



## Overcoming Lust and Anger

Lust & anger are our enemies. They are mainly mental or psychological but they result out of the frustration of the senses to get what they want.

So at the outset start from the senses & control their outgoing tendencies. Because we cannot control the mind at the outset. Whatever the mind desires is put into action thru the senses. So when the mind sees that whatever it desires is aborted by the senses being controlled & not put into action, the mind will automatically become quiescent. But this'll be temporary. Ultimately we have to go to mind-control.

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It is just like pouring ghee in the fire. The more you pour the more fiercely the fire grows.

— The more you enjoy — the conditioning becomes stronger still.

Fallacious argument.

Bhagavan himself — how did he behave? Was he mixing with girls & women intimately? Where it suits us we will follow him.

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The other ~~one~~ supporting aids are:-

1. NOT TO READ NEWSPAPERS, FICTION, ROMANCE, NOT TO SEE SUCH PICTURES (T.V. or cinema)
2. ~~And~~ If we find that we are left alone with girls or middle aged ladies, either we make excuse & get out of the place or ~~make~~ send them away.
3. NOT TO teach any ladies alone without other male disciples.
4. NO TO DO COLLECTIVE SADHANA <sup>WITH</sup> discuss SPIRITUALITY WITH LADIES OFTEN

BHAGAWATAM SAYS AGAIN & AGAIN

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2. Not to reach any ladies alone without other male disciples.
3. Not to do collective sadhana with or discuss spirituality with ladies often.

Bhagawatam says again and again: The company of men who are amorous and given to the company of ladies is far more dangerous than the company of young ladies.

In SANSKRIT IT IS BRAHMA-CHARYA

The root 'char' means 'to move about' 'to wander'.

So ~~the~~ always moving in Brahman alone is directing the consciousness on Brahman alone is Brahmacharya.

Then automatically all lust, desires get transmuted into the upward waves of energy which gives you the inner strength (OJAS) to be engaged in the contemplation night & day.

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1. To talk in solitude with women
2. To be looking at beautiful women
3. Laughing with women & making them laugh with jokes & funny anecdotes

4. Touching them under some excuse - say to give blessings etc. & so on (I do not remember the full verse).

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It renders one unfit to think sanely and to discriminate right and wrong. It finishes him, loses sanity and reasoning. He loses his internal consciousness.

He implies vishaya has only one more additional syllable ‘ya’ in addition to ‘visha’ but what a difference in its effect?