

Name: _____ Date: _____

4- Pada-Sevanam (Serving the Lord's lotus feet)

Pada-Sevanam: -If you are very, very attached to thinking of the Lord's lotus feet that is called pada-sevanam. *Pada means feet* (for e.g. *Prabhupada* means "one at whose feet all other masters bow") and *Seva means service*.

How is Pada- Sevanam related to other processes?

By hearing and chanting one remembers the Lord. The perfection of remembering is when one constantly thinks of the lotus feet of the Lord. Being intensely attached to thinking of the Lords lotus feet is Pada-Sevanam

This process includes other activities like:-

- a. Seeing the form of the Lord
 - b. Touching the form of the Lord
 - c. Circumambulating (walking around in a circle) the Deity or a temple of the Lord.
 - d. Bathing in the Ganges River.
 - e. Performing Tulasi Puja.
 - f. Visiting holy places like Jagannatha Puri, Dvaraka and Mathura is also Pada-Sevanam.
- Some of these items, like bathing in the Ganges River and going to the holy places don't seem very practical to us.
 - Wherever there is a temple of the Lord, it is considered to be as good as the holy Dhams. So if we can't go to Dhams, we can still perform Pada-Sevanam just by visiting the temple and doing parikrama around the temple we get so much benefit.
 - Sanatana Goswami used to circumambulate the Govardhan Hill everyday without fail. Even when he was very old, inspite of his failing health he insisted on continuing this service. Krishna appeared to him and dissuaded him from doing so. Krishna stood on a stone, which melted under His touch, leaving the marks of His footprint, His stick, cow footprint and His flute. Krishna requested him; instead, to circumambulate this stone 4 times everyday which would be equal to circumambulating the Govardhan hill. Devotees even today circumambulate this Shila which is present in Radha Damodar temple in Vrindavan 4 times to get this benefit.



The personality who represents Pada Sevanam is Laxmi Devi

Laxmi devi, the consort of Lord Narayana, is a perfect example of someone doing the process of pada-sevanam. She is well known for always massaging the lotus feet of Lord Narayana. She is an ideal wife, taking care of the Lord in every detail. Besides massaging His lotus feet, she cooks nice foods for Him and fans him while He eats. She smoothes cooling sandalwood pulp on His face and sets His bed and sitting places for Him. In this way, she is always engaged in the Lord's service.



Parent's Sign: _____

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Invoke the Gaṅgā and other holy rivers by showing the aṅkuṣa-mudrā and chanting:

gaṅge ca yamune caiva godāvāri sarasvati
narmade sindho kāveri jale 'smin sannidhiṁ kuru

Translation

May water from the holy rivers Gangā, Yamunā, Godāvāri, Sarasvati, Narmadā, Sindhu, and Kāveri kindly be present.

Q. Which are the activities which are included under Pada-Sevanam?



Parents Sign: _____