

Inner peace v's inner conflict | Nitai Kirtan Pr

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Topic - Inner peace v's inner conflict

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Notes

- As spiritual seeker we have supposed to do activist or passive. Some are disconnected to the real world. As you go deeper in spiritual level you can able to connect with divinity and you can make and experience compassionate nature to every living entities. Let become honest.
- In order to get in higher level - there is one process actually makes spiritual activists that activate our spiritual progress. One thing we must understand that should we act according to mind or ? Most of the human beings is protection of police force. If we act on mental concoction than we are not better than others.
- Krsna says in BG 5.18 chapter one who able to sees everyone in equal vision, animals, or anyone on spiritual platform and this is the vision of human species and this is the real compassion to every living being.
- We see so many things on different color creed cast sex than how can you be happy by differentiating. We must be in reality. It gives us higher understanding, we need to understand to come in the level of panditah samah darshina. If any of the comments are disliked than it feels offensive or we feel upset of that particular person and we start hating them.
- What are the internally association. How do we feel inside and if we cannot change internally than its very difficult to see outside world clearly. We have equal vision to see every living being as a equal vision. Sometimes people says we wants revolution. But we should evolution internally before we bring revolution externally. When we want change than we must start from Inside-out.
- Someone said who wants change, everyone raised hands. But when someone said who wants to change than no one raised hands. So first thing we must change ourselves before changing world. M.gandhi said be a change.
- Spiritual activism - Two aspect is - we have to go to spiritual path and let's take part in protest and push the message of kc. Yes blacklives matter and preach based on BG and spread the message that We are spirit soul and we should treat others as on equal basis. When we look on material level there will be always differentiation, but on spiritual basis we should treat others on equal basis.
- One time SP started KCSOC in america and this seed has been planted when he was 22 years old. That time gandhi has started the movement, that time Abhay Charan was a part of that. But his friend encouraging to meet BSST and educate the message of BG in english to western world. Abhay got impressed but in his mind he was connected to gandhi. BSST said message of KC is beyond this material designation and kill all the problems anyways. Imagine if everybody fulfilled this principle of panditah samah darsinah with equal vision that makes more revolution or difference in someone's life.
- BSST said teaching of LCM, BG they are about compassion, love and that helps us to transcend and transform and free us. And abhay charan was impressed, And after 47 years started KC society. This is the mood of compassion, love and he was interested in saving entire world. And when we connect to others with higher intelligence and we help others

to act compassionate.

- We must convince ourselves about KC and educate others about black lives matter and see all living beings with equal vision. We should practice ourselves about KC and work hard to preach the message of KC to educate others. When you drop a stone, there would be a ripple effect. If you want to change the world, that first starts from you. If you feel bad, then you act towards other people and then others and then so on... And when you act compassionately, then they act towards others and they act towards the next and then so on. On a spiritual level, you help others from suffering, especially on a spiritual level, and connect them on a higher level or SPOG, and then you can have a spiritual revolution.
- Once in a hotel, one group of people was searching for BG and left a copy of BG on the front desk. That evening, a gentleman came in, he was depressed and frustrated, and he held a BG from the front desk and asked the person, "I want this copy of BG anyhow." The man said, "I came to this hotel for committing suicide. But before I commit suicide, let me read this book." And the next morning, he was able to see on a new level.
- When you read BG, there was Arjuna's dilemma, and Arjuna was asking for guidance from Krishna, and BG explains to take part.
- The owner asked to order BG from the hotel and gave BG to that person. In this way, you are reading BG and connected to SPOG, and there would be the greatest difference in other's lives. And this ripple effect will last forever. Just start with your small interaction with whoever knows you, and then the effect of consciousness gets lasting forever.

Thank you very much
Hare Krishna

QnA

How to cultivate compassion?

- Real compassion means to feel others suffering as ours. When you have that equal vision, you also see other creatures as an eye of compassion. SP said, "Do you see a bug on the floor?" SP's secretary said, "Yes." SP said, "That bug is also eager to give compassion."
- Because SP is a pandita, samaha darshina, he was seeing that bug also as compassionate. The spiritual process is to be constantly aware of that. The next level of compassion is to give love to others. Stephen Covey said, "We must seek to understand before being understood." First, you have to understand the person, and then you come to know how to develop compassion towards that person. By reading BG, spiritual practices like chanting the holy name of Lord will nourish your soul and charge yourself, and then you become on the level of samaha darshina.

What's the balance between action and working on oneself?

- Commitment to daily practice is the difference between ordinary and extraordinary. Sutapa pr said, "Sometimes you need to disconnect to reconnect. As soon as we chant this mahamantra, it works so much that it made me so much more compassionate now. And now I know I am on the true process of chanting of Lord. More practice than you can connect more gradually in."

How to chant without offenselessly?

- It's one of those things which is basic, and if you don't do it right, it's not good. When you have to charge your phone before p. when you chant offensively, then your soul doesn't charge properly. When you chant offenselessly, you feel charged by your soul. We must do warm-ups before starting chanting.
- Just like when you go to the gym, you are doing warm-ups. Similarly, we must do warm-ups before chanting by sitting properly, taking deep breaths, by which your mind becomes stable.

and chant OM that attracts spiritual energy.

- And Then you are ready to chant. And now you can chant hare krsna hare krsna krsna krsna hare hare hare hare rama hare rama rama rama hare hare. By this you can get connection to
- I heard in Sacinandana swami retreat. he said - the more you chant, the more you feel bliss.