

Braj Mohan Pr | Unleash the Power of NOW

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Unleash the Power of NOW

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<https://youtu.be/aeoCuhn2nvU>

Notes:

What is life really all about?

For those who feel, life is a tragedy and for those who think, life is a comedy.

Life is all about trying to have some fun, i should be having fun. Is having fun is free? whenever you go you have to pay for fun, Except in iskcon Chowpatty, no one is giving free.

If we want to get fun only by fund

To make fun and to make or earn fund we need fundays.

Therefore it is said that, ***sunday ho ya monday, agar jivana k funday nahi janoge toh roj khoge dande.***

We need to understand what are the fundays of the life.

If we dont know the funda of life what is life all about:-

Fun-era-l(fun-era-last)

For living life, We may get lot of fundays by reading different books(outside books). But if you want to know the fun-era-l....

Therefore it is said that...

IQ is about critical thinking ability

IQ doesn't help you to develop the life, but it will develop only living.

If any problems arises it cannot help with IQ, but SQ will help you to develop your life.

SQ is about crisis management ability

Unleash the Power of NOW(Time Factor)

Have you ever been to a class where Your mind is not there..?

We are so distracted that we are not focussed but when you will be focused?

The best time to focussed or study is when you are in classroom because the teacher is in classroom we learn many things right there.

Our Thoughts* are so *Deafening* that we are hardly able to focussed or think about what is Value.

Our Thoughts are compared to Niagara falls, that we hardly able to hear.

Many times our Mind sometimes is on Auto-Pilot mode. when we are not in prerna we think about prerna. when we are in prerna we think about any other things.

apna mind chal raha he lekin apne hisab se..

Three types of Me's or Thoughts:

Past Me:- It always keeps postponing, I will do it later.

Present Me:- It always keeps cursing and postponing and He will be Keep Cursing on Past..

Future Me:- Keep Bugging Us(to past and present)

Sab kaam agar future me chhod denge toh future will keep bugging you.

So Therefore its said that, work passes forward and complaints passes backward.

Procrastination:

instant gratification - (Monkey)mind will always look for the fun

Rational Division Maker(RDM) is another part of mind, will always keeps tells you that don't just go to fun and easy, but actually try to do that which is good for long term.

what is difference between good student and dull student?

Good student opens the book in the beginning of semester, and dull student opens the book at the end of semester

There is no quality work when you will be reading the book at the end of semester.

Procrastination is like a credit card. it will get lot of fun, till you get Bill.
The days in the calendar is appear when you come closer.

if we procrastinate then do we get the inspiration or do we implement in our life? No. we can't. Therefore we should not procrastinate good things.

What stopping us to do right things?

This BMW is stopping you..

B- Blaming

M- Mourning

W- Worrying

This 3 things BMW always takes our mental things or so much takes our time, that we hardly able to thing what is right.

We are so much Bewilder of Past and Future that it's said that *If there is one eye is in past(history) and other eye is in future(mistry) then we cannot able to relish the present moment(NOW)*

Asru purna kulekshnu... it happened with arjuna. when our eyes are filled with tears, because when your eyes are filled up with tears we cannot see properly.

Therefore it's said that, *"Dont let the past blackmail your gifted present, to ruin a beautiful future."*
The purpose of BG is wipe those tear to come either by past and because of future..

How to deal with past?

1st Principle to Deal with Past

"Life is like a school, where you meant learn the lesson and not stay in same classroom"

"Failure are the failure when you fail to learn from it." When you learn the lesson then it will help you to become something greater.

Principle from LIC

L- *Learn from the past and move on..*

2nd Principle:-

I- *In God, We Live* ...

*3rd Principle is

C- Cherish the good.*

There are always be a good or silver lining. Take that and cherish that... and live from that...

therefore krsna said *"When we forget about the good things that happened with you, that's what you become grudgeful instead of becoming grateful."*

so worries something makes a small thing and makes a big shadow

Dealing with *RIP*

R- *Replace that worry into Harri.*

I- *In God We trust*

Therefore it's said that don't give work time to God, give your worry time to God.

if you really want to worry then...

P: Plan it out realistically for the ideal or for doing the right thing for the right cause.

Every journey starts with step. then slowly by slowly we get that right thing for the right cause.

ADHD:Attention Deficiency Hyperactivity Disorder

Depression is not how much we have been achieved but it is how well you are able to take control of inner surroundings.

we are not taking help from spiritual guide rather taking help from psychiatrist

We should take help from spiritual guide to overcome the depression.

Unleash The Power of NOW

Principle of Practice: Anything you want to do, needs lot of Practice or Sadhana.

Awareness: This ball of light is your awareness and in dark room currently we are now, is your Mind.

Conscious mind: when this ball of light goes to some thought or goes to some place.

Hypnotism: It is guided awareness which is your ball of light. Now in human form of life, this awareness is so BIG. But in animal or in plant life is so covered that they hardly be aware as they much as they can.

But *in the human form of life, we are having the greatest potential to be aware of right thing and increase the potentials within us. This is what is meant as Power of NOW*

When we focus on the present, the ball of awareness actually increases.

when lights are off, only we could able to see that ball of light wherever it goes.. But when we On the lights we could able to see everyone. so this lights(scripture) are the light of Krsna(Supreme Lord)That is Krishna Consciousness. it is not just that we are aware, but we are taking the help of scriptures.

The light of scripture that is making us aware of the entire gamut and wherein we are able to make proper decisions

and *whenever if someone is controlling your awareness like say for eg. by director or a movie or a preacher or a TV then that's what is called a distractions.* that your awareness is controlled by someone else. this is distractions. someone else becomes remote control of your awareness. In such an awareness if you are controlled on someone other's awareness then how can you focus on NOW? the sad state is you had not done any practice or educate yourself on the NOW.

Principles of NOW in the Power of NOW.

* Multitasking never works and never exists.

* If technologies is used by Us then it would be a great help, and if technologies is using us by anykind of things then it will create the havoc to the world.

so we all have some weaknesses, lackings, drawbacks and when we fail. But if we are in right guidance the same weaknesses can transformed into the great purpose.(*either we can see the purpose or else perfect guide like srila prabhupada or our acharyas or Krishna or our mentors or our councillors can see definitely how this weaknesses or lackings can utilise for the higher cause or higher purpose.*

if your life is driven by purpose then you would able to accept everything for the purpose, what is happening in NOW

Power, Purpose and Potential of NOW

The purpose is something bigger than we are highly motivated like srila prabhupada, he hardly has some money, rs40 in his hand and a srimad bhagavattam. and *he was not only feeling the physical empathy but also he was seeing the inner empathy to others, & to help them to revive their conscious to serve their body and soul unto Krsna and help them to go backtogohead..* and *gives so much love and unleashed the time factor within us brought lot of hope within us.*

To achieve our purpose is not so easy. often life is like a sinewave. *if in every situation we can't able to see why God had put in this situation then we will not able to see or focused on the NOW.*

if not, then when...?

The moment you realize that you finally dying, you will start living.

We need to be very conscious of the Power of NOW and utilise what God has given opportunity to us for remembering him, chant the glories of Lord.

if we are motivated for the purpose of God like hanumanji, he also faces lot of temptation when he was crossing but because of his strong motivation to serve the Lord he could cross all over the temptation he was passing through obstacles...

if you want to live a happy life, tie it to a goal, not a people or things. -Albert Einstein

"we can't change the situations that you are in, but you can only change yourself. Don't try to adjust the situations but try to adjust yourself in the situations."

Take Home Message is:

* Avoid Procrastination:

- if you don't have time, so practice is the key to success.

* Breathe the Here and Now:

- Gratefully be Aware of the Purpose.

* Concentration on One thing:(Don't do multitasking)

- Chanting helps us to get Steady Power

* Develop clean hygiene for BMW(Blaming, Mourning and Worrying) goes out - *when there is dirtiness there will be disease and when you have a cleanliness then there is health*

The 3 Life Lanes towards Success and Satisfaction is

1. Learn from the Past, with Gratitude.

2. Live the Present, towards your Purpose.

3. Love the future, with Faith in God.

Thank you very much!

Hare Krsna