

# Sutapa Pr | Spiritual Retreat with Pandava Sena

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\*Spiritual Retreat with Pandava Sena\*

Topic - The Sensitive Topic

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Notes -

I want to ask you that when you see this sensitive topic - what the first thing comes in your mind.

1. Mental health
2. Conflicts
3. Offenses
4. Gender Division
5. Trust

This topic is very much crucial in this day and age and to make our advancement our community development. whenever community asks to speaks of topic on sensitive is relationship, mental health, etc. one time person was checking my renunciation when i became brahmachari. that person told me that - renunciation means we should socially dead. I came to join brahmachari to develop relationships with krsna and radha and spiritually conscious. if renunciant dies and nobody knows and nobody cries. his life is success. i was like wow. when i came to iskcon that people began to talk about relationships more and more. When this particularly this time

if go on advance in spiritual life, our hearts becomes softer. And, as our hearts becomes softer. our relationship grows beautifully.

By passage of time when i came to iskcon, i got to know how the relationship is so important. In my life i realize probably i do survive even if I don't have any relationship and what enthralled me is that though i may be able to survive without relationship,if i want to thrive in my life. If i want to bring best in myself, true in myself, that krsna has given to me can only able to done in the loving association of relationship with devotees

someone says i dont want any relationship, i don't want any person in my life. such person even i have that person who genuinely wishing them well, who is genuinely concerned about them, thinking about them. this is another level of achievements in their personal dealings with association.

Once sanyasi was coming to manor. i see 2 devotees types is - happy devotee and

miserable devotee. main difference between them is friendly relationship with other people. As man is a social animal and they require loving relationship to develop the faith in relationship with devotees.

"We must go from selfishness to selflessness"

when one simply acting for themselves that they lives in Me sides of them. They are simply thinking of their "I" lives. aham mama eti. leading the lives of i , me, and mine.

The true krsna consciousness is awakening our consciousness in the loving relationship with krsna and devotees.

aho vyashyam janamam - how beautiful trees are! sarva praniha jivata - every single iota of tree existence is to serve others. and vimukha yanthiyodha that no one has go from trees disappointed and therefore, krsna is saying this is based on complete selflessness.

One brahmachari used to have lockers next to him and he has a quote of tamal krsna goswami and prabhupada diaries in his locker and used to see everytime when he was opening his locker. The quote is - i have no ulterior motivation and I am simply to make how people can live happy.

This is actually a real life to live as selflessness. so, real relationship and real community can only manifest when there is a selfless nature amongst individual devotee.

if you want to know the deptness of relationship ask yourself how selfless you are for yourself and others then you will know how deep is relationship.

if you want to know how the deptness of relationship in community is how selfless are with each other.

selflessness means to defining factors for moving towards if you really want to have keen relationship with each other.

if we closely examines our hearts than you will see that- sometimes what happens in krsna consciousness are our ideals are so high that sometimes we gets sometime discouraged - that i never have quality like ptabhupada, great devotees, etc. Therefore, important principal in spiritual life is we always are conscious of the real, conscious of the ideal to always we look for something conceivable

Any aspect of your spiritual life -

1. be aware of the real
2. be inspired by the ideal.

always search for something achievable because if we simply focus wheel - our spiritual life was stagnating who think i am who i am and this is wandering and

change and that's just mentally with. And if we are always thinking about the ideal, sometimes, seem so far away everything you know that I am gonna get there wasn't even trying.

so we must be aware of the reality of our situation, inspired by the ideal and search out something achievable.

from the journey of selfishness to selflessness is which sometimes may seem very long journey that I want you to think about sensitivity

The sensitive topic is that if we really want to have relationship than we have to become sensitive. and sensitive means we begin to actually think about how others are being affected by our activities. and this is important.

Everything we say, think and everything we do take decision that has an effect of someone else. and only when we are very conscious about our speech or words, or activities of decision and how they are affecting other people that can begin to enter in to deeper relationship and deeper community.

Amazing thing and most scary thing is - everything you don't say, you don't do and every decision you don't make. It also affects people.

You are more power than you can not even imagine in what effect you have for other people. Because you can't able to remember it, but people remember it. Sometimes we cover up our insensitivity with different excuses or sometimes we get commissioned to do. therefore, sometimes we may burn some people up, they say it's okay to be insensitive because we have got a mission to do but when Krsna and Balaram had a mission for their spiritual master Sandipani Muni, when he told to Krsna and Balaram to go and fetch firewood. they went out and it began raining and they got the firewood and is explained in one hand they were holding the firewood and other hand they are holding each other. And our acharyas tells us that this is spiritual kufe tga that we hold the mission in one hand and in other hand we hold love and support with humility of other devotees or sensitivity towards others. Sometimes we cover up the policy of insensitivity

Sometimes you have to be honest, you have to tell people how it is. Krsna says in the BG that even when you are speaking satyam priyam hitam - there is also a way in which to communicate and help people to give them a message you need to give them in a way to sensitive and digestible.

It's not just basically an invisible as what Krsna saying is it's not just a message but it's the manner and it's the mood with which you live it. So there's no excuse even if you say no we need to be honest in the movement. there's a way to be honest and sensitive to others at the same time.

Sometimes we cover up our senses in sensitivity by saying that oh that person is too sensitivity to others, they get affected by every little thing - what can I do. but still

people may be sensitive but we have to try to as much as possible help them to work around to helping to understand why not as they may have to lift them up. So there's so many ways in which we try to justify insensitivity but Actually it's one of the most dangerous thing to our spiritual life and would not helped to bring to build a stronger community.

if we aren't sensitive, we are not aware, we walk and we dont know how many people are being affected by our activities or actions

Cc says that if one wants to know a sure way to destroy the spiritual life then the quickest way to do is to commit the mad elephant offense and being mad elephant or insensitive towards devotees.

A devotee who faithfully engages in the worship in the deity in the temple but doesn't behave properly toward other devotee or people in general is called prakrita sahajija.or a materialistic devotee and is considered as the lowest position.

Its actually has deep implications for our life. This above translation means you could be thinking of Krsna, devotional service and your spiritual advancement. but if you're not simultaneously thinking of devotees than you are actually a materialist. If you are not sensitive, care, love for Vaishnavas than actually you are not deeply contemplating how others are veing affected by your activities then basically you are prakrita sahajiyas.

if you take sensitivity out of someone's life than you basically left this material consciousness.

\*who is madhyam adhiyakari?\*

Maharaj explained the truth of the circle and split in to four. One who knows how to deal with Krsna, Devotees, innocent, envious. such a person has sensitivity who is actually thinking about others around them and when they are and the appropriately dealing with them. such person is madhyam. So therefote prabhupada says the whole purpose of iskcon is to make the society of madhyam devotees. Because Madhyam Devotees can only come if we have sensitivity. So, reason i am raising this is that because i have seen in my life that how insensitive i have been to others.