



**Conch** (shanka) - This auspicious mark indicates that those who take shelter of the lotus feet of Lord Nityananda are always rescued from all sorts of distress. Just as during the arati ceremony the conchshell is used to hold water that is offered directly after the fire of the ghee-lamp, similarly Nityananda's lotus feet hold transcendental water that soothes His devotees from the blazing fire of material miseries. Also this symbol proclaims ultimate victory for the devotees, since the Shankha called Pancajanya was blown by the Lord before the great War of Mahabharata. It represents that your fight with all sorts of Maya has actually "begun". Focus on the Conch if you want to keep yourself serious for Bhakti at all times and do Hari Nama

**Flag** (dhvaja) - This mark announces that for the devotees meditating on His feet, They give security and safe protection from all sorts of fear. It also announces that your fight with Maya will be successful. When you are in doubt of your Bhakti , just focus fully on the flag and meditate during Hari nama

**Fish** (matsya) - This mark shows that just as a fish cannot live without water, similarly the surrendered devotees cannot live a moment without directly associating with His feet. It also shows that all the most cherished desires and longings of those who resort to Nitai's feet will be truly fulfilled. It also means that the mind is very fickle, just like a fish who wavers this way and that, and so only after much meditation do His feet finally come into the heart. It also indicates that Nitai's feet will come to live in one's heart only if the heart has been liquefied by soft loving emotions; His feet do not thrive where it is dry. If you find yourself mixing with people who are harmful to Bhakti , those days focus on the Fish and do Hari nama

**Lotus** (kamala) - This mark indicates greed for nectar in the minds of the beelike devotees who meditate on Nitai's feet. The lotus also signifies that just as a lotus grows out of the water, similarly those whose eyes swell with tears upon holding the Divine lotus feet of Srila Nityananda Prabhu to their heart receive the highest benefit. This mark also shows that the goddess of fortune, Sri Lakshmi Devi always resides at His feet rendering humble service. It signifies that His feet are so soft that they can only be compared to lotus petals; indeed, upon first glancing at His lotus feet you would think you are directly seeing fresh lotus blossoms. It also reveals that just as a lotus blooms by day and contracts by night, similarly those who remain steeped in meditation on Their feet always feel blossoming unfoldment of brilliant sattvika ecstasies that dispel the darkness of ignorance. It also means that the bee of the devotee's mind cannot fly beyond the bondage of dry jnana (knowledge) and vairagya (renunciation) without the temptation offered by the superior nectar of Their lotus feet. The day you feel that you have been harsh to people focus on the Lotus and perform Hari Nama

**Bow** (dhanu) - This mark reveals that those who take shelter of Nitai's lotus feet will be perpetually free from all worries and difficulties. It also shows that those who are stupefied in the material world remain motionless like a target and do not come to His feet. Whereas those who come to the ultimate goal of His feet remain there and never go back to the material world. Further, when the mind of the devotee meets the target of His feet, then prema condenses as a result and overflows as the tears showering from their eyes. If you feel you are deviating towards the Goal ( That which I explained to you on your visit) , Focus on the Bow and do Hari nama.

**Goad** (ankusha) ( **For destroying Lust**) - This mark indicates that meditation on Nitai's feet brings the elephants of the devotee's minds under control and keeps them on the right path. It also shows that those who thus stay on the path toward Their lotus feet become superior among men, just as one riding on top of an elephant travels far above the rest. If you are Lusty and want to enjoy sex , you need to focus on the Goad and perform Hari Nama

**Altar** (vedi) - This mark proclaims that the sins of those who meditate upon His feet are burned up as if on the altar of sacrifice. Furthermore, it indicates that just as the universe is nourished by the brahmanas offering fire-sacrifices, similarly those who offer their minds in sacrifice to His feet stimulate universal nourishment that affects all of creation. Increase Karuna towards all Living entities ( the real Nitai tattva) by focusing on the Altar during meditation on Hari Nama

**Half-moon** (ardha-candra)( **For destroying Anger**) - This mark symbolizes how His feet truly provide the desired objectives of the devotee. It signifies that even devatas like Lord Shiva (whose symbol is the half-moon) have decorated their own heads with the soles of His feet. It also shows that devotees who like wise decorate their own heads with His feet can become exalted like Lord Shiva. Just as the moon showers nectar with its cooling rays, similarly Nitai's lotus feet shower nectar upon the devotees, extinguishing the three-fold material miseries. So that the minds of the devotees may reside at His feet, they bear the symbol of the moon (which is the devata or presiding deity of the mind) upon His feet. Just as the moon is one, yet it destroys the darkness seen by many people simultaneously, similarly the Lord is one and yet by His cleverness can deliver many souls at the same time. The half-moon also indicates that since His toenails appear like ten splendidly full moons, the real moon has shriveled up

in shame and appears in half-form. Meditate on the Half moon if you want to remove the last trace of anger in your heart during Hari Nama

**Pitcher** (kalasa) - This mark shows that Nitai's feet hold the golden pitcher full of purely nectarean ambrosia to be freely consumed by the surrendered souls; indeed, they will never be bereft of nectar for his pitcher always remains full. This mark also indicates that His feet can pour out nectar that extinguishes the blazing three-fold miseries of the separated devotees. The full pitcher is a symbol to show that no inauspiciousness can come near His devotees. Rather His feet bring ripples of happiness emanating from divine auspiciousness. If you want to enjoy Bliss for Bhajana or Chanting focus on Pitcher during Hari Nama

**Disk** (cakra) - This mark cuts down the six enemies of the devotees - lust, anger, greed, illusion, envy and bewilderment. It indicates teja-tattva or the principle of brilliance by which He destroys the darkness of sins from within His devotee's hearts. Focus on this especially in times of intense confusion at work or when you have unwanted tensions for unknown reasons, during the Hari Nama

**Braja Mandala** (The concentric circles)( **For illusion**) - This mark indicates that His feet are all pervading throughout the entire creation, both within and without all manifestations. It also shows that even though His feet are everywhere, they are unattached just like the Braja Mandala. Maya is too too Powerful and you may feel that Chanting is great and everything is going too well . This is a great trap of Yoga Maya devi to keep you attached to your old habits. At such times of natural bliss focus on Braja Mandala for permanent residence there.

**Umbrella** (catra)( **For Spiritual Greed**) - This mark proves that those who take shelter of Nitai's feet are shielded from the incessant rainfall of material miseries. It also denotes that those who sit in the shade of His feet become exalted just like maharajas (great kings), who usually have umbrellas held over their heads. If you desire to reach exalted levels in your Sadhana focus on Umbrella during meditation on Hari Nama

**Thunderbolt** (vrajra) - This mark reveals that meditation on Nitai's feet smashes to pieces the mountains of His devotee's karmic reactions to past sins. It also indicates that whoever holds on to His feet becomes as exalted as Lord Indra (whose weapon is the thunderbolt).

**Rose-apple** (jambu-phala) - This mark is indicative that His feet are the only worshipable objects for all those who are residents of Jambudvipa ("island of the rose-apple" according to Vedic cosmography). Meditate on the Jambul phala at the bottom of His Left Lotus foot if you desire more and more Sadhu Sanga

**Club** (gada)( **For destruction of extreme Lust**) - This mark is to show that Nitai's feet are capable of chastising the elephant of sinful lust. It further indicates that for whoever takes shelter of His feet, all of their ancestors will also receive benefit. When Lust becomes uncontrollable and if you are hell bent on having sex then you use will power , lock your self in a room and meditate on Club with Hari Nama

**Spear** (shakti)( **To attain extreme Spiritual Lust**) - This mark assures those who wish to have the miserable bonds of the mundane sphere cut, and who take shelter of Nitai, His feet immediately appear to slash all entanglements and difficulties. It also indicates that He is shaktiman or the natural possessor of all divine potencies, whereas His servants are not endowed with separate, independent power but are completely dependent on Him. These 3 ends of the spear will take you beyond Satva, Rajas and Tamas . This will allow you to get Nitai Ras in totality.

**Flower** (puspa) - This mark shows that the divine fame of His feet spreads everywhere just like the fragrance of a flower. It also shows that His feet are not hard, but soft as flower petals. And it means that just as every fruit comes into being after the plant blooms, similarly all spiritual fruits come into being after first blossoming at the soles of His feet. If you see that people are interfering with your chanting meditate on the Rose and they will be pacified and will not disturb you during sadhana.

**Creeper** (valli) - This mark symbolizes how intelligent persons hold on to the lotus feet of Lord Nityananda firmly just as a creeper firmly grasps whatever it is ascending. When you desire that some way needs to be carved neatly without disturbing the surroundings and give you as short cut to reach Vraja Dhama, meditate on the Creeper

**Plow** (hala)- This will cause your heart to become more sensitive , because it will plough your heart and you will become more sensitive to the experience in Bhakti and make it very pleasant and ecstatic.