

Sunday Jagruti Class

Topic: Attitude For Gratitude

By *HG AvtarLila Pr*

Class:

Every living entity can read the book by having the mercy of the sincere devotees.

What is Gratitude?

Gratitude means To Honour, Recognise and Appreciate to everyone and everything.

*Gratitude helps us to grow spiritually.

Without gratitude, humility is a superficially spiritual.

Without gratitude you can't develop the satisfaction to your heart

if you want to express your gratitude is just to say thank you, it's better to mean thank you than to say thank you.

very few people will recognise Krsna.

very few people will remember Krsna.

very few people will reciprocate Krsna.

What is the importance of Gratitude?

-we want reciprocation from that person to whom we had reciprocated

- *Gratitude is the foundational principle to all other virtues.*

- *Gratitude is the quality which we can develop grow through spiritual but without gratitude humility is just a theory for us*(trinad api sunicena) it's just a theory for us.*

Gratitude is divine principle to develop humility so that other virtues will help you to grow in your life.

Humility(krtnya) is the foundational principle to Develop Gratitude.

krtnya or humility means what others had done for you

We express our gratitude towards Krsna to revive our spontaneous service towards Him.

Dharma means to revive our gratitude

*We are having gratitude towards Krsna.

Whatever you get we gradually develop gratitude and if you won't get what you want then you become envious. That's not a real gratitude.

A Real Gratitude means What Others had Done for You.

If you have right kind of expectation from others then it's no harm in it.

we can loose inspiration from devotees, when we becomes ungrateful.

Gratitude is the fulfilment of our heart to revive our relationship with Lord.

e.g. from Dhruv Maharaja was having gratitude to his mother.

One becomes faultfinder and becomes envious to devotees when person becomes Ungrateful

Dissatisfaction is the behaviour which is worse than unworthy and ungrateful.

One can't go deeper and deeper in Bhakti when there is Ungratefulness.

When we are grateful to the person when coming in Krsna consciousness that's a Real Gratitude

e.g.. Hanuman/Rshabhdev

if you are not grateful then its really difficult to revive our gratitude.

We have to bring out best for each other to vaishnavas. That's a real Gratitude.

*When there is inattentiveness, neglectful and offensiveness in sadhana, we cannot revive gratefulness in

our behaviour.*

Cause of Ungratefulness: Ignorance is how things happened with the mercy of Lord. This is Ungratefulness.

How do we cultivate gratitude?

-We have to be very much aware of His Presence & His Omnipotence.

-We have to reflect how we are dependent in Krsna

-Even for food we depend on Krsna.

-We have to associate with devotees to revive the gratitude. Gratitude doesn't mean to say thank you but to mean it by reciprocating with Lord and His Devotees.

-we have to faithfully revive our consciousness to be grateful towards Lord and His Devotees.

-Follow Vaishnava Parampara Faithfully to revive our gratefulness in Bhakti.

Thank you very much 🙏🙏

Hare Krsna 🙏🙏