaya cha  
Thathraasya pusthakam stthaapyam likhitham lelithaaksharam.

If you are rich enough then you should make a symbolic royal throne of three tulams or tolas [three tolas is slightly over an ounce] of gold and then keep the Sreemad Bhagawatham Book [this should be the same book the Acharya was referring or reading throughout the Yenja.] on it to be offered to the Acharya as "Grandharchana".

69

Sampoojyaavaahanaadhaisthadhupachaaraih sadhekshinam  
Vasthrabhooshanaganddhadhahaij poojithaaya yethaathamane.

The book should be decorated neatly and beautifully with garlands and clothes also sprinkled with fragrances. And then you should prostrate the Acharya with devotion and humility.

70

Aachaaryaaya suddheerdhathwaa mukthah syaadhe bhavabanddhanaih  
Evam krithe viddhaane cha sarvvapaapanivaarane.

Then you should offer Srimad Bhagawatham along with the simhasanam (royal throne) and money with respect and reverence and with folded hands to the Acharya, who has no attachment to this material life.

71

Phaladham syaadh puraanam thu Sreemadh Bhaagawatham subham  
Ddharmmakaamaarththamokshaanaam saaddhanam syanna samsayah

The scholarly Acharya who was able to complete and conclude the Saphthaha Parayana Yenja as described above would definitely be liberated from all the miseries of this material life. That scholarly Acharya would become completely sinless and also will attain all the four Purusharthas. [The four Purusharthas are Dharma (Righteousness or Duty), Artham (Wealth), Kama (Desire) and Moksha (Liberation or Salvation).]

**Sanatkumaras said:**

72

Ithi the katthitham sarvvam kim bhooyah srothumicchasi  
Sreemadh Bhaagawathenaiva bhukthimukthi kare stthithe.

We have described all details about Saphthaha Parayana Yenja. And now what else are you interested to listen to, please tell us? This great Yenja is capable to provide concurrently full enjoyment, mental peace and satisfaction and also liberation or salvation.

**Sootha Said:**

73

Ithyukthwaa the mahaathmaanah prochurbhaagawatheem katthaam  
Sarvvapaapaharaam punyaam bhukthimukthipradhaayineem.

Thus the Sanatkumaras narrated the details of the norms and the benefits of Saphthaha Parayana Yenja which can provide peaceful enjoyment and complete satisfaction and also liberate you from this material life and also is capable to wash away all sins and also is capable to bring in abundance of holy virtues. Sanatkumaras also told the godly saint Narada that it is the most pure and devout science of Suka Brahmarshi.

74

Srinwathaam sarvvabhoothaanaam saphthaaham niyathaathmanaam  
Yetthaavidhi thatho dhevam thushtuvuh purushoththamam.

Sanatkumaras elevated all those devotees who were listening to Sapthaha Parayana Yenjam to the peak of divine and blissful state by explaining in detail the greatness of Sreemad Bhagawatham and by singing the glories of Lord Sri Krishna Bhagawan.

75

Thadhanthe jnjaanavairaagyabhaktheenaam pushtathaa paraa  
Thaarynyam paramam chaabhoothsarvvabhoothamanoharam.

And at the completion of the Sapthaha Parayana Yenja; Bhakthi (Devotion), Njana (Divine Knowledge) and Vairagya (Detachment or Renunciation) all the three improved in their appearance with well developed and fully rejuvenated energy and power. Njana and Vairagya were also able to recover their youth with refreshed energy and power. [We know that initially Bhakthi was lamenting that her young daughters Njana and Vairagya look terribly weak and pale and with wrinkled skin and grayed out hair and were looking like that they were pulling their breath with extreme difficulty and were almost at the verge of death.]

76

Naaradhascha krithaarththoabhooth sidhddhe sweeye manoratthe  
Pulakeekrithasarvvaanggha paramaanandhasambhrithah

Narada was fully gratified that Njana and Vairagya were able to retrieve their youthfulness, splendor and vitality and rejuvenated back with full energy and power. Narada was in horripilation due to supreme and blissful happiness that he was instrumental for this new and rejuvenated status of Bhakthi, Njana and Vairagya. Narada was floating in the ocean of blissful happiness of the positive results obtained from the discourses of Sanatkumaras about the Sapthaha Parayana Yenja.

77

Evam kattaam samaakarnya Naaradho Bhagawathpriyah  
Premagadhghadayaa vaachaa thanuvaacha krithaanjjalih

Narada who was devotedly listening to the virtuous, blissful and holy stories of Lord Sri Vishnu Bhagawan with folded hands and stuttering voice due to emotional chocking started speaking like this:

**Narada Said:**

78

Dhanyoasmyanugriheethoasmi bhawadbhih karunaaparaih  
Adhya me bhagawaan lebddhah sarvvapaapaharo Harih

I am so fortunate and gratified with your merciful blessings. Today I am well contented as I attained whatever I wished to attain in my life. Today I am also able to see the feet of Lord Sri Maha Vishnu who would remove the sins and evils accumulated in me in its entirety.

79

Sravanam sarvaddharmmebhyo varam manye thapoddhanaah  
Vaikuntasttho yethah Krishnah sravanaadhyasya lebhyathe.

I consider listening to these most divine stories as the most precious and most virtuous action we can perform in our life. With this action alone one can definitely and assuredly reach Vaikunda, the abode of Lord Sri Maha Vishnu who is the ultimate Para Brahmam.

**Sootha Said:**

80

Evam bruvathi vai thathra Naaradhe Vaishnavoththame  
Paribhraman samaayaathah Suko yogeswarasthadhaa

When godly saint Narada told like that, Suka Brahmarsi, who is the son of seer Badarayana Muni or Vyasa Bhagawan, who is always travelling around the world by singing the glories of Lord Sri Krishna Bhagawan, who never crosses the age of sixteen or who is eternally in his pre youth of adolescence, who is the ocean of all knowledge –

81

Thathraayeyau shodasavaarshikassadhaa  
Vyasathmajo jnjanamahaabddhi chandhramaah  
Katthaavasaanena nijalaabhapoornah  
Premnaa pattan Bhaagawatham sanaih sanaih

Suka Brahmarsi is the one who is the one holding the ambrosia of ocean of knowledge, whose mind and heart is constantly moving on the path paved with the glories of Lord Sri Maha Vishnu, that great seer slowly moved in by showering in from his lips the ambrosia of the sacred stories of Lord Sri Krishna Bhagawan. [Suka Brahmarsi can never be seen without singing the glories of Lord Sri Krishna Bhagawan at any time. That is why his lips are always moving, even in his sleep. And these glories are real ambrosia for any one who listens to them.]

82

Dhrishtwaa sadhasyaah paramoruthejasam  
Sadhyah samuththaaya dhedhurmmahaasanam  
Preethyaa surarshisthamapoojayath sukham  
Stthithoavadhathsamsrinuthaamalaam girim.

All the audience including all the gods and the Brahmins assembled there immediately got up with respect and reverence as soon as they saw that great seer who is the embodiment of the Brahma Njana (The Ultimate Knowledge of Lord Sri Maha Vishnu) arrived there. They welcomed him by offering water to wash his legs and then they offered him with garlands and worshipped him respectfully. Then Narada offered him with the highest and the most royal seat for him in the dais. Now, Oh all the devoted Brahmins assembled here, please listen to me to know what exactly that Suka Brahmarsi has told to his audience assembled there in that platform.

**Shri Suka Brahmarsi Said:**

Nigamakalpatharorgalitham phalam  
 Sukamukhaadhamrithdhravasamyutham  
 Pibatha Bhaagawatham resamaalayam  
 Muhuraho resikaa bhuvibhaavukaah

Oh great devotees! Please enjoy again and again by listening to this Sreemad Bhagawatham which is the extracted essence of all Vedas and which has been melted to be easily dissolvable and flowed as a continuous flow out of the sacred mouth of that scholarly and divine mendicant Shri Suka Brahmarshi. I am sure that all of you would thoroughly be entertained with this most virtuous and sacred and holy process. And I will reiterate that all you devotees would definitely enjoy the discourse of Suka Brahmarshi even if you are liberated from this material life. [Means: Normally for those who are liberated from this material world are not affected by any emotions despite so this ambrosia of the discourses and recitals of Sreemad Bhagawatham would truly elevate even them to the ecstasy of devotional supremacy.]

Ddharmmah projthddhithakaitthavoathra paramo  
 Nirmmathsaraanaam sathaam  
 Vedhyam vaasthavamathra vasthu sivadham  
 Thaapathrayonmoolanam  
 Sreemadh Bhaagawathe mahaamunikrithe  
 Kim vaa paraireeswarah  
 Sadhyo hridhyavaruddhyatheathra krithibhih  
 Susrooshubhisthath kshanath.

Oh the most holy and pure devotees! The benefit of listening to the Sacred Sreemad Bhagawatham is innumerable but let me list a few here. It will eliminate any ego clashes and ill healthy and unwanted competition you may have. It will eliminate any envious feelings you may have. It would definitely provide you with the true knowledge and awareness which you must necessarily possess. It would also provide you with the most morally and spiritually righteous knowledge. It would definitely remove in its entirety all three sorrows [the Thapa Thrayas which are 1) Adhyatmikam meaning the sorrows related to the soul, 2) Adhibhouthikama meaning the sorrows related to the five elements and 3) Aadhidaiveekam meaning the sorrows related to Godly affairs] from you. It would definitely eliminate any deceit or any dishonesty within you. What are the specialties of this great book? It was created by Vyasa Bhagawan. It can bring in eternal prosperity and blissful happiness to you. Lord Sri Maha Vishnu would definitely come and stay within the hearts and minds of those who wish to listen to Sreemad Bhagawatham. What is the need for you to listen to any other science when these stories of Sreemad Bhagawatham told by Sri Suka Brahmarshi is fully capable of providing you with and fulfilling you with any and all of the wishes you may ever have?

Sreemadh Bhaagawatham puraanathilakam  
 Yedhvaishnavanaam ddhanam

Yesmin paaramahamsyamevamamalam  
Jnjaanam param geeyathe  
Yethra jnjaanaviraagabhakthisahitham  
Naishkarmmyamaavishkritham  
Thachcchrinwan prepattan vichaaranaparo  
Bhakthyaa vimuchyennarah

Sreemad Bhagawatham is the most prominent and splendorous of all the Mythologies. It always stays as an ornamental spot or mark on the forehead of all mythologies. This is the most precious treasure for all Vaishnavas. [The two sects are Vaishnavas and Saivas. Vaishnavas believe Lord Sri Maha Vishnu as the supreme God and Saivas believe Lord Sri Parama Siva as the supreme God.] This book has incorporated all the information required for the greatest of the greatest scholars of Vedas and devotees of Lord Sri Maha Vishnu. This is the book where you can see the nature of Njana. This is the book in which you can see detailed narration of the sublimation of Bhakthi, Njana and Vairagya all the three combined together with causes and effects of them. Any person either read Sreemad Bhagawatham or with full concentration listen to Sreemad Bhagawatham or devotionally study Sreemad Bhagawatham or deeply think and analytically debate about Sreemad Bhagawatham that person would undoubtedly be able to be liberated from the entrapment related to this material world and material life.

86

Swargge sathye cha Kailaase Vaikuntte naasthyam resah  
Athah pibanthu sadhbhaagyaa maa maa munchatha karhichith

Oh the great devotees! These great stories of Sreemad Bhagawatham are not available either in Heaven; the abode of gods or in Sathyaloka, the abode of Brahmadeva or even in Kailasa, the abode of Lord Sri Parameswara. Therefore please do not avoid any opportunity you may ever have and do not miss out any chance you may ever have to listen to this supreme most and the rarest of these divine stories of Sreemad Bhagawatham and enjoy them with blissful happiness.

**Sootha Said:**

87

Evam bruvaane Sathi Baadharaayanau  
Maddhye sabhaayaam Hariraaviraaseeth  
Prahlahabalyudhddhavaphaalgunaadhibhir-  
Vrithah surarshisthamapoojayachcha than.

When Suka Brahmarshi told like this, there appeared Lord Sri Maha Vishnu accompanied by Uddhava, Arjuna, Mahabali, Prahlada and other staunch devotees of him and served by and surrounded with his associates. And Narada got up and received them with devotion, respect and reverence and prayed and worshipped Lord Sri Maha Vishnu according to the norms prescribed in Vedas.

88

Dhrishtwaa prasannam mahadhaasane Harim

The chakrire keerththanamagrathasthadhaa  
Bhavo bhavaanyaa Kamalaasanasthu  
Thathraagamath keerththandhersanaya.

When Lord Sri Maha Vishnu occupied the noblest of the seats there they all worshipped and melodiously sang the glories of him. Then Lord Sri Parameswara along with his consort Sri Parvathi Devi and Brahma Deva, all the three of them, also arrived together there in order to see, prostrate and worship Lord Sri Maha Vishnu.

89

Prahlaadhasthaaladdhaaree, tharalagathithayaa  
Chodhddhavah Kaamsyaddhaaree,  
Veenaaddhaaree surarshih swarakusalathayaa  
Raagakarthhaarjjunoabhooth,  
Indhroavaadheenmridhanganam, jayajayasukaraah  
Keerththane the Kumaraa;  
Yethraagre bhaavavaktha, resarechanathayaa  
Vyaasaputhro babhoova.

Prahlada immediately started playing cymbals. Uddhava played drums. The godly saint Narada played his vina or thamburu. Arjuna, the expert of the seven musical knots, sung the ragas of saptha swara which provided ambrosia to the ears. [Arjuna learned music and dance from the celestial beauty Urvashi while he was in heaven. Ragas of saptha swara are the seven musical tunes.] Sanatkumaras who are always shining at the peak due to their undaunted devotion and knowledge about Lord Sri Maha Vishnu sang “Victory to Lord Sri Maha Vishnu” and “Victory to Lord Sri Maha Vishnu” repeatedly and constantly with no interruption. [“Jay Bhagawan Sri Maha Vishnu – Jay Bhagawan Sri Maha Vishnu”] And Suka Brahmarshi occupied the seat above them and started explaining the essence and meaning of the stories of Sreemad Bhagawatham clearly reflecting all ten types of emotions and feelings in his face so that the audience would be crystal clear about what he was explaining.

90

Nanarththa maddhye thrikameva thathra  
Bhakthyaadhikaanaam natavath suthejasaam  
Alaukikam keerththanamethdheekshya  
Harih prasnnoapi vachoabraveeththath.

Now Bhakthi, Njana and Vairagya all the three are fully rejuvenated and they were able to regain their splendors and turned to be in their healthiest and prettiest forms. They started dancing in the whole auditorium within the minds and hearts of all those devotees of Lord Sri Maha Vishnu assembled there. Their steps were so rhythmic and perfect to the tunes and music. Lord Sri Maha Vishnu was fully satisfied of the festivities and celebrations of his selfless devotees and said:

91

Maththo varam bhaavavriithaadh vrinuddhwam  
Preethah katthaakeerththanathoasmi saampratham

Sruthwethi thadhwaakyamathiprasannaah  
Premaardhrachiththaa Harimoochire the.

You may ask whatever boons you need as I am fully satisfied and am very happy with these festivities and celebration of music and dances and the glorious songs and devoted worships and prayers.” The devotees were happy beyond words and even beyond imagination when they heard these words from Lord Sri Vishnu Bhagawan and started speaking to Him like:

92

Nagaahagaatthaasu cha sarvabhakthai-  
Rebhisthwayaa bhaavyamithi prayathnaath  
Manoretthoayam paripooraneeya-  
Sthattethi chokthwaantharaddheeyathaachyuthah

We only need You to come and stay in the minds and hearts of those who have untamable and untainted desire to listen to Sapthaha Parayana Yenja with steadfast devotion to you. That is the only boon we wish to seek from You.” Then Lord Sri Maha Vishnu disappeared after telling them that “That will happen exactly like that or Let that be so.

93

Thathoanamaththachcharaneshu Naaradha-  
Sthattthaa Sukaadheenapi thaapasaamscha  
Attha prahrishtaah parinashtamohaah  
Sarvve yeyuh peethakatthaamrithaasthe.

Then the godly saint Narada prostrated Lord Sri Maha Vishnu and all his devotees and associates with Him and the great Seer Suka Brahmarshi and all other seers and sages assembled there. Thus all those who assembled there to listen to the holy and sacred stories and discourses of Sapthaha Parayana Yenja with fully contented and gratified mind and heart disbursed with mental peace and sublime and divine blissful happiness.

94

Bhakthih suthaabhyaam saha rekshithaa saa  
Saasthre swkeeyeapi thadhaa Sukena  
Atho HarirBhaagawathasya sevanaath  
Chiththam samaayaathi hi Vaishnavaanaam.

As the great Seer Suka Brahmarshi has established permanently the Njana and Vairagya along with Bhakthi in that most divine book of Sreemad Bhagawatham, Lord Sri Maha Vishnu, who is the consort of Goddess Sri Maha Lekshmi, resides eternally in the minds and hearts of all those who are scholars of and even in the hearts and minds of those who even wish to listen to the stories of Sreemad Bhagawatham.

95

Dhaaridhryadhuhkhajwaradhaahithaanaam  
Maayaapisaacheeparimardhdhithaanaam

Samsaarasinddhau paripaathithaanaam  
Kshemaaya vai Bhaagawatham pragarijjathi.

The stories of Sreemad Bhagawatham very loudly and very vigorously and very clearly say that "I am there as the single and only medication and the sure cure and the only solution" for those who are getting burned and killed by the typhoid fever of poverty and famine and for anyone infected by the worst and incurable diseases and discomforts and those who are deadily tired by swimming in the deep and shore less material ocean of distresses and difficulties.

**Sounaka Said:**

96

Sukenoktham kadhaa raajnje? Gokarnnena kadhaa punah  
Surarshaye kadhaa Braahmyaiscchinddhi me samsayam thwimam.

Oh the Great Seer Sootha! Please tell us when did Suka Brahmarshi narrate the discourses of Sreemad Bhagawatham to Sri Pareekshith Maharaja? And when did Gokarna Brahmin conduct the Sapthaha Parayana Yenja for the benefit of that Dundhukari? And when did the most divine Sanatkumaras explain the greatness of celebrating with all festivities the Sapthaha Parayana Yenja of Sreemad Bhagawatham to the godly saint Narada?

**Sootha Said:**

97

AaKrishnanirggamaath thrimsadhvarshaaddhikagathe kalau  
Navameetho nabhasye cha katthaarambham Sukoakathoth.

On the ninth day of the full moon time of the month of Bhadram [Kanni of Malayalam and the latter week of August or first three or four weeks of September of Christian Era] of the thirtieth year of this Kali Age after Lord Sri Krishna Bhagawan left this earth after completing all the responsibilities of that incarnation and gone back to his own abode of Vaikunda, the great Sri Suka Brahmarshi started discoursing Sreemad Bhagawatham to Sri Pareekshith Maharaja.

98

Pareekshichchravanaanthe cha kalau varshsathadhwaye  
Sudhddhe suchau navamyam cha ddhenujoakathayath katthaam.

On the ninth day of the full moon time of the month of Ashadam [Karkidakam of Malayalam and the latter half of July or the first half of August of Christian Era] of the two hundredth year of Kali Age Gokarna conducted the Sapthaha Parayana Yenja and provided the discourses for the benefit of Dundhukari. That means this second discourse of Sreemad Bhagawatham in seven days or the Sapthaha Parayana Yenja occurred one hundred and seventy years after the first discourse by Suka Brahmarshi to Sri Pareekshith Maharaja.

99

Thasmaadhapi kalau praapthe thrimsadhvarshagathe sathi  
Oochuroorje sithe pakshe navamyaam Brahmanah suthaah

Thereafter thirty more years after that on the ninth day of the full moon time of the month of Karthika [Thulam of Malayalam and the last one or two weeks of October or the first three or four weeks of November] the great and most divine Sanatkumaras explained the greatness of Sreemad Bhagawatham and of the Sapthaha Parayana Yenjam to godly saint Narada and all the devotees assembled there. [So this could be two hundred thirtieth year of Kali Age.]

100

Ithyethaththe samaakhyaatham yedh prishtoaham thwayaanagha  
Kalau Bhaagawathee vaarththaa bhavarogavinaasinee.

Oh the pure and virtuous Sounaka Mune! [Mune is the address form of Muni which means a monk or a mendicant.] I have completed answering all your questions like this. In this age of Kali listening to the stories of Sreemad Bhagawatham is the best and most fit and most effective medicine to cure the diseases of all distresses and difficulties involved in this material world.

101

Krishnapriyam sakalakalmashanaasanam cha  
Mukthyekahethumiha bhakthivilaasakaari  
Santhah katthaanakamidham pibathaadharena  
Lokeapitharththapariseelanasevayaa kim!

Oh the pure and virtuous Ones! You enjoy these divine stories of Sreemad Bhagawatham daily or you drink this nectar of the essence of the glories of Lord Sri Krishna Bhagawan daily and that will definitely remove all the distresses and difficulties you may have and will develop unbounded and steadfast devotion within you towards Lord Sri Krishna Bhagawan and also that would provide you with ultimate salvation. You can also get rid of the desires you have to accumulate wealth and material pleasures which are the cause of all your pains and sorrows and the distresses and enjoy this ambrosia of the divine stories of Sreemad Bhagawatham.

102

Swapurushamapi veekshya paasahastham  
Vadhathi Yemah kila thasya karnnamoole  
Parihara Bhaawathkatthaasu maththaaan-  
Prabhurahamanyanrinaam na Vaishnavanaam.

Once in the past, Yemaraja [the god of death] called his messengers or associates who are running around with the rope of death trap [the belief is that at the time of death Yemaraja sends his messengers with the rope to tie and bring the person or the creature to Yemaloka for the final trial and for ultimate killing] very close to him and told them very secretly but with utmost seriousness in their ears: "There one thing you must always keep in mind. You should never ever go and even touch the devotees or associates or servants of Lord Sri Maha Vishnu. We have rights only on others, those who are not devotees or associates or

servants of Lord Sri Maha Vishnu. In short we have no right to touch the devotees of Lord Sri Maha Vishnu.”

103

Asaare samsaare vishayavishasangaakuladdhiyah  
Kshanaardhddham kshemaarththam pibatha Sukagaatthaathulasuddhaam  
Kimarththam vyarththam bho vrajatha kupatthe kuthsithakatthe  
Pareekshithsaaksheeyachchravanagathamukthyukthikatthane.

Hey the human beings, you are being entrapped and are being drowned in the unforeseeable depth due to the multiplicity of evil and sinful deeds in this material world which is fully corrupted and infected negatively. Therefore you devote at least a little bit of time to listen to the divine stories of the most sacred book of Sreemad Bhagawatham. That will bring you a lot of prosperity and blissful happiness. What is the use and purpose of listening to or reading other evil stories of the so called modern sciences of the new ages? Those will only lead you into the wrong path and mislead you thoroughly. Pareekshith Maharaja was a good and solid example to evidence that by listening to these divine stories you can attain the ultimate salvation or Moksha.

104

Resapraavaahasamstthena SreeSukenerithaa katthaa  
Kante sambaddhyathe yena sa Vaikunttaprabhurbhavaeth

The divine and blissful stories of Sreemad Bhagawatham narrated by Sri Suka Brahmarshi who is the supreme most spiritual scholar and who has devoted his whole life as a fully dedicated student to learn in depth the whole Bhagawatha Purana as it is and who is the most renowned teacher of this sacred book was able to provide the discourse without referring to anywhere or to anyone as they were all even with the minutest details by heart for him. And anyone who listens to those stories with devotion and concentration would also reach Vaikunda, the abode of Lord Sri Maha Vishnu.

105

Ithi cha paramaguhyam sarvvasidhddhaanthasidhddham  
Sapadhi nigadhitham the saasthrapunjjam vilokya  
Jegathi Sukakatthaatho nirmmalam naasthikinichith  
Piba parasukhahethordhwaadhasaskanddhasaaram.

Thus these stories of Sreemad Bhagawatham are the essence of all the important philosophies in the Vedas and Upanishads. There are no other Puranas or Epics in this world as divine and as sacred and as important as these stories of Sreemad Bhagawatham. This book is well organized and clear. Oh all the devotees! Therefore you all please try to listen and to understand all the stories and philosophies and the morals of those stories contained in all the twelve Skanthas or Sections of the book. And thus you could attain most divine and most blissful status in your life.

106

Ethaam yo niyathathayaa srinothi bhakthyaa

Yeschainaam katthayathi sudhddhaVaishnaagre  
Thau samyagviddhikaranaath phalam lebhetha  
Yaattthaarththyaannahi bhuvane kimapyasaaddhyam.

Those who explain these stories carefully and devotedly to the Vaishnavas and to those who have interest in listening to these stories and also those who carefully and with concentration listen to these stories are those who have fulfilled their commitments and can be considered as fully gratified of their lives. They would definitely reach the supreme most divine and sacred position. What is it that cannot be attained by spiritual knowledge of Lord Sri Krishna Bhagawan! [Knowledge of Lord Sri Krishna Bhagawan is the ultimate knowledge one has to acquire and no other knowledge is needed in our material as well as spiritual life.]

*[Ithi Sree Padma Purane Uthara Khande Sreemad Bhagawatha Mahatmye Sravana Vidhi Kathanam Nama Shashto Adhyayah.* (Thus the Sixth Chapter named the Norms and Process for Conducting and for Explaining and for Listening to Sapthaha Parayana Yenja and Stories included therein the Sreemad Bhagawatham.)

*Samapthamitham Sreemad Bhagawatha Mahatmyam.* (Thus we concluded the greatness of Sreemad Bhagawatham.)

*Hari Om Thath Sath.* (Lord Sri Vishnu Bhagawan – That is the Truth)

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