

Purushottam Pr | Die before dying

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Topic - ***Die before dying***

By Purushottam Pr

Notes

- Important is how the person should die and what was the state of consciousness when a person dies?
- State of consciousness how person dies that determines a lot
- Life's final exam by giriraj swami maharaja - RNSM said in prologue in this book and said if one truly wants to understand how to live then one must follow unto the footsteps of great soul and one must want to learn to perfect one's life then one definitely follow the great soul
- Because great soul not only teach how to live in this world but how to leave this world
- People are very eager to know how to live nicely in this world and if they understand how imp it is to how to die in this world and that is imp far more imp than how to live in this world.
- Ultimately, death is final exam and all our studies, seminar, classes is so that we can pass our final exam and if we fails our final exam ultimately we will come again in this material world and our future depends on how we pass our final exam.
- And how we perform in final exam is depend on how we prepare for final exam
- This human form of life is a course that we need to study and we finally appear for exam and we are in school and purpose of human life is to graduate from this human life and not to back to human form
- This graduate means that graduate from this material concept of life and returns back to the abode of Lord
- GM said We all destined to die one day. Unlike PM who knew that he has 7 days in his life but we don't know how long or how much time we have to live in this world but ultimately we are in the verge of death which is sooner or later comes to us
- GM said, all the different types of fear person has, the greatest fear is fear of death can make all other fear pale.
- If someone can overcome from these greatest fear of death that person will truly pass the exam or person will truly free from the all the miseries of his life.
- SB teaches us how to be fearless and how to transcend the greatest fear of death.
- Another name of birth is death and you cannot have one without another and one who is born sure to die and one who dies will sure to get birth again.
- BTS quotes SP that - SP said philosophy means to keep death right in front of our eyes, people in these world they are trying to ignores death but true seeker who actually keeps death right in front of his eyes that he is aware that death can catch me at any time,
- Death is not to be ignored because death teaches us imp lessons in our life. This death forces us to looks for an essential in life.

- Krsna says that death cannot get avoided but the affliction due to death can be definitely avoided.
- Idam dnyanam upasheyatam - one who takes shelter of this knowledge mamasa dharma aghatha - that person who attains my dharma. And the nature of nature is that person will never take birth again and that person will actually not inflicted by the pain.
- Death is certain but we can actually transcend the pain before death
- To the extent we identifies our body, to that extent we have to suffer
- If we want to go from delhi to vrindavna then they hire a car. Similarly, great souls they think for them this body is nothing but renting a car and once these car helps them to reach the destination then they give this car to car agency and we carry on our life ahead.
- Similarly, advance devotee considers this body as a vehicle and once these body done his job of helping the passenger to reach the destination then it means person has reach his points of spiritualizing his consciousness then he doesn't mind to give up his car to material agency and person will continue to move on in his journey and he will not be affected and that person doesn't worry of so much about the material body
- We cannot avoid the experience of death but definitely we can avoid the trauma of death and that's when we can transcends the modes and parikshit maharaj achieved and actually got detached even before he met sukhdev goswami
- Sukhdev goswami solidified parikshit's renunciation
- One may not able to overcome death but devotee can able to transcend the death
- Shuniya tomar bhuvana sunder - one who hears the narrations of lord then dur hoyala anga taap trividha - one can able to transcend
- This knowledge is not just to be study but it supposed to be take shelter by studying the shastra, by applying it submissively and knowing it that this knowledge is krsna and krsna who is coming in the form of knowledge
- Parikshit maharaj took shelter of SB in a same mood that who is krsna who is coming to me more closer and I don't mind and Parikshit maharaj teaching us how to die before die
- BTS said, before his body was hijack by takshak, parikshit maharaj's consciousness was hijack by krsna and this is what is mean to be die before dying
- BTS said that about mastering the science of dying before die.
- We die before dying that means to live eternally with Krsna
- BTS's mother often would say that give my flowers while I can still see them and BTS realized that give my flowers while I can actually see that means mother actually realized the transcendental nature of this body.
- Because this body is transcendental we must live our life every moment
- Die before dying means we need to live our life that we have whatever breathes we have we must live our life in a moment and we must show the love and affection to the lives that krsna awarded us and present we have that will never come back again and we appreciate each and every moment
- BTS said when we die before dying then we put first thing first and we prioritize the things and the activity nourished by soul has to be given the first preference then only we can able to die before dying
- BTS said, since we know that life is meant for prepare the glorious death that

means we can lead our life in such a way as if this is the last day of my life and this is the way we can actually die before dying

- Having this consciousness that this is the last day of my life and I cannot afford to miss or waste any single moment of my life and there is no time to waste any irrelevant or superfluous activities
- Living a life of detachment - when we live a life of detachment but not irresponsibly but doing our duty best then leaving rest to Krsna then we can actually die before dying
- If we have to die before dying then in this life we have committed lot of offenses toward many people around and these offenses can stagnate our spiritual progresses and these offenses will not allow us to die before dying.
- Begging forgiveness towards devotees and people around is also an integral part of dying before dying
- There are people who lied us, manipulated us, cheated us probably lot of scars we have created in our life also because of someone else's and rather than taking the attitude of resentment or revenge, we should develop the attitude of forgiveness then only we can able to die before dying
- Unless and until we don't cultivate the attitude of forgiveness, and we give up resentment then we cannot truly die before dying
- If we have to die before dying then quality association matters and we must give up selfish egoist thing and submit ourselves to surrender krsna
- Giving up resentment and cultivate the quality of forgiveness.
- Giving up resentment mentality and to have gratitude -
 - Resentment means to harvest ill feelings or bitterness to someone and because of that we want to take revenge and show others that I am not less than someone else
 - When things wrong in our life and when people hurt us then we become resentful and many times people don't speak to us then we become resentful
 - And our emotions develops from that one feeling and the person actually becomes resentful when life moves on and mind becomes stuck in very of his past.
 - If you consider a time line which moves from A to B to C and if we consider timelines along with life moves on then particular event may happen in point A and life moves on from Point A to C but mind stuck on point A that means mind becomes very much stuck in a past and we keep getting traumatized ourselves
 - Just like when you drives a car and sitting on driver's seat and switched on the engine and you put the right gear to move ahead and instead pressing on acceleration, you are pressing on brakes and then happens it cars not able to move ahead and lot of friction and noise keeps coming. Similarly, when we have resentful attitude then we have applied the brakes mentally in our consciousness and We go ahead in life and we don't grow in our life and we become mentally paralyzed and this type of resentful life saps our energy
- If I sitting under the fan and if I started feeling cold then naturally I will move to the place where there is no fan because my body responses to certain situation. Similarly, when something goes wrong in life then we definitely feels irritated and angry and feels resentful and that responses is natural and holding on to that

response is unnatural and harmful.

- Krsna speaks on BG 18th chapter determination in the mode of ignorance that resentment is also a type of determination which we don't want to give up and keeps hold on to.
- Yayaya swapnam bhayam shaukhyam mad- person don't give up this 5 types of activities. He don't give up the swapnam or dreaming.
- Fear is the natural response to danger but person is over fearful then it is not good and when he is over powered by fearfulness then they becomes paranoid and person keeps lamenting on the past and if we don't give up this then we actually are in ignorance
- Vishadam means habitually morouseness - some people are habitually morose but their body and mental type is morouse that you cant inspire them much
- Mada means intoxication, although person knows that intoxication is bad and that intoxication will break relationship, financially but still that person wont give up and keeps hold on. And this is in the mode of ignorance and Something is painful and still we hold on that is not recommended
- Holding on to something which is purposeful that is what save his life but holding on to something which is painful and purposeless that is krsna never recommended. It is not a determination but it is stubbornness.
- Determination in the mode of ignorance is called stubbornness
- ***If we are resentful then there are 3 ways to respond but if we have resentful attitude while responding then we will not be successful***
 - When we undergo in problems in life then one thing is that we change ourselves and tolerate us
 - And we change the opposite person which is very difficult man ytimes or we change the situation
 - We walk away from the situation or person
- When someone does wrong to us, when we say we shouldn't be resentful doesn't mean that we allow that person to trample upon us but we should not let the person mentally dominate us all the time.
- Person whom we are actually too much grudging attitude toward, we are actually holding the person mentally all throughout our life.
- Krsna wanted pandavas to fight the war not because of taking revenge but to fight for establishing dharma and krsna says tolerate pains and pleasure while you are fighting. If you have to fight then we actually tries to change the situation but not has revenge but as a part of dharma.
- When krsna left the planet then pandavas also walked away. Walking away doesn't mean the running away from life and running away means out of fear.
- Walking away means that we understand that there is something better than getting into these things and far more purposeful rather than fight and trying to resolve and I have a higher purpose in lives and that's why I walked away
- Pandavas do not have resentful attitude and they were successful in all the 3 because they have not hold on to the resentful attitude
- If we have resentful attitude and we still tolerate it and one day it will explode and how long we are going to tolerate or repress. Similarly, in all the 3 levels and we continue to hold on resentful attitude then we cannot be successful
- **5 ways to overcome resentment** -

- When someone hurts us or something wrong in our life then we must not to get back but to get safe
- Getting back means you have given one slap and I will 10 slap. But be get safe means that we don't give impulsive response but we actually make ourselves safe
- Rather than expressing the emotion but processed the emotions
- If you express then we may spoil the relationship forever and if we keep repressing then it may explode someday or other and we cannot neglect our emotions we undergo, rather than that we processed that emotions
- And path of bhakti is the process to purify our emotions and when we purify our emotions then we can actually processed the things better and we can respond to the situation in a better way
- Trying to see the things which are beyond the immediate cause of suffering and when we see someone spoke something to you that person is not just an ultimate cause or only cause of what I am going through but seeing beyond the immediate cause that can helps us to overcome resentment
- If somethings goes wrong in our life if we see beyond immediate cause and intermediate cause is our own karma and ultimate cause is krsna and krsna is the ultimate cause doesn't mean that He is making us suffer but krsna as an ultimate cause means he is actually sanctioning authority and in this way we can overcome resentment
- We reinterpret to whatever happened to us. Or devotional reinterpretation of the reality that means things have done wrong in my life or someone does wrong to me then probably it is for my betterment
- Like death can seen to be as defeat but death can seen as a sacrifice in case of jesus christ.
- Even in the devotional lives, we may have to interpret the actual incident that may happens which is ultimately for our own progress and that's when we can overcome resentment
- If nothing works and if we somehow or other absorb ourselves in krsna then krsna will actually help us to overcome these fluctuating mood swings that we keep undergoing and it helps us to focus on more on something higher.

Thank you very much
Hare Krsna