

Six Qualities that Enhance Bhakti

9. Dhairya - Patience

18th Chapter of BG

5 Causes of Success of an activity

① ~~Adhīstānam~~ → Place / body ✓ → Gross body
X

② ~~Kartā~~ → Self Identification.
X

③ ~~Karānam~~ → Senses ✓ → Subtle senses
X

④ Ceṣṭā → Endeavor ✓

⑤ Daivam → Karmā → Mercy

Success

Freedom from disease.

50% Endeavor →
50% Karma.

100% karmically preferred not
to get cured for 10 years.

So, should a devotee endeavor to overcome
suffering?

Ability to tolerate \propto level of advancement

\propto
|
Endeavor

Section-I

Dhairya means to Resist the Six
Urges

For the practitioner of devotional service, dhairya, patience, is extremely necessary.

Those who possess the quality of dhairya are called dhīra, sober.

Due to lack of this quality, men become restless.

Those who are impatient cannot do any work.

By the quality of dhairya, a practitioner controls first himself and then the whole world.

In the first verse of Śrī Upadeśāmṛta the symptoms of dhairya are explained:

vāco vegam manasaḥ krodha-vegam
jihvā-vegam udaropastha-vegam
etān vegān yo viśaheta dhīraḥ
sarvām apīmām pṛthivīm sa śiṣyāt

"A sober person who can tolerate the urge to speak, the
mind's demands, the actions of anger, and the urges of the
tongue, belly, and genitals is qualified to make disciples all
over the world."

Section-II

Vāco Vegam – The Urge to
Speak

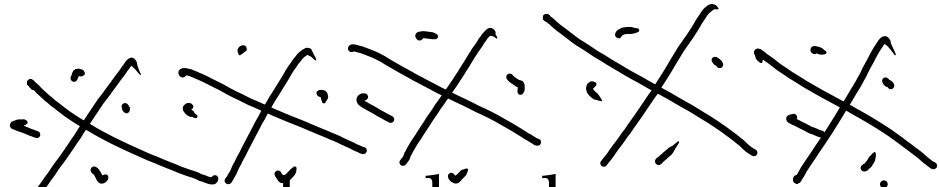
There are six types of urges: namely, the urges of speech, mind, anger, belly, tongue, and genitals.

① Tattva vibhrama -

② aSat tyāga

③ aparādha

With a desire to speak more, a person becomes talkative. ④ hṛdaya deurbalya.



If speech is not regulated, then enmity arises from talking about others.

To speak uselessly is the business of a fool; but out of a desire to unnecessarily engage in speech the materialists always waste time and face so many distresses.

4 anasthas

① asot trisna → thirst for material enjoyment.

Follow No 1-2

③ aparidha → offenses

Follow No 1-1

② tattva vibhava → confusion or illusion about the counsels of the gurus

↓
Chestity to Gurus, sachu & gatsra.

④ hridaye durbalya → weakness of heart

Follow No 1-4

- ↓
- a) Envy
 - b) Pride
 - c) Fault finding
 - d) Deceit.

Pious people observe mauna-vrata, or silence, in order to get rid of this disturbance.

That is why the ṛṣis have made provisions for observing various vows like mauna-vrata.

The practitioners of devotional service should not speak unnecessarily.

If you do have to speak unnecessarily, better to keep quiet.

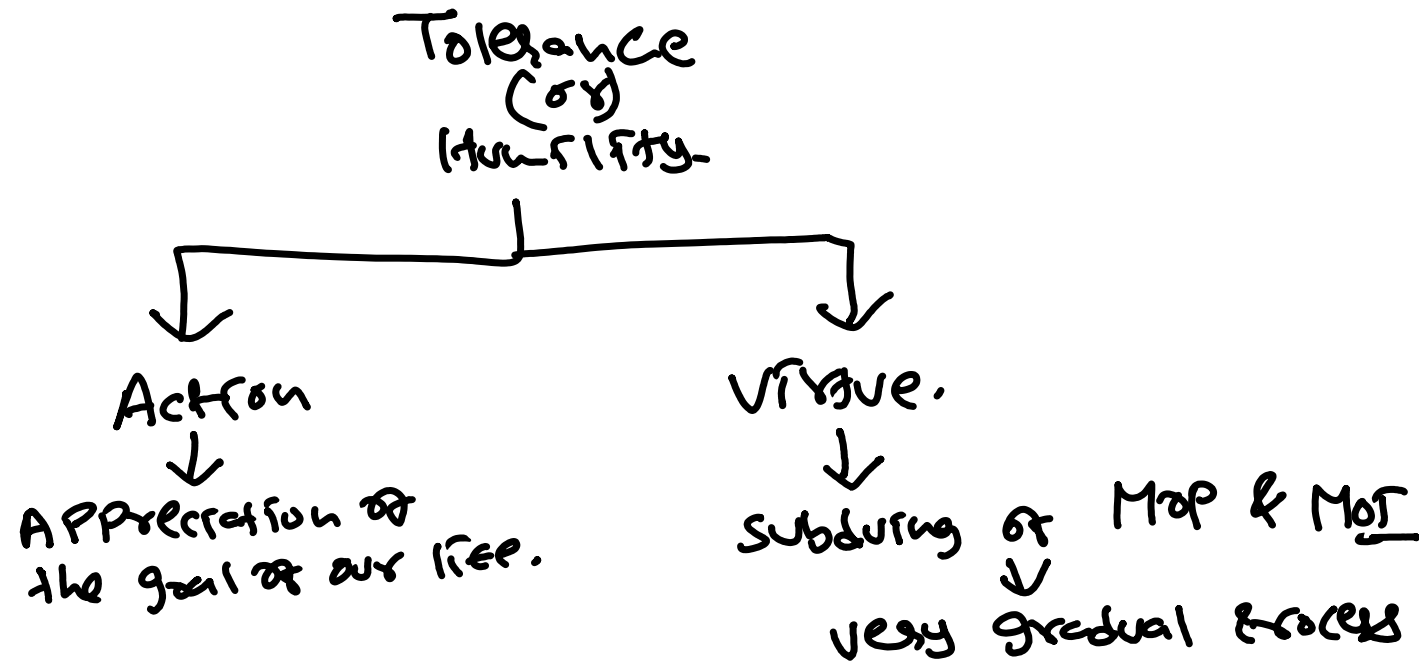
Besides topics regarding Kṛṣṇa, all other topics are unnecessary.

But to speak about the subjects favorable to devotional service is not unnecessary.

Therefore devotees should speak only on topics about Lord Hari or those favorable to such topics.

All other topics will be counted in the category of the urge to speak.

On who is able to control the urge to speak is a sober person.



Section-III

**Manasa Vegam – The Urge of
the Mind**

It is the duty of a sober person to tolerate the urge of the mind.

↓
It is not a virtue → . there has to be an endeavor

Until one is habituated to control the urge of the mind, how can one perform devotional service with attention?

A materialist sits in the chariot of the mind and never gets relief from its various urges, except during sleep.

Even during sleep many thoughts such as good and bad dreams come

In order to regulate the urges of the mind, ṛṣis have propounded aṣṭāṅga-yoga and rāja-yoga.

But the Lord's prescription is that one should regulate the mind from the inferior tastes by giving it a higher taste.

↓
Bhakti

Those who are on the path of devotional service can easily regulate the mind.

The mind cannot remain without urges.

