

Bhaktyaloka

- Srila Bhaktivinoda Thakura

What is the solution for Atyähära?

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

Engage according to Yukta-vairagya

anäsaktasya vişayän, yathärham
upayuñjataḥ
nirbandhaḥ kṛṣṇa-sambandhe,
yuktañ vairāgyam ucyate

1. Detachment from sense objects

2. 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)


Ask yourself 3 questions for yukta-vairagya:

Q1: Do I really need this for Krishna's service? (or am I attached to it?)

Q2: Am I going to use this just for Krishna's service? (or also for my sense gratification)

Q3: After utilising the object, am I feeling enhanced inspiration to serve Krishna?

If the answer to all the above questions is "YES", then that thing can be utilised in Krishna's service as yukta-vairagya.




For us avoiding atyahara means trying to cultivate yukta-vairagya.




Whatever is required, take only that.

Taking more or less will not yield auspicious results



If the practitioner takes or accumulates more than necessary, his spiritual life will be lost.



If he does not properly accumulate, then the body, which is his means of worship, will not be protected.

NOI verse 1 : Jihva vegam, udara vegam etc: conditional urges

Comes under certain conditions.
We don't feel hungry always.
After eating the craving and hunger goes away.

NOI verse 2: Atyahara etc : constitutional injunction

How much will we be able to tolerate the urge of hunger?
-Depends on our inner constitution.

When we resist atyahara, we develop an inner constitution which can easily resist the conditional urges of jihva and udara vegam.

All these instructions have 2 different types of applications:
FOR

Householders
(Sadhakas-married or unmarried)

The devotional maturity of other family members have to be considered.

Can collect for maintaining their family members.

Earn and save acc. to religious principles.

But not earn too much or save too much.

with savings- serve Lord, devotees, guests, family members, themselves

Application of the principle requires live practical guidance from a devotionally mature devotee with a similar life experience.

Renunciates (one who gives up home because of natural detachment at the stage of bhava)

-Satisfied by alms he obtains.

-Does not collect at all.

-Does not eat (even nice foodstuff) more than he needs.

What Srila Prabhupada says about Atyāhāra

3 potencies of Lord

Lord has three potencies:

1. Antaranga shakti (internal potency)
2. Bahiranga shakti (external potency)
3. Tatastha shakti (marginal potency)

Jivas being tatastha sakti have to be under the control of either antaranga shakti or bahiranga shakti

Mahātmā

Mahatmas are broad minded persons

Those jivas who are under the control of internal potency of Lord

mahātmānas tu māṁ pārtha
daivīm prakṛtim āśritāḥ
bhajanty ananya-manaso
jñātvā bhūtādim avyayam

daivim prakrtim asritah refers to control of either internal potency or pleasure potency of Lord - Srimati Radharani or Lakshmi devi

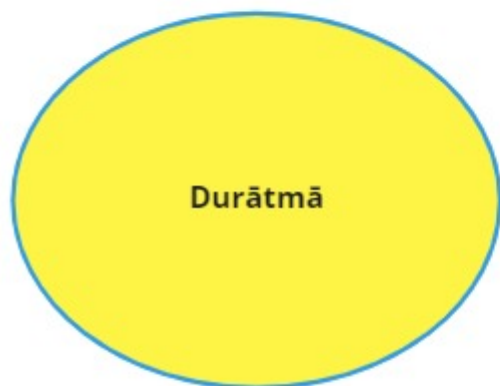
Engaged in natural, constitutional activity of the soul— constant engagement in the devotional service of the Lord

They are busy in gratifying the senses of the Supreme Lord.

Only when a person gratifies the senses of the Supreme Lord can he be called a mahātmā.



The mahatmas are convinced of performing every activity for the pleasure of Krishna. They may not have the ability to do so at present because of their conditionings but they have that faith.



Duratmas are cripple minded persons.

They are always engaged in satisfying their senses.

may reject personal sense gratification for the sense gratification of others like the members of their family, community or society

**Extended sense gratification:
some "ism" like nationalism, humanitarianism or
altruism**

These activities have no spiritual value.

**Durātmās are put under the control of the
Lord's external potency, mahāmāyā.**

**Mahā-māyā subjects them to the influence of threefold
misereries: adhidaivika-kleśa, adhibhautika-kleśa and
adhyātmika-kleśa.**



Is a selfish devotee better than a very selfless detached nationalist?
-Yes. His actions may be selfish but that may be due to his conditioning. But his conviction is right that he wants to serve Krishna.

Whereas a nationalist may have no regard for Krishna.

Prohibiting
Atyāhāra

Animals have no problem of atyahara and so there is never scarcity of basic necessities for them.

Bag of rice example

Everyone requires possessions such as food grains, clothing, money and other things necessary for the maintenance of the body, but one should not collect more than necessary for his actual basic needs.

What are basic needs?

- Live mature guidance is required to ascertain this