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## **Topic - Living with Gratitude**

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Notes -

- Gratitude means it's not just greatest of virtue but it's a parent of all feelings.
- The seed of our spiritual potential which grows in our greatest of our fulfilment of divine love. This seed requires water and water requires spiritual practice with requires protection of our goodness of our life and also futile soil. This gratitude makes our life futile. So, that virtue of our spiritual connection will grow strongly.
- Our virtue will expand very strongly.
- Gratitude means is state of consciousness where we actually appreciating and acknowledging of wonderful things in our life what we have.
- Greatest gifts is that we have biggest opportunity to make positivity with world to come close to each other and ultimately with god and nature.
- In ramayana, rama was asked that why bad things happen to me. Ram replies to me that why good things happen to me
- Lesson of this let us become grateful for what we receive in life, sun, air we get and those who understand us those who love us for a moment we have. And significant is not about quantity but it's a quality of how we live and what is the purpose. Sometimes little things can open our hearts to see beyond fears, sorrows miseries comes in our life.
- I would like to share the example took me. It was in india, dozens of farmers take a bus to visit me in mumbai. Those who have roads in villages in India understands how that is. They came to give gifts to me and they told me that this gift is so special for them and I went to my room and sat and saw that this farmer was very poor, health is very poor, they had dirty old bag, they bought something and opened that gift into the strawmat on floor. And was their anticipation how I will react. If this gift is pure diamond it cannot be valuable what it was. It represents meaning to their life. I was anticipated that what will be the gifts. My minds went to past when I visited their villages while I was bouncing on roads and finally visited their villages.
- Anybody who comes to outside to visit villages what to speak of american swami. There was an hidden purpose in our mind to visit this tarabai. This gift presented me by tarabai and tarabai was sick and unable to give gifts to you and all were came to give gifts on her behalf.

- Tarabai is the simple widow lady who have hardly have land in droughts in her villages. Sometimes villagers have to travel km to kms to get bucket of water.
- Tarabai has a work of slavery of buckets of stones, cement backforth miles after miles. Its was struggle that she is uneducated and she can't provided opportunity to their children and asked us that can you accept eldest boy in your orphanages.
- There is only hope of education for the future. They had arranged a villagers in assembly places. We went to tarabai hut and she greeted us in her hut.
- Hut was very simple with no furniture with few pieces of pots and little alter of pic of krsna and incredible thing stuck up me that they are cleaned and well equipped and precisely taken care of her hut, and children and we can able to feel it.
- I complemented on tarabai and she smiled and said that this is krsnas home and I love to take care of it and this are gods children and I love to take care of it.
- Such a quality of life is so special and a very hard way and a one window like a whole of wall and fanning the guest and gave water to the guest who brought from miles away.
- I was reflecting gyandev her elder son. He was very thin like my wrist. He was particularly not gifted academically but he strive work harder and as little boy run up from the room when he was struggling to learn english and happily recite that english in his broken words.
- And volunteered in so many ways to help out. His mother said that my child do chores to keep. And he should not think himself as beggar, she didn't want to be family to live on charity even at her place somebody offers wealth to her and she humbly refused it.
- And she did not expect anything with others and we should live with faith in god. Her little son imbibed the spirit as the years passed he became leader for whole orphanage naturally.
- Because he cared so much and he was a favorite for teachers and ultimately he got scholarships. All were memories passing from my mind when I was seeing that gift and I was pondering what could it be. This gifts represented their life, their plight and love. It was precious.
- From the dirty bag there was cloud of dust and got settled and I was able to see that gifts. It was amazing gifts that I could ever imagine unlike any other which I havent received.
- Tarabai sent me a pile of freshed peanuts of years of droughts, that has been the first thing were grewed in her soil and she walked miles after miles to care and nourishes that crops. Her prayers and hardwork was so valuable she had and she was offering to me as her gratitude as we takes care of his son. It was treasure of devotion. Infact several people comes to visit me I was offering that peanuts to all of them with great joy.
- I have a faith of this spirit of gratitude contained in this nuts enriched their heart and myself when I creaked and open and eat it and I was able to taste it in my heart.

It was like nectar. Tasting the graciousness of dignity is a life and the spirit of tarabai.

- My mother when I was little boy she was always emphasized that virtue of gratitude. Whenever I was in friends house that did you thank your teachers, friends and people. Infact in her own life whether she received in her gifts of pearl necklace and rose she equally happy. Its not that thing that brings happiness. It's a love that brings happiness.
- When I was child I couldn't appreciate and understand this. That lesson striving in shines within my heart and I shares that lesson which brings true value in millions of people. Tarabai of piled of peanuts.
- In western world if we don't get paid enough we says peanuts. But this is the gifts I will never forget by my own life. I am still experiencing this peanuts that transforms me. Her son was so wonderful person infused with integrity and spirit of mothers love.
- Today he is the prof of the leading university in mumbai and takes care of mother who lives close to him who is overwhelmed physically, emotionally, spiritually. Like a seed that grew with trees with so many fruits that his life his nourished with gratitude by seeing every situation as an opportunity.
- In religion we thank god in everything, for sun, air, rain,etc.. And for an opportunity serve and care and love god in whatever situation we are in. challenges are transformed in blessing which we can respond in attitude of gratitude and to seek out activities of people that helps to nourishes our faith in the possibilities.

Thank you very much

Hare Krsna