

Paradigm Shift & progress towards new & better normal |

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Topic - Paradigm Shift & progress towards new & better normal

By Bhakti Rasamrita Swami

Notes -

- Every cloud has silver lining. In this This greatest challenge and problem its an opportunity to introspect deeply which we held so long, about assumption, about paradigms, problems and progress toward a better normal.
- As far as I generation is considered is that we havent seen this such type of destruction. In that time we had world war, partition, but nothing like that this same league like covid19 and global spread in destruction.
- There are few world who was directly
 1. fear - fear of health and life. Especially children and elder people. This fear is strong especially pandemic wide spread.
 2. insecurity of job, livelihood education, career.
 3. anxiety - what will be the future will look for us or in future generation. There is sense of frustration about the restriction happen imposed on all of us.
- The lockdown confinement on ones home, destruction in the lifestyles, getting about out of life. This situation making and creating mental issues. Ironically, people are working harder in corporate world increasing workhours and shopkeeper, all are working harder to buy for the daily breads. Now all are working harder and one has to manage their emotions in all other circumstances. But essentially it is everywhere. **This corona would be staying with us reasonable length of time but we have to learn to live it.**
- **One learns to convert adversity in to opportunity for betterment because adversities will come in life without inviting difficulties in all sorts that confronts us. We have to respond as an opportunity that is the sign of intelligent.**
- In the midst of negativity and all this psychological aspect is very imp to retain the postive approach. Nothing must be gained by succumbing negativity and accept negative, fears, stress, etc.
- **Common sense measures** - in keeping the idea of utilizing the idea for adversity for better purpose. Why not start work for health?
 - Do more exercise like yoga, if you got an opportunity than go for a walk if you get to go for walk outside. Regulate your life. Rise early, sleep early, give more time to your friends, family, that you have lots of time. There are things now that you always wants to do it.
 - Things that was most widespread in social media after lockdown happened that they would now hearing the birds chirping, air cleared up, water is getting cleared up etc. because earlier they were not able to see this because they were living in the crowded place they cannot able to see

before.

- So here is the opportunity to learn your neighbourhood and nature and that experiencing the nature of beautiful sunrise. At home, you can do your household chores. Plan your meeting about your workplace nicely. **Not only we can cope up but also we can remain productivity in this time.**
- Catchup the hobby for hearing. Heartfelt recommendation is to beginning the spiritual practice. Reading, nowadays, meditation becomes norms. Now my heartfelt recommendation is mantra meditation. Its very potent, calming, rejuvenating and makes one blissful. It makes one to feel blissful.
- Focus on "think" that why are we in this situation today. What is the paradigm that led us we are here today? What caused this problems today? Causes can be seen in at various level. Immediate, remote and ultimate cause. Generally, when people speak about the cause of something else they usually talk about immediate and remote cause. This is a paradigm has brought on this level.
- Paradigm refers to certain standard or model or concept of practices. Or it's a refers to certain beliefs that we see the world and others. It's a usual way to think or we act.
- **What is our current paradigm** - what constitutes progress our development? What is civilization? What will lead us to real happiness? What is happiness? What should be our desires of goal of our life? what are our views on this situation. This is is our paradigm.
- Generally, its difficult to change paradigm **because they have tendency to deep rooted and difficult to change because of drastic change happens. Paradigm change when drastic events happens.** This drastic events tends to stimulus of sometime of paradigm enforces us. In the recent history, that this drastic event don't come out from the boat from blue, but its usually has history of issues or problems which was grown and accumulated to tipping point and this drastic forces to look and examine deeply in our existing paradigm. We done so much in degree that nature reacts or nature responds.
- This Covid19 makes us now making us to reflect,. This is the silver lining of covid19 cloud. *Paradigm shift is making fundamental change in our approach and in our seeing and doing things what we have assumption we have in our life. Dominant paradigm is that happiness and success is to be seen to be in terms of how many wealth to have, how powerful you are, how far you will be get ahead in any aspect of your life,* in order to live all this things you need economy development and technology. Fulfilment of human needs is considered to be defining criteria for success and happy civilization of society. We have assume that exploitation is all right, now it may not sounds good to it but it hurts a lot that we are part of society is extra critics civilization that we can't even realization that this exploitative tendencies risen so deep in every little aspect of our life and consciousness that we don't even realized.
- Can we sustain the life with resources? What will be the conditions of the world when the resources are over? Its not just about exploiting the non living aspect of nature but all the living beings too.. Wild life markets in

certain places. So, this wild exploitation and infecting to people. Do you expect that boomerang effect will not come? We are also exploiting people. in the course of time that there is underlined unstated, assumption, unarticulated time. We don't even consciously aware of it. Underlined assumption is that this world is me to enjoy and this body is the vehicle that it can be achieve. There is a lack of spirituality to understand life. People are reflecting and People are talking about paradigm shift. I just googled it about paradigm shift that everyone in this different areas must be realignment would be necessary in different areas and people are coming to the certain conclusion that we have to have more compassionate world.

- This drastic events which makes us helpless to become to think deeper. We are moving in better normal that we could be more kinder and more compassionate and less exploitative world. And we hope that this world will become normal which we hope it may have less exploitative world, less greed, less exploitation, less glitter, etc.
- There would be more spiritual nature and deeper harmony with nature. This is the new normal that humanity must move towards. Transition from paradigm based on material consciousness to a paradigm that is based on spiritual consciousness.

Thank you very much
Hare Krsna

- We are inborn with certain nature that is the defining nature. But there is large element of pshyquie which is influenced by environment to the some degree who are born with that type of nature who give integrity to live in this world. Because we have human frailities that its reinforce by an appropriate supportive situation and what kind of intellectual we receiving, what kind of company we cultivating, and what kind of paradigm is cultivating in our life.
- BG Says that there is 3 modes of material nature. People who are govern with the different modes they are enforced to act in different nature. Be developing lifestyle, habits, practices, diet in the mode of goodness. This cultivating spritual life will actually helps to cultivate in the any aspect of world