

190th Prerna Festival

Topic – Magic of Friendships

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Notes -

- There is one thing in youths who forms the basis which is the kind of friends you have.
- Eg – many years back, I was with one young boy and I met with him first time and he was obese and was hardly able to get up and spend few min with him and asked him that are you happy? And moment I asked then he started crying and I asked what happened and he said his story and told that I was sport person and representating games in my school and wons so many tournaments but overnight his father transferred somewhere and lost up completely and gone downhill and didn't wanted to handle his life. And everytime, he remember friends, he go and eat something and this is called emotional eating
- And just like this boy there are so many people outside who are consciously and unconsciously affected by it
- It is said that you are with whom you are associate with the most
- If you choose stupidest person in the world, then you are the most stupid and if u choose best of best person then you become average of best of person and there are many in the life in relationship doesn't have choice
- Most of the world revolves around friends.

Levels of friendship -

1. Bandhus – bandhu means associates or colleagues.

Work colleages, neighbours, schools or whatsapp groups are all bandhus.

Bandhus means associates.

- The more bandhus you have, the more you can build networking you have and more chances to become succeed in your life
- Bandhus will help you to make success in your life and more people you have then it will helpful to you
- We must have bandhus but dont think that they are your friends and they always form a relationship of reciprocal that if you help them and then you will get helped by them and thats just a transactional friendships.

2. Sakhas - sakhas are friends.

- There are some people in your life who are not happy being bandhus and wants

to know more about you and they will try the ways in which they can complement you

- Bandhus usually compete with you but sakhas they complement you more and they ask more about you what you like, what you wear, etc. They become very closer.
- If you have 1000s bandhu have then you will have 50 sakhas
- Don't expect too many sakhas because sakhas expect time from you. And they are interested in your success and when you become successful they feel happy and satisfied
- The more you grow then the more satisfied they become and sakhas are people who don't envy your growth but bandhus envy yourself

3. Priya sakhas - best friends

- These are rare species. If you have 1000s bandhus, 50 sakhas but 4-5 sakhas.
- The moment you understand intelligently then you can actually relate intelligently.
- Sakhas and bandhu will make you happy most of the times but sometimes they might let you down but priya sakhas will never let you down and in fact behind your back will never tell bad about you. And even defend you even you are not there and stand for you even you are not there.
- 25 years later, if you make one phone call and connect to that person exactly the same level you left them and that's priya-sakha.
- Do not give this tag of priya sakha unless they earn from you and let them struggle for it and let them prove that they are worth it and only when you find that person then give that tag of priya-sakha.
- You cannot unfriend a person but you need to make a selection carefully and when you make right choices then you no need to block people or unfriend people or delete people or create some political things but you need to choose right people

4. Suhrd - they are the one in million and if you have that person in your life then you will be extremely fortunate in your life

- Suhrd means when you are in trouble or biggest trouble of your life and first person you call is suhrd
- At least we must have one person in your life who is wise enough to help you and all of us have fortunately access to one person who is smart enough to help us
- Suhrds are the first people who call when you are very happy and you want to share that to them and each of us should find suhrd in your life and might be not younger than you or equal but they can also be elder than you.
- Someone who can guide you and never judge you.
- How we can choose our friends? -
 - Dadati pratignati - giving and accepting gifts

- ghuyam akhyati prchati - sharing hearts in confidence and hearing other's hearts in confidence
- bhunkte bhojyate - share your eatables with them
- exchange of love can increase only when you have develop this 6 loving exchange - sad viddham priti lakshanam
- These 6 things should practiced between people who are like-minded.
- Rupa goswami said svajatiya vaishnava. Svajatiya means like-mindedness. My heart is over there where i feels safe.
- There are some people you feel safe with and safe is not just about physical safety but means emotional safety.
- There are so many people who just bullied constantly and get bullied constantly and rag him or like anything and thats not friendship and then u will not be safe there and your heart is not there and your heart is on that tree and that tree represents all those people who make you safe and that tree represents home because that family makes you safe.
- Tree represents any place, community, society, group of people where you will safe, loved and cared for
- and like minded means doesnt mean that u like paneer mutter and i like paneer mutter that is not friendship but about values and belief about ethics, principles of life, morals
- Friendship are of 3 levels -
 1. Nursery stage - you need to take lot of care and nourishment in this stage
 2. Garden stage - you no need to take care much but need some care.
 3. Forest stage - it doesnt need anyone to take care but it takes care of them by own self
- And slowly you come to the level that nothing can shake that friendship and that friendship is the highest level of friendship like krsna and arjuna.(Suhrd)
- For every level, there is preparation. But are we prepare ourself for friendship? NO. But we are pushed into relationship and find your way and lot of people get lost and very important to prepare ourself to make friendship
- Lot of us when we look into ourselves then we tend to see ourself as perfect and when we see others then we see them as flaws and this is the biggest problem having friends.
- If you dont have good friends then this is the root of all problems. Root of all problems is i lookmore problems in others and less in myself
- God has given 2 things - mirror and lens. Specs should use to see good in others and mirror should use to see fault in us
- and more you see fault in us then the more we become better than yesterday
- The more you find good in people, the better friendship becomes and more you find faults in people then WORST it becomes
- The best kind of friends are those who really inspires us and become best version

of ourself

- Problem in all of us that we think that we know everything
- Talent is most useless thing you have in your life because most talented people are the most loneliest people in the world because they think that they know everything and everyone is stupid
- narcissist people are the people who know all answers and don't need any advice and who think everyone is stupid and such people will never have good friends.
- And if some one in the situation where nobody wants to be with you and avoid you and run away in another direction? Then there will be a narcissist in you because of which people avoid you totally
- Most important is to get out of your small world - to have a real friendship
- Most people who are in their world, they don't think other people have a problem.
- Most powerful way friendship grows when you start thinking what others are feeling and more you feel about others' concern and needs the better for you in a personal level and more you think about your concern then it will become worse it is
- In any relationships or friendship - how does communication happen and break happen? In every single time more communication devices, divorce from that. Even by simple emojis, friendship gets broken
- Real Friendship means before you communicate with each other, learn to connect with each other
- Like two mobile phones if you want to transfer data from this to that mobile then you need to connect bluetooth, without connection, you cannot transfer data. Similarly, most of the people are very good in connection but worst in connecting.
- And we can connect to other person when you learn to see needs and interest and concern of other people.
- In friendship, if you want to have everlasting friendship then you need to invest in the needs and interest and concern of other people.
- Friendship is not about expecting in return and if you expect anything in return then you won't get much and friendship means you should give 100% as much as you can
- It's so important to understand that I don't know everything, only thing that I should be open to other's suggestion, feedback, etc
- Try to spend as much of time as possible and try to serve others and take care of the needs and concern of others and when you take care of needs and concern of others then they will take interest in your needs and concern.
- Before you communicate with others, learn to connect with others.

Thank you very much

Hare Krishna