Paramahamsa = one who has accepted the essence of everything [see 7.10.3 below]

- 1. offering prayers {stuti} -- Akrura
- 2. dedicating all the results of activities {karma-pūjāḥ}
- 3. worshiping You {pūjāḥ} -- King Pṛthu
- 4. working on Your behalf {karma}
- 5. always remembering Your lotus feet {smrtih caranayoh} Prahlada M.
- 6. hearing about Your glories {śravaṇam kathāyām}—Pariksit M.

Katha Upanisad 1.2.23

(also the Muṇḍaka Upaniṣad 3.2.3)

nāyam ātmā pravacanena labhyo

na medhayā na bahunā śrutena

yam evaiṣa vṛṇute tena labhyas

tasyaisa ātmā vivrnute tanūm svām

SYNONYMS

nāyam—mundane knowledge; ātmā—knowledge of the self; **pravacanena—by discussing**; labhyaḥ—comprehensible; na—not; medhayā—by mental power; na—not; **bahunā—much; śrutena—by hearing**; yam—for such a person; eva—indeed; eṣa—this knowledge; vṛṇute—is concealed; tena—by Him; labhyaḥ—comprehensible; tasya—His; eṣa—this; ātmā—the science of the self; vivrnute—He reveals; tanūm—His own form; svām—by His own will.

TRANSLATION

The Supreme Lord is not attained by expert explanations, by vast intelligence, nor even by much hearing. He is attained only by one who He Himself chooses. To such a person He manifests His own form.

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7.10.3

"O my worshipable Lord, because the seed of lusty desires, which is the root cause of material existence, is within the core of everyone's heart, You have sent me to this material world to exhibit the symptoms of a pure devotee."

tathā paramahamsānām munīnām amalātmanām bhakti-yoga-vidhānārtham katham pasyema hi striyaḥ

SYNONYMS

tathā—besides that; paramahamsānām—of the advanced transcendentalists; munīnām—of the great philosophers or mental speculators; amala-ātmanām—those whose minds are competent to discern between spirit and matter; bhakti-yoga—the science of devotional service; vidhāna-artham—for executing; katham—how; paśyema—can observe; hi—certainly; striyaḥ—women.

TRANSLATION

You Yourself descend to propagate the transcendental science of devotional service unto the hearts of the advanced transcendentalists and mental speculators, who are purified by being able to discriminate between matter and spirit. How, then, can we women know You perfectly?