

Vraj Bihari Pr | 3As of spiritual advancement

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Topic - 3As of spiritual advancement

By Vraj Bihari Pr

Notes

- If we focus something our sometime or being in a soul's state or be with krsna or be with holy name or if we nourished the deepest core of our self, we will surely becomes free from actions and reactions of these lives and you will be able to transcend the bodily limitations
- if we keep hearing SB then we need to understand that dream is the combination of our subtle minds
- If we are absorbed in KC then we will be able to see all those things which are there in us and we will be able to separate the soul from gross and subtle body
- And krsnas mercy is the awareness which he gives us and from outside we must be absorbed and absorption means that krsna will help us to transcend bodily and mind connection and for that we need to be attentive in our spiritual absorption.
- If we absorb in the service of Krsna then Krsna gives us the awareness
- When we aware of Krsna then real thing happens then that can I accept myself the way I am.
- The most of the things we live in denial, tat te nukampa susamikshamano - please accept me and forgive me and ability comes from whom I am is a very important aspect of spiritual practices.
- Understanding our small position and accepting our position, we feels so much loved and in this world people think we need to achieve something big but in spiritual life, the more I understand and accept my small insignificant position as a person lot of desires then I feel loved by the universe
- We come to KC and our desires for advance is so strong that we become obsessive that to advance that we live in denial and refused to accept our small position and fact that we have lot of desires
- We are not accepting ourselves as we are.
- When we have awareness then we need to accept it. Because devotees struggling with their lower nature or anarthas and we are not able to solve and we start getting frustration and acceptance means we accept that I am way I am and I want to offer myself to you
- If there is problem that you don't solve repeatedly you are trying and not able to solve the problem. That means that it is not a problem that need to be solved may be it is a truth that you need to accept
- Many times, you need to accept but we may live in denial so, Prabhupada said whatever services you do is okay but chant your 16 rounds, hear SB, and do your sadhana regularly and when we attentive in a spiritual practices and service attitude that will bring us awareness and when we accept ourselves the way we

- are, krsna will give another gifts that is pure aspiration to serve
- When we chant attentively and when we make that as a goal then you realize that I cannot chant and mind is more difficult and that desire of sincerity will result in feeling as humble
 - Humiliation comes in people before humility.
 - Humility is not so easy and before humility it comes sincerity and if I am sincere in practicing KC and desire to improve my chanting then I will keep failing and I will keep understand that I cannot do this and Krsna, this is who I am and in that stage when I am honest and presenting myself and krsna becomes happy and awards humility
 - 1st is sincerity and when we attentive with all your sincere practices then krsna gives a gift of awareness and when we take the bitter pill and when we swallow it and we accept that and then krsna gives the real humility
 - If you want to be a part of LCM army then admission is not that how strong you fight with maya but we need the qualification of joining LCM army is honesty
 - If you are honest then LCM is pleased by seeing that.
 - When we know where I am and who I am and what is my condition and don't remain where I am and I want to improve in my life and that acceptance of where I am and when we are peace with ourselves then krsna is pleased and there is a good chance to improve in our spiritual life
 - **Attention** - attention means to be in present in our spiritual practices
 - ***Healthy awareness in our practices that helps us to improve our awareness and that makes us very much aware***
 - Lusive dreams means when we are dreaming sometimes then we are aware of what we are dreaming and you make certain changes your dream. Similarly, we can have in our awareness and supposed to be awareness and when we have lusive awareness that I am aware but I am not aware or I am present but not in present or I am conscious but I am not aware of my consciousness of what I am thinking right now
 - I am identifying a mind so much but when we have lusive awareness then we can make separate ourselves from our consciousness
 - We need to remember that we cannot be a denial and if we are really sincere then krsna will reveal to us and alarm will ring and person sleeping will immediately wake up but a person pretends to be sleeping then even if the alarm is loud, he will not wakeup
 - The more we are in denial, the more we refuse to wake up and the more you refuse to accept our krsna's voice to influence us and direct our lives
 - We need to be careful when krsna showing us a mirror then we need to practice acceptance
 - Some people when they hears alarms they immediately gets up and they get shower and they are freshed and that is called sincere devotees
 - and some people when they hears alarm, they switch it off and they go it off to sleep and this is called materialistic people
 - We devotees are in 2nd category who are the worst who want to get up but we don't have determination and we are confused and we need action and when alarm rings don't bother about analysis but just jump in KC and when we do it then its like taking bath.

- Just like you don't see the bucket is going to full when we keep bucket under the tap drop by drop. Similarly, in bhakti, we don't keep analysis and we don't be paralysis from our analysis but we just do our sadhana and hearing and perform many services and we does so many services.
- Illusion of krsna is very strong for both materialist and devotee people. For materialist, maya trapps by not to surrender to krsna and for devotees, maya attack them by telling them that you can postpone your surrender
- We need to understand that now is the time to surrender. And now is the time that I am yours and you accept me and offering our heart to Him is NOW and this is called KC
- Main message of this section is that we need to absorb ourselves in our spiritual practices and when we do that then krsna will gift us with awareness of all our desires but we need to remember that is not an end and krsna gives us awareness that doesn't mean that we are liberated but when we understand that we have a problems and we need to have a humility to accept it and when we accept it then we please krsna by our honesty

Thank you very much
Hare Krishna