

# Chaitanya Charan Pr | Dining With Monkey

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\*Prerna Class

Topic - A dining With Monkey\_26-02-2016

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Dining means a congenial cordial meeting of something.

People crumble not about external situations but internal.

Bhagwad Gita explains that within us there is self-sabotage which is called mind.

An attack from inside is called self sabotage.

We live in the age of guided misilies and misguided men

-King Martin Luther

Mind can act as an self sabotaging agent.

As Software is essential for computer ,Mind is like software.

we need mind,the senses are centered around mind.

We have to ultimately live with mind.

Accronym for Monkey MIND

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M-Misdiagnosis

I-Indirection

N-Negativity

D-Double role

1.Misdiagnosis

Conscientiously correct the incorrect autocorrect.

Mind has certain modes of interperating the reality.

When we have problem,undersand the problem.Many times that which is the cause of the problem is the solution.

Desire is not the root of problem but Domination of desire is the root problem.

2.Indirection

Resentment of reality hurts more than the reality.

The future is always bright provided we brighten the present.

Life determines the problem and we determines its size.

Eg:- Our problem may be 20 kg,by adding our resentment it looks 100 kg.

When life goes wrong,first accept the reality.Acceptance means proactivity.

Lord Rama accept the vanvas.he showed how to respond adversity with integrity.

Future is the source of both anxiety and fantasy.

Present is the thing we have and present is the only thing we have.

learn form the past and plan for the future.

3.Negativity:

FEAR is not the problem,what comes after fear is the problem.

Anxiety is just 1 symptom of negativity.

Anxiety is caused not just by external uncertainty but internal instability.

If mind is uncontrolled it becomes paranoid(perpetually fear)

Mind has certain irrational (fear by taking realistic precautions we have to move ahead in life.

"What we are is the God Gift to us and what we become is our gift to God."

Satisfaction is austerity of mind.

Satisfaction is not only emotion but also a decision.

4. Double Role:

Castigates us for doing wrong.

If you have done something wrong, get up and start to do right instead of guilt.

Real guilt comes between us and the things that take us away from Krishna, not between us and Krishna. If guilt stops or slows us in taking shelter of Krishna, then we should recognize it to be pseudo-guilt,

the temptation for self-centeredness masquerading as guilt. By firmly rejecting pseudo-guilt, we can regain our devotional enthusiasm.

Strength to do right comes from Krishna.

Actually it is not we lack self confidence but its overconfidence in our cynical mind.

when mind takes negative role it discourages and paralyzes us.

Often we say I cant do it, there is mind with ego which says you should not do unless you are perfect. In trying to be perfect, we become perfectly nothing.

Superficial desire are generated by controlled corporate media.

Fashion is form of ugliness so intolerable that we have to change it every 6 month.

Mirror often makes us self conscious.

Bhagwad Gita is also like a mirror its doesn't makes u self conscious instead it makes conscious of our self.

how to live with mind?

3D

1) distance

2) determination

3) devotion

Distance is created from philosophy, regular mantra meditation and spiritual practices becoz it elavates our consiousness.

Meditation is tool for raising our consiousness.

Mantra meditation breaks the distance between I and mind.

2) Determination:

we dont lack determination, we lack the direction of our determination.

Every one has determination. there is no 1 who dont have determination.

eg. A lazy person sleeps 16 hours a day.

so he has determination of sleeping 16 hours inspite of people critising, commentng etc.

A drunkard person drinks all d tym. He has the determination to drink inspite of loosing his health, wealth, etc. his determination is misdirected.

he has determination but its misdirected it has to be redirected to spirituality.

Bhakti redirects our misguided determination to Krishna.

Determination is not just a matter of raw willpower. Determination has to be contemplated with right process.

Bhagwad gita doesn't just offer the positive perception of reality, it offers us perception of positive reality.

Krishna is always there within us loving.

We may be unqualified but we cannot be disqualified.

Dining means dining with Krishna prasadam (mercy of Krishna)

Mind if focus on Krishna, it will be purified and it let us do constructive things.

When mind becomes peaceful, we become joyful.

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