

Radhanath Swami | Topic - New year resolution

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Topic - New Year Meditations 2021'

By Radhanath Swami

Notes -

- In one lecture by SP giving in NY in 1966 that SP said that he reminds us how precious life is and we can appreciate the life itself according to how we appreciate and how precious our time is.
- If we waste a moment then we cannot buy that moment with all the golds with entire of the world and time is very powerful and it is the process of extinguishing the sun and drying up the ocean and lakes and what to speak of little bodies?
- In BG, kalosmi - Time, I am. And in this context, he is revealing with all of us through BG that whoever we are, however famous or influential you are, time devours everything and it is so instructive that in many cases relative to the particular state of consciousness that time concept is imperceptible and it is always moving forward
- If krsna tells us that time I am that means it gives us understanding that how we must respect the time because time is the energy of god that we should appreciate krsna and to appreciate himself of how we reveal to us and that's when we make spiritual progress
- When we come in front of Lord of temple that we are careful of what we speak and how we relate with other people and we bow down unto Him and we understand that krsna is always there with us.
- Krsna personally says that He is time and we have free will to reciprocate with that gift
- Na hanyate manya sharire - soul is eternal and it will not cut by knife, withered by air and it cannot be destroyed by time and birth, disease, oldage and death is inevitable to everyone because we are all in this material existence under the control of time
- In reality we are eternal part and parcel of God. Sat cit ananda with full of ecstasy of Love and we are always be and time controls us in this material world in this krsnas energy and no one can resist being controlled by time.
- It is the minute time which comes and goes and hardly exists and SP cites that insects that born at the time of suns and goes to entire life cycle of childhood, adolescence, middle aged, oldage and death before the next sunlight
- This insects has same experience of 100 years and there are trees who lives 5k to 6k years and in this vedic literature there are devatas who lives millions of years and lord brahma lives 300k million years and relative of his life is as similar as our lives except he never become old. And it is the preliminary understanding to have real advancement to be humble and realistic of humility is to appreciate that there are always higher powers controlling us.
- Padam padam yat vipadam - nature of higher powers and time is that there is danger in every step and SP writes in purport that suffering of oldage and coming closeness to death is impetus to seek eternal life.
- Daivi esa guna mayi - this material existence conducted by 3 modes of material nature and these modes of material nature is activated by energy of God through his time and 3 modes of nature is laid in state until krsna glances on mahattatva activates the modes of time

- In this way, time is underlining principle of energy of all the creations and everything is always changing and nothing is stagnant. Not in any moment. Everything is constantly changing because everything is under time and to honor and respect time is to utilize each moment according to the will of the very source of the time.
- Samsidhir haritoshanam - whatever our roles in society, race, religion, age, sex, socio-background and this change is ever changing and superficiality unless we understand the purpose and purpose is to please Lord and live in harmony with God
- Krsna says that live in harmony with God is to love God and from spiritual perspective that only true and eternal principle of harmony is love
- We can physically and mentally establish the harmony b/w body and mind and environment and nature and people and real foundation of real harmony is to love God
- SB says that if you watered the root of the tree then naturally every part of the tree we connect with. Similarly, when we actually connect with the love of krsna or God that krsna prema within us then we are living harmony with everything and everyone on an essential spiritual level
- In today's world, we see that environment and world is plundered and exploited and polluted and that's affecting people and we are also seeing that arrogance of various types of discrimination based on differences we have with others based on religion, sex, and it creates havoc in the society and these are all conditionings are woven in the thread of time. And nothing survives physically
- We have to do needful in the world, protect ourselves, nations and others but without recognizing and appreciating then the purpose of lives nitya sidha krsna prema - love for god and love for krsna is within the heart of everyone and greatest utilization of time is to be engaged in the ways that awakened that love through the way we interact with other people with character and compassion and through respect and gratitude and through the way we cultivate the deep experience about our own spiritual connection with god through sadhana, through chanting of Holy names and through the hearing the glory of Lord
- Essence of vedic scriptures is SB that is presented to us that is so relevant that Parikshit maharaj was the emperor of the world and no one had any wealth, fame, popularity, influence than him and personally, he was so much strong and powerful and hardly needed armies and he has immense strength and full of piety but yet he got a notice that he will die in 7 days which is very serious
- SP said that Parikshit maharaj knows that he has 7 days to live but there is not any personal lives today that we have 7 days.
- Parikshit maharaj went to the place where he cultivated the love for god in the banks of Ganges with such spiritual care the sages and hrishis and wherever they are living in the world, they all gathered in that place to show gratitude to Parikshit maharaj and to help him to transition into his next life in the spiritual world
- Sukhdev goswami was only 16 years old and it was very relevant because we are speaking of time that there were sages who assembled like Vashishta, Narad Muni, Vyasa Dev, etc.. Scriptures can hardly calculate the ages that they were at times of Rama and they chose Sukhdev goswami to speak.
- Sukhdev himself declares that greatness of life is not in the quantity of years, accomplishment, acquisition but the greatness of life is in the quality of our consciousness.
- We are honoring the trees which live 1k years but SP cited that Lord Jesus lived about 32 years and Sankaracharya lived up to 31 years and LCM stayed for 48 years yet they made impact on this planet forever opening the doors for the supreme liberation
- Today is the new year that we have an opportunity to reflect on our past, present and

future and we can also do it any time but there are certain occasions where it becomes very prominent opportunity.

- Just as every sunrise and every sunset that we have choice to be closer to death or eternal life
- When we understand our purpose then nothing will discouraged us because we are always seeking the opportunity to grow and when we look at the past and each one of us had made so many mistakes and foolish things and deep regrets how we treated people
- There is every reason to be distressed and depressed and deeply regretful and sometimes human psychology choses to blanket out that pretend to never existed. It is means as to live in denial
- As devotees of lord that neither we live in denial not discouraged. Whatever regrets may be, we recognized and we learn from them and
- In School of life, we learn our lesson By when we hear from guru, sadhu and shastra,
- We learn to navigate our life by compass of truth and based on that vision and that light that we learn to make our life transform whatever may happens in our life or in the world around us that becomes impetus to take shelter of Lord
- Dina hina yata chilo harinaam udharilo - jagai madhai was an example of the incredible opportunity everyone has in this world and they have made so much mistake but yet when they took shelter of Lord they became compassionates servants of all living beings and this transformation took place when they came in contact with Lord nityanand and the great devotee of Lord
- In that association, they learned to hear and chant the holy name of Lord and there was madhai was so regretful of how many problems he had done to many people and made of it and nityanand prabhu taught him that if you are actually live in harmony with the will of lord then all the regrets become transformed in to gratitude
- Gratitude for mercy that is bestow upon us - daivi esa guna mayi - this verse describes that there is no power greater than Lord's grace
- Hey krsna karuna sindhu - that krsna is the limitless, shoreless, bottomless ocean of kindness of compassion
- In this world, we are trying to find happiness, relief with a little puddles usually it is very poisonous puddles but krsna is the limitless premamrita ocean. Nectar of love
- In this day of new year, this time to reflect to know what our vow and make resolution that we will interpret our past and apply in our present and move to the future in such a way we can move to the light of krsnas grace.
- In the story of jagai and madhai and so many other, when we suffer darkness then we can have a greater appreciation of light.
- In this last year 2020, most people who have been lived or died, economically, so much uncertainty, politically, it was so much unrest and upheavals and individually, so many were lockdown and isolated like everything it will pass. Good time will pass and bad time will pass.
- George harrison said that all things must passed but how we are growing as they are passing that is the real question of our life
- When we hear from the saints and scriptures that we estd our faiths and goal in our lives and greatest goal is not just have better resources in the world we can soon die, and it is not the liberation or salvation from the suffering forever but the essence of vedic scriptures of the greatest goal is premartha pumartha mahan - to awaken the love of god in every spirit soul.
- The name of krsna means all-attractive and all beauty which is the source of all beauty, knowledge, fame , and so on. Aishvarasya virayasa -
- The more connect with krsna, the more we become attracted.

- God or Krsna is all pure and when we connect with God then we become purified by chanting and hearing the names of Lord and associating with the devotees of Lord then we become purified
- We have so many reasons to complaints that is not greatness and small minded people trying to control others or build up their own ego by finding faults in others and every reason we have to be like that but if you want real happiness and love of god within our own hearts then we need to keep our heart focussed on the light of God's love and opportunity to move forward.
- In the past year 2020, along with difficult and painful times had experienced the joy and prosperous times even in those situation, we have to interpret and channelized it that will make us close to the vital truth.
- In order to make spiritual progress and move from darkness to light that to make the important commitment and when there is commitment then there is certain strength born of necessity to actually respond every situation in a way which we grow
- Many makes commitment but nature time causes everything in the world makes the physically diminished and time has a tendency to diminished the commitment of the past.
- Satsang or association with the likeminded spiritual people who are not inclined to fault find and propaganda or bad news or not inclined to discouraging others.
- Satsang is for those who are seeking to be an instrument of positive change and to associate with people who can help us in this way to overcome our negative tendencies is essential because In that association, we reflect and strengthen our commitments on the path of bhakti
- Our spiritual practice or sadhna when we chant the holy names or read the SP's books and when we sit down to do our sadhana and this is the really a time with consciously, we nourish our spiritual commitments.
- As we makes spiritual progress, we do this in every moment but atleast we should try to do in every day and that's what the morning programmes to refresh our spiritual life or pure love of God
- This new year is the day is the opportunity to commit ourselves to make a commitment every day otherwise, time will steal it away and sometimes we begin our endeavor in the path of bhakti with a very enthusiastically because it is meaningful and refreshed but as the time passes then we start taking what we ones consider unique and sacred that we take that ordinary.
- When we lose our sacredness then we become distracted by other things which really have no meaning that just passing of flickering little pleasures as comes and goes.
- Unless we appreciate the sacredness of the gifts of bhakti, then we distracted by all this other superficial things
- Kali kaler nam ruer krsna avatar - golok eva prema dhana - Suprme lord is discendent by his divine names radha and krsna which is so sacred and all the powers, fame and knowledge of the world, we cannot take with us at the time of death but if we chant krsna and radharanis names at once that one moment of seeking shelter of that sound vibration can liberate us forever. This is the sacredness of the holy name
- In 3rd canto, kapila dev says that there is nothing in this creation that has more value than a moment's association of those who love god
- When we hear this things we refreshed our appreciation for what is the true value and we commit ourselves to live our life in such a way that deepening the value of God;s name, books and devotees and we deepen our realization of value of living a life of service in compassion
- World is covered by maya and SB describes that people praise those who are physcially stronger, intellectual stronger or who tries to extert the power of control and its easy to

get caught up in that infact unless we really hold on to the shelter of lord which is inevitable that we will be carried away by the influence of maya

- trinad api sunicena - to appreciate person humility, forgiveness, tolerance and to appreciate the person who find joy in appreciating other and respecting others and never expect and demand respect from others and to appreciate the person who takes the shelter of holy names.
- Mahajanao yena sa gatha sa pantha - to following in the footsteps of great people that is greatness or that is real wealth
- When SP arrived in NY city at the beginning stages and SP does not have money and he was 70 years old and health was not good but SP was in NY which is the topclass countries but SP never felt despondent and envy but SP felt compassionate because SP had infinitely more valuable that truly satisfied his heart forever.
- Prema pumaratha mahan - SP had the love for krsna and SP wanted to give that love in charity and SP doesn't asked anything in return and this is our true wealth
- Even in the society of devotees, the tendencies is there to caught up in distraction. Often impelling to make offenses against others
- LCM in the form Of krsna and radha came here to teach us to find the happiness in our lives and this is imp but not just sadhana but sincere sadhna because character which we live is inseparable from the depth of opportunity we receive from the depth of spiritual practice.
- If we live with integrity, character and compassion with spiritual morality then we sit down in the shelter of krsna that's sadhna then there is transformation because krsna is pleased
- To commit ourselves to re commit ourselves - Every year, every day, every moment. Bible says seek and ye shall find.
- We need like parikshit maharaj seeking for God's grace and Parikshit maharaj has 7 days to live and he was filled with so much opportunity because he was seeking God's grace
- In this world, we live is there are duality which is always activated by the power of time and power of time that becomes pain and then pleasure, success and victory and that are always changing inevitably birth and death.
- How to grow in whatever situation we are in that that we are living in such a way that instead of complaining and becoming depressed, we must look for the opportunity
- When sridhar maharaj was in the critical state and looked at me and smiled and said that pain is inevitable and suffering is according to our desires.
- Bhakti teerth maharaj said I am experience the shelter in his name deeper in this pain and I will not leave this situation with anyone and anything in this world
- What we seek and what we shall find and life is very short and as we grow older and years and months and days goes fast and when we look to our childhood that seems to be a moment back and that's life.
- We cannot control how people treat us and weather, situation and circumstance but we can be a best of best we could be for krsna and that we have a control in ourselves by seeing shelter and giving shelter
- Giving shelter of God - suhrdam sarva bhutanam - krsna says I am the well wishers of everyone and I am living in everyone's hearts and the goal of life is to be a friend of others by helping them to connect with supreme true friend - krsna who is in everyone's heart and that must be our goal and commitment
- Life is precious and eternal and every moment of eternity is precious and in spiritual world, there is krsna which is the source of time and this material world, we must seek the connection with eternity with every passing moment of wonderful life is to remember krsna and never forget krsna in the spirit neha bhikramanastoti - whatever progress we makes in our spiritual life is, it never lost because we have connection with eternity

- We have each other and together we can inspire each other to live with humility and gratitude and compassion and we can inspire one other to utilize or apply this quality of taking shelter of Lord
- Sadhana and Seva is very important. Spiritual practice and Devotional service will become tangible if we have association of devotees will help to make us closer to Light of God's grace
- Today, we are coming out from difficult year and entering into an opportunities and in krsna, there will be always infinite hope, infinite opportunities, and to stay connected to that karuna sindhu that limitless ocean of krsna's love and that's our purpose and every situation, we passes through that we see as an impetus as an opportunity to move closer to krsna.
- SP considered this body of devotee is very sacred and if we are truly grateful for God then we are grateful for every gifts that god has given to us and also gifts of the body we have.
- There is an beauty and opportunity in every stage of our lives and we know the difficulties of oldage and energy level prone to diseases but oldage is the precious gifts as is the how we use of our precious gifts and there is an opportunity in every situation
- Our present moment is exist for us to make our decision and how is incredible time is but in this two syllables present moment and that moment is gone and that present moment means this is opportunity of time of constant change
- Opportunity to be a servant of the servant of the servant of the Lord and this body is the gifts wherein we can utilize our human life for that purpose and even our mind which is always distracted and mind is the gift and without our mind, we cannot remember krsna and we can not call the names of krsna
- No matter how restless mind is, krsna says in BG if we let it carries away then that mind is the enemy and that same mind doing the same things if we just coming back in the mood of servant of krsna then our mind is best friend.
- When LCM heard sanatana goswami was about to live and LCM said that your body is my property and you must honor it and respect it what I have given to you
- We must keep our mind and bodies as far as possible healthy and cleaned and all nourished and we must take all precautions and when you become disiciple, our body belongs to our guru and SP and we must every precautions favorable for devotional service to protect God's property
- Yoga means to keep our body in the healthy state and keep mind in the healthy state so that it can perform the service for the eternal soul.
- Sarve sukhino bhavantu - whole purpose of vedic scriptures is to everyone be happy and we want everyone be happy and let this our new year's with that let all living being live happy
- Happiness is to awaken the love of the eternal soul and happiness of drinking the nectar of nourishment of krsnas grace and we receive, so that we can give and that is seva.
- SP taught us the most beautiful understanding of being happy in the new year and forever is to be kind to each other and seek shelter of lord's names and let us together help the world to be happy and in this way - happy new year

Thank you very much
Hare krsna