

Baldev Pr | Don't break yourself, Take a break

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****Prerna Youth Class****

Topic - ***Don't break yourself, Take a break***

By Baldev Pr

Notes -

Once physics teacher asked student told, what is the use of brakes in a car? One student replied, brake in a car used to stop the car, 2nd student replied, its for reduce the speed of a car and another student replied, its for reduce accidents or one student said, it will unable to make drive faster. Why we may have to come to the conclusion that to stop the car or reduce an accident.

But a Primary reason is - "Its to speed up the car"

Break experts - *Mental concentration makes our mind more geared up to speed our car or body*

🌀 ****Don't take break - if you ain't broke.****

- If you are results are going down than you need to break yourself.
- If your concentration is good and than if you take break than it's not break, it's laziness. But you can take a break for retreat to refresh yourself
- *When you break yourself, you need to utilize your break wisely.*
- Brain has two region - left and right (PFCs)

🌀 ****Not every word "break" is good.****

- can you ask your teacher to give break after exam while writing exam?
- if someone feeds you like anything you fed up of that. so that also you need break.
- Break down is not good, but preventive maintenance is good.
- Break is good as per the time, place and circumstances. But not every break is good.
- Sometimes, some people use mobile. when mobile haven't charged than mobile get breakdown by discharged. so we need to charge ourself.

🌀 *vyasatmika aatmika budhir - when anyone goes to work. he always focused on the goal. eka kuru nandana - focus on one goal.*

🌀 • One story from America us to Poland for festival and indradyumna swami maharaja and all devotees were promoting in different areas. now indradyumna maharaj's teams told to maharaj shall we go to the thief areas for Promoting our festival as a change. All gone to promote this. and many theives already knew about hare krsna temple. not for taking darshan but taking darshan of shoe 😊
😊 therefore, somehow or other they must go and they went to sankirtan and transformed the theives into happy.

🌀 • life is like a highway and you are capable to drive fast but somehow or other you have to apply brakes willingly or unwillingly.

🌀 • Rnsm gone to program in Italy beach 🌀 for doing preaching and has too hot. and devotees wants break from this. and Finally, maharaj told you can go into the water for break. It was super fantastic but unfortunately there was jelly fish and dolphins. and they were biting hard to devotees. we anticipated to new break but we end up in this to have this breaks ❤️

✍ manacha break uttam break *(mind's break is the best break.)*

We need to pull the mind at the right moment, right time, and in a right way. We need to control in such a way. Mind has to properly engaged.

✍ Break INNER - Urges should be submerged! *There is a requirement of good break rather than bad break*

• Lessons of life manual - *Nectar of Instruction* -

vāco vegam manasa krodha-vegam
jihvā-vegam udaropastha-vegam
etān vegān yo viaheta dhīra
sarvām apīmām pthivīm sa śiyāt

A sober person who can tolerate the urge to speak, the mind's demands, the actions of anger and the urges of the tongue, belly and genitals is qualified to make disciples all over the world.

✍ • Our break should not be in a routine. But for the benefits of something we need to break ourselves - a good break.

✍ • Our vedic wisdom opens our mind from the ignorance. Our Vedic Wisdom awakes us from our 27years of sleeping 😴 from the mode of ignorance.

✍ • *Materially, no one focusses on inner beauty rather they focused on outer beauty. But Our Vedic Wisdom focused of inner beauty 😊❤️ than outer beauty.*

✍ • In Mahabharata, there was 2 personality known as King Yudhishtir and Duryodhana.

Dronacharya said to Duryodhan that go and find who is best before you? duryodhan himself thought in his mind 😊 and thought there is no one best than me and not gone anywhere and told dronacharya that no one is better than me.

later, dronacharya asked yudhishtir to come and find who is lowest on the planet? yudhishtir gone to find lowest beings and not came soon but while he came towards dronacharya he told, I didn't found any lowest person than me. I am the lowest person.

✍ • Similarly, if you see everyone is better than ourself, than You can serve others more than our self

✍ • *Leadership means seeing everyone in equal vision*

• Srila Prabhupada went to America and don't have much money and there was a very well known grandson Alfred Ford somehow connected to iskcon and one devotee introduced About Alfred Ford to Prabhupada that he is the grandson of Henry Ford. Prabhupada said, Hmm, where is He?

Now ✍ *Prabhupada told, your outer greatness will not last forever, only remains what you do internally. Don't look for outward greatness but look for inner greatness.*

✍ **How inner voice can make or break?*

• There is inner voice and inner noise

Inner voice - guidance comes for achievement.

Inner Noise - Making us distraction for not to achieve.

✍ **Know break, Know Life**

• sometimes a break from your routine the everything you needed.

• Young man choose a goals or a girls

If you bring this formula *PEPSI* your life will be EASE

P - Peaceful

E - Equipoised

P - Purified

S - Satisfied

I - Intimate

There are two types of education - one is material and one is spiritual.

- Material knowledge gives knowledge of academics to earn livelihood or outer life and *spiritual knowledge helps to develop the inner life.*

bura jo dekhan me chala

bura na miliyaah koy

jo dil khoja apna

mujhse bura na koy

galtiyaan bhale hi hajar karo

magar kisika galat mat karo

- (you may do mistake in your life but never do mistakes of others life.)

lava matra sadhu sange sarva siddhi hoye - *by associating with devotees in a retreat because we charge our self to make our life beautiful from this good breaks(rest)*

🌀 • Daily Charging - To chant the holy name of Lord in a beads (mediation) is the best process to charge daily.

🌀 • Weekly Charging - Associating with like minded friends in a temple to develop and enhance our spiritual relationship will recharge your batteries for the entire week.

🌀 • Yearly Charging - Using this breaks yearly as a retreats to recharge for the whole year. To visit beautiful places like GEV, or Mayapur or a Vrindavan, etc.

🌀 • *When you associate the great souls, ones glimpse can that it brings all transformation of your life.*

• BG teaches us to raise from modes of ignorance

• BG and SB and all our ancient texts says that *to break us from the 3 modes which we are bound by material nature.*

🌀 • also, *Break needed to re- enjoined the beauty which is happened in our life.*

Thank you very much

Hare Krishna