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HOW TO BALANCE THE DAY

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Typists: Anuradha devi dasi and Premanidhi devi dasi,

In this world there are two kinds of human beings. A person of the first kind does not know who is God or who he is. He is always absorbed in sense gratification, thinking, "I am this physical body". Such persons are also of two kinds. Some are like animals and some are like demons. Demons are always against devotion. Animal-like persons are not against it, but they are not favorable because they are always engaged in their sense gratification. They are fully ignorant. Though their shapes are human, they are like animals -- always engaged in sense gratification. *dharme nahina pasubhisumana*. They are like cows or others like them. They are like She-hogs, dogs, camels, and the most ignorant animals -- the donkeys. Those who are not demons, but are not doing bhajana, are like very ignorant donkeys. They are kicked by the hind-legs of the she-donkeys and they are always taking all the burden of the washer-man. Those who do not do bhajana are in this category, even though they have human forms.

Those who are favorable to devotion are also of two kinds. Those of one kind are doing something, but they are not following the process, etiquette, and rules and regulations of devotees or devotion. They are in great numbers. Real devotees are very few in number. Even amongst this small number of devotees there are so many kinds. Some are initiated, but not properly. They are initiated by kula-gurus or fallen, so-called gurus who are not qualified, and third-class bogus gurus who have the false ego of being guru. These devotees are greater in number. Those who are initiated by qualified devotees, who have taken diksha but not properly, not by vidva virudhi (taking the instructions of guru and scriptures in the heart) think, "Oh, my fire sacrifice has been done, and my gurudeva has given me a sacred thread." And the ladies think, "Oh, gurudeva has given me a name." They wear big, big tilak and kanthi-mala, but there is no real *diksa*, no *divya-jnana*, and no disappearance of unfavorable and sinful activities. These devotees are greater in number than real devotees. Most of us are in this category.

Some may be above this, but the greater number is of this class. They have no real relation with Krsna; no tattva-jnana of krsna-tattva, bhakti-tattva, jiva-tattva, or maya-tattva. They don't know who is Krsna, what is the philosophical truth about Krsna, devotion or rasa. They don't know anything. They only sit and act out the moments of saying the mantras, but what they are doing, they themselves don't know. Or, they can chant some mantras like, '*aim gurave namah*', but where are their minds? After ten minutes they catch themselves and think, "Oh, what am I doing?" They were either sleeping or thinking of other things. Next they chant, '*kling caitanyaya*', but the mind was absent. Again, after half an hour, they think, "Oh, what am I doing?" They are struggling in this way, and their number is also greater. Perhaps we are in this category. When worldly affairs come into their mind like, their job or anything else of that nature, they are very careful and cautious. Their minds are always in computers, and here and there. But they cannot give their energy to the guru-mantra, the Hare Krsna maha-mantra, or any mantra. Some pure devotees may

come to visit, and they are then somewhat inspired, but after the devotees leave, the inspiration also leaves. Their number is also greater than that of real devotees.

In the category of those who are above this, there is still something lacking. Such devotees cannot follow '*trinad api sunicena taror api sahisnuna amanina manadena kirtaniyah sada harih*'. They cannot even follow the instructions of Srila Rupa Gosvami in *Upadesamrta*:

*vaco vegam manasah krodha-vegam
jihva-vegam udaropastha-vegam
etan vegan yo visaheta dhirah
sarvam apimam prthivim sa sisyat*

I think that so many devotees do not know what this means. They never care about it. You can imagine what kind of devotees they are.

Sri Caitanya Mahaprabhu told Srila Sanatana Gosvami in Varanasi, "You should be *bhadra*". *Bhadra* means 'gentle by dress'. At that time Srila Sanatana Gosvami had a long beard and hair, and he was wearing very dirty clothes. He looked like a Muslim street-beggar who was going to Mekka to chant "Allah, Hoda" Mahaprabhu gave him an order, and at once he went to the Ganges, shaved and put on tilaka, and now he looked like a Vaisnava. We also see here that there are so many who are not putting on tilaka and are not shaved. They wear one strand of neck beads and that one strand is not even touching their necks. This means they have no interest in all these devotional principles. They are coming to classes, and therefore some attraction is there, but they don't want to follow all the regulations.

Even in the military there are rules and etiquettes. The soldiers must wear military uniform, otherwise they will be punished at once. They have to run two miles with very heavy guns and boots: "Quick march, quick march, double march." That is discipline. Similarly, there is also some Vaisnava discipline. If we cannot obey and follow Vaisnava etiquette and discipline, how will we obtain this very high-class of *Vraja-prema*? *Vraja-prema* is not so easy to attain. It is stated in the scriptures that the chanting of one holy name is sufficient for perfection. We are chanting so many names, but not experiencing any results. So you will have to follow all these principals. First Vaisnava etiquette: this we can do very easily. As we can see, Sri Caitanya Mahaprabhu, Sri Nityananda Prabhu, Srila Rupa Gosvami and all their associates are all paramahamsas, and still, all of them followed Vaisnava etiquette. Then why should we not follow? It is not sufficient to simply wear mala, beads. First there must be etiquette, and this is called *Vaisnava-sadacara*.

Our Rupa Gosvami, Jiva Gosvami, Sanatana Gosvami, and others have established some rules and regulations for those who cannot actually follow. For whom was jail created? For persons who are not following rules and regulations, for those who are causing disturbance to others. We have no taste. How will this taste come? If we follow the rules and regulations given by Rupa Gosvami, Sanatana Gosvami, and Sri Caitanya Mahaprabhu, then taste will come. If we are neglecting everything, however, and not following Vaisnava-etiquette, how can we hope to attain *Vraja-prema*? We will have to be punished.

For those who are following the etiquette, it is said,

*vaco vegam manasah krodha-vegam
jihva-vegam udaropastha-vegam*

*etan vegan yo visaheta dhirah
sarvam apimam prthivim sa sisyat*

If you want to master anything, you must follow some rules and regulations: daily reading, and completing the task given by your professor or teacher. There must be daily attendance, but not only attendance. There must also be careful study and hearing.

Vaco vegam -- controlling the tongue. The tongue is very uncontrolled. It has no backbone. It can twist to this side and that side, and it can become long or short. But it has no bone, and therefore it is uncontrolled. No one can control it. It may be possible to control the air, but not the tongue. The tongue creates all kinds of problems. Draupadi was a very high-class lady-devotee, always following all the rules and regulations. She was able to control herself and even her five husbands. However, she said to Duryodhana, "Blind father, blind son". She said only these words. Duryodhana became very angry and this caused the whole *Mahabharata* battle where lakhs and lakhs of people were killed. Another example is that of Sita devi, the wife of Lord Ramacandra. She also did not control her tongue. She said something to Laksmana, and for this reason the whole *Ramayana* battle took place.

So try to control your tongue. If you want to be peaceful and do bhajana, don't quarrel with your wives and husbands, your sons and daughters, and other devotees. I see that so many problems are coming, only due to the uncontrolled tongue. From today on you should promise, "I will not quarrel with my husband or wife, children, gurudeva, and all other devotees." If you control your tongue, anger will also be controlled. Without this, you cannot control your anger.

The tongue also always wants to taste very delicious things. If you do not control it, lust will increase. Your stomach will be destroyed and you will very soon become old and helpless. Srila Rupa Gosvami tells how to control the six urges in the next verse:

*atyaharah prayasas ca
prajalpo niyamagrahah
jana-sangas ca laulyam ca
sadbhir bhatir vinasyati*

Don't take very rich foodstuff. Don't engage very much in the activities of your five senses, otherwise this will also be *atyaharah*. What did I say?

Sripad Aranya Maharaja: Srila Gurudeva is explaining that the fault of over-eating is not only the fault of the tongue. All five senses can be guilty of over-eating. If the eyes are wandering here and there and looking towards material sense-objects...

Srila Narayana Maharaja: You may see a very beautiful teenage lady, and by chance your eyes go there. Take that glance and turn it towards Krsna, the Vighrahas, and the Vaisnavas. If you are looking, looking, looking, and looking, attachment will come and you will become the dasa of that lady. You will not be able to control yourself. This is true of all the senses.

'*Atyahara preyasas*'. Don't try to become astrologers, and don't read books other than bhakti books. Don't go to palm-readers, who will tell you, "This is your lifeline, this is your money-line, and this is your son and daughter line."

Always try to engage all your senses in Krsna bhakti, in the development of your Krsna consciousness, learning how you can please your gurudeva. This is sufficient. If you have not studied in school or college, there is no harm. Only by chanting, remembering, serving, and obeying your gurudeva, can you be happy. There are so many examples as in the lives of Haridasa Thakura and others. You cannot be happy by material endeavors. Don't try to be expert in worldly things. Try to be expert in Krsna bhakti. Try to develop the pure name.

'*Atyaharah prayasas ca prajalpo*'. Don't talk prajalpa. Don't speak about silly things. Only speak about that which is favorable for bhakti. If you are speaking about Krsna and Krsna bhakti, this is okay; but if you are criticizing those like Kamsa or Jarasandha, it is not good. What should you do? Give up all these things. Only glorify Nanda, Yasoda, the gopis, gopas, Krsna, and all the devotees. Be far away from all these other things.

Don't care so much for your life-maintainance. You can do something when you are a lower class devotee. When you will become more mature, however, you will not have to do anything. What you need will very easily come.

'*Prayasas ca prajalpo niyamagrahah*' You should think, 'I must chant.' How much? One lakh. (64 rounds) If you cannot do this, then chant fifty thousand names, or thirty-two rounds -- not less than that. If you cannot do that, then somehow chant twenty-five rounds. And if you cannot do that, then go to the ocean and jump in at once. Then, in another life you can chant. If you cannot chant this much in this lifetime, then certainly go to the Pacific Ocean or Atlantic Ocean. You can do this, and there is harm. If you want to be a devotee, then try to follow all these regulations. If you are chanting and in the meantime your gurudeva or any high-class of devotee comes to give a lecture, what should you do? Should you try to continue your chanting and complete your rounds, or should you go and hear your gurudeva's lecture? What should you do? You should hear. By hearing, your holy name will be very high class and you can also complete your rounds. You will be able to do many rounds. So don't do '*niyamagrahah*.' What is this '*niyamagrahah*?' You should explain the two kinds.

Aranya Maharaja: Here Srila Gurudeva is explaining the meaning in the word '*niyamagrahah*'. '*Niyamagrahah*' means to not follow the rules and regulations. This point is very clear, but the second meaning of the word '*niyamagrahah*' is to excessively follow the rules and regulations in such a way that it does not actually enhance your bhakti, but rather becomes an impediment.

Srila Narayana Maharaja: If you want to develop your Krsna consciousness and you want taste in the name and pastimes of Krsna, then you must follow the third verse:

*utsahan niscayad dhairyat
tat tat-karma-pravartanat
sanga-tyagat sato vrtteh
sadhir bhaktih prasidhyati*

When problems come, we became hopeless and think, "I am chanting name more than sixteen rounds and still so many problems are coming. So I should give up." Don't think like this. 'Utsahat.' 'Utsahat' means with enthusiasm. Then more than one lakh nama will be completed."Niscayat" means the connection or the belief that sooner or later I will have Krsna prema. I must have it.

If you always want Krsna prema, engage with strong determination in 'sravanam kirtanam visnu smaranam padanam sevanam', especially 'sadhu sanga, nama kirtana, bhagavat sravama mathuravasa, and Sri Muritia Sradha Seva. First complete all these things, then you can try to do something to maintain your life. Name will arrange everything for you.

'Utsahan niscayad dhairryat, tat-tat-karma-pravartanat, sanga-tyagat'—don't associate with bad persons. He may be father, he may be husband, and he may even be guru. If you want to have Krsna prema you should give up that kind of guru, what to speak of husband, children, and others. Krsna can save you. Krsna is eternal, complete and supreme husband and beloved. But these husbands are cheaters, and these wives, are also cheaters. They can never save you. Only because you are very beautiful, you are pleasing your husband. If you have a little desire to be with any other boyfriend, your husband will give you up. If you are in some way ugly, with two, three children, your husband might reject you and take a new wife.

And the wife will do the same thing with the husband. These problems are everywhere. So try to develop your Krsna prema. Utsaha niscayad dhairryat, give up all bad association. Even if he is your guru, father, mother or husband, give him up. Why? There are so many examples, all sastra?? are full of all these evidences. So try to follow this if you want to have Krsna prema. Vrtti always try to follow the rules and regulations and the etiquette of Vaisnava sada atcha. It is not good that we are thinking, "Oh we are devotees, and how I should make a factory where various things will be produced and we can sell them and do hari bhajana, and (my bhajana will not be affected.) it will not go away" But you will have to give more energy (to your business) than (to your bhajana). All varieties (of goods) can not be produced by chanting Hare Krsna, never. Your whole energy will have to go into the business. So follow the etiquette of our Goswamis, and other devotees, even grhastas, how they maintain their lives. Sloka, always be with Vaisnavas, always. Try to honor And respect them according to their stages, kanistha, madhyama. If you have no taste what should you do? Chanting, and chanting, this is the medicine, this is the cure?? Everything. Don't criticize any Vaisnavas. Never, never. Otherwise an offense will be committed and your bhakti will be uprooted. (So don't offend (anyone.)

tan-nama-rupa-caritadi-sukirtananu-
smrtyoh kramena rasana-manasi niyojya
tisthan vraje tad-anuragi jananugami
kalam nayed akhila ity upadesa-saram

At once, quickly do these things. Be in Vrndavana always under the guidance of the rasik and ??Vaisnavas, guru. Doing what? Make sure your tongue is always chanting, he Krsna karuna sindho dina-bandho jagat-pate gopesa gopika kanta radha-kanta namo' stute. Radha raman rasbihari Radha kantha, always chanting. Caitanya Mahaprabhu has given us the highest class of mantra, the maha mantra, Hare Krsna. Every name is there, all kinds of rasa are there (in the mantra). Right now we are not understanding these things, but one day if you become a high class of Vaisnava, then you can realize. So try to know all these things. You should chant. What name? Most beautiful and high class name, Radha-Raman,

Rasabhihari, all these names. And, be in Vrndavana under the guidance of rasika Vaisnavas. And your tongue (should) always (be) chanting, and your mind remembering what? The sweet pastimes of Radha-Damodara, Radha-Rasabhihari, Radha-Raman. This is the essence of all (sastra, teachings). But you will have to come and follow Raghunatha dasa Goswami's Manah-siksa. At least the first sloka. Gurau gosthe. (It is very important, if you are initiated into diksa, you should (be following this) do. Don't neglect the system (process) that your guru has given, for chanting ?? . remembering the diety of that mantra. Surrendering, praying?? Atmi navedanam. Knowing all the mantras that he gave us. And high class chanting, one pointed. We have not come to this world?? only to manage. If you are managing your preaching center, it is not enough. Why manage a center if you are not following these things?. No need of any center. If you are always quarrelling and not obeying, we an not chant, remember or ?? mantras?? Always thinking, "Is he doing this", or of this building here or there. Why? If you can not develop your Krsna consciousness, preaching centers are to help others and to help us. But if you are not helping yourself and so many problems are coming, you should set fire to that preaching center at once. No ?? preaching centers. Even the childrens schools and colleges, if they are a problem set fire to them also. Now you are seeing very great problems with children who are having quarrels with those who manage the schools. Those schools were built for the betterment of the children, but what became of them? The opposite, so why (do it?) to do. So you should try to manage your life ?? and try to always develop you Krsna consciousness. Don't make gita samsara ?? "I can not maintain everything?? who will look after my Deities? Because I have no time to chant and to do all these things as well. Who will change Their clothes and do kirtana and do Arati four times a day? Who will cook for Them? I should have a beautiful wife or a (qualified) husband". And then what happened? There were always quarrelling and problems. What is the need? So you should try to follow all these things. Be in Vrndavana ?? "I can not be in Vrndavana" why? Do you want Krsna prema? Why cant you go? What is the problem? Give up all these things, and go to Vrndavana. Because of sense gratification? So you should try to follow all these things. ?? these things. You should try to obey at least the first six slokas of Raghunatha dasa Goswamis Manah-siksa.Gurau gosthe gostalayisu sujane bhusura-gane sva-mantre sri namni vraja nava yuva dvandva sarane. Sada dambham hitva kuru ratim apurvam atitara maye svantar bhratas catubhir abhiyace dhrti padah. "Oh my uncontrolled mind. Oh you are very near and dear. Try to listen to me and obey me. Oh my dear friend mind." You should try to remember this first sloka. You should always have rati. Rati means not only sraddha. Sraddha, nistha ruci, asaktia and then rati. That class of ?? Your rati should not be divided into fractions. Some for the new child who has come and he is always crying, so you are always patting him, "O you should sleep." You should not divide that rati with your wives and husbands. You should not divide that rati with anything in this world. Akanda rati ?? where? To Guru. Why guru? Because a real (bona fide) guru can give you taste, and Krsna prema very easily. So those who are available for (have) Krsna prema, you should have rati for them. They are called diksa guru and siksa guru. If you are in Vrndavana, the places off Krsna pastimes are called gostha, and you should have so much honor (for them). You can go and roll in the dust, weeping "Oh dust of Vrndavana you are transcendental, please be pleased with me, be merciful to me." In this way. Sometimes in Nandagan, sometimes in Varsana. Especially in Radha Kunda and Syama Kunda. Weeping, Giriraja Govardhana or Yamuna. Always doing. And (remembering) those who are there. Who is there? Krsna and His mother, Yasoda, His father, Nanda, the gopas, the gopis, the cows, the peacocks, and all of His associates. You should try to honor them. And Rupa and Sanatana Goswamis and the guru...to be continued.