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173rd Prerna Youth Festival

Topic - SACRED SECRETS FOR STEADY LIFE

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Notes

- SP given eg of how he goes to kanyakumari and as soon as the he goes to boat and people would scream and the boat man would completely undisturbed because boat man was used to riding the boat and experience to balance the boat. And he has no fear. Similarly, when our mind is unsteady we find it go crazy in all direction and we can shocked and sometimes even acquiring so wealth because of inability to steady their mind restrain the emotions and commit suicide.
- Steadiness is balanced the mind. Steadiness means sukha dukha laabh alabh jaya parajaya you should maintain equanimity of our mind. Krsna says priyam prapaya if you gets priyam to you than you should not jump like monkey and if you get apriyam things then don't get agitated you will get the things in time, don't worry
- People are unable to get failure in mind. We need to develop courage to faced the failure without getting agitated. Intelligent person will say I am the soul in the body like car where driver is same. Sthir budhi - be equipoised in both failure or success.
- There was jadabharat, he was a great devotee but he didn't expressed from outside. Sometimes his bro will ignores him badly by giving burned rice. He was ready to stand like scare crow in farm. But father is very happy for jadabharat.
- When jadabharat was going to forest the kali devotees caught jadabharat so that they can offer him in kalidevi. They had given lot of sukha in beginning and then later on they gives dukh by trying to bali him and then ma kali came and protected to jadabharat. **But still jadabharat was so equipoised in this extreme conditions.**
- **In this way he got pleasure-displeasure, victory-defeat but in all this extreme situation jadabharat maintained his equanimity.**
- **The goal of the seminar to get couraged from fear, sober and cool minded even though you get succeed. And you don't get complacent of your success.**
- Just like Virus entering in your computer can destroy computer. Similarly, virus of LAG is the prominent virus that destroys us. **Steadiness comes in by engaging in PDS.**
- When you wash clothes its simply looks nice. **When you wash yourself by engaging in guru and krsna then your heart gets cleanses.**
- In this day and age, we jumps on another work. **Similarly, one may get distracted in not be steady. In this way SP looking for devotees who can do service in long number of years by not disturbing others and oneself.**
- Imagine you are studying for 4hours without any disturbance this is called steadiness. **Similarly, steady service will give more pleasure to spiritual master than fleeting service.** We need constant consistency.
- Now it doesn't mean you give up kc and you become sanyasa NO. engage in grihastha ashram and engage your life and be steady in ashram and put engagement to put lord in center. Don't be like chameleon - don't change color. And remain steady

in KC.

- When I met Spiritual master in chowpatty in 1991 the same person now in 2020. he is always been steady in every situation. And I always get inspired by seeing him by this consistency and steadiness.
- In BG 13.8, SP says steadiness means that one should be very determined to make progress in spiritual life. Without such determination, one cannot make tangible progress
- In advert you see vehicle goes in roughly road and this tyre is tough and in rough road vehicle goes. Similarly, in our rough time. **Time of calm and time of storm in this situation if a person goes steady in life that is called a real devotee.**
- **One must be determinant to progress in spiritual life.**
- **Challenges will come in our way and when we do service to guru and krsna then we can become steadiness.**
- Mind has certain impurity which is actually comes from thought. **Watch your** thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character,
- *Nature of mind is if it is controlled than its our best friend and if it is unsteady and uncontrolled it will becomes our greatest enemy.*
- *Mind can can compared to a knife - in a surgeon's hand it can save life and in a miscreant hand, it can kill it.*
- *If you have key with you then you can lock the room or unlock the room. Similarly, Mind is the cause of to locked up or liberated. **If you trained the mind then you can liberate your mind otherwise it will create bondage.***
- *Just like monkeys jumping here and there similarly, There are so many boys who got stucked and attached to girls for sense gratification and then girls makes boys to dance like monkey to do this, to do that.*
- *Arjuna says cancalam hi manah krsna - this mind is obstacle that I cannot controlled that this mind is pramathi mad and not only he is mad. **Somebody is mad man come out of the mental hospital and he is also obstacle and he is drdham. What will happen. Its difficult to control than wind***
- *Our impurities of mind always disturbs us*
- *Just like elephant become mad and elephant becomes calm. Similarly, Our mind can also be mad or be calm. **If we allow our mind to capture LAG than it will create troubles in ours and others. Mind can become hell out of heaven and heaven out of hell***
- ***Uncontrolled mind - what it can do to you - Lack of confidence, depression, loss of trust, stress, hypertension, madness, damaged to oneself family and society, dangerous disease, weakened determination***
- *Laziness - Fault finding without suggestion for improvement is waste of life.*

Conditionings that affect our will power -

- *As soon as you see one thing in world - for example one boy goes to a garden and seen all the garden has thorny bushes and another boy went and he can able to see beautiful roses*

Lesson 2 - Unsteady & Impure mind chases after misery traps. Beware.

- *Just like Rat and fish always search for food which is everywhere and somehow he wants that food which is kept for trapping and get dead. And also fish who is getting food abundance in an ocean but somehow fish wants that food which is attached into*

bate and gets trapped and lost lives.

- Generally in this world there is no much competition for normal eatables but there is lot of competition what is special like gulab jamun. Just like you won't see Que in rice dal or sabji but you see again and again que for sweets. Similarly worm in the hook he think I will take that worm and go in the ocean again without getting hooked by hook. Here they don't know it was trap but its there food for survival therefore human being is superior than animals that we can understand why we are suffering and what is true and what is wrong.
- When humans don't get food when they are around than they get intoxication, cigarettes, etc. Humans are aware of traps but still they get influenced by saying who cares and get trapped in lung disease and so on...
- Human beings are educated scientifically the ill effects of bad habits but they get trapped
- Change conditioning by changing scripts written in our minds.
- **GIGO principle -**
- As soon as the free time comes all this bad habits comes in. but where this habit comes from thoughts, behavior and the things which comes in. SP said mind should not filled with empty and engage your mind in reading SB, MB BG

Lesson 3 - Unsteady mind leads to bad habits that affect your career

- Whether you have bright creer or fleet career
- Lack of good qualification is uncontrolled mind.

How do we manage our desires ?

By studying BG we can manage our desires. Vivek buddhi comes from hearing from learned people, wise people or you can also read the books of SP or by reading from the great soul.

- How can we get determination to give up bad habits - in the company of likeminded people is very easy. The birds of same feather flock together. Sometimes we have good devotee but we are not sufficiently enthusiasm. Then its not possible to give up bad habits. Krsna says mayam eta taranti te - by taking shelter can easily cross over maya.
- Repentance, remorse, prayers - The whole idea coming to the god to beg for repentance and developing the lead of pure life by hearing and chanting which anyone can do.

How to develop good habits ?

- If you have habit of reading, read SP Books. We have to replaced them. If you don't have replacement then we are going to switch back to last habit

Lesson 4 - Win the mind-intelligence tug-of-war by wisdom of Gita

- If you go by emotions we are going to misled. For eg - if you are late for school and wanted to cross the road and getting late. And intelligence would say if you wont see than you will get accident.
- Mind is like childish voice and intelligence is matured voice. Child wants to play and parents wants there child to study. Mind always chases after traps eventually become slaves of our senses.
- There are many pleasurable things but things you do in a principle. Like duryodhan went for pleasure and arjuna went back by principles. Mind doesn't care of

consequences but mind is looks for immediate pleasure.

- Self-restrained should taught from beginning. From the age of beginning spiritual path should be practiced like prahlad maharaj says.

Senses are taking over in unpassion manner and intelligence becomes weak.

If intelligence is strong and whole senses and mind becomes peaceful.

- Abhayasena tu kaunteya - by practicing KC hearing, and simply engaging hearing regularly then it brings us from darkness to light and will become enlightenment.
- Youth is for enlightened enjoyment. Enlightened in KC and all the things are enjoyment like kirtan, prasadam, etc.
- **Two things are imp** - hearing of the glories of the lord and chanting of the holy name. it becomes very calming to our mind. By hearing the holy name of the lord which cleanses the heart of 3 main gates LAGs. **SP says do the practice of hearing and chanting.**
- Detachment means detached from the activity is not related to please lord and mind and body.

5 austerity gives by krsna in BG - I call it as 5S in our life

- Sacred steadiness of life is 5S - Manaha prasadam saumyatvam -

1. **Satisfaction** - one who is hungry give him food he is satisfied. But greedy man he can never be satisfied. Therefore we need to restrain the greed. Ambition is good but we should not be over ambition.

2. **Simplicity** and not duplicity - avoid duplicity like duryodhan, dhushashan, etc. but we must be like child and not be worry. We must adapt the mind simple, not crooked.

Crooked tongue is like heart with poison. **One should give up this duplicity. Mind should be devoid of duplicity and one should think of the welfare of all**

3. **Silence** - Mind your own business, save yourself and help yourself reform - if you mind your self in our business not unnecessary of others business we can save lot of energy.

- Its not wrong to speak if you can say about krsna. If cant then we have to be silent because we have tendencies to gossip.
- ***Silence means that one is always think of self-realization. The person in KC observes perfect silence in this sense***

4. Self-control of the mind means detaching the mind from sense enjoyment.

5. Sanctity of one's life -

- To make the mind austere is to detach from sense gratification. It should be so trained that it can be always thinking of doing good for others.
- Satisfaction of the mind can be obtained inly by the taking the mind away from thoughts of sense enjoyment.
- The more we think of sense enjoyment, the more the mind becomes dissatisfied.
- In the present age we necessarily engage the mine in so many different ways for sense gratification and there is no possibility of the mind's becoming satisfied.
- The best course is to divert the mind into vedic scriptures which is full of satisfying stories
- Burn away bad habits through mantra meditation by chanting hare krsna mantra.

Thank you very much
Hare Krsna