

Reprogram Your Mind

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We'll start by telling a joke. I was attracted to this joke because it's about bird and we have so many birds in Spanish Fork. But I have to warn you that when I told it last Sunday there wasn't a single audible laugh. This might not be a joke that you'd laugh out loud at. It might be a joke that you just smile at. We'll see.

After his victory over Marc Antony at Actium, Augustus Caesar came back to Rome in triumph. Among the huge crowd to receive him was a man with a bird whom he had taught to say, "Hail Caesar, the Victorious." Caesar was impressed and bought the bird for a large sum of money. Then someone told him that the man had another bird which was even more talented. Caesar summoned the man and asked for a demonstration of what the bird could do. The man was

extremely reluctant, but when Caesar insisted the bird said “Hail Antony, the Victorious.”

Our theme today is “Reprogramming Your Thinking.” Our mind is like a computer. How we program it is the way it’s going to function. You can have the most powerful computer that was ever made, the latest and the fastest model, the maximum amount of memory available, but if you put in the wrong kind of software, it isn’t going to function as it was designed. There probably isn’t a single person in this room that hasn’t at one time or another had to deal with computer viruses. They get into a perfectly good computer and start to contaminate the software. Before long the computer is slow and you can’t access your files.

None of these problems occur because the computer itself is defective or poorly made. The computer’s hardware is fine. It’s because someone reprogrammed the software. Somehow, the insides got messed up and the software became contaminated. In a similar way, when Krishna created you, He stepped back and said “Another Masterpiece.” Your hardware is perfect. Not only that, but Krishna originally put the right software in you. From the very beginning He programmed you to be healthy, to be victorious, to be strong, to be creative, to be insightful, to be empathetic. Your original software says “You can do all things if you keep God first place.” He programmed

“whatever you touch will prosper and succeed.” He programmed “you’re the head and not the tail.” He programmed you will lend and not borrow. He programmed “you’re a victor and not a victim.” You were programmed to live an abundant, full, purposeful, satisfying, meaningful, faith-filled, God-centered life. That’s how we were all designed.

Now the reason we don’t always experience this abundant life is that we’ve allowed viruses to contaminate our software. We say to ourselves, “I’ll never be successful, I’m not that talented, I’ll never break this addiction, I’ve had it too long, I’m slow, clumsy and unattractive, nothing good is in my future.” Because the software is infected we go around with low self-esteem, defeatist, negative. We won’t believe our dreams will come to pass and we don’t expect our problems will turn around.

Here is the good news though. There is nothing wrong with you. Like that computer, you’re not a mistake. You’re not defective or faulty. The problem is in your software. You’ve got to get rid of the viruses. All through the day, dwell on what your creator Krishna says about you. “You’re blessed, strong, healthy, kind, confident, attractive, valuable, and victorious.”

Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare
Rama Hare Rama Rama Rama Hare Hare.

You have to restore your original software. If your thinking is limited, your life will be limited. When you think better, your life will get better.

In the Bhagavad Gita Sanjaya says: “Wherever there is Krishna, the master of all mystics, and wherever there is Arjuna” or in other words, anyone who is devoted and keeps God first place in their life, “there will certainly be opulence, victory, extraordinary power as well as morality.”

If you are going to reach your highest potential and restore your original software you have to get good at hitting the delete button. When negative, discouraging thoughts come trying to contaminate your software just hit ‘delete’ before they start affecting how you live. That thought says “you’ve seen your best days... it’s all downhill from here, you don’t have anything in your future.” Recognize that’s a virus trying to keep you from your destiny. It’s real simple. “Delete.”

Say to yourself, I’m not dwelling on that. My software says the path of the righteous gets brighter and brighter. Hare Krishna. When you hear those voices saying “” Delete. Replace it by saying “God is restoring health back to me. The number of my days He will fulfil. Hare Krishna.” When you hear that virus saying, “You’ll never accomplish your dreams, you’re not that talented, you don’t have what it takes.” Delete. Delete. Delete. When you hear “you’ll never break that addiction. Your

father was an alcoholic and you'll be one too." Delete. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. "No weapon formed against me will prosper. When Krishna sets me free I am free indeed."

The Bhagavad Gita tells us that the mind is our greatest friend or it can be our greatest enemy. You control the doorway to your mind. You control what you allow in. You can dwell on every negative thought, every derogatory comment, or you can choose to delete it and dwell on what Krishna or God says about you.

When we got the idea to start a Hare Krishna Temple in Spanish Fork, Utah many negative thoughts came knocking at the door. Knock, Knock. No members. Knock, Knock. No Indian community for our natural allies. Knock, Knock. No devotees. Knock, Knock. No money. Everybody is a different religion. Knock, Knock. Nobody is interested. Knock, Knock. Well I'm standing here telling you that I wouldn't be here today if my wife and I hadn't become real good at hitting the delete button.

Our hope today is that everybody becomes good at hitting the delete button. Quit dwelling on every negative thought that comes to your mind. That's the enemy trying to contaminate your software. If he can control your thinking, then he can control your whole life. If the thought is negative, discouraging,

pushing you down, don't dwell on it. Delete it. Replace it with the chanting of God's holy names. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare.

Nature abhors a vacuum. You may say "my gas tank is empty" but it's not. It's empty of gas but it has to be full of something-like air. Similarly you can't simply repress negative thoughts. You can't simply delete them but you have to simultaneously replace them with the positive, faith-filled chanting of God's holy names. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. And be diligent. Pay attention to what you're thinking.

If you're going around thinking that you're not talented, you'll never have the confidence to step into your destiny. If you think that you're unattractive, you'll find that you'll never meet the people you're supposed to meet. If you think you can't break that addiction, you won't be able to break that addiction. If you think that you have reached your limits, you have. It's not because you can't go further, you've just convinced yourself that you've gone as far as you can go.

I have a mental technique that whenever I recognize a negative, defeated, or critical thought I take my hand in my mind and I slap my mind right across the top of the head. SLAP! I hit the delete button and I say Hare Krishna. It always works

believe it or not. It always works, that negative thought, it puts its head back down in the sand where it came from and the light of Krishna Consciousness begins to manifest itself.

The good news is it's never too late. No matter what bad choices you've made, no matter what unfair situations you've been presented with, you can still become everything that Krishna created you to be.

Here's the key, you just have to clear out all of the negative things that people said about you and replace them with the positive. Hare Krishna. You are not who people say you are. You are who God says you are. Clear out the negative things that the coach or the teacher said about you. "You're too small, you don't have what it takes." Delete it. Quit dwelling on that. You're the right size. You're made exactly as God made you to run your race, to fulfill your individual destiny. You have exactly what you need. You just have to clear out the negative thing people have said about you. Clear out what the counselor said: "You're only a C student, you're not college material." Delete that. You're an A student. You have seeds of greatness inside you. Clear out what the ex-boyfriend or the ex-spouse said, "You're not attractive; you're not good enough for me." Delete it.

You are a masterpiece. You are one of a kind. You are created in God's own divine image. Beautiful, attractive, the apple of

His eye, His prized possession. You may even have to clear out what a parent has said about you. “You’re so undisciplined, you’re never going to amount to much, you can’t do anything right.” Delete it.

You’re destined to do great things. You’re destined to leave your mark on this generation. Here it is said that “the only way to transcend material nature is to put Krishna or God first place. Do everything for His satisfaction and be free from bondage.” I read a report about children that have been bullied in school. It talked about how years later those negative words from bullies were still having an effect on many of them.

The researchers interviewed one man who was in his forties. He looked to be bright, intelligent, but he had not been able to hold down a good job. He struggled in his relationships, and he just couldn’t seem to get his life on course. He told how as a child he was chubby and some of the other children made fun of him, called him names like “loser, failure, fatso.” He made the mistake of letting those words take root in his thinking and it had a dramatic negative effect on his life.

When somebody calls you something either good or bad, a seed is planted in your soil. Now you get to determine whether or not that seed takes root and grows. When you dwell on what was said, you’re watering the seed. You’re giving it a right to become a reality. That’s why it is so important that we

become disciplined in our thought life. It's great when people tell you you're blessed, you're talented, you're going to do great things. Water those seeds. Meditate upon those throughout the day. That's what you want to become a reality.

Unfortunately, too often people make the mistake of watering the wrong seeds. If you allow the negative things that other people say about you to take root, it's not their fault. They can't make a seed take root in you. They can only sow the seed. You're the one who has complete control over what seeds are going to grow in your own soil. A lot of times we blame others. "They were talking about me. They tried to make me look bad. They were criticizing me." Hey, let them talk all they want. You control your own soil. Don't dwell on the negative. Don't water that by replaying what they said over and over and over again. Guard your mind. Those viruses are trying to infiltrate your software.

We can choose whether or not we dwell on what Krishna says or what people say. Krishna has given each one of us a delete button. I heard about a man who was raised by a very negative father. His father was always putting him down, telling him what he couldn't become. Not surprisingly, this son, when he was in his twenties and even when he was in his thirties couldn't ever seem to get ahead. Life was always a struggle. He had a college degree but he couldn't get a good job, and he

couldn't maintain any steady relationships. He told how his father's words were always playing in the back of his mind "You'll never be successful. you don't have what it takes." Even when his father was on his death bed he looked at his son and said "Your brother never amounted to anything and you won't either." Those were the last words he ever heard his father speak.

For years he went around with a smoldering anger feeling inferior. All of that negativity acted like an anchor dragging down his life. We all know the importance of a father's blessing, the weight that it carries. But unfortunately some of us don't receive that blessing from our Earthly father. One day this man heard a podcast talking about wrong mindsets and encouraging him to make sure that he didn't allow things that are holding him back as part of his software. He realized that his father's words had become a log jam, had become a stronghold in his mind. He started hitting the delete button. Hare Krishna. Reprogramming his software. Hare Krishna.

When he heard "you don't have what it takes." He hit the delete button and replaced it with "I'm equipped, I'm empowered, I'm well able." Hare Krishna. When he heard "you'll never amount to anything." He hit delete and declared "I will fulfill my destiny; I will become everything that God has created me to be." Hare Krishna. Today this gentleman is

extremely successful and has a beautiful family. Everything changed when he started hitting the delete button.

Maybe you're like him and you didn't receive your earthly father's blessing. The good news is that you do have your Heavenly Father's blessing. Krishna is saying to you tonight, "You're my masterpiece, you're one of a kind, you have seeds of greatness, you're equipped, strong, talented, and beautiful." That's what should be playing in our mind. No matter who tried to tell you otherwise: a parent, a friend, a coach, a teacher, a neighbor. Delete that and reprogram your software. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. You are not defective, you are not flawed, you have been fearfully and wonderfully made.

Now we all have been through unfair situations. People have spoken things over us that they had no business saying. You could easily go around feeling bad, having low self-esteem, low self-worth, but don't ever let what someone said, or what someone did, keep you from knowing who you really are. You are a child of the most high God. You have royal blood flowing through your veins. Krishna has crowned you with His favor. People may have tried to push you down and make you feel insignificant, but that does not change who you are. You're still

the apple of God's eye. You're still His most prized possession. He still has an amazing future in front of you.

If you'll hit that delete button and get rid of any strongholds, Krishna will take what was made for your harm and He will use it for your advantage. The Psalmist said "Even if my father and my mother forsake me, God will adopt me as His very own son." Do not think that if you reprogram your material mind and senses to remember Krishna as the Supreme Lord that you'll be the loser. The only thing that you'll lose is bondage, frustration, suffering, lack of confidence, low self-esteem. Make sure that there are no strongholds in your mind keeping you back.

I've learned that anytime we move forward in faith there'll be always people trying to discourage us and contaminate the software. They may not do it on purpose, but they'll tell you what you can't do, and why it's not going to work out. "My cousin tried that and failed. My grandmother died of the very same disease that you've got." The negative voices will come out of the woodwork But remember Krishna didn't put the promise in them. He put the promise in you. Don't let people talk you out of your destiny. I am not who my history teacher says I am, I am not who my ex-spouse says I am, I am not who the critics say I am, I am who Krishna says I am. I'll even take that one step further, not only am I who Krishna says I am, but I

can do what Krishna says I can do. That means that we've all originally been programmed for victory. We've been programmed to reign in life. Programmed to overcome obstacles, programmed to accomplish our dreams, to meet the right people, programmed to step into the fullness of our destiny. When you think like that, all the forces of darkness cannot stop you.

The real battle is taking place in your mind. If you're defeated in your thoughts then you're already lost. You have to get rid of those viruses if you want to live better. If you want to get back to the original software that was installed in you by your Creator, chant Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare and you will go to places that you've never dreamed.

It's interesting to note how little children start off so excited about life with all their big dreams. They're going to become a scientist, an astronaut, a singer, a teacher, a ball player, maybe even the President of the United States. They're not intimidated. They're not insecure. They believe that they can do anything, because their thinking has not yet been contaminated. They feel the seeds of greatness, but over time, too often, they start to get reprogrammed. Someone tells them what they can't become, what they can't do. Little by little by little, their environment starts to squeeze down on

them. A coach says “you’re not good enough, you’re too small.” Their self-esteem slips bit by bit by bit they begin to compare themselves to someone else more attractive, who’s getting all sorts of attention, and they feel themselves inferior.

All these things begin to distort their thinking about who they really are, and before long, instead of dreaming big and believing possible thoughts they think, “I’ll never do anything great. I’m not that talented. I’m just average.” When we find ourselves in these ruts, not believing we can rise any higher, we need to ask, “Why do I think this way? Who programmed me to think that I’m average? Who programmed me to give up on my dreams? Who programmed me to think that I can’t lose this weight? Who programmed me to think I can’t break this addiction and I’ve gone as far as I can? Where did those thoughts come from?”

Could it be that you’ve accepted a wrong mindset because of the environment that you were raised in? From the people that you were around? You may have only seen mediocrity growing up. You may have seldom seen what excellence looks like. Maybe today you’ve learned to function in dysfunction, to go along to get along. Maybe everyone you grew up with was negative. Maybe your friends didn’t have big dreams. They didn’t do anything great in their lives. Maybe your family members had addictions and bad habits. Today we are telling

you, "That's not normal." Negative is not normal. Don't make the mistake of thinking that's its ok to live the same way as your predecessors. Just because your family members may have had addictions and bad habits and anger problems, don't make the mistake of thinking that it's ok for you to live that way. Those are viruses that have been passed down that keep infiltrating your thinking and affecting your living.

Krishna created each generation to go further, to live confidently, to be free, healthy, positive, and happier than those who went in the past. You have greatness on the inside. God needs you to get started by reprogramming your thinking.

I heard about a German Shepard that was pregnant with puppies. One day she was walking across the street and was hit by a car. Both her back legs were broken, but she was able to drag herself off the street and back to her house. As the weeks went by, she slowly recovered. Her legs healed, but because they weren't properly set, all she could do was drag her back legs. She couldn't walk properly. Her joints had been messed up. Eventually, she had her puppies and at first they seemed healthy and whole, but several weeks later, when they started walking, they dragged their back legs just like their mother did.

The owner was amazed, and thought they may have been injured in the accident as well. He took them to the veterinarian to have them checked out. The doctor discovered

there was nothing wrong with their back legs. They were perfectly healthy. The puppies were simply copying their mother. That's all they've seen modelled in their minds. They thought that was the way they were supposed to walk.

Now that has happened to many of us. We copied what we saw modelled growing up. The people who raised us might have been good people doing their best, but in some ways they were dragging their back legs, negative and discouraged. Now we live negative and discouraged. They had addictions and low self-esteem and we might now be struggling in those same areas. Maybe they made poor choices in their relationships, and became involved with the wrong people, and now we're dealing with the same issues. We saw them accept mediocrity. Mediocrity has become normal for us.

Prabhupada says, "The antidote to mediocrity, to defeatism, to negativism, to darkness, is chanting the Holy Names of the Lord." Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare.

A nice analogy was in the Disney movie the Lion King. Simba the lion cub, is separated from all that reminds him of his identity. He's away from home, away from his family, and away from his real responsibilities in the world. Due to a virus in his software he even forsakes his true identity as a lion, much less the king of lions. In his absence, the kingdom is overrun by the

forces of darkness. The priest, Rafiki finds Simba, runs a utility, restores his software, and calls him back to his identity.

Simba stares into a lake. Not only is his face reflected, but also that of his father who speaks to him from heaven. The father and the son are inextricably entwined. He understands his true identity and the responsibility it carries. He is empowered for the mission that lies before him, and is able to combat the evil forces that have taken over. Simba is victorious and brings light and healing back to his kingdom.

I've learned that what is normal for the body is not normal for the soul. Each and every one of us has to decide whether we're going to be contaminated by the bodily senses, the bodily mind, the appetites, the emotions, and live no better than animals, or whether we are going to restore our original software and live as an eternal spirit soul transcendental to the limitations of matter. Krishna says in the Bhagavad Gita, "the soul is not born or dies at any time. The soul has not come into being, it is unborn, eternal, ever existing and primeval. The soul is not slain when the body is slain."

The good news is that just like with those puppies there is nothing wrong with your back legs. Those are simply wrong mindsets that you've developed. As you get your thinking straight, now your legs will straighten out. Krishna didn't make you faulty. He didn't create you subpar. He created you in his

image. You are His masterpiece, crowned with favor, equipped with talents and gifts, destined to live a healthy, abundant, happy, faith filled, God centered life.

Our message today is, don't go around dragging your back legs. You're not supposed to go through life feeling inferior, held down by low self-esteem, addicted, having small goals and small dreams. That's not who you are. Start reprogramming your mind as the head and not the tail. As the lender and not the borrower. Program it with excellence, not mediocrity. Program it with abundance, not lack. Program it with freedom, not addictions.

When Carl Lewis was training for the Olympics, the experts said that no person could jump over thirty feet. The scientist had run their calculations, and done all their research. According to their data nobody could jump that far. A reporter asked Carl Lewis what he thought about it. He said, "Yes, I know the experts say it can't be done, but I don't listen to that kind of talk. Thoughts like that have a way of sinking down into your feet."

Are you allowing negative thoughts to sink into your feet, to stifle your potential, handicap your life's race? Why don't you do what he did? Start hitting the delete button. God has the final say. He wouldn't have put the dream in your heart if He didn't have a way for it to come to pass.

I'm here today to encourage you to cut defeat and paste victory. Overwrite what the naysayers have told you. Hare Krishna. Overwrite the discouraging words. Hare Krishna. Overwrite the negative reports. Hare Krishna. Get back to your original software. Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare.

Prabhupada said that Krishna or God consciousness is the original consciousness of the living entity. Who told you that you couldn't be successful? Who told you that you could only make C's in school? Who told you that you're not tall enough? Not smart enough? That you've reached your limits? I can assure you those words did not come from your Creator. Those are viruses trying to contaminate your software. Don't let what anyone told you or what anyone modelled for you limit your life.

There is nothing wrong with your back legs. Start reprogramming your mind. All through the day, dwell on what your Creator says about you. "I'm blessed, I'm healthy, I'm talented, I'm valuable, my best days are still out in front of me."

If you do this, I believe that every virus is being cleared out, strongholds are coming down, log jams are being broken up, wrong mindsets that have held you back for years will no longer have any effect on you. You'll enjoy good success, complete

restoration and victory in this life and in the next life you'll go back home. Back to Godhead.

Thank you very much for your kind attention. And if you received this message, please repeat after me Hare Krishna Hare Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare.