

Six Qualities that Enhance Bhakti

9. Dhairya - Patience

Section-V

Jihvā Vegam – The Urge of the
Tongue

It is everyone's duty to subdue the urge of the tongue.

Materialistic persons are always busy trying to enjoy the six kinds of tastes by chewing, sucking, and so on.

"Today I will enjoy spiced rice with non-veg, today I will endeavor for kitri, today I will enjoy the finest drinks."

Hankering like this, the materialist always wanders.

The more the tongue eats, the more its hankering increases.

For those who wander for the pleasure of the tongue, attaining Kṛṣṇa is very difficult.

Śrī Caitanya Mahāprabhu has said in the Caitanya-caritāmṛta (Antya 6.225-227):

vairāgī hañā kare jihvāra lālasa
paramārtha yāya, āra haya rasera vaśa
vairāgīra kṛtya—sadā nāma-saṅkīrtana
śāka-patra-phala-mūle udara-bharaṇa
jihvāra lālase yei iti-uti dhāya
śiśnodara-parāyaṇa kṛṣṇa nāhi pāya"

TBG → BTG

Svabhāva

Desire to fulfill the urge of the tongue

Urge to do things favorable for KC

P.D. Faith

"If a renunciate is eager for his tongue to taste different foods, his spiritual life will be lost, and he will be subservient to the tastes of his tongue. The duty of a person in the renounced order is to chant the Hare Kṛṣṇa mantra always. He should satisfy his belly with whatever vegetables, leaves, fruits, and roots are available. One who is subservient to the tongue and who thus goes here and there, devoted to the genitals and the belly, cannot attain Kṛṣṇa."

Section-VI

Udara Vegam – The Urge of the
Belly

One should fill his belly with whatever is easily available.

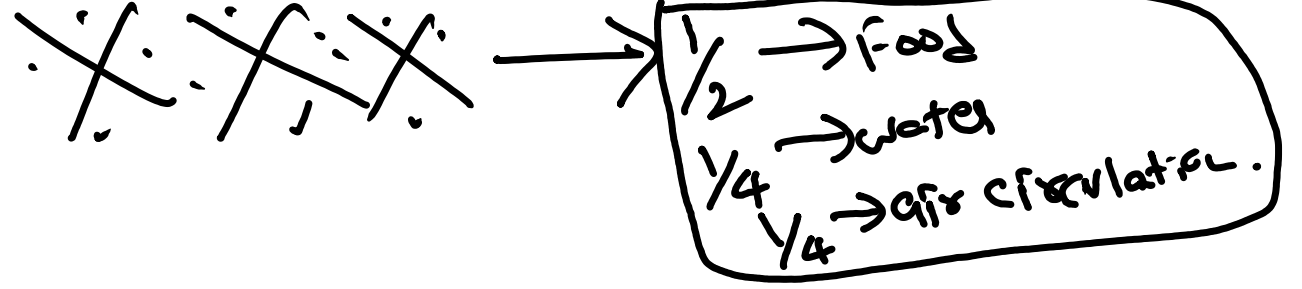
↳ fulfilling rāga & avoiding dveṣa.

By offering Kṛṣṇa foods in the mode of goodness and honoring them as prasāda, the tongue is satisfied and service to Kṛṣṇa is cultivated.

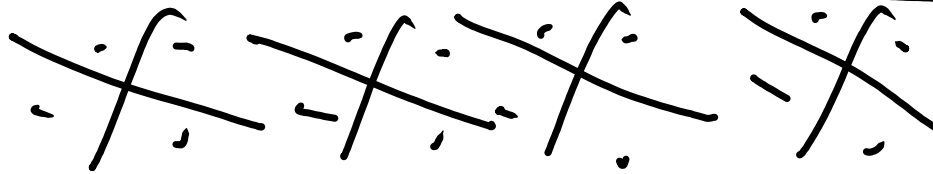
If palatable prasāda is easily available, then the tongue's greed will gradually be controlled rather than increased.

The urge of the belly is a disturbance.

The requirement of the stomach is to eat for the maintenance of the life and mitigation of hunger.




Those who are thirsty for devotional service should maintain their life by moderate eating.



Those who endeavor to overeat are called gluttons.

One of the qualities of devotees is mita-bhuk, eating what is necessary.

By eating less, the body remains healthy and does not disturb one's devotional service.



Those who have no strength to tolerate the urge of the stomach are always greedy to eat.

Those who are firmly convinced that nothing can be eaten besides kṛṣṇa-prasāda are especially able to tolerate the urge of the belly.

Restrictions like fasting on prescribed days are also models of instruction for controlling the urge of the stomach.

Section-VII

Upastha Vegam – The Urge of
the Genitals

The urge of the genital is formidable for persons who are averse to the Lord.

In the Śrīmad-Bhāgavatam (11.5.11) it is said:

loke vyavāyamīṣa-madya-sevā
nityā hi jantor na hi tatra codanā

"In this material world the conditioned soul is always inclined to sex, meat-eating, and intoxication. Therefore religious scriptures never actually encourage such activities."

The purport of this statement from the Śrīmad-Bhāgavatam is confidential.

Those who possess a material body made of flesh and blood are always inclined to associate with women.

To minimize this inclination, the marriage ceremony is recommended.

Those who wish to get free from the codes of marriage are almost like animals.

But those who have crossed beyond the rules of this natural inclination by the association of devotees and the strength of their service and have thus attained attraction for spiritual subject matters, for them associating with the opposite sex is very insignificant.

Persons who are filled with attachment for material enjoyment can never tolerate the urge of the genital.

Many of them engage in illicit activities.

Regarding this propensity, those who thirst for devotional service are divided into two groups.

gṛha-tyāgī → bhāva, preme → perfectos vaiṣṇavās

Those whose attraction has been purified by the strength of sādhu-saṅga give up the association of women altogether and continually engage in devotional service.

Persons in this group are known as renounced Vaiṣṇavas.

② گرمابا

Those whose propensity for associating with women has not been destroyed accept the codes of marriage and remain as householders while engaging in devotional service.

Associating with women as prescribed in the scriptures means to control the urge of the genitals.

Section-VIII

To Subdue these Six Urges is
called Dhairya

VaCo vegam

- ① Speak only related to K
- ② Chant HNS
- ③ Pray the subject by filling free time with KC engagement
- ④ Stay away from social media, internet
- ⑤ Practice talking only when necessary.
- ⑥ AS a practice → glorify Vaiṣṇavās in songs
- ⑦ Stay away from people, places which might induce the urge to speak.
↓
Stay away from prasāda triggers.

Manasā vegam

- ① Favourable engagement of senses in K's service.
- ② Regulated life
- ③ Prayers, bhajans.
- ④ Cultivating SP. knowledge.
- ⑤ Sātvik Prāsāda.
- ⑥ Endeavor to chant attentively.
- ⑦ Morning pray in the association of devotees
- ⑧ Restricted use of internet
- ⑨ .

Krodhā vegam

- ① Prayers.
- ② Learn to forgive.
- ③ Keep Quiet
- ④ Avoid unnecessary expectations.
- ⑤ Pause before acting.
- ⑥ Philanthropically land.
- ⑦ Proper sleep.
- ⑧ Avoid getting overly hungry
- ⑨ Meditate on ~~das~~ exhibiting anger
- ⑩ Stay away from ~~triggers~~

Jihvā vegam

- ① Eat only Prasad.
- ② Learn to cook tasty Prasad
- ③ Stay away from triggers
- ④ Avoid Jaha songs
- ⑤ Traveling → Plan sufficiently well
- ⑥

Udara vegam

- (i) $\frac{1}{2} + \frac{1}{4} + \frac{1}{4}$
- (ii) Fasting on festival days
- (iii) Eat quietly
- (iv) with others \rightarrow guilt
- (v) Right food & right time.
- (vi) Try to understand the need of the body scientifically & eat accordingly.
- (vii) Have snack Prasāda in hand.

UPastha vegam

- (i) Avoid the triggers. ✓
- (ii) Avoid associating.
- (iii) Internet \rightarrow Be very cautious.
- (iv) Create accountability systems.
- (v) Maintain healthy relationships & friendships.
- (vi) Strict Sedhā
- (vii) Share the struggles in confidence with mature, affective sensys.
- (viii) Prayers.
- (ix) Serving vaishnavas
- (x) Previous unhealthy relationships \rightarrow avoid.

When one properly tolerates the above mentioned six urges, that is favorable for his devotional service. ↓ There should be endeavor.

And when those urges are strong, that is unfavorable for one's devotional service.

To subdue these six urges is called dhairya.

As long as one has a material body these propensities cannot be totally uprooted, but by properly engaging them in their appropriate subjects they no longer remain faulty.

Therefore Śrī Narottama dāsa Ṭhākura has written in his Prema-bhakti-candrikā as follows:

kāma, krodha, lobha, moha, mada, mātsarya, dambha-saha
sthāne sthāne niyukta kariba
ānanda kari' hṛdaya, ripu kari' parājaya,
anāyāse govinda bhajiba.
'kāma' kṛṣṇa-karmārpaṇe, 'krodha' bhakta-dveṣī jane,
'lobha' sādhu-saṅge hari-kathā
'moha' iṣṭa-lābha vine, 'mada' kṛṣṇa-guṇa-gāne,
niyukta kariba yathā tathā.

"I will engage lust, anger, greed, illusion, madness, envy, and pride in appropriate ways, and by defeating these enemies I will feel happiness in my heart as I peacefully worship Govinda. I will engage lust by offering it in Kṛṣṇa's service. Anger I will direct towards those who are envious of the devotees. I will be greedy to hear the topics of Hari in the association of devotees. I will feel illusioned without achieving my worshipable Lord. I will be maddened while singing the glories of Kṛṣṇa. In this way I will engage these enemies in their proper places."

The confidential meaning of this song is that the duty of an intelligent person is to direct these urges away from their respective subjects and make them favorable to devotional service.

That can only be done with patience.