

Overcoming Lust and Anger

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we cannot control the mind at the artisch.
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minds Control. This is suggested by
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Lust and 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 and control the outgoing tendencies. Because we cannot control the mind at the outset. Whatever the mind desires is put in action through the senses. So when the mind sees that whatever it desires is aborted by the senses being controlled and not put into action, the mind will automatically become quiescent. But this will be temporary. Ultimately we have to go to mind control.

There is a famous commentary by one Sankarananda – He confirms that ultimately we have to go to mind-control. This is suggested by the words "at the outset".

According to many KARA has to be
exhausted by any injured. There you
will be free for Good.

It is just like paring gless in
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The man jon wyry - the conditioning
becomes Stronger still.

Falle aims argument.

B hag over himself - how that he
behave? Was he main with girls
4 women intimately? Where it
suits us we will follow him.

According to many Kama has to be exhausted by enjoyment. Then you will be free for God.

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 moving with girls and women intimately? Where it suits us we will follow him. 1. NOT TO LEED NEWCHAPERS, FICTION, ROMANCE, NOT TO See Such PICTURES (TV or anoma).

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NOT TO teach any bodies alone without with made disseptes.

NO TO DO COLCECTIVE SADHANAL W distances SPIRITUALITY WITH LADIES OFTEN BHAGAS WATAM SAYS AGAIN SAGAIN.

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Is for more dangerous those the conjuy of bedies.

The other supporting aids are:

- Not to read newspapers, fiction, romance, not to see such pictures (T.V. or cinema). If we find that we are left alone with girls or middle aged ladies, either we make excuse and get out of the place or send them away.
- Not to reach any ladies <u>alone</u> without other male disciples.
- 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 SANSERVE IT IS BRAHMA- CHARTO

The root 'char's means to move about?

'to wander?

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

Then automatically all last, obsides get bransmeted into the upward waves of energy which gives you the inverse strength (OJAS) to be engaged us the contemplation night is day.

Alstaining from See becomes a byfinded at one stage, for the beginner, no doubt altoining from Sex is a must a becomes the primary sense of the brahmacharya.

In Sanskrit it is Brahma-Charya. The root 'char' means 'to move about' 'to wander'.

So always moving in Brahman alone is directing consciousness on Brahman alone Brahmacharya. 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 and day. Abstaining from sex becomes a by-product at one stage. For the beginner, no doubt abstaining from sex is a must and becomes the primary sense of the term Brahmacharya.

It is a Voluntary control when one is physically expelle of indulging. Even in death bed, the Vasan of but does not go unless specific measures to exalicate it are taken, The Scriptures say there are 8 types of Intercourses including the ultimate physical uitimay ! 1. To talk in solitude with women 2. To be looking at leastiful women S. Laughing with women & making them laugh with John a Junny 4. Touching them under so bome excuse - bey to give blokings etc. the full verse. So won at deathiled if the mind gats Satisfaction in the company of women a than service by massaging the logs it is corridued that it is a loss of Social energy in a subtle menner.

It is a voluntary control when one is physically capable of indulging. Even in death bed, the vasana of lust does not go unless specific measures to eradicate it are taken. The scriptures say that there are 8 types of intercourses including the ultimate physical intimacy:-

- 1. To talk in solitude with women
- 2. To be looking at beautiful women
- Laughing with women and making them laugh with jokes and funny anecdotes
- 4. Touching them under some excuse say to give blessings, etc. and so on (I do not remember the full verse)

So even at deathbed if the mind gets satisfaction in the company of women and their service by massaging the legs it is considered that it is a loss of sexual energy in a subtle manner.

MANU SMRITI - regerted in BIHAGAWATA

Sogs - "ONE should not sit alone
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EVEN MIND POLLUTION IS Sufficient.

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RIGHT & WRONG IF FINISHES HIM

LOSES SANTY & REASONNE - HE LOSES DIS

INTERNAL CONSCIOUSNESS.

DE INSPICES VISHAYA Las only one
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relition to VISHA but what a difference
in its effect?

Manusmriti – repeated in Bhagawata says – "One should not sit alone even with one's own sister or mother." Even mind pollution is sufficient.

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?