

# Yoga Bible

**SRI KRISHNA GOVINDA HARAY MURARAY  
HAY NATH NARAYAN VASUDEVA**

**GOVINDA GARUDA DHWAJ PRAN PYARAY  
HAY NATH NARAYAN VASUDEVA**

**SRI KRISHNA CHAITANYA KAILASHANANDA  
HAY RAM HAY KRISHNA RADHEY GOVINDA**

The Devotee wants to know how painful is Yama Loka

**V**ishnu (Keshava) addresses his devotee Garuda:

Very painful, I'm telling you. You will tremble to hear it, if I tell you all the details. The hair will stand on end.

On the road there are no trees under which to shade from the sun and rest. There is no food which is essential for survival. Water is not in sight. The heat is of twelve suns. As at the time of the Earth's dissolution, there is no liquid anywhere. Everything, even the blood, is dried up. In many places the sinful persons have to travel through a very cold climate, which is very painful. In another place, they must walk on thorns. In some places the sinful soul is attacked by wild lions, dogs, poisonous insects and infernal heat which roasts the flesh. Then he has to proceed through the Visan Forest, full of leaves long like banana leaves but with edges as sharp as swords. Two thousand yoganas is the width of this forest. He cannot go without being cut and torn by the leaves. In many places in the forest a person has to pass through the most blazing fires and wild animals and is cut by these sharp-edged trees. Sometimes, exhausted by being escorted by the messengers of Death, he falls down, sometimes from hilltops or into dark pits. Sometimes he falls into mud full of leeches, or mud that is very hot. He has to walk over hot sand

# Yoga Bible

or on hot stones or through smoke-filled areas. Other places, he has to walk through rain like hot fire, which sometimes has stones hitting the body. Sometimes he has to go down, sometimes he has to climb up through dark caves. Some places he has to pass through shallow lakes of dirty, filthy water, like a cesspool.

Then he reaches the banks of the Vaiturnee River. It is very fearful just to hear the description of this river. It is painful just to look at it. It is 100 yoganas wide. It is full of cesspool contents, blood and bones line the shore. It is difficult to know how deep it is. It is very painful to cross. It is infested with man-eating animals. As soon as a sinful soul reaches there, the river starts to boil and smoke becomes visible. The river is full of sharp-mouthed, needle-like insects, vultures, and infestations of flesh-eating animals. The sinful soul calls for help to his relatives. It is a long span, so there is nothing to eat or drink while the soul is crossing the river. Some people become unconscious. There is nothing to protect the attacks of the bloodthirsty animals. Sometimes a person gets caught in the whirlpool and temporarily disappears and then surfaces again.

The very purpose of this river is to punish the sinful soul. This river is very painful to cross. The persons are tied by a rope around the neck or through the nose or hooked like a fish and thus they get pulled through the river. This way the person is forcibly pulled through to the other side of the river. Then the person feels sorry for his sins and is miserable and thus he proceeds to the City of Death. While he cries and weeps he calls his children and grandchildren to help him and save him. Then he reflects that to have a human body is a great boon and is the most superior form of life and that he did not earn spiritual credits created by righteousness and a life of good conduct. Then he says,

‘I have wasted my life, I never gave in charity or offered Havan or did

# Yoga Bible

Penance or Sadhana. I have not offered respect to God and done Pilgrimage. If I had, I would not have to go through these sufferings. I have never respected and honored the Holy Men and Brahmins, I never bathed in the Ganges. I never went to Satsang. I never did charitable and humanitarian work.’ These are the questions asked by the boatman, if you have done any of these good actions, you deserve to be taken in the boat across the river. ‘In a place without water, humans or birds, I never dug a well for the people’, a person says to himself, ‘or gave water to people’. This is considered a humanitarian work. ‘Neither have I helped to maintain the Brahmins so their material needs are met’, a special service by the Brahmin priest generally takes about two week’s time. ‘I never heard the Vedas, Scriptures or Puranas. I never gave anything in charity or listened to the instructions of the Puranas and respected the learned.’ ‘Oh Soul,’ he is told, ‘If you have done these things you can cross the river by boat.’

Also he is asked if he has fulfilled the vow of marriage. (Yet all sins have a remedy through Divine Medication. A person who loses his spouse should give more time to spiritual development and a life of penance.) ‘I have never observed the vows of marriage or observed celibacy,’ the soul says. Then he is asked, ‘If you have done these things, you can cross the river to Purgatory.’

The soul reflects, ‘I did not observe Vratas.’ One of the main vratas is the Chandraya Vrata. It takes 30 days and starts from the full moon. For fifteen days the moon is waning through fifteen facets. On the first day of the bright fortnight the first fifteen facets are shining. The number of morsels of food taken equals the number of shining facets of the moon. ‘I never observed this Chandraya Vrata’, the soul observes.

The soul who was a woman had the handicaps common to women during her life, and so she complains, ‘I should have improved my lot during

# Yoga Bible

my life.'

Then the soul loses its perception of corporeality and he sees the past, present and future. He sees the boat and his relatives alive and dead. A person then is clear and able to judge for himself what wrong he has done once he is without a body. He knows his credits and debits. Then he cries and weeps and remembers all the bad things he has done. 'Again I will have a human body', he says.

For seventeen days he moves fast, on the eighteenth day he reaches the City of Sauripur. There is a very nice banyan tree there and the Puspabhadra River. This is an attractive city.