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Prerna Class: \*The Art of Conscious and Mindful Living\*

-HG Shikshashtakam Prabhu.

Class:-

\*Journey from Unconscious and Mindless living TO Conscious and Mindful Living.\*

When I was in GEV wada; I was enjoying the wada nature. After my 16 rounds I was enjoying the nature and that time I was heard the melodious chirping of bird. I was focusing the voice of bird, a melodious voice of bird. As I was listening the voice of bird, the question came to my mind is: Is that a voice of bird that's why I was listening? or Is that a bird that's why I listening? I was listening that's why it's a bird. Basically, when I was focusing the voice constantly, right now we are focusing the voice of the topic which I speaks. lesson from which bird that situation, people or so on its to the mindful and consciously live throughout the life its up to us.

Pendulum of Mind: Past, Present and Future

Our mind is always like a Pendulum, always in past and future.

Pendulum of mind:

1. Dreadful past
2. Restless and Disturbed Present
- 3 Gloomy Future

\*When we absorb in past or future, our past many times dreamt in past or future. therefore, what happens to mind when it is dreadful past or gloomy future, then our present becomes worst.\*

\*Mind is a Monkey that makes us into Donkey\*

Mind is compare to a monkey. Right now, we are adapt or equipt in multitasking doing one thing and also doing 2nd thing and thinking about 3rd thing to do..

markatasya surapan madhyavrishta darpanam ...\*mind is like a monkey which is drunkard and not only drunkard but also has been bitten by scorpion.\* and also mind has...

arjuna said to Krsna that my mind is...chanchalam hi manah krsna pramathi balam... arjuna is saying 4 reason to help to control the mind...that \*my mind restless like a small kids; not only my mind is restless but also its a madly restless; not just only madly restless but also powerfully madly restless and not only the powerfully madly restless but also a obstinate through it.\*

\*\*\*krsna says arjuna that abhyasena yogen...\*

\*its difficult to control the mind but it's not an impossible.\*

there are two types to control our mind

1. practice and 2. detachment

Everything inside us might not be us.

eg. from when you are work on Internet and some popups., that distacts us.

similarly, just like you siting our class, there are so many pop ups and than the 1st glance and we have to be very careful about this...

Human Needs beyond body>Recognition---> Acceptance--->Respect

There was a survey that only 90% they wear for someone else.

rest 10% of the people they wear clothes for oneselves.

Childhood--->Adolescence--->Adulthood

we want recognition, acceptance of that recognitions and we want respects from that recognitions.

In your age(adolescence), you are trying to get your some identity on social networking like WhatsApp or Facebook or Twitter or so on. like cool guys seeing from colleges. therefore, the fever of being recognize is so strong in your age (teenage)

Specially for teenagers: recognition

when dust particles come in contact with wind they can accumulate on the crown of king. and same dust comes in contact with rain water they become makh(mud)

(dhuli k kan jab hava k sampark me ate hai, toh wo itna uncha udd sakte hai ki wo raja k mukut me stapit hote hai.)

so if you choose the association of wind like People, you can rise so high and in same way if you get hooked in wrong type of association like water you turns yourself like makh(mud).

\*We have to be very conscious and mindful in unconscious and mindless living\*

Unconscious and Mindless Living:

\*Welcome to the Karma Restaurant\*

Karma Restaurant:

1. Entry is free. (similarly in coming in the material world is free and easy . but to come out of the material world is difficult but not impossible)
2. Gate Looks attractive. (Mayadevi opens the doors and welcomes us to this material world.)
3. Ambience inside is very appealing.
4. Menu is full of enticing varieties.
5. Waiters and staff appear to be very loving and cooperative.
6. other customers are quite influential.

\*Agents of material world of this universe, and customers are so hooked upto the influential.\*

\*Many times you are changing the choices on basis of others\*

\*Fashion is that type of ugliness, so intolerable that it should be change in every six months.\* - Oscar Wilde

7. placing an order appears to be quite a prestigious experience.

In material world, there will be so much option to confuse you.

8. Billing begins as soon as one places the order.(if you live mindlessly or unconsciously then the laws of material nature or mayadevi - the laws of material nature is making your bills of your enjoyments.)

9. Sometimes what comes on the plate is not exactly what the customer had imagined while ordering.

In this world, presentations appears to be very much sophisticated but when you see the final product on your table then it's looking different that sophisticated.

10. The more you order the bigger the bill.

in this world you may think that you engaged in particular activities and all the others things which are appearing to be indirectly associated in that activities are not accounted upon you in your karma. But \*everything which is associated with that one major activity which we get involve in, we have to pay for everything that which we gets connected to that one choice we make.\*

11. It appears that everything else in this restaurant other than the food have ordered is free...hmm! not exactly.

12. Most Unhealthy Choices on the menu card are often the Tastiest Ones.

13. Customers generally experience delayed reaction of their actions.

one action can perform consequently peacefully but that reactions will be getting soon.

14. There are heavy consequences upon failing to pay your bill.

\*From Painful to Joyful\*

We are just trying to have Conscious and Mindful Living.

First four is Diagnosis and 2nd four is remedy for that diagnosis.

Painful:-

Embriyo is the womb is so painful, to get birth

The embriyo within the womb is so traumatized that we were praying unto Lord that please remove from this painful conditions, I will be serving you my dear Lord all the time. Please remove me from this painful conditions. I will always serve unto You.

1. Painkillers can't cure your disease but it will increase your side effects.

\*Material arrangements (dharma, moksha, kama, artha) is like a painkillers but to cure your diseases we must want medicine like hare krsna mahamantra-hare krsna hare krsna krsna hare hare/hare rama hare rama rama hare hare \*

2. Medicine

\*Medicine is hare krsna mahamantra to cure our material disease.\*

Fearful: (na jine ka lalach, na marne ka dar)

1. Ignorance

2. Attachment

when you are in this position of life then you find yourself very hopeful

Hopeful:

1. Temporary Accomplishments

2. False Assurance

when hopes are baffled then you comes to stressful level.

Stressful:

1. Unrealistic Expectations

2. Unproductive Worry

Careful:

1. Proactive means Being ahead in your life.

\*\*Proactive=Bucket Bath\*\*

\*Sometimes we just have a one bucket and then we have to become very mindful to use it.\*

1st bucket: to wet all the body.

2nd bucket: to remove the soap.

3rd bucket: in an emergency

sometimes we will get one bucket, we have to prioritize that activity in your life.

2. Thoughtful

Mindful:

1. Undeviated absorption

2. Being in the present

Meaningful:

1. Which you can die for

2. Worth dying for.

If you do not have anything to die for, then you don't have anything to live for...

\*if a situation in your life is mindful, then automatically you developed the attitude to protect the meaningful.\*

Eg from your mother, you and hulk

\*if you has some meaningful or valuable in your life, then you will be not a mindless but you will always become mindful to protect the values.\*

Joyful:

1. Everlasting

## 2. Useful

kisise acha banna mat lekin kissika acha karo

if you pass all this things then automatically you are not only just existing but you actually start living in this world.

alochna me ubalna mat,

prashansa me pighalna mat,

nisvart seva karte raho,

Kyunki is dhara ka, uss dhara par ;

dhara ka dhara rehajayaega.

\*if you have a valuable thing in life like krsna; then automatically you can win over your life like jatayu. You will be always victorious and mindful throughout your life.

Thank you very much

Hare Krsna