

# Satyanand Pr | Overcoming duality of our life

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Topic - **Overcoming duality of our life**

By Satyananda Pr

Notes -

- Most of the times in this world we have so many desires that some miracles will happen in our life and so, Lord gives interestingly everything who is the master of all the yogis who gives solution for the practicing PDS
- And solution is the art of tolerance
- The first and foremost thing is to have tolerance for all sadhakas
- There is no magic but krsna says that to have tolerance. And that is the art of living and that art of living is to art of tolerance
- Tolerating without getting disturbed But sometimes we tolerate everything by getting disturbed
- The heat and cold we can fathom but your tolerance is very difficult
- **Tolerating happiness and distress means many times we forget what we want to do. Sometimes, we are so much in happiness and happiness and whatever we have happiness that we forget what we want to do it**
- To much alighting of happiness that is mean by tolerating happiness
- **There was ghosh babu in kolkatta and he was trying so much in lottery and one day and he don't know how to read and he goes to neighbour and asked to what is the result and he goes to neighbour and asked what is written here and banerjee asked if you get lottery then what you will do. Ghosh babu said I will get nice home, car, etc. and what if you get 50 lakhs then ghosh babu said I will live easy life and what if you get one cr then ghosh babu said I will get half that to you and banerjee heard that he got heart attack**
- **This is what generally tolerating happiness means.**
- BG doesn't offered us any false solution
- Krsna says that just like stressed affect us and happiness also affect us so, matra sparshas tu kaunteya - you are coming to me and I will give the solution that is to tolerate
- **The virtue of tolerant is very essential**
- Eg local train and hulk person
- Sometimes tolerate shown based on fear but krsna doesn't say to show tolerant based on fear but He is teaching us in all the circumstances. Whether someone is weaker or powerful or any thing.
- Sometimes tolerance shown in +ve attitude
- Based on +ve attitude, we tolerate but how long? Whether sometime in some situation we tolerate but if someone is asking you to do something you can do it and if you lost all the strength then how will you do?
- Oldage makes person irritation and you cannot able to do it
- And Lord says to tolerate it
  - **Tolerate dualities ( 2 extreme situation like success and failure + happiness and distress)**

- Material world is full of duality
- Sometimes we have happiness, we have distress and sometimes we dishonor and such type of dualities is shown in material world and
- People want the things which we don't have. Grass is always greener on other side.
- In life, we need to understand that Seeing the brighter side then things are easy to tolerate it
- *3ways to tolerate duality -*
  - **Realize** the nature of material world -
    - Krsna says in BG that dukhalayam asasvattam and when we understand that the world itself is the place of miseries (eg after sometime rasagulla becomes misery to you)
    - This too shall pass away
    - Whenever we get into happiness and sadness and success that we must realize that this too shall pass away
  - Learn to **Re-concile**
    - Learn to adjust with ourselves that nothing in this world will be permanent and everything in this world is temporary
  - We have to **Repent** from our original state
    - Realizing that we have made mistake that I want to enjoy separately from krsna and keeping aside Him and to enjoy whether I have to get happiness from partner, money, fame, etc
    - Nature of the world is dukhalaya.
    - **Rote rote hasna sikho jitni chaabhi boyi hai raam ne..**
    - If I have done mistake then I am suffering in punishment when we have turn away from lord then we must be resolute to our practice to go and return to the abode of Supreme Lord
    - Lord is the only hope for us
- **Tolerating calamities -**
  - Things which creates painful situation we go through that is called calamity
  - When you see cocoon then when caterpillar when comes out from cocoon and to break out that is very difficult and the man saw it that caterpillar is coming out of cocoon and out of pity, man helped caterpillar to come out of the cocoon and then what happens that butterfly tried to blow his wing but she was not able to fly and the shell of the cocoon is designed that caterpillar develops strength to fly in the form of butterfly
  - Similarly, calamities in our life gives strength to face the difficult situation of the material world.
  - Yasmet madhusudhana - the world is full of calamities and in this calamity we remember mahavipate samsara and we remember madhusudana then vipati becomes sampati
  - And we turns calamity in to strength
  - Remember krsna in to calamitous situation that calamity turns in to opportunity
  - Devotee is that devotee who turns calamity into an opportunity
  - Whenever Calamity strikes us, we learn to face difficulties
  - I ask god to give strength, god gives calamities
- **Savour -**
  - Seeing the things that offered to you
  - During govardhan lila calamities fall unto vrajavasis and all gather under the govardhan although there was thunderbolts happen outside, they were under the

govardhan mountain drinking the beauty of Lord and they forgot what is happening

- Whenever calamities happened in our life we can say and give smile to lord that lord has beautiful plan
- **Soft- heartedness of Krsna**
  - Krsna is so loving personality that He also has feelings for us
  - **True devotee always said that I could have get many problems but Lord minimized it**
  - There was wise minister and king and minister will always said that anything happens for your good. one day while cutting apple he finger got cut. And king asked this is also for good. Minister said that it has also happened for good.
  - He told his servant that to put minister into the jail
  - And while hunting into forest he got trapped by the tribal into the forest and that people was looking for the sacrifice for kali and then priest saw that whomever they brought, he saw that this finger has cut and we cannot offered to kali and release him and immediately he went to minister and said I was about to kill but my finger got cut
  - King asked to minister - I put you into the jail and then how is the good for you? Minister said, But my finger got not cut and they will offer me to kali. so, whatever happens its happen for good
- When you have calamities then think that This is me for me to develop more strength, and savor and krsna is softheartedness.
- **Tolerating Criticism**
  - Whatever you does people will criticize you. And when people don't fear for doing wrong things and why people fears to do right things?
  - Many times, to avoid such criticism we hide ourselves and while living in this world we must handle our criticism,
  - Physical pain might not be there after sometime but the most difficult things is to forget the people who have criticized you and that mental agony cannot be forget even after so many years.
- **Criticism may come and go to you**
  - **Improve** - instead of proving ourselves improve yourself by accepting that you may does mistakes so, accept that mistakes
    - Most of the time we battle ourselves instead of improving and this is the best thing we can do it as improving
    - **Rnsm said if the same 3 person is saying same thing to you then you must understand & you must improve that.**
  - **Careful** - while tolerating criticism you must be careful and we must know that what is being said is not true then we must see that krsna is there in paramatma form to be careful to not be like that
    - If someone says that you are arrogant and if you think that you are not then you must be very careful not to be arrogant or timepass
    - One time SP's disciple SSDG - sanyassi was chanting Hare Krsna and he was the first disciple of SP and new person came and pat on the back of SSDG that you are not chanting properly and you must do chanting properly
    - Maharaja could have defended immediately but maharaja didn't defended himself and he started more cautiously that I should be very careful while

- chanting and careful while chanting my rounds
      - If someone says to this to then we must be very careful
- If someone is **criticising** you then you must take shelter of the lord -
  - You must remember that it is our karma and that I have may be done wrong things in my past lives, now I am getting that again the same thing which I had done in my past lives
  - And the shelter you receive from the lord and you need to tolerate the criticism, and be careful when someone is saying that you are not doing chanting then you must be careful and finally if you have done it then that its already
- Tolerating People -
  - **Focus** - first thing that we must understand that every person has a good side and bad side and in this world no one is like fully bright side or lower side
    - If a person is troubling us and we don't have solution then we must focus on bright side or good qualities or strength of the people we are dealing with person
    - Just like a geologist who does mining, they have to dig so much of the dirt and they just don't give up
    - Successful person is that person who focuses on the gold, not dirt
    - We must focus on bright side, and focus on the good qualities of the person and focus on the strength of the people
  - **Neglect the weakness** -
    - Many times we focus on weakness and neglect the strength
    - Everyone has some weaknesses like emotional, finances, etc
    - Generally we must neglect the weaknesses of other persons
  - **Cultivating appreciation**
    - Most of the people are not starving for hunger, but they starve for the appreciation
    - Give appreciation without comparing anyone - whether is friendship or loving relationship and that would happen only when.....
    - It would bring good of person or it could bring worst of the person. So, that is the responsibility of the ourselves who can bring out what you bring out from that person
    - And when you see that the relationship you couldn't able to tolerate that person cares you a lot
    - ***Lord krsna says in BG that it could be very very difficult but it is possible***

Thank you very much  
Hare Krsna