

My Birthday Special class

16 June 2020 17:05

Special Live Class - 16.06.2020

Topic - Finding Beyond Happiness

By Shubh Vilas Pr

Notes

What is sense gratification - what is idea of enjoyment - idea is by enjoying that people become happiness. Ideally people are looking for happiness. Different people look for happiness in different ways. Demigods looking for happiness to earning the svargas by performing austerities that they were in this world so that they can enjoy supremely. Similarly, demons also does same thing. They also want to enjoy but they don't want to austerity but they want to do shortcut. Therefore they called as demons.

Demigods was pleasure and demon was pleasure. Difference b/w those is way to seek that pleasure. Demigods seek pleasure by performing austerity, demons seek pleasure by snatching from god. That's difference b/w demigods and demons

Otherwise propensity of enjoyment is there in everyone. Therefore kc is above both of them. When we are talking of KC. KC is not at all about heaven or avoiding hell. Because we are interested in much higher than concept than heaven and hell. Concept of heaven or hell is restricted to pleasure or sense gratification. The idea of KC is to take beyond heaven and hell to the realm of spiritual world.

In sanskrit ananda and sukha. There is a diff in ananda and sukha. First type of happiness is sukha which is gap b/w two miseries. Right now I am miserable, 10 min I am more misery. And in b/w that misery and this misery that is sukha. People in this world are enjoying that gap..so all the experiences of happiness we get in this world are restrictive in nature and only that gap and therefore people need to keep that doing again and again and again. For example in the olden times, one there was punishment to criminals by dunking the water of pot. And that guy is almost about to die they will pull him out and he begin breathe and they push him and his struggle begin. So, happiness of sukha or this world is gap b/w two miseries.

Ananda comes from within. Ananda means bliss. Ananda is not doesn't depends on external source, but its state of mind. Scriptures says about ananda which is more deeper experiences. While the whole world is running after sukha and those who are trying to be devotees they running on ananda. Krsna says in BG yahi samsparsa jabhoga - sparsh means touch and senses comes in sense objects gives excitement or pleasure. That pleasure called bhog(enjoyment) such happiness are born in the womb of miseries, happiness born by sense objects is the womp of misery. It is the source of unhappiness.

- Adi anta vanta kaunteya - krsna says about 3 reasons why happiness in this world becomes miseries in this world. Happiness in this world has beginning and its has an end

Example 1 - If you are eating gulab jamun and bite it and senses coming to the sense objects and it leads to blast pleasure in your mouth and that you cannot expressed. But when you take second bite than does it taste exactly same then first bite. No. experience its little low, than much more low. By

the time you reached 10 gulab jamun you becomes more miserable.

1. What begins with source of pleasure it ends with misery.

When relationship begin than its so much pleasure, excitement and fun, when that relationship its ends than it becomes tough, better and obligated. In this world everything in this world when it begins its great and when it ends its always miserable. Therefore, Krsna says sense leads to sense objects becomes pleasure in begin and suffering in end.

2. Every time you try to enjoy something or someone in their life which will make your experience of enjoyment miserable. There will be someone or something will make your experience of pleasure into pain.

3. The happiness that comes from senses coming in touch with sense object at max that touch the mind but never touch the heart.

All of us We are not searching for happiness which only touches the mind, because mind leads to hankering for that. Krsna says na tesu ramyate bhuta - intelligently people look they do not look for this kind of happiness but they look happiness in raman which means pleasure begins from within and it doesn't depend on externality, but it originates from inside. This is the pleasure we are talking about.

Outside perspective of looking at happiness very instructive in nature and don't give us complete pic.

There are two level of happiness -

First level of happiness - public victory - what world considered to be happiness like wealth, position, fame, nationalities, these so many things are called public victory. Everyone is thinking that If I become get victory publicly but I am actually victory. But this is not fact. There are so many people they have everything but they are not happiness. But vedic scriptures says in the persuit of happiness don't just look after for public victory, but search for private victory. Public victory means what world think about you and private victory means what you think about yourself. In reality, There are lot of people who are publicly successful but privately they are failure. World think that they are great but they thinks themselves as horrible. Private victory is not very easy to achieve because its very difficult to be honest. Be authentic to yourself is very difficult. Private victory defined by many ways that how successful you are that how many things you have that money cannot buy. Money cannot buy satisfaction, relationship, love, etc. Our real definition of happiness is the more you have happier you have. We think that certain types of BMW that is success and we preserve money to buy that car and new model of car arrives and definition of success changed This idea of public victory fools us.

Public victory is also imp but along with public victory, we can also persuit of private victory and that combination of this two called success and we become satisfaction and completeness.

Thank you very much

Hare Krsna