

## Introduction

Navatha or Navadha Bhakti (nine ways of devotion): It is for all people irrespective of religion, caste, creed, sex, position, birth, learning, wealth etc. It is easy to practice. It is a natural and naive way (Sahaj and Swabhavik way) of practising devotion. I really enjoy speaking and passing on my Guru's instructions to those who are willing to listen. I am here to say but the devotee has to practice to progress. It is an ancient way which is eternal. All of these are from the ancient scriptures (Patanjali Yoga Sutras, Srimad Bhagavatham, Narada Bhakti Sutras, Sandilya Bhakti Sutras etc.). By the grace of my Guru and God, I am only reviewing and presenting it, in a modern way. Worship your **favourite God** with Navatha Bhakti. The practitioner will see the difference very soon. Initially there may be some troubles but unflinching faith in the favourite God makes the practitioner to overcome the troubles within a short time. One's favourite God has to appear before him/her if he/she practices these with steadfast faith. Constantly in a natural way one has to think of Him whatever one does do. It doesn't mean that one has to leave one's work and duties. If one cannot concentrate while working, whenever one finds time he/she can concentrate on Him. It is not that one has to make a separate arrangement for concentrating or meditation. One should develop it as a natural and inborn capability. It takes time, I agree, but adopt it right now. One has to leave logic if he/she wants to progress. Practising this can be called as Supreme devotion.

The Supreme Devotion is the only way to reach God. No, it is more correct to say that the Supreme Devotion makes God to reach His devotee. One should practise it according to his/her mental composure and natural temperament and inborn characteristic. It is only known by constant practice with devotion. It requires reading and reviewing what has been practiced and modifying as per the time and one's temperament. Not to worry about knowledge or wisdom. By the grace of God, one gets knowledge and wisdom, not by reading books.

A big book can be written on the topic but it does not serve the purpose unless one practices it. Mere reading this has nothing to do with devotion. If one reaches God by reading and practising it, my work will be fulfilled.

My heart is delighted and I am indebted to my Guru for His guidance in writing this. I bow to my Guru Kanhayya Ramnath's lotus feet that make me complete this task.

## Prerequisites for Practicing Navatha Bhakti

1. **Satyam:** Truth. Speaking truth always and doing so one does not hurt other beings.
2. **Dharma:** Righteousness. The root of dharma is mercy and kindness. Showing mercy on all beings and forgiving them for their wrong doings or sins. Loving all beings.
3. **Karma:** Performing one's duties as one has to do it expecting no return from such service.
4. **Astheyam:** Non-covetousness. Not gaining access to wealth, property, woman etc. that belong to others. Non-stealing.
5. **Ahimsa:** Non-violence. Not injuring any being in thought, word and deed.
6. **Anasuya:** Non-envy. Not envious of others progress, property, position, power etc.
7. **Anahamkaram:** Non-ego. Never be proud of one's success, position, wealth, education, birth, caste, property etc. Respecting parents, elders and teachers and obeying their orders without fail.
8. **Non-enmity:** All is God's creation. So there are no enemies for His devotees. Seeing the same Lord in all beings, how one can develop enmity with anybody.
9. **Non-attachment:** Unattached from dualities. Even mindedness in success and failure, victory and defeat, heat and cold, pleasure and pain, loss and gain, position and downfall, etc.
10. The main aim of all these is to get **mind control**. Mind control is not at all possible without the above qualities.

**Note:** One has to develop above qualities before he/she ventures on Navatha Bhakti.

## Navatha Bhakti

Navatha Bhakti. It is nine ways of practicing devotion. These are

1. **Sravanam**
2. **Smaranam**
3. **Keerthanam**
4. **Pada Sevanam**
5. **Archanam**
6. **Vandanam**
7. **Dasyam**
8. **Sakhyam**
9. **Atma Nivedanam**

1. **Sravanam:** Hearing about the glories of Lord (favourite God) and His well-known devotees. Listening to His devotees' words while they glorify and praise Him. Reading Scriptures that depict the pastimes of Lord.
2. **Smaranam:** Remembering and remembering and remembering and meditating on the glories of Lord or what have been read or heard, when one is alone. The ways of devotees' lives to be followed. The practitioner must walk on the path laid by His devotees.
3. **Keerthanam:** Chanting the glories of Lord in a group or alone. Lord prefers praising Him, alone. These may be songs or Bhajans that were written or sung by His greatest devotees. Having discussions with His devotees and praising and glorifying Him.
4. **Pada Sevanam:** Serving His lotus feet. Here one has to serve one's parents as they are the living gods. He has to respect his elders, teachers and guests. A woman should serve her husband, thinking he is god in form, with his permission only she should worship God.
5. **Archanam:** Worship of God twice daily morning and evening. Performing Pooja according to one's capability. These worships should be done without any desires or with unselfishness or for the welfare of all living beings.

6. **Vandanam:** Bowing before His statue, picture, painting. Visiting His temples and bowing before His idol. God resides in the heart of all living beings. So bowing and respecting every being.
7. **Dasyam:** Performing all actions as a servant of God. Thinking 'I am a slave and He is my Master'. This includes I am just carrying out His orders. The orders from parents, teachers and elders should be performed thinking He resides in their hearts and ordering me to do so. Thanking Him for one's survival.
8. **Sakyam:** Making friends with Him. One may worship Him as one's lover, other may worship Him as his/her husband, another may worship Him as his/her friend and another may worship Him as his/her enemy. It depends on one's temperament and inborn characteristic. I found worshipping Him as Father produces quick results. This suited my temperament. Addressing Him as Father and intensely loving Him.
9. **Atma Nivedanam:** Self-surrender. Offering one's body, mind, wealth and soul at the lotus feet of Lord. Offering the fruits of all actions at His lotus feet. Constantly remembering His lotus feet and meditating on His lotus feet. Taking refuge at His lotus feet. Finding pleasure while concentrating on the lotus feet of God. One finds bliss when one remembers God's lotus feet.

**Note:** Practising all these together is called the Supreme Devotion or Para Bhakti.

**Dedicated to the lotus feet of my Guru.**