Bhaktyaloka

- Srila Bhaktivinoda Thakura

NOI 2 Six Faults that Destroy Bhakti

atyāhāraḥ prayāsaś ca prajalpo niyamāgrahaḥ jana-saṅgaś ca laulyaṁ ca ṣaḍbhir bhaktir vinaśyati

These 6 things increase our asat-trishna (the thirst for material enjoyment)

Atyaharah: over eating or over collecting

over eating causes us to over enjoy using our tongue and belly

Prayasa: overendeavouring to attain material things

when we over endeavour and get something, we want to enjoy it to the fullest extent

Prajalpa: Talking unnecessarily about material things

more we talk(or hear) about mundane things,more we want to enjoy those mundane things

Niyam-aagraha: being too much attached to the rules (without understanding their purpose)

Niyam-agraha: rejecting rules and working whimsically

jana sanga: associating with worldly minded people

more we associate with worldly minded persons, the more our desire to enjoy matter increases

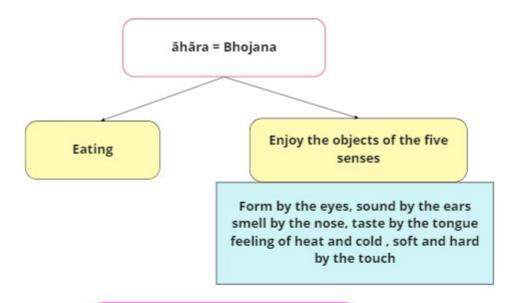
Laulyam: Being greedy for mundane achievements

Atyāhāra - Overeating or too much collecting

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jihva vegam ,urge of the tongue : desire to taste various foodstuff udara vegam, urge of the stomach: desire to over eat

> These two urges already refer to over-eating. So atyahara does not just refer to over eating.



Atyāhāra = Ati+ āhāra

over indulgence with any of the senses over enjoyment over eating Engagement of senses in sense objects can not be completely given up because:

- 1. It is required for survival.
- 2.The material impressions stored in our mind will force us to act in a particular way.

But those activities must not be done in the mood of enjoyment.

Material life ---> Sensory engagements----> raga dwesha (like and dislike)

Spiritual life ----> sensory engagement ---> anukula for bhakti pratikula for bhakti For yoga to be suffering free, regulation is must.

Regulated eating (Srila Prabhupada) half stomach food, one-fourth water and remaining one-fourth for air

Regulated recreation: regulated walking

Regulated sleeping

Regulated use of organs in both material and spiritual activities

Accept sense objects as Krishna's mercy

Understand I am not the doer.

The senses are interacting with the sense objects during all the activities.

With the right understanding and for the right purpose, engage the senses in sense objects.

But only as much as required and favourable for our Krishna consciousness.

Engage them for keeping the body and mind healthy, in regulation and for practicing bhakti nicely.

How should and How much should a devotee engage his senses?

Engage according to Yukta-vairagya

anāsaktasya viṣayān, yathārham upayuñjataḥ nirbandhaḥ kṛṣṇa-sambandhe, yuktaṁ vairāgyam ucyate

1. Detachment from sense objects

Only suitable objects must be utilised.(Utilise those objects I don't have weakness for)

3. That object must be persistently used only in Krishna's service (and never for sense gratification)

4 levels of sensory engagements in KC 1. Stage of succumbing 4. Spontaneous 2. Dovetailing 3. Yukta-vairagya and getting up devotional service We desire to use our Particular attachment to Only reason we engage in No attachment for that gadgets in Krishna's particular that activity is our thing and whenever we service but we end up things/activities. spontaneous love for use that thing, we use it using them for our sense Krishna. for Krishna's service. gratification. ex: Ex: a devotee likes to drive ex: Ramananda Ray mobile,laptop etc car but he drives to serve training the devadasis ex: chamara,conchshell Lord and the devotees

> For us some objects fall in the category of yukta vairagya, some activities in the category of dovetailing whereas we must be careful with some objects which we can utilise for our sense gratification.

Avoiding atyahara: follow the principle of yukta-vairagya.

and if some object does not fall under the category of yukta-vairagya for us, we should not try to utilise that thing in Krishna's service.

Ex: if we have weakness with internet, better is completely give it up.

If it is not possible to completely give it up then we should create fences (ex for internet, use parental control apps.)

Yukta vairagya

No vairagya

We think everything is fit to be utilised in Krishna's service but we don't see if we are fit to utilise that thing in Krishna's service.

and we end up using that thing for sense gratification.

Sushka vairagya/phalgu vairagya

Any object will bind me to this material world so I don't use any thing.

Atyāhāra

Accepting sense objects in the spirit of enjoyment

Solution

Accept sense objects as Lord's mercy only as far as required favorable for devotional service

If sense objects are honestly accepted as the Lord's mercy, then yukta-vairägya is easily attained.

What is a Krishna conscious activity?

We have to spend lot of time in preparing our consciousness for doing any activity.

When in performing any activity, the consciousness is prepared for serving Krishna.

Honouring prasadam

Chant prasadam prayers meditating on the meaning.

Accept that food as mercy of Lord.

Thank Krishna for giving His remnants to attain His lotus feet.

Glorify Lord and take prasad thinking it to be Lord's mercy.

Chaitanya Mahaprabhu says
Accept sense objects without attachment and chant
Krishna's names.

Don't endeavor for palatable foodstuff and fine clothes.

Accept the sanctified bhägavata-prasäda that is easily obtainable.



Whatever is required, take only that.

Taking more or less will not yield auspicious results

The lower principles must be followed first.

If someone is attached to eating outside food, it is recommended for him to first come to the stage of eating only prasad.

so he must cook palatable food and offer to Lord and come to the habit of only taking prasad.

Then gradually he should elevate himself to the level of yukta-vairagya.