**Vratas recommended by His Holiness Bhānu Mahārāja:**

* The main vrata is to worship Rādhā Krishna
* Arise by Brāhma-muhūrta daily (1.5 hours before Sunrise.
* Take vow to REMAIN TRUTHFUL for whole month.
* Be careful not to BLASPHEME any devotee, shastra, brahmin, cows, saints, or one observing the Purushottama Vrata.
* Fixed increased chanting 25, 32, 64,128 rounds daily!
* Hearing/reading pastimes of Rādhā Krishna
* Worshiping Rādhā Krishna with flowers such as lotus or rose and Tulasī leaves. Offering 100,000 Tulasī leaves bestows “unlimited merit beyond the powers of Brahmā to describe.”
* Sing bhajans and kirtans specifically glorifying Yugala Kishora Rādhā Krishna such as Jaya Rādhā Mādhava; Rādhe jaya jaya mādhava dayite; Radha-krishna prāṇa mora; Radha-krpa kaṭākṣa stotra, Nandanandana Ashtakam; Tulasī ārotik prayers with deep prayer of longing and meditation.
* MUST OFFER Daily GHEE (pure cow’s ghee only) lamp to Radha-Krishna Deity or photo.
* Bathe DAILY in Yamunā around sunrise. Or if not in holy land then pour drops on head from bottle of Rādhā-kuṇḍa water or Yamunā after offering obeisances and prayers to Rādhā-kuṇḍa or Yamunā.
* Eating–Fast till noon and eat only fruits or just vegetables without any beans or grains.