

Science of Self Realization

A seven day course on the essence of Bhagavad-Gita

By H.G.Radha Gopinath Prabhu

(As it is)

Day-1

Search for happiness

Hare Krishna! I would like to welcome all the devotees who have gathered here today. We all have come here to discuss a very important aspect, that is, what is the purpose of human form of life and that is, 'Science of self Realization'.

In Vedic literature it is said:

आहार निद्रा भय मैथुनं चः
समान्यं एतत् पशुभि नराणाम् ।
धर्मो हि तेषामधिको विशेषो,
धर्मेन हीणः पशुभिः समानः ॥

That is the purpose of human form of life to enquire about what is the self. In fact as we have already said, it is described that every one is looking for happiness. With a cool head if you try to analyze why do we do whatever we do. The purpose is to some how see that this thing will make me happy and we do something which guarantees that this will remove all unhappiness from my life. That is in a sense, what we are doing, all of us. It is said, there are four things that are common between us and animals;

आहार निद्रा भय मैथुनं चः
समान्यं एतत् पशुभि नराणाम् ।

There are four things which are common between us and animals. And that is **आहार** which means eating. We are making arrangements, elaborate arrangements so that some how or the other we can solve the problem of this eating which is essential. **निद्रा** -Sleeping, **भय**-to protect ourselves, that is defending and **मैथुनं** -procreation, producing off-springs. **समान्यं एतत् पशुभिर्निराणाम्**। It is said that these four activities are common between us and the animals.

I was once visiting a friend of mine and I happened so see on the Television, a serial on wild life. This was on the life of a jungle cat. I was seeing, it boiled down to four things. How this jungle cat makes arrangements for food for itself and its off-springs what kind of food it eats, how it collects, how it gathers, how it preys upon other animals. This is the first thing. Then they showed how it makes nice arrangements for sleeping, building a nice house, building a hole and then how it defends itself from other animals. By nature's arrangements every animal has been provided with some kind of defense system. If it is tortoise, very slow animal, it has been provided with a shell to self withdraw. If it is very fragile body, it has been provided speed to escape. So in this way, how each animal defends himself and the fourth thing which was presented was how it pro-creates and produces off-springs. That is all. If you observe any of wild life serial, any program on wild life, ultimately it boils down to these four things. Can any one say, does it include any thing else, other than these four. The whole life revolves around these four things, how to eat, how to sleep, how to mate and how to defend. Never have I seen that all these animals got together one day and said let us discuss about what is the goal of life.

**धर्मो हि तेषामधिको विशेषो,
धर्मेण हीणः पशुभिः समानः ॥**

Only in the human form of life can we enquire about higher things in life and if we do not, then we are simply animals. We also make arrangements for eating, sleeping, mating and defending differently, but if our whole life simply revolves around these four and nothing more, we may eat, may be, we are very civilized human beings, therefore we eat in a nice five star hotel, but the enjoyment that is desired from eating is the same which is derived by that animal in the forest. We may sleep, because of our technological advancement, we may sleep on a nice foam bed, but once we are asleep, the pleasure will be same. We may defend ourselves with may be some star-war system, big missiles etc. and the dogs and cats may do it with their claws and their teeth, but the propensity is the same, how to defend oneself from other entities. And they procreate and we also procreate. In fact, I think the animals are much more responsible than the human beings. At least the animals take the responsibility of their children, not that they enjoy and then abort the children or they through them out that is happening in today's society. So practically we have stooped down lower than the animals. The animals take responsibility; they take care of their off-springs. So ultimately it boils down only to these four things.

But if in spite of all technological advancements and civilization, if our life style is simply revolving around these four and nothing more then we are nothing more than sophisticated, well dressed, polished two legged animals. That is the statement made in this particular verse. **धर्मो हि तेषामधिको विशेषो, धर्मेन हीणः पशुभिः समानः** In this regard there is a beautiful story of Alexander the Great, the great conqueror.

This Alexander the great, after conquering practically half of the world reached India and laid his tent near Sindhu river and one day at night, a thief happened to enter Alexander's tent because that was the biggest one, all others

were small ones. He entered he caught something and when he was about to escape, he was caught red handed by soldiers of Alexander and brought before Alexander the great. Alexander looked at this thief. Immediately he told his soldiers to chop his head off. But to the surprise of everyone, immediately, this thief retorted back. He said wah! How dare you do this? You can't do this to me. Alexander was shocked. What do you mean, how dare, you speak like this. You came to my tent in the middle of night and you were caught red handed and now I am punishing you and you dare say why I am doing it, putting a question. So this thief again said, so what? What do you mean by so what? Thief said, what is difference between you and me? Alexander was shocked. So this thief started explaining:

He said, well I am a small thief, so I entered private properly in the middle of the night when no one is there, and I carried whatever I can in my hands and just escaped, but what about you? What are you doing? You are also doing the same thing. You entered private country, what is the difference? And you entered in broad day light because you have thousands of soldiers, horses, and elephants. You also entered private properly and you also carry as much as you can. So, what is the difference, only thing is that I carry handful and you carry animal or cart load. Therefore, I am a small time thief and you are a greater thief. Therefore, you are Alexander the great because you are doing the same thing on a greater scale. That is the only difference between you and me. And it is said that Alexander was so taken aback by this particular analysis that he actually released that person. So the point being made here is what the difference is between us and animals? Eating, sleeping, mating & defending. They are doing on a very lower scale, they eat on the street, they defend themselves on street and we, because we are highly intellectual people, highly civilized people; under inverted commas, we are doing the same things in more civilized way. That's all; therefore we are animals-the-great, because we are doing in a very

sophisticated, very polished and in a very nice way. Is that's all? There is to the goal of life. This is to be thought about and that is what it has been said here. **धर्मो हि तेषामधिको विशेषो, धर्मेन हीणः पशुभिः समानः** So what is the difference between us and the animals? The difference is we have been provided with higher intelligence. This higher intelligence is given only to human beings, not to the animals. They cannot discriminate; they cannot do this higher inquiry about what could be the goal of life. Etc. Therefore, if we do not utilize this higher form of intelligence which we have been provided as gift, in the human form of life and simply use it for just eating, sleeping, mating and depending, then it is said that we are miserly. The word used in Bhagavad-Gita is **Kripna**. Kripna means miser or Kanjus. Then who is a miserly person? Opposite of Kripna is **Brahmana**. Brahmana means a broad-minded person, a highly intelligent person. So the gift is that we have higher intelligence. Now let us analyze who is a miser? Suppose a man has lacs of Rupees with him but he has nicely locked it away in a cup-board and lives like a beggar on the street, eats like a beggar on the street, dresses like a beggar on the street, then we will say what miserly person he is. He has access to so much wealth but he lives as good as a person who has no access to it. Therefore, he is a miserly person. Similarly in the human form of life, the only wealth we have been gifted with is this higher intelligence. But if we lock up our higher intelligence in our brain and live with just intelligence, how to eat, how to sleep, how to mate and how to defend, which even animals do it that have no access to this intelligence. Therefore we should not become miserly. This intelligence has been given to us. What is the purpose of intelligence? Through this higher intelligence we can discriminate as to what is good and what is bad. What is permanently beneficial, what is temporarily beneficial? We can enquire into why are there sufferings in the world? Many people ask this question. I want to be happy. In fact everything what I am doing is with the hope that I will become happy one day.

But somewhere along the line, there is a pin-prick in the society at large. No one seems to be happy. Somewhere along the line, happiness seems to slip through our fingers. Not able to grasp it, not able to get complete happiness. And even if there is happiness, it is only very flickering, for a moment and just around the corner there is a problem. We ask someone how you are. Ok fine, no problem. Why you are happy because there is no problem for the time being. So called happiness is just like a gap between two problems. Just like, in the olden days. How the kings would punish the prisoners. They would take him up on a boat, in the middle of a river, catch hold of his hair and dump him in the river and when he is bursting for air, just relax him and again push him inside. Again, just after one minute, when he is bursting his lungs, just relax him for a moment. At that time when you lift him up, he feels how happy I am? fresh nice air etc. So called happiness is a gap between two miserable situations. Just around the corner another misery is there.

So this is the purpose of human form of life. I do not want miseries, I do not want unhappiness, why is it being imposed upon me when I want happiness, I want peace of mind, I want bliss. Why is it eluding me? Why I am not able to find happiness? When have I missed it? Where did the formula go wrong? This is the purpose. What is the destination of life? Where am I heading to? Just because everyone is running, I am also running. Unfortunately sheep mentality has come into us. Why are we doing, because everyone is doing? If I do not do it, I am an odd man out. Therefore, I better do.

Problems of life

What you find, since time immemorial, so many people have tried the same formula and have failed to find true happiness; true peace of mind, how is it that we are an exception? Somehow we do not stop to think about this. So this is the purpose of human form of life or utilization of this

intelligence, to enquire through intelligence, through discrimination, what is the cause of sufferings? Why are these problems in life? What is the destination of life? In fact very few people are aware of what are the real problems of life?

What do you think is the problem of life? All answers are to be analyzed. Let us take poverty for example. Actually this so called happiness is very relative. Ask a man who has probably every thing in life. Dear Sir, are you really happy? What you aspire to do? This person will say, one day, I just want to get out of all these things, go somewhere in the Himalayas, have a small nice hut, live there amidst nature. Go to the Himalayas, go to a fellow who is sitting in the small hut, and ask him dear sir, what is the goal of your life? What is your aspiration of life? May be, he will say, one day I want to go to Mumbai. The grass on the other side is always greener. This material world is a very relative place. One man's food is other man's poison. One man's happiness is other man's distress. You may say, how are you saying this? But it is a fact. I recently had this realization. During rainy season, I happened to go to buy an umbrella and just outside on the street, there were few fellows discussing, why does it ever rains? Everything they have to shift because they stay on the street. Then I went inside the shop and I bought an umbrella and that fellow is saying, yes, yes, come, come, umbrella you want? I know because this is the season. These four months is our season. I wish it rains in twelve months in a year, we will have booming business. It is very relative world, just outside the shop this fellow is praying that it never rains and inside he is praying that it always rains. If you fall sick, you are miserable but this is season for the doctors, they are praying, that let more people fall sick. That is their business. You met with an accident, you are miserable, but the mechanic is blissful. He hopes that there are more accidents. He has business. Some one is smoking, he has fun but other one is miserable. So in this way we find that one man's happiness is another man's

misery. So we were discussing that whatever individual perceives as problem was not problem for others that raise the question, what are the real problems of life?

When a problem does become real problem? At least, it should satisfy this criterion:

1. It is common to all.
2. No one wants it.
3. No one can avoid it. Whether you take it or not, it will be imposed upon you.

So whenever a problem satisfies this entire criterion, then that problem can be called to be a real problem of life. Now with this in mind, let us see what is described in Gita to be the real problem of life. Sri Krishna says in Gita, thirteenth chapter; ninth verse B.G. (13.9)

जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम्

janma — of birth; mṛtyu — death; jarā — old age; vyādhī — and disease; duḥkha — of the distress; doṣa — the fault; anudarśanam — observing

(The perception of the evil of birth, death, old age and disease)

Number one-birth, number two- old age, number three-disease and number four- death. So everyone eternally has to face this.

Birth, can it be a problem? When a child is borne, everyone says happy birthday to you, very nice. There are celebrations all around. But it is described, what the child has to undergo in the womb of the mother, in nine months. It is described in recaptures, how a child is miserable with very fragile and very delicate skin which is being eaten by

the worms inside. It is miserable, it is crying out, once I come out, I never want to come back, but once he comes out, he forgets. But very few may agree with this because hardly anyone of us remembers this situation. It is nature's mercy that it makes it forget you, forget miserable experiences as more you remember, more you are miserable.

Old age, no one wants it, no one can avoid it. It is common to all. One may say, no it is alright but there are different levels of intelligence. Most intelligent person is he, who hears and understands the gravity of the problem. Less intelligent is he, who actually sees some one facing the problem and then realizes it, lesser than that is he who actually undergoes and then realizes. But the worst of all is he, who undergoes a problem and after some times again forgets it. That is the most miserable situation. One old man, was trying a simple thing like trying to cut nails of his toes. After half an hour, he became so disgusted and frustrated that he threw the cutter. He had arthritis and he could not bend his leg as he could not bend it, he could not reach it. Number two, his eye-sight was so bad that it was blurred. He could not see where to cut and thirdly his hands were shaking, so by the time he reaches the toe but misfires it. In old age, these nails become so hard to cut. So an ordinary thing like nail of the toe, he tried for half an hour, he could not do it. He was trying, no one helped him and he was miserable. With advancing of age, so much of generation gap, people are invariably miserable. To cope-up with that is a big problem. Body is not co-operative, mind is not steady etc. Unfortunately we are not realizing at all, until and unless, directly we pass through it. The whole body is crumbling down and you have to cope up with it.

Disease is miserable. Invariably every one has to face it sometime or the other in life. We can not avoid it and finally **Death**. We may for argument sake say that we are not afraid of death but our actions speak louder than our

words. We are all afraid of losing any thing, what to speak of life. Even when a man wants to commit suicide and puts his head before the train but when train starts coming, he changes his mind, may be tomorrow. No one wants to die.

Scripture says, **Bhoge Rog Bhayam**. One wants to enjoy life but when he goes to Doctor, he says, you have diabetics. No more sugar. Hypertension, no more salt, people are afraid of getting diseases because their sense gratification is lost. One who does not have a son, he is very miserable, as how my family lineage will continue. One who is very rich, he is afraid of losing everything one day. One who has been honored, dishonor is worse than death and one who is very strong, he is afraid of someone who may defeat him. One who is very beautiful is afraid of old age. Somebody who is very clever, he is afraid of somebody who may defeat him. We all are afraid of losing the things and ultimate essence of all these is connected with body which we are gong to loose it.

Miseries of life

There is three more Taap-triya. These are:

1. **Adhayatmika**-Miseries caused by one's own body and mind.
2. **Adhibhautika**-Miseries caused by other living entities.
3. **Adhidaivika**-Miseries caused by natural disturbances which are beyond our control.

How do we solve it? Have we been able to solve it? We may say that in the past hundred and fifty years, we have made a tremendous advancement in material technology but have we solved these problems?

Have we solved problem of birth? It is still going on, rate is increasing. Have we solved the problem of old age?

Since the time of technological advancement, have we stopped getting old? People are becoming old. Diseases are increasing, as many hospitals as many patients, such kind of diseases which can not be cured. Today it is something, tomorrow it is something else. Have people stopped dying? Now because of bombs etc., one bomb fired, the whole country finishes. Is this advancement? Death is increasing due to violence.

Have people stopped problems of body and mind? People are more miserable than ever before. What about the problems due to other living entities? Again stress is increasing due to this. Problem of natural calamities continues. So in this way we find that no doubt we have advanced but do these material advancements give solutions to the real problems of life? We have no doubt about technological advancements but technological advancements have not found solution to real problems of life. In fact modern technological advancements give only temporary relief. When there is first grey hair, it is first indication of old age. Nature gives notice, dear boy get ready. We just dye it and say forget it. Eyes go blurred, do not worry we have nice glasses and contact lenses. Then teeth go loose, dentist fixes up all the 32 teeth. Ultimately death comes and all gets finished. We find that we may simply cover up but the whole materialistic civilization is offering a patch work of activities, temporarily covering up real problems of life, thinking that it will be solved, do not worry. It can not solve, and ultimately some solution, even so called solution gives further problems. So there are three things. Number one, the technological advancements give only temporary relief not permanent relief and there is no permanent solution to the problem only symptomatic relief is there. But from the root problem is there. Just like allopathy, for example, headache, give some tablet. What is the root cause of problem? There may be bigger problem and ultimately there is embarrassment. Then we realize how helpless we are in solving the real problems. We may say by

introducing motor car we have made technological advancement. But what kind of hellish situation we have created. Damn if you do and damn if you do not do. We are so much conditioned that within that we try to find happiness. In this way, we are like from frying pan to the fire. Ultimately people think that time is money but they have become their own slaves. No doubt, technological advancement is there, but ultimately, it can not give us happiness. Have people become happier? Look around you. If not, something somewhere, there is grossly wrong. Why is the situation like this? because the promises that are made for happiness are false promises. Why it is, because it is based on simply sense gratification and even if you see at the top, most people who have been successful in their field, even they are the most lonely and most miserable persons. Richest persons in the world were most lonely and most miserable persons. We find that what kind of happiness is this? We were striving to find happiness; its like is mirage in the desert. We feel there is water and when we run and run, we find there is no water, because there are false promises of happiness. The claims they make, they have no solid foundation. There are Books by Dale Carnegie like "How to win friends and influence people" etc. How this fellow died? Actually he jumped out of 33rd floor of his New York sky scrapper. This person is claiming all over the world, how to win friends and influence people, dies a miserable death.

About suicide, there is a nice statement. It says, the action is brave but act is cowardly. He is running away from life. Why do people not want to die? because it is described in Garuda Puran. It says, the pain of death is like 42,000 scorpions biting at the same time. One scorpion bite is very, very painful. Why it is said like this? Sometimes we loose very close relative of ours, and we are so pained. Just imagine if you have to loose not one but all family members, how painful it would be? Sometimes people loose some wealth and they are so miserable. It is so painful to loose one of our body parts. No one wants to lose anything, but

just imagine, losing all your belongings, losing all your relatives, losing all your friends, losing all what you craved for, aspired and earned in your life, losing all your body parts in one moment. That is what death is. Whole body and everything connected with it, snatched in one moment. This is what death is. Therefore, Purana describes death is like that.

There can be a question, if pain is so much, then why Dale Carnegie jumped and died? For Dale Carnegie this was solution to solve all the problems of life. It is contradictory to what we are saying, no one wants death but here is a person inviting death. The answer is this, for Dale Carnegie, living for one moment was more painful than 42000 scorpion bites. Which is better? Once for all finish off 42000 scorpion bites or every moment for rest of your life 45000 scorpions are continuously biting. Dale Carnegie was so lonely, so miserable; he had not even a single friend with whom he could reveal his heart. As it is said if you share your joys, it multiplies. If share your sorrows, it divides. In this civilization we have created a situation in which what to speak of society, even amongst family members, we are lonely. We are together but still we are all to ourselves. Tips given by him may be alright. When you love someone, you definitely remember their names and all they like. He was seeing the externals but inside it was hollow, when there is no love, where is the question of all these paraphernalia. He was giving all solutions but main crux was missing. Similarly in this material world, the entire civilization is bombarding our senses and saying, if you want happiness, seek happiness through gratification of the senses. And sense gratification they claim is the source of happiness.

There are fine senses- Eyes, Nose, Tongue, Skin & Ears. So the whole claim of today's age to become happy is to see some nice thing and be happy, listen to something nice and be happy, smell something nice and be happy, taste something nice and be happy, touch something nice

and be happy. But is this the source of happiness, had that been the case people would have been much happier. But people are miserable because sense gratification is not the source of happiness. Example, **Eyes**. The example given in scriptures is **Moth**. All moths rush towards candle flame. In fact when moths see the dancing flame of candle, they cannot resist themselves, so much attracted, they go nearer, nearer and nearer and as they go nearer, they can actually feel the flame, they can feel the heat of the flame and they know it is dangerous, but still they can not stop themselves going nearer, ultimately they go so close that they know that their body is being consumed by the fire, still they do not give up and are ultimately embrace death. All their other friends are seeing that they are being burnt but still they cannot stop. Similarly people are claiming, satisfy your eyes and you will be happy. People sit before the idiot - box for hours together, feel that they are happy.

Ears, the example given are **Deer**. Sometimes deer runs very fast to run away. Hunter plays on flute, so enchanting, that the deer starts coming closer and closer and as it comes closer, immediately hunter kills it. **Nose**, example is **Musk Deer**. The musk deer carries the musk within naval. It does not know from where the smell is coming. Sometimes it runs behind looking all around and ultimately lands up where there is no water and perishes there. **Tongue**, example is of a **Fish**. How expert fisherman catches fish? He tends it, he puts a hook and he puts nice bait. Fish thinks who! Bait for me. It gulps it and the hook pierces its upper jaw, immediately it is pulled up, helplessly. Similarly the whole civilization is somehow bait in the form of all these advertisements, Bill Boards, simply to attract us. Ultimately it leads to destruction and not happiness as they claim and finally the sense of **Touch**. How they catch **Elephant**? Though it is very difficult to catch the elephant; but what they do is they dig a huge pit in which an elephant can easily fall and then they cover it with bamboo and a lot of grass leaves and then they train as she elephant to go

besides the He elephant and brush aside He elephant. The moment He elephant experiences, the sense of touch, it goes mad and it starts running behind. She elephant is trained to take him all around and cleverly bring him very close to the pit and she just walks away from the site. He elephant is so mad that it walks straight and dives inside pit. Then the Mahvat beats this elephant till it becomes his slave. Then this huge elephant becomes slave to six feet man who is sitting on his top and directs it to go this way or that way. Elephant does not realize that he has power to through away this man, but he has become a slave. Similarly this little piece of flesh one and half inches long is like a rudder controlling the whole ship. Similarly one becomes slave to the senses and tries to gratify the senses. We go all around, but senses can not be satisfied and gratifying the senses is not the source of happiness, as much as a person in the desert can not experience quenching of the thirst by simply looking at the mirage. It is eluding. In this way it is like mirage in the desert and actually it is not the way of finding happiness.

So what should be the goal of human form of life? Simple, the goal of human life is to enquire about a permanent solution to real problems of life. No more birth, no more old age, no more disease and no more death. Is it possible? permanent relief from all miseries. I want no more miseries caused by body and mind, other living entities and natural disturbances permanently. And finally I want to get eternal life of bliss, peace and happiness. And any one who does not get it has wasted his life. He is a miser. Before we die, we must solve the problems of life. The whole purpose of this lecture is to convince us that the trend that we are following can not lead us to happiness. But all these endeavors will be completely futile, if there was practically no solution. People are convinced that through this process of technological development we will find happiness but no, it is not possible through this process. But there is definitely a process.

If we want to solve the problem we have to go to the root cause of all causes. Suppose I have headache. Two things I can do. I can take Aspirin which will give symptomatic relief. If you go to a doctor he will not give you aspirin, he will do some tests to find out the root cause. Headache is a symptom. It may be due to a tumor in your head, it could be due to some stomachache or some indigestion. It could be because of migraine. First of all he finds the root cause and solves the cause so that symptoms disappear. Similarly when we go to the root cause of all the causes, where the source of all these miseries begin from and once we manipulate the cause, then all the symptoms will disappear.

As much as a person in the desert cannot experience quenching of the thirst by simply looking at the mirage. In this desert some times, the whole existence is burning out, from bottom, the sand is burning, from top the sun is heating up. Then there is little water-ware and this man starts running, hoping little more and I will be happy. If I get this promotion, I will be happy. If I get this home I will be happy. If I move my locality I will be happy. If I move to America I will be happy. If I go to the moon, I will be happy. They went to the moon and they came back, they thought they will have honeymoon on the moon, when they came back, where is the happiness? It is eluding. So in this way it is like a mirage in the desert and it is not actually the way of finding the happiness.

Now I generally conclude the lecture here. When I concluded the lecture, one man got up and said I have a question. He said, before I came into the lecture, I was happier, at least I was ignorant. As ignorance is bliss. I was not even aware and you say that this whole course is to give us happiness. You have made us more miserable. I was much happier before. Now you have made me aware, now when I walk, I am thinking my God, I am miserable, birth,

old age, disease, death miseries caused by body and mind, other living entities and natural disturbances, what is this non-sense. I pay this much money just to realize how miserable I am? What is this you have done? So I said the purpose of this lecture is such. Then I explained, Dear Sir, the whole purpose of this lecture is to convince us that the trend that we are following cannot lead us to happiness. All of us, the whole technological advancement, all civilization is saying today, do this and you will be happy, enjoy this and you will be happy, sense gratification and you will be happy. But the whole purpose of this lecture is to convince us we can not find happiness by the process we are all set up to do, in which we are going now. But all these endeavors would be completely futile if there was practically no solution. If there were no practical solution then why talk about problem, better to do best use of bad bargain and enjoy, that's all and die like cats & dogs. The whole purpose of this lecture is to convince us of two things. Number one, that in this path which we have set about to solve the problems of life through technological advancement and material advancements thinking one day this will make us happy. In fact people are convinced that our science will make up happy. There is a foundation in America which claims that one day very soon we will make dead people alive. People are convinced and to this foundation, people pay millions of dollars to store their body in ice cubes, so that one day when you get the solution, you please wake me up. And one of the fellow lying in ice cubes is Waldaisee, of Micky-mouse fame. So people are convinced that through this process of technological advancement we will get happiness. But no, it will not be possible through this process. But there is a process and that will be discussion for tomorrow.

What exactly is the process of finding true happiness, tomorrow we will discuss the cause of all causes, the source of everything and once we know that and once

we manipulate that, automatically all the miseries, all the troubles will be finished.

Summary from slide show

We have nice family, even animals have their family. But simply to exist with animalistic consciousness is not all in all. Birds do not go to IITs to learn how to make nests. It is amazing how the birds make such beautiful nest and they have never seen the parents doing it. Spontaneously, when the time comes, they make the nests. Their nests are so beautiful that even if they fall down from a distance, nothing happens. If we do not improve the quality of our life, then we are nothing but sophisticated, polished two legged well dressed animals.

Then the purpose of life is to enquire, I do not want miseries, why these are being imposed upon me. I want happiness, peace of mind and bliss, how and why it is eluding me, to enquire about real problems of life. Birth, you may think it is very happy. No doubt for the family members but for the child it is miserable situation. It has to pass through nine months of existence which is really very, very troublesome. From the third month the growth starts and the amount of trouble it undergoes, you can learn from scriptures. Then all kind of diseases, then there is old age & death, everything is finished and no one can stop it. When a child is born, you do not know what he will be but one thing is certain, hundred percent we can say, death is sure to come. From dust we have come and to dust we will go. Therefore, in whatever way it will come, it is inevitable. But before death comes, it is said that one should solve the problems of life permanently. That is the purpose of human form of life. Before death comes, if you solve the problems of life, that is Brahmana otherwise we are Kripna or we are miserly. We have not utilized the wealth of supreme intelligence that has been given to us.

Japanese are most technologically advanced but they just cannot do anything to stop volcano. Only thing they can do is just run. The Vedic civilization or human civilization is meant for simple living and high thinking. High thinking means to solve the problems of life. But unfortunately today's civilization, it is high living but thinking how to eat, how to sleep, how to make, how to defend.

No doubt we have tremendously advanced but the other side of advancement or other side of the coin is all the problems that are attached to it, hours and hours of traffic jams. World Bank conducted a survey and declared Mumbai is a gas chamber. They declared that ninety three percent of Mumbai people are exposed to auto emission fumes which are more than the dangerous level. An average Mumbite inhales smoke which is equal to ten packets of cigarettes a day and average life span reduces by ten years. The higher you live, the more smoke you inhale because smoke forms clouds at higher levels. Manhattan where there is empire state building area, it is more dangerous than forest at night. No one can walk alone on the streets. Any one will shoot down. No respect for life. After eight O' clock you can walk in the forest but not in this area, no wonder it looks very beautiful, concrete jungle, with people with beastly mentality, walking all around. Whole thing is how to eat, sleep, mate & defend better.

No wonder we have advanced, but people are becoming impersonal. People are losing their personal touch. In a village, within two hours, the whole village comes to know who has come, to which house and with what purpose and who is his host, everything. But here is the city, you may be staying for years together, your neighbor does not know who you are. People do not want to be known because they may be exploited.

We may be technologically advanced in this is age of machine. So much advanced in machines that even people are becoming machines, simply walking around. Somebody

dies in accident, no one comes, just walk on. We are becoming worse than animals. Crows, if some one is dieing, every one is called, some concern is there if some one is dieing. People have no concern whatsoever to what ever is happening. Even amongst homes, people have become strangers; they do not know each other though they live together. They are busy in TV watching, so oblivious, they do not care to what happens to the whole world.

Yes, we have technologically advanced, no doubt but the other side of the coin, the advancement is leading to destruction. Einstein understood how his equation of E square is equal to mc^2 gave form to nuclear bomb. Actually he was thinking this nuclear energy can be utilized in so many nice ways but when he heard about dropping of bombs, with tears in eyes he made the statement. How he made it but because of impure hearts of people, it has lead to so much destruction.

We are not speaking against technological advancement, but what we are against is how we use this? A knife is neither good nor bad. In the hands of a hoodlum it can take a life, in the hands of a surgeon, it can save a life. So knife in itself is neither good nor bad, it is who it is in the hands of. Similarly we are not against technological or material advancement, what we are against is ignorance within the hearts. If proper knowledge is not there, if people are utilizing everything for their own sense gratification without knowing the formula for happiness, without this knowledge ultimately this world will become chaotic, hellish that's what it is going to happen.

The whole propaganda of today's civilization is enjoy your senses. Here is TV to cater to your eyes, drinks to palate your tongue, beautiful facility for sense of touch, beautiful mundane music to please your ears. People are trying to enjoy through senses but from heart, people are miserable because it is not going to satisfy you. People who had everything in life but deeply inside heart they were most miserable people, full of fear, worry, tension, anxiety, not

knowing where have they gone wrong & why they have not found true happiness.

All the Bill-boards and other things are simply attracting us inviting that do this and you will be happy, enjoy this and you will be happy. One part is a little sensual enjoyment but all the remnants that are left around are so many sufferings that come with it.

Because the propaganda is sense gratification is the source of happiness but gratifying the senses is actually embracing death just like moth is embracing death when it tries to enjoy its eyes by going near the fire. So simply trying to find happiness through sense gratification is simply embracing death. Simply technological advancement, without true knowledge is like decoration on dead body. This is hypocrisy.

In the name of giving relief, so many things are going on. Abortion has become a regular feature. It is nothing but a murder. So it is not the quantity of life, it is the quality of one's life that is important. If you live for hundred years like a tree, what is the use? Therefore the purpose of first day's lecture is to introduce about the futility of thinking that technological advancement can lead us to happiness. It can not give us and the only solution is this knowledge of the Gita which we will discuss tomorrow. Sri Krishna says in Gita, fourth chapter; thirty-sixth verse **B.G. (4.36)**

अपि चेदसि पापेभ्यः सर्वेभ्यः पापकृत्तमः ।

सर्वं ज्ञानप्लवनेनैव वृजिनं सन्तरिष्यसि ॥

api — even; cet — if; asi — you are; pāpebhyaḥ — of sinners; sarvebhyaḥ — of all; pāpa-kṛt-tamaḥ — the greatest sinner; sarvam — all such sinful reactions; jñāna-plavena — by the boat of transcendental knowledge; eva — certainly; vrjinaṁ — the ocean of miseries; santariṣyasi — you will cross completely.

(Even if you are considered to be the most sinful of all sinners, when you are situated in the boat of transcendental knowledge you will be able to cross over the ocean of miseries.)

This knowledge which I am giving to you Arjuna is like a boat which will help you to cross-over the ocean of birth and death. Sagar means ocean and Bhav means birth old age, disease, death. Every one of us is downing in the ocean of birth and death but the transcendental knowledge that is described in B.G. is going to give us a positive alternative. It's like a ship and ship that cannot sink. It's not like Titanic. Material world is also giving a ship, the destructible ship that finished in its maiden voyage and everyone dies. But Krishna promises, if you have this knowledge, this transcendental knowledge with you, then you can easily cross-over the cycle of birth and death and overcome all miseries. So that is the proposal that Krishna is making to Arjuna in B.G.

Questions & Answers; The question is, do not you think that the death of a loved one is more painful than your own death. Ans: One is painful the other one is fearful. Death of dear one is very painful. The while fear is if I die, do we want to die? That's the million dollar question. We will discuss on fifth day, this process of death, we may say, this person died a peaceful death when he was asleep but this is very external way of looking at things. But when we see through the eyes of knowledge, then we will realize that death is equally painful. Even a person who is sleeping, death during sleep, we may think that he did not even know that he passed away but it is not so. Death is beginning of next problem. That is why Shankracharya has said in Bhaj Govindam:

पुनरपि जननं पुनरपि मरणं
पुनरपि जननीजठरे शयनम् ।

(Born again, death again, birth again to stay in the mother's womb!)

So what is the point in solving one problem and creating one more? So from our point of view we may feel, oh! That's finished, but no, actually around the corner there is one more misery looking right at us, face to face, another birth and another problem. Hare Krishna!