

Attitudinal Detox by Dwarkadish Pr and Vishaka Priya Mataji

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IYS Pre-Marital Seminar
Topic - Attitudinal Detox
By Dwarkadish Pr and Vishaka Priya Mataji

Youtube link - [Attitudinal Detox | HG Dwarkadheesh Das & HG Vishakha Priya DD | IYS Chowpatty](#)



Notes -

- Titanic started with maiden voyage in 1912 carrying about 800 passengers and crew and in the middle of the night it stuck in huge ice burg. And crack of 800ft and that destroys whole ship
- Ice burg can be seen above the water and 90 percent of mountain cannot be seen. Similarly, what you see is the tip of which is the gesture and that is hidden part and that is actually our real self and 9/10th is developed by our attitude and attitude needs the external formation and conduct
- We need to go in with right attitude.
- When we in medical approach that we approach the patient with right attitude
- Well begun is half done. A journey may be 50k miles and if you are in right direction then you almost cross half.
- Attitude -
 - Attitude is the way of thinking and feeling of the someone in a subtle way or set of emotions of object or person or thing
 - mind and set means mind is set of particular person
 - For eg - lets begun with SP that right from childhood he started seeing sadhus for prasadam and donation and many things and after he grew up then he becomes more favorable to sadhus.
 - When he heard from powerful speakers that there would be real coin also.
 - Many times, indians are brainwashed that they believe by britishers that indians are low class and that cloth made in india and branded by manchester and sold in india and they destroys entire generation with self esteem and we need to change this

mindset that SP did so struggle that to get american boys and girls to follow the culture of India and that could be possible.

- o Authentic books of knowledge by SP can detoxify our attitude
- o Attitude creates lots of influence
- o Mayavadi has attitude for money and we may have attitude towards jobs, marriage, etc.
- o We are here to detoxify our attitude
- o We need to understand that this attitude is right from childhood and the cultural BG we comes from whether we comes from respect or disrespect or arrogance or egoism or dominant and that could shape our attitude in the rest of the life
- o And what you look in to the parents may be liberal or strict parents and or disciplinary enviroment that will also matter to have attitude
- o Many times we want to have to put children in international school then that children becomes westernised and if in vernacular, then that influences us to become vedic
- o Many times all the jokes of marriage creates lots of attitude in our lives and the experiences we have in marriages when we see that relationship is becomes successful
- o People takes marriages as casually and people are seeing so much in divorces even in devotee community and we are surrounded which is over influenced in our life and that even in the coming to KC, we creates attitude on this and there is so much toxic behaves, beliefs gone in us and we need to remove the toxic attitude first to understand the positive impact of marriage
- o First we need to understand that what type of attitude can makes us to detoxify that?
- o There are so many mahnatra in our media and we must be aware that I need detoxification and the more toxic in our life and the more difficult to progress in KC
- o The process that helps us to develop our body to transform our mind from toxics
- o Detoxification is getting rid from toxic thoughts or emotions that affects our existence and that must be elminated
- o Best blood group to have is B +ve and we are neutral and non commercial attitude
- o We see very much negative attitude and that inorder to detoxify stops seeing the news where is rape, divorce and many more..
- o Positive mind set where we feel mind is full of optimism and to move forward and create enthusiasm and where there is enthusiasm we feel very much closer to do much constructive in our life ahead. And that can help you throughout your life ahead.
- o People basically satisfied in life they becomes positive and where there is problems that they set back and they release back after that major set-back because they have so much positivity
- o There is nothing in absolutely good and absolutely bad. There may be duality and everything got two sides of coin and which kinds of thing we need to focus, that's can be positive attitude
- o Prolonged attitude of negativity makes us depression and the only option you have to do go to pshychatrists
- o 25% of US is suffering from depression and the devotee is very rare that they filled up with lot of positive chanting and dancing and feasting that person becomes very much satisfied
- o SP said - success in KC depends on the attitude of practitioners.
- o Success in marriages depends on the attitude of married person
- o Traditionally boy would go to gururkul and learn so many attitude and girls goes to see where she learns from her elders and lands up learning those things

- In olden days, couple used to see the partner in the marriage and the olden days they have so much positive attitude whatever happens I will manage my work. And this type of attitude they have to make the marriage successful.
- In those days, they make their marriage on themselves that they have a right attitude and everything depends on attitude and its very imp to have right attitude and whoever girl comes in my life I will manage that.
- **3 major attitude influencing -**
 - This type of seminar to looking into yourself and this particular type of time we are very much strong and and prepare myself to be married and if my knowledge is very much strong then no matter what problems I have, I would manage that problems.
 - Many times we heard dark deep statement Family life is like deep dark well and we think our life is misery after getting married
 - So we need to understand that what Prabhupada said that ghrihamedhi is the person who have only have a sense gratification In life.
 - Ghrihashta ashram is....
 - LCM requested nityanand prabhu to get married because ghrihashta can go anywhere I can not go and ghrihashta life is the life of full of opportunity otherwise we becomes skeptic in our life.
 - There is no acharyas in history who performs marriages for devotees indicating strongly that Prabhupada performed marriages for devotees
 - Ghrihashta means to be in the path of blissful
 - Youths are restless and confusion and we think that she has this and she is not having this, bahu sakha hanysta - when we married then our mind becomes peaceful
 - This ashram gives sense of shanti but mind in a physical level we struggles but mind becomes emotionally peaceful that you would be with her and she could be with you in anyhow no matter what problems you are in
 - This is the huge amount of mental peace and the only rest in peace we can be in the progress in the path of pure devotion service
 - You will have strong connections with sadhus in a grihashta ashram and you feel gratitude towards them that they nurtured their KC and cradle our KC and we reciprocate with them in preaching and invite sadhus in home. There is so much joy to invite sadhus in our home
 - Grihashta ashram gives an opportunity to serve the sadhus and we becomes matured to practice KC with yukta vairagya
 - **Be attached to your wife, not as an object but that girl has sent to you by Krsna to practice PDS and advance in our spiritual path**
 - SP said that to create the varnasrama dharma with lot of responsibility and yet the joy of spreading kc and SP wanted to show in an example
 - Do we think that brahmachary is not have problems? Everyone has a challenges to maintain the sanctity and in ghrihashta ashram wife is always there to support you whatever problems we faced in
 - If husband and wife remain united with each other and lord then the laxmi and narayan will remain inside of their house and guarantee the blissful
- **When we think of settling down is to have financially or I don't have own house then -**
 - Do you want to settle down in material world and settlement is arbitrary concept
 - What should I do and what is the meaning of settlement because it's the different in psychology and the boys think that if they have lot of material achievements and enough of assets they think that this is the settlement and that is important and we

- must be very realistic
 - Today's day and age the hall mark of material world is uncertainty
 - Girl and parents look for the higher that he has the potential and the confidence your zoom and responsibility in your behavior he showing to the wife
 - It is also imp thing but what you promises to the partners and family that matters
 - Something in your life you learn by experience and till you jump into swimming pool you don't learn swimming pool and till you driving into traffics you don't learn medicine. Even you land up certain mistakes then you cannot learn.
 - Some milestones in our life is to do in certain age, marriage has done in certain proper age around 25 is the best age to marriage and this allows the natural pores
 - Emotional stability comes when you actually makes you matured.
 - Don't have this attitude of that I want to become financially settled, and this would only delay and made all your uncertained that you need to detoxify this to get married
- **Detoxify this attitude women are less intelligent**
 - A attitude that determines
 - B behavior that determines then
 - C communication will give
 - D direction of the relationship
 - If ABC is proper then D would be proper and otherwise there would be E - explosion
 - No matter who girl is don't forget the principles that is there that - this principles is applied to anybody
 - Right attitude gives things successful
 - There is not aptitude, but its high attitude determines success in relationship
 - If life dominated to krsna then the both are self-centered in Krsna
 - Sanskrit is beautiful language and different meaning in english
 - Medha and bhudhi - translated as intelligent
 - Bhudhi means analytical knowledge, everyone wants to analyse and that analytical brain given to male
 - **And medha means female observed in particular phenomena and in all area of life and that's not less intelligent but medha means practical wisdom**
 - Women is so much practical and so much they are easy to handle the emotions
 - All happy husbands will know that wife would come as healthy counsellor and makes the decision making more stronger
 - **Man is less intelligent and women is less intelligent and when both together makes a perfect unity or they becomes purak**
 - **KC is the time for perfection to make perfection in the journey of life and I need to come to home with the support and we chant our rounds and read Prabhupada books and we look forward for beautiful life ahead**

Thank you very much
Hare Krishna