

Let's put together

The Golden Rules.

(Hare Krishna Marriage)

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Perhaps we can think of a few Golden Rules
Regarding Vaisnava Marriage.

Here are some ideas.

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*Choosing a Marriage Partner :

Marriage partner should be same age or wife younger. Check with your local courts regarding the child bride.

Husband and wife should be very close with regard to Varna.

Long distance relationships, different language, and different cultural origin can mean a greater risk.

The man should be at least five years older than the lady.

There is serious risk of hormone imbalance
when the wife is older than the husband.

There is probably a medical risk for a man over 60 to attempt conception. It is believed that one cause for the Hemophilia Genetic Heritage is a man over 60 attempting to conceive with a much younger bride.

Minimize Risks of Discord

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*Plan on a Garbhadaṇa Samskara program right away after marriage. Never stray from Garbhadaṇa Samskara as the only way.

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*During pregnancy the wife needs daily care. Check with your Professional Health Care
Provider. No sex
while the mother is pregnant.

Children need adequate daily care and nutrition.

Pregnant women need adequate daily care and nutrition.

Srila Prabhupada said that there should be special quarters for the pregnant mother.

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*Seek medical help during the pregnancy and during
the delivery of the baby.
Get with a good Hare Krsna Midwife if possible.

No sex during Pregnancy

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(To reduce the risk of pregnancy complications and other health problems, research suggests waiting 18 to 24 months but less than five years after a live birth before attempting your next pregnancy. Balancing concerns about infertility, people older than 35 might consider waiting 12 months before becoming pregnant again.)

<https://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/family-planning/art-200440>

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There should be no sex during pregnancy and no sex when the mother is breastfeeding. Children are also aware before birth and after birth. Any sexual activity may be traumatizing to them.

Strive to minimize sexual activity to nil as much as humanly possible. Limit all sexual activity to
planned

Garbhadana Samskara Devotional Observances.

Check with your Professional Health Care Provider

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*Make sure both mother and child are fed properly every day. Make sure that the whole family
eats right every day.

All children should receive a nice
Hare Krsna Prasadam meal every day.

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*Husband and Wife should not sleep together. If possible the husband and wife should have separate bedrooms. If there is too much tendency of arguments between husband and wife then they may need to live in different housing while remaining fully dedicated to the proper care of the children.
No Adultery

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*Let a woman keep with her natural inclinations as a woman, and let a man keep with his natural inclinations as a man.

When things are normal the natural order results in the woman closer to home as homemaker and the husband is more outdoors, away from home, with bread winning.

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*With regard to child rearing allow a girl to develop and maintain natural female propensities regarding her arts, crafts, and eventually home making.

*The boys should be separated from the girls in first grade elementary.

*Children should start getting a lot more encouragement for academic achievement in 1st grade elementary.

For an ISKCON farm there should probably be a house for ladies who are new to ISKCON. And, acreage could be set aside for all ladies to have a small farmstead within the confines of the whole farm.

There should be a "lady's only" living arrangement somehow with possibly a nursery for children under 7 years of age. Before turning 7 years of age the male child should move to the all-male Gurukula.

In a way, Women and Children live in their own world.
Men need to keep a safe distance.

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Thank you and Hare Krsna!

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Garbhadana Samskara

https://docs.google.com/document/d/17Lfof0rz84cBRQvlgjejo-QQTKpEgZIMv_8kbhTnGuo/edit?usp=drivesdk

Relegate sex desire next to nil.

Garbhadana Samskara simply means devotional observances during and around conception of a child. Conceive the child with good spiritual consciousness.

<https://vaniquotes.org/wiki/Garbhadhana-samskara>

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("They are increasing sex life.")

("This is captivation. And nature has made the woman's face so attractive, beautiful, their breast, their hips attractive, their sound, talking, singing, all very attractive, walking.")

("In the Vedic system, sex life is allowed only for begetting children. Therefore they are... Restriction. Allowed, but with great restriction under religious rules and regulation and so many things, garbhādāna. Then the first principle is, even it is taken for begetting child, it is not secret. Garbhādāna-saṁskāra. There should be a function, all the brāhmaṇas and relatives should come, and there will be ceremony, and everyone will know that "This man is going to now sex, have sex for begetting children." This is ceremony—not secretly, like cats and dogs.")

[06. Audio Transcripts, 1966—1977, In Chronological Order / 1975 - Note / October / Morning Walk -- October 18, 1975, Johannesburg / 751018MW.JOH]

https://prabhupadabooks.com/conversations/1975/oct/morning_walk/johannesburg/october/18/1975

<https://prabhupadavani.org/transcriptions/751018mwjoh/>

<https://krishnaconsciousnessmovement.com/?p=15344>

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Vaisnava Marriage
Anti-Divorce Tips

https://docs.google.com/document/d/11BUOXcq4v7zXZVxbFUf8vS4iOErdfWS6RPv2G9ICN_0/edit?usp=drivesdk

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AGE DIFFERENCES

In Marriage :

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<https://docs.google.com/document/d/11h107QqUu3edFVbQfoYwvPGGSQyzINr-BTO7lfdldM/edit?usp=drivesdk>

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How to Avoid all Idea of Divorce:

https://docs.google.com/document/d/1qqGVjVduZuF2nNRS1_CDIO5qWFYiT6Q4h9W_qj28QkM/edit?usp=drivesdk

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Sex Addiction Part 2

https://docs.google.com/document/d/18IfyAkT_5fIDJCD7H6qf3p83tyQASyVfwKTS9ENTlF8/edit?usp=sharing

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Benefits of Self-Control, Abstinence, and Celibacy

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Vaisnava Marriage

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CHILDREN

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New Hope for the Future  
of the Whole World :

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Stephen Knapp: Vegetarian Resources

[http://www.stephen-knapp.com/vegetarian\\_recipes\\_and\\_resources.htm](http://www.stephen-knapp.com/vegetarian_recipes_and_resources.htm)

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Vegetarians

In Institutions such as Schools ,  
the Military, and Prisons

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HARE KRSNA, HARE KRSNA,

KRSNA KRSNA, HARE HARE

HARE RAMA, HARE RAMA,

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Let's go over some basic "ABC 123" which I have already attempted to explain.

\*Children are allowed to play without much restriction until 5-7 years of age. At 5-7 years of age the genders of the children are separated for training.

\*The Vedic norm is for children to learn Celibacy and Diet control throughout their childhood along with other regular studies.

\*There should be various apprenticeship programs for the children. By the time the male child has reached 18 - 25 years of age they should have their employment together by that time and prepared for marriage.

\*Those who are new to Krsna consciousness need to somehow keep with the essentials and basics of Krsna consciousness in their struggles to make spiritual advancement.

\*As much as conceivably possible those who are already married need to avoid all arguments and ideas of divorce by completely turning to devotional service.

\*The Vedic norm for selection of a mate is stated in Srimad-Bhagavatam and stated by Srila Prabhupada. Normally the female should be the same age or younger than the male. The female should not be too much more upper class than the male. Be careful about long distance relationships and related legalities.

\*Every effort should be made to stick with a nice Garbhadaṇa Samskāra program from the very beginning. Have a small Hare Kṛṣṇa devotional program in accordance with your means and attempt pregnancy during the devotional program. It is just like when young people are having a party the young couple sometimes hides in another room for sex. The difference is that the Garbhadaṇa Samskāra program is a devotional party and the young couple is attempting to become pregnant in a good devotional consciousness.

Please post your questions, concerns, and realizations regarding Vaisnava Marriage.

Thank you and Hare Krsna!

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Important Quotes regarding Vaisnava Marriage found in the 3rd Canto of the  
Srimad-Bhagavatam :

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Translations and Purport quotes presented in these studies are by His Divine Grace A.C.  
Bhaktivedanta Swami Prabhupāda, Founder-Ācārya of the  
International Society for Krishna Consciousness.

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[Generally the daughter should be offered to the suitable bride groom. I do not find approval of  
dating before marriage.]

(As stated in the Vedic scriptures, the first-class process is to call the bridegroom to the home of  
the bride and hand her to him in charity with a dowry of necessary ornaments, gold, furniture  
and other household paraphernalia. This form of marriage is prevalent among higher-class  
Hindus even today and is declared in the śāstras to confer great religious merit on the bride's  
father. To give a daughter in charity to a suitable son-in-law is considered to be one of the pious  
activities of a householder. There are eight forms of marriage mentioned in the scripture  
Manu-smṛti, but only one process of marriage, brāhma or rājasika marriage, is now current.  
Other kinds of marriage-by love, by exchange of garlands or by kidnapping the bride-are now  
forbidden in this Kali age.)

[ 03. Śrīmad-Bhāgavatam (Bhāgavata Purāṇa) / Canto 3: The Status Quo / SB 3.22: The  
Marriage of Kardama Muni and Devahūti / SB 3.22.16 / PURPORT]

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DOWRY :



[A dowry is required upon the marriage of the daughter depending on the financial ability of the parents.]

(The custom of giving one's daughter in charity with a dowry is still current in India. The gifts are given according to the position of the father of the bride. Pāribarhān mahā-dhanān means the dowry which must be awarded to the bridegroom at the time of marriage. Here mahā-dhanān means greatly valuable gifts befitting the dowry of an empress. The words bhūṣā-vāsaḥ paricchadān also appear here. Bhūṣā means "ornaments," vāsaḥ means "clothing," and paricchadān means "various household articles." All things befitting the marriage ceremony of an emperor's daughter were awarded to Kardama Muni, who was until now observing celibacy as a brahmacārī. The bride, Devahūti, was very richly dressed with ornaments and clothing.

In this way Kardama Muni was married with full opulence to a qualified wife and was endowed with the necessary paraphernalia for household life. In the Vedic way of marriage such a dowry is still given to the bridegroom by the father of the bride; even in poverty-stricken India there are marriages where hundreds and thousands of rupees are spent for a dowry. The dowry system is not illegal, as some have tried to prove. The dowry is a gift given to the daughter by the father to show good will, and it is compulsory. In rare cases where the father is completely unable to give a dowry, it is enjoined that he must at least give a fruit and a flower. As stated in Bhagavad-gītā, God can also be pleased even by a fruit and a flower. When there is financial inability and no question of accumulating a dowry by another means, one can give a fruit and flower for the satisfaction of the bridegroom.)

[ 03. Śrīmad-Bhāgavatam (Bhāgavata Purāṇa) / Canto 3: The Status Quo / SB 3.22: The Marriage of Kardama Muni and Devahūti / SB 3.22.23 / PURPORT]

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[The wife serves as assistant for spiritual life. The wife should be the same age as the husband or younger. Check with your Spiritual Master regarding child bride.]

(The purport is that a wife should not only be equal to her husband in age, character and qualities, but must be helpful to him in his household duties. The household duty of a man is not to satisfy his sense gratification, but to remain with a wife and children and at the same time attain advancement in spiritual life. One who does not do so is not a householder but a gr̥hamedhī. Two words are used in Sanskrit literature; one is gr̥hastha, and the other is gr̥hamedhī. The difference between gr̥hamedhī and gr̥hastha is that gr̥hastha is also an āśrama, or spiritual order, but if one simply satisfies his senses as a householder, then he is a gr̥hamedhī. For a gr̥hamedhī, to accept a wife means to satisfy the senses, but for a gr̥hastha a qualified wife is an assistant in every respect for advancement in spiritual activities. It is the duty of the wife to take charge of household affairs and not to compete with the husband. A wife is meant to help, but she cannot help her husband unless he is completely equal to her in age, character and quality.)

[ 03. Śrīmad-Bhāgavatam (Bhāgavata Purāṇa) / Canto 3: The Status Quo / SB 3.22: The Marriage of Kardama Muni and Devahūti / SB 3.22.11 / PURPORT]

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#### TRANSLATION

(One who desires to establish family life should marry a wife of his own caste, who is beyond reproach and younger in age. If one desires to accept many wives he must marry them after the first marriage, and each wife should be of a successively lower caste.)

[ 03. Śrīmad-Bhāgavatam (Bhāgavata Purāṇa) / Canto 11: General History / SB 11.17: Lord Kṛṣṇa's Description of the Varṇāśrama System / SB 11.17.39 / TRANSLATION]

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(The wife must be beyond reproach in terms of her background and character and should always be younger than oneself, ideally five to ten years younger.)

[ 03. Śrīmad-Bhāgavatam (Bhāgavata Purāṇa) / Canto 11: General History / SB 11.17: Lord Kṛṣṇa's Description of the Varṇāśrama System / SB 11.17.39 / PURPORT]

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#### ATITHI & PANTHA-BHAGA

“Atithi means guest without any information.”

“Pantha-bhaga. There is a stock of foodstuff which is called pantha-bhaga.”

[“It is the duty of a grhastha to loudly cry, “If anyone is hungry, please come. We have got still food.””]

[Sudama: So we should take the Deity prasadam and our prasadam and go to all the houses?

Prabhupada: No no. You invite them, that “Anyone, you are welcome. Take prasadam.” We can announce. Then you can judge how many people are coming daily. You should announce that “Anyone can come and take prasadam at noon.” It is the duty of a grhastha to loudly cry, “If anyone is hungry, please come. We have got still food.” That is the duty of a grhastha. If one

does not come, then the chief of the house, he takes prasada. If somebody says, "I am hungry," so he should offer his own food. "You eat." This is duty of grhastha. Bhunjate te tv agham papa ye pacanti. Those who are cooking for themselves, they are simply eating sinful things. That's all. Bhunjate te tv agham papa ye pacanty atma-karanat [Bg. 3.13]. So hospitality is one of the duties of the householder. Atithi. Atithi means guest without any information. That is called atithi. Tithi means date. So if I go to your house, I inform you that "Such and such date I am coming there." But atithi, he does not inform you, all of a sudden comes. So you should have to receive him. That is called atithi. Pantha. People are moving... Formerly, if some of the walkers in the street, suppose he has become hungry, so he enters anyone's house. So "I am hungry sir. Give me something to eat." He'll immediately, "Take." Pantha-bhaga. There is a stock of foodstuff which is called pantha-bhaga. If somebody comes all of a sudden, he should take.

April 22, 1972, Japan

Pradyumna: The temple should always have some prasadam there?

Prabhupada: Temple must have. Even ordinary grhastha. That is Vedic civilization, not that we cook for ourself, for my husband, for my wife and children, eat it sumptuously and go to bed. No. Even grhastha, he should be always prepared to receive guest. Yes. And even a guest comes, your enemy, you should receive him in such a nice way that he will forget that you are all enemies. Grhe satrum api praptam visvastam akutobhayam. This is Vedic civilization, not that "Beware of dog. Please don't enter here. You are forbidden to come here. And if you come, I shall shoot you." Sometimes they do that. This is not human civilization. It is cats' and dogs' civilization. So actually we are teaching what is human civilization. But we must be also like human being, not cats and dogs. Otherwise how can you teach? If I am like cats and dogs, I cannot criticize others as cats and dogs. I must be first of all human being. Then I shall teach others how to become human being. I must become first of all devotee. Then I shall request others to become devotee. Apani acari jive sikhaila bhakti. First behave yourself perfectly; then teach others to become perfect. That is preacher. Now we are selling The Process of Creation but if I do not know what is the process of creation, we do not read, if you go to sell some book, then if he says, "What is the process of creation? You explain," and if you say, "All right, let me consult my book..." Kuto gata vedyah para-hasta-gatam dhanam. Para-hasta-gatam dhanam means, "I have got enough wealth." "Where it is?" "It is in other hands. It is not in my possession, in others' possession." This kind of possessing wealth has no value. Similarly, when somebody asks you some question, if you say, "Let me consult my book," that knowledge has no value. "Let me consult my book." So all these books are there. You see one sloka studying, knowing. It takes one hour. So there are millions of slokas. How much you have to study. So these things are to be noted. This Krsna consciousness movement means perfection, all round perfection. Then people will much appreciate. There is no doubt about it. And we can go anywhere, everywhere, because we are pure. We are giving the right thing. So is there any artist here who can draw? You can?]

<https://prabhupadavani.org/transcriptions/720422r1tok/>

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New Hope for the Future  
of the Whole World :  
(15000 Scientists)

[https://docs.google.com/document/d/1xN9s5HeP-wlUkUfGaml4RYwPS7pxekBgex8CbTG79Qg/  
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Hare Krsna!

Please accept my humble obeisances and dandavats!

All glories to Srila Prabhupada  
and all pure devotees of the  
Supreme Personality of Godhead!

May Lord Sri Krsna always shower you all with many blessings, sublime transcendental  
knowledge, and advancement in pure devotion to the Supreme God!

Your friend, neighbor, and humble servant for Krsna consciousness Bhakti Yoga,

Religious servant of God  
at 3̃ Hare Krsna Farms  
Dandavats dasa

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Go to Krishna Culture for all your Transcendental needs...

<http://www.krishnaculture.com/>

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Study Listings

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