

Sutapa Pr | Enemy Within

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Topic - *Enemy Within*

By Sutapa Pr

Notes -

✍ Most people follow the tradition blindly without questioning.

✍ - Doubting helps us to clear our vision because BG and others vedic scriptures makes our life meaningful.

💡 - *BG says just as we bathe in water in order to cleanse our body. Similarly we should clean our mind by cleaning our consciousness through connecting to spirituality path.*

✍ - Teaching on BG gives the *clarification to develops our spiritual path*

✍ - we may think that govt is enemy or friend is enemy or so many other enemy. *But our real enemy is our real conception or clouded consciousness.*

💡 what does enemy mean?

✍ - we have to throw out the enemy from our consciousness.

💡 - ancient scriptures told *we are conditioned soul. We are spiritual soul. Vedic scripture says, we are imposed in many ideas which has no origin. Throughout our life media, society, has many expectations. And by thing we are conditioned soul that we are influence by external factors of material nature.*

- 3 problems of condition

✍ *Soul - upadhi means material designation. Because we are condition by material influence. We are connected to material nature. But this is not how we are. THOSE designation are temporary.*

💡 - by developing attachment with temporary things - *we develop unwanted qualities like lust anger greed ego envy pride hypocrisy, etc..*

👤 - first problem is that we define that we think we are this body.
- for example - someone who thinks that you are the CEO of company.

- *the moment of that you see the things that this identity is real. Than you start developing anarthas.* And you start leading your life in material temporary satisfaction rather than having eternal happiness.

👤 - *Yoga is to connect us by connecting who we are!*

🌿 - by which we realize the real identity by which it helps us to develop appreciation

🌿 - by which we can transform greed to magnamity

🌿 - by which we can transform pride to humility

🌿 - *than we start interacting with person from humility by practicing spirituality.*

- there will be chaos in the world. *The moment we understand that who we are and connect to the higher powers than we can be the well beings of the world.*

👤 - *BG says that real enemy of ours is our false conception. We just need to change our vision.*

👤 - *mediation makes us to purify us and clears our vision.*

🌿 - we live in this world, act and interact in this world - we are like a lotus. We are just one drop of water of a huge ocean.

- i just want to conclude by anecdote -

- lady once gone to doctor and said

- doctor I have a living frog in my stomach

- doctor said I am practicing this medicine. I didn't see this from last so many years. How is it possible.

- lady than go out for vomit and than later come back and said , I gone to pond and vomited and there was a frog.

And now again lady came and told doctor now again I have a problem

- Problem is that now that frog layed eggs inside my body.

✍ Anecdote of this is - *when we create artificial perception we create artificial problem and create artificial solution and eventually it creates more problems.*

👤 - *Real revolution of this world is to change our consciousness and change the vision that who we are more than artificial designation which will not bother you*

👤 - Therefore, *spiritual practices is much important which creates revolution throughout the world.*

Thank you very much
Hare Krsna