

Excerpts from Harimedia Forum

Discussions with Hari

Page Five

Click on index to go to that topic's post

Copyright 2005-2024 Harimedia LLC
All Rights Reserved

Contact with God or Deities	3
To search and to not surrender?	4
About Technique	6
"The tree" meditation	6
Conscience or self-flagellation?	7
Experience with music	11
My three questions	12
Sexuality	15
Appreciation of Deity explanation (Hari Blog)	17
Bliss	18
Greetings	19
I judge people all the time How to give this up?	22
The process of elevation	25
Meditation	26
Relevance of spirituality in our society	27

Contact with God or Deities

by Gaura » Wed Aug 10, 2005 8:51 pm

Today I had a conversation and after that a question arose in me.

What quality one should reach to be able to have a contact with God or Deities?

Some persons straggling to see God, others say that sometimes they even saw God, but in the main time they don't see God everywhere, they specially want to see God somewhere "up there". They look after God-person and in the main time are unconscious about existence all around us.

So it's interesting is it possible to make a contact with God or Deities in this condition of consciousness?

by Hari » Fri Aug 12, 2005 12:15 am

Let me ask you the following: "Is it possible to not contact God?" Isn't God everywhere: Vasudeva sarvam iti?

What does it mean to see God? Perhaps you did not mean to use the word in its literal sense of using eyes to perceive the Supreme, but many have decided that they are not having realization and direct perception of God unless they see Him and Her with their eyes, face to face. This definition usually goes unchallenged and is accepted as standard. I do not accept this definition and wish to refute it as yet another aspect of theology that hinders spiritual evolution and forces the aspirant to "take shelter in a living representative of God," which includes a number of difficult situations and problematic obstacles.

Those who are etherically aware, in other words, the psychic or sensitive personalities whose perceptive capacity is not restricted to sensory bodily organs, have an everyday experience that subtler energy is more dense than grosser energy. Although this sounds opposite to what we have been led to believe, it is obvious. The feeling of skin on skin or on objects is not as powerful as the deep, intense feelings we have when we love or hate. Forgive the audacity of including this example in this serious discussion (Pamu, are you reading this?) but without the subtle energy of lust, skin on skin contact can be boring. Eroticism depends on mood, atmosphere and feeling which gives the possibility to enjoy physical sensations. Sure, one can have physical sensations and then become erotic, but the most enjoyable part of the experience is the feeling that arises from the erotic energy.

On a more professional level, those who are healers know that the energy fields of people are very powerful and dense and gives them a detailed and personal look at what makes people tick. Physical sensations are not as powerful. (Aaacch, I know there are those who can do the same thing with their physical touch, but they also have refined their touch to be more subtle, but that is another topic).

To avoid a long winded answer that might not even offer new information, let me summarize so:

Contact with God, perception of God, or even a relationship with God is not dependent on or requiring eye to eye contact. The Deity is there for those who are eager to amplify their perception of the Supreme with eye contact, but even when one contacts the Deity one requires an awareness of energy to get any benefit from that contact. Perception and interaction with the Supreme is most apparent when there is an awareness of the energy of the Supreme. This is something real that is felt and which affects us at our essence.

A person who is seemingly unconscious yet has reported contact with God is usually a person who can feel yet did not openly engage in the customary external activities we assumed were required to realize the energy of God. After all, the energy of God is everywhere and it is only because we separate ourselves from that energy with our dis-integrative minds that we make ourselves unaware of it. As the energy of the Supreme is enormously powerful, there are moments when it seeps into our hearts through a crack we forgot to close and touches us with such a deeply exhilarating feeling that we cannot avoid accepting it.

Usually, such persons become inspired to expand their awareness of God through engaging in spiritual disciplines or practices to repeat these experiences or attain greater realizations. When they lose their discriminative power due to accepting fundamentalism in any of its insidious forms, they revert to their previous understanding that avoiding direct contact with the energy of God is safer than opening oneself to it everywhere. It takes some time for them to drop that ball and chain and run with a clear conscience and confidence in their feelings and inner impressions.

by Gaura » Sat Aug 13, 2005 10:54 am

Dear Hari.

Thank you for interesting answer. You have looked at the question, as usually, from several points of view. I feel you answered to my question in last part of your answer.

And I have read interesting words:

One don't have to be proud that he woke up earlier and thus somewhat better than others, because it's a question of time for others to wake up completely. One woke up earlier than other, so what? Other still will wake up and it's not clear maybe the last one can become clearer and closer to reality than the first one.

Some thoughts!

To search and to not surrender?

by Dhana-da » Tue Jul 19, 2005 10:00 am

Hello, Hariji!

In Saturday lecture you spoke that is better to remain the explorer. But when I search at me there is a purpose or object of my searches even if I in any way do not represent it to myself. And here (for example) I have found, have groped a certain absolute blessing. My experience can tell, that it and is the God, but the condition of the explorer will force me to go further. Can so to be, what any of mystical experiences and contacts is not absolute, though the purpose-find absolute true? That is I have never the right to tell (Ooo! At last I have found You!) why then the God someone prompted to go and speak about It if Its display for the concrete person was personal individual experience? The person means has the right to search only the personal God?

I so speak much, but actually me interests here that... The Reality of the world with Radha and Krishna, Their games, and all rest-
 it someone's personal experience in which have believed an environment other people? Can at me it is simple existential crisis?:)

by Hari » Fri Jul 22, 2005 9:40 pm

Just because you are a seeker of the truth does NOT mean that you have no purpose in your search. Who can object if you are seeking out connection to and relationship with the Supreme as your declared purpose and goal of life? It is great to have such a clear idea of what you want and even better to actively pursue attaining that goal. But if you were to think that you have discovered a method by which you can accomplish that and you never have to go beyond that method or the restrictions of that method to attain your goal, then you are limiting yourself and at one point or under certain circumstances perhaps making it impossible to attain your goal.

In other words, you must maintain the freedom to think on your own and to follow your heart. Some people believe that God is in their heart and can speak to them in that way. If you believe this then why would you not want to listen to your own heart, especially when it is pleading with you to see, hear, or experience something not specifically declared as correct by that path you accepted as all in all? Perhaps your heart is revealing that there is more to be experienced and revealed to you and that a journey into a new kind of awareness is just what you need to get to the Supreme?

It is better, in my opinion, to leave that option open. Give yourself permission to be aware of how you feel and how you see things without limiting your capacity to perceive reality. After all, it is more important to know what is there than to believe what is there. There are unlimited souls in this existence and they all have a unique quality to them which allows them to be inspired in a unique manner. Although rules and guidelines can be helpful, they should not overwhelm your options for experience or awareness. What you do should be your choice. After all, it is your life and you have to live with the consequences of your actions and choices. For your own safety, empower yourself to do what is right.

If you choose to perceive Radha and Krsna in a particular manner that you have experienced works for you, then fine. But if you choose to perceive Them in a manner which you have heard worked for others yet you have no personal experience of it even after quite some time, then you should allow yourself the freedom to question if this method is right for you. But again, this is all your choice. Some wish to restrict themselves since they do not trust themselves or have enough faith or confidence in their own capacity to understand things. For them, accepting a path where questioning is not welcomed, where seeking out the truth is seen as a deviation (such as those people who are upset when I give an opinion rather than simply quoting someone else), and where following is the most important point gives them the most comfortable feelings. Some people feel comfortable with this their whole lives whereas others feel uncomfortable with this. Some need to work on other aspects of their lives to expand their awareness and capacity to love and therefore require stepping out of the restrictions of a discipline to get those experiences. Perhaps at one point it becomes clear that one must take personal responsibility for their lives and the important experiences life creates. By accepting this responsibility they feel much closer to the essence of their being and become more aware of the details of the influences that push them to do what they do and the consequences of not following what they felt was best for them or for others.

Despite the confusion on this issue, what I am recommending is really a simple thing and nothing earth shattering. Stated very plainly my advice is: "Just keep all options open as you constantly seek out the truth at each moment of your awareness." You can choose to limit

yourself in a predefined discipline if that predefined discipline is serving your purposes, or you can pick and choose which influences from any number of disciplines are good for you, or you can follow your own heart and do what you feel is best at every moment. The choice is yours.

Even those who restrict themselves to one way of thinking are consciously making the choice to do so. Problems arise when they insist that this is the best thing for everyone. Practically we can see this is not so. Such groups always have a large turnover of their membership.

Yet the essence of Radha and Krsna's love is available to all. Lord Caitanya did not insist that everyone follow Him in one particular manner. He wanted that you contact the Supreme through transcendental sound and the Deity.

There are other methods of increasing personal awareness that support this ideal. Keeping an open mind and heart helps you see which of those methods are good for you.

by Dhana-da » Mon Jul 25, 2005 5:33 am

Many thanks! Now I understand it very clearly! True here! I Go to eliminate everything, that prevents it to see!

About Technique

by alexey » Mon Jun 06, 2005 6:24 am

Dear Hari!

I would like to ask You about Technique You have given on this Forum.

It is "Chakra 'Breathing' or Energy Sucking". I suck in the energy into the chakra from the front, and let it go out of the chakra from the back. Thus the energy goes through me. Is that execution of the exercise correct?

Thank You for helping

by Hari » Mon Jun 06, 2005 3:18 pm

No. The technique that I wrote about requires that you send the energy out the same place where you brought it in, just as breath goes through the throat area. Do not work with the back of the chakras as this will create confusion if you do not have something very specific to accomplish. You can do all that favorable things with the front of the chakras.

In prana healing the back of the svadhithana chakra is called the Meng Mein chakra and if it is over active one has sleep problems (amongst others). Therefore it is better to work with the front only, and a lot easier.

If you want energy to go through you, it is better to use the vertical axis for that.

Top

"The tree" meditation

by alexey » Fri Jul 15, 2005 8:15 am

Dear Hari!

When my wife is doing "The tree" meditation, she feels like some burning and pricking in foots. And this is a real obstacle for Her. Can You say something about it?

Thank You for helping.

by Hari » Fri Jul 15, 2005 9:37 pm

It is very hard to say exactly what is happening to another person when they do meditations. Here is a very general answer: When you do a meditation where you become aware of a particular part of the body, such as the hands or feet, it is natural that one will powerfully feel the flow of blood through that region (a possible source of heat) and powerfully feel the energy that is there but usually neglected by our awareness (a possible source of tingling). In this case the solution is not to consider it a problem but rather an awareness and adjust one's responses to the sensations. However, I suspect that is not the case here.

One can generally counteract heat and burning with cold things. If one's feet feel too hot, one can visualize cooling ice or cooling blue color around the feet which will counteract the heat. But this solution deals with symptoms and not root causes (pardon my pun).

The root of the problem might be in the concept that the feet are where the roots of the tree descend into the earth. Some persons feel rootless, or they feel not properly connected to the earth (they do not feel grounded as stable living beings) and therefore when they are requested to create this connection they feel the very real burning lack of it in their everyday life. Sometimes these unpleasant sensations signal something deeper.

When we are grounded our energy does not stop at the feet but flows into the earth and upward from the earth. The feet are a conduit, a means by which the energy can flow into and out of the body. When the feet are seen like that, as real roots function in a real tree, they are seen more like pipes than the final destination of energy.

If after seeing this properly (for after all visualization depends on seeing properly) one still has a problem, then one has to look at what is being seen (or visualized) when one brings energy from the earth upwards. If one thinks of it as fiery, naturally the feet would respond with feeling heat. The earth is also cooling in nature and can affect the feet in a cool way if that is the way we see it.

Try these different things and let me know what happens in more detail if there is still trouble. Or if my suggestions help, tell me that too! Either way, I would appreciate some response. Hope this helps.

Conscience or self-flagellation?

by Dhana-da » Tue Jun 21, 2005 8:01 am

My best regards and love!

I do not know, this theme was discussed or not. It seems to me important. How to define a difference between a voice of conscience and feeling of fault or self-flagellation?

Conscience can be programmed of principles, belief and dogmas? I accepted the certain line of conduct and lives, as absolute. If I receded from principles-heart was disturbed with conscience.

Now, my sight has changed, I have ceased to condemn myself. There was an idea of programmed conscience .Conscience-it a voice of intelligence or the God in us?

by Hari » Tue Jun 21, 2005 7:06 pm

It is not easy to answer this question in a definitive manner so do not mind if the answer leaves the question open. To be honest, having an open answer is a good answer for having a definitive answer would ruin the purpose of the tension created by doubt. This brings up another related point about the sublime tension that doubt creates. Many love to be certain, as we have discussed with Pamu in other posts, but doubt has a power to it that fuels progress.

This doubt is the central force in my reply to your question. If one doubts one seeks out better tools to determine the validity of information received within. This means learning and practice. You asked about the voice of conscience and dasosmi also spoke about the Supersoul as that voice. From our previous religious education we would naturally feel inclined to attribute the voice within as the Supersoul. I find the voice within to have many sources. Sometimes it is my higher self trying to gain control over the lower. Sometimes it is the lower trying to gain control over the higher! What a struggle it is to determine which one has the floor! Other times I hear the voice of the past, sometimes the etheric vibrations from the akashic records, and sometimes my guides, angels or higher authorities. At other times I hear the pain, anguish and struggle from those around me who are thinking of me or sending me their energy. All in all, it can be confusing. Clarifying this requires effort.

As in all aspects of spirituality, things are not always confusing. Sometimes there is clarity and the conviction that goes along with it. In this case, there is a specific quality to the tone and mood of the inner discussion about what is right or wrong for me that separates it from other psychic phenomena that is far more colorful but much less comforting. The inner voice that reflects my better interests is calm, steady, and nags at me when I refuse to hear it. It has a confidence in it devoid of the trembling anticipation present in other forms of energy. This is not to say that other communications have no value. They are a wonderful source of information that has use for me and those I share it with, but the voice most impressive is that one which commands attention due to its stature and maturity. It is the voice most welcome in times of need.

Let us assume that you have mastered to some extent the art of knowing when mature assistance is offered you. Should you accept the information as it is or should you see it as an inspiration to come to your own conclusion? Ah, the struggle increases! Certainly those who are wiser than we and whose vision is superior to our own wish that we develop our capacity to act in greater awareness for this is much better than having to tell us what to do all the time. Therefore they reserve the right to act as internal catalysts to inspire us to deeper awareness. This makes the communications more complex, yet much more effective as an agent of positive change.

Is there a Supersoul that sits within our heart as a separate entity with four arms and so on? Have you seen one? Everyone has heard the voice within but assumes it to be that personality they are told it is by their particular religious tradition. I do not care what you call the source of the voice of knowledge, I am just glad it is there.

Sometimes after I do the guided meditations, participants mention that they were surprised at how I moved successively through the elements of the meditation at just the right time. I never fail to acknowledge the reason for this: I am simply listening carefully to the person who really guides these meditations and indeed, creates them! About 95% of the meditations, exercises and visualizations I do were not taught to me but were revealed within by my guides. Most of them were invented on the spot as I did them for the first time. All I do is listen and repeat. I am

told to wait for the right moment and to speak when it is proper to do so. I love it. I am very confident that all will go well, even if I am sailing in uncharted waters for I have a good source of information that I trust, respect, and have a long and fruitful relationship with.

But is this the Supersoul or is it my guides? Is this my angel, angels, archangels, extra-terrestrials, divine beings, demigods or goddesses, or is it my higher self? When it comes to these meditations, I don't ask, neither am I suspicious, for it functions well as it is and to some extent I would be ungrateful to demand to know more than is revealed to me. I feel their presence and it is comforting and familiar. I know them enough to trust them and willingly surrender to their guidance. Yet when we do traveling, I know specifically who we are meeting and have direct conversations and connections to them and to their worlds. It might be funny to hear, but this is all the easy stuff. The harder part is knowing what to do in the small matters I face on a day to day, moment to moment basis.

Here is where I start to specifically address your question. It is the hardest thing to understand what to do in the future. As you rightfully point out, my consciousness, and thus my conscience, is to some unspecified extent (different in each person and also different in the same person at different times) dependent on all that has occurred to me in the past. My body and its needs, my family, what has happened to me, the choices I have made in the past and my experience of the subsequent reactions that occurred, those who I grew up with and who I live with now, my society, my country, my religion, the time within which I live and its moral structure or value structure, and dozens of other more subtle factors affect how I think and feel and thus mold my consciousness and my conscience. If what I am hearing within is a product of my lower self, then the information will reflect my personal situation. If what I am hearing comes from a superior source of information, usually that source will take into account the state of my consciousness before advising me of a potentially beneficial course of action. Therefore the dilemma can be simplified to the struggle to distinguish between a source of information that is beneficial and a source which is not beneficial.

I do not wish to complicate this discussion by throwing in an exotic twist, but it is an important factor that cannot be ignored. Since most forms of information and directives are received within the mind, we have to determine the pitfalls of accepting everything that is received there. The ether is filled with transmissions. Psychics all over the world are busy transmitting this information to eager listeners. For those with less experience in the psychic realm, and most persons fit into this category, it is hard to know when a source of information is less trustworthy. When one works in the psychic field, one gains a confidence that arises through experience. People give you feedback and you know when you are correct by feeling their reactions to what you say. This gives you faith in the sources you use. You also develop the capacity of direct seeing or direct knowing without depending on hearing information from outside yourself. This reinforces your capacity to distinguish between sources of information which clarify what you hear and how you use it and sources which distort your capacity to be of service. By no means does this create infallibility, but it brings your success rate to an acceptable standard. A little humility and doubt carry you through the cloudy areas for admitting that you do not know is not only healthy, but it often stirs your guides into revealing more so you can continue to be of service to others.

There are pitfalls for those who do not work within the psychic realm. Disembodied beings (ghosts in the vernacular) are those who for some reason have not been able to find peace in their minds and thus move on to their next destinations. They hover in the ether and attempt to connect to anyone who can hear them. As they are bound to the same dimensional space as we who are still living in physically manifested bodies, they have no choice but to reach out to us. They are sharing their pain, their struggles and their attempt to deal with irresolvable situations in their consciousness for they do not have the capacity to move forward on their own. Usually they are calling for help and only want someone to hear them and assist them to

find their way to the 'light' which in this case is the intermediary point to their next conscious project, usually their next manifestation in the physical world. There are a few who are vengeful and nasty who are best dissolved, but that is better left to pros.

When such personalities find they can influence a person by speaking into their minds, they often take pleasure in creating changes in a person's life. This is not necessarily something they do out of evil intention, rather it is the only way they can have an affect on the world around them and thus experience their own existence. It unfortunately becomes problematic for those who hear them within their minds. They are hearing confusing information or directives they assume could be either their own minds, some higher authority, or something else. Some think of themselves as bad persons for having such thoughts which creates guilt or other negative actions. Some think of themselves as crazy or haunted and this creates much internal disturbance. Others try to ignore the situation which wastes their energy as ignoring such an influence is work. Some try to reason with the voices but usually become entangled in a no win situation. All in all, it is a hassle that really does not work in your favor.

You can usually discover which 'side of the force' is contacting you by the way you feel. If you are aware of your feelings and the energy that is around you, you can feel when something negative is near you. Since you are aware of the quality of the force trying to make a connection to you, you will be better able to decide in which way you want to relate to it. Those entities trying to connect as a plea for help can be assisted by lifting them to the light or to the next plane. Those that are nasty and just want to make trouble can be dissolved. Those who need help yet are not interested in moving on can either be sent away by not accepting the connection or forcibly removed. All of these actions require that the person attempting to be contacted is aware and has experience in dealing with such beings. You get the experience by learning some basic technique and trying them. It is better than being affected and having no idea what to do. Therefore feelings associated with the information are a valuable means to distinguish the quality of the information received.

If you are aware of your feelings and the energy within you and you do know the difference between beneficial and non-beneficial forces, you have a greater probability of accepting the right advice and benefiting from it. This does not mean you have a 100% likelihood of success for sometimes you are not ready to accept what you are getting and a little trial and error, the old school of hard knocks, is the only way to proceed. Regardless of your capacity and result, those that are truly your benefactors will not be discouraged by your imperfect actions and will continue to work with you. More interesting is your own reaction to your inability to accept the information given you. When you see that what you were given was right and you did not follow it, or conversely, what you heard or thought you heard was wrong and therefore the decision you made in relation to it was not beneficial, you gradually develop the capacity to filter out that which has less value to you.

Life is a series of events which give us the opportunity to realize our potential. Doing this is not an easy process and it takes time and effort. Undertaking this endeavor is a commitment well worth accepting for it leads us to a good place. Regardless of our success or failure to hear what we should or avoid what we have to, self-flagellation (as you so poetically put it) is not required. One can simply say, "I blew it," pick yourself off the ground and try again. If you are around others who condemn you for making mistakes then it might be better to change your company. Those who condemn you for your errors are themselves faulty and therefore in no position to judge. Those who are not faulty never judge, so who is really in the position to judge us? When it comes down to it, we are our own worst enemies for we can judge and condemn ourselves far better than any other person or organization. It takes courage to live life without self-condemnation, but that does not mean that one should be happy with all the decisions one makes or any path one takes. It is still our responsibility to do what is best for ourselves in the context of what is best for those around us and the world for if we are to consider the

sublime principle of "There is Only One of Us," we would see that how we affect the world around us is directly related to how we feel. Therefore doubt and introspection are useful elements of a progressive life dedicated to doing the best we can. There is no use lamenting the past, but we have a responsibility to ourselves to utilize the experience of past results to guide our future choices.

It is certain that the most powerful source of information on how to succeed at doing the best thing is our self. We inherently know what is best for us, and we feel when we do something that is not beneficial. We learn from our experience only when we are dedicated to developing. Those who have an inherent death wish or who wish to punish themselves will gravitate towards those elements which will fulfill their desires. Perhaps the real answer to your question could be simply stated: Rectify your innermost opinion of yourself and the value of your life and you will be rapidly led to an awareness of where to find the solutions most beneficial for you.

Experience with music

by Gaura » Fri Apr 22, 2005 1:24 pm

Dear Hari

I have an interesting experience with music. Sometimes when I'm listening a music (I like at that moment) I feel how my consciousness rising up. And while I'm hearing the music my consciousness goes higher and higher. And at some moment it's not materialistic any more. It's like a surfing in the waves of a sea. I fill how I surf on that music waves up.

Could you explain the mechanism of that.

by Hari » Sun Apr 24, 2005 6:42 pm

It is hard to say how you particularly relate to music for the vibrations set off responses within you according to your own unique receptivity. Your consciousness is a product of all that has come before this moment, the mood you are in at present, the surroundings and atmosphere of your environment and your physical condition, amongst other factors larger or smaller. This is a complex set of conditions which influence your response to the sounds you hear.

Specifically, music has the characteristic of being a powerful frequency or vibration. We know through experience that sound is the most powerful of all frequencies on the physical plane. I do not exactly know why so I cannot explain it technically in terms of frequencies other than the frequencies enter into your chakras and affect you deeply within. Different kinds of music enter into different chakras according to the level of the frequencies created. For example, more earthy music affects us at the lower chakras and more heavenly music at the higher. My experience tells me that sound goes into the heart when the conditions are right, otherwise it affects me tangentially at least. As the chakras are frequency antennas and as music is pure frequency, we are affected by music according to the chakras the music connects to due to a similarity of frequency.

Music is very powerful because the music is made by a person who creates artistic expressions according to their intention and motivation. A good artist will convey a particular mood or feeling to the listener by arranging the notes and rhythms in patterns which illicit an appropriate complimentary response in anyone who hears them. Good music does this well and the intention of the artist does indeed go within you in the way the artist intended.

If you have a fertile consciousness to accept the intention of the artist, there is a union between the consciousness of the artist and the consciousness of the listener. This union creates responses within you which can expand your consciousness (if it is uplifting) because the power of the artist and the music the artist manifests has entered within you and created a new situation within your consciousness.

If you combine this intention, artistic skill and ability to create moods at will with the already great power of sound vibration as a sensory stimulus, you have a medium of expression that can affect even the grossest of persons.

Music was my lifeline supplied for a while by Hari!

by prajalpaspeaker » Sat Jun 18, 2005 2:12 am

There was a long period of my Hare Krishna life that was very lonely. I had many duties, and would pass devotees from time to time, but mostly worked by myself. One of my duties was to check the fences that kept the nearly 200 cows, oxen in. Of course there was many different pastures around the farm of 400 acres. I had my few possession, one was my bike that I had turned into a personal pickup truck with tools and ability to get to any fence anywhere on the property.

I at some time put on the "kalpa vrksha" list of things devotees might need, "sony walkman" and being a brahmacari, with important responsibilities, it was bought for me and I was happy. I listened to many things over the years with that tape player (when it broke down, got a new one).

But the one thing that really kept me going was the Harikesha Kirtanas done with modern technologies, modern instruments. I bought the entire set of what was available, but I had to make my own favorites. I kept to the few that were the Sanskrit Mantras, it was about 90 minutes of great music. My favorite of all was the Nrsmhadeva Prayers. I would turn it up and go! Off to the next pasture to check Krishna's Cows and the fences that kept them safely in their pastures.

I signed up here only to say this one thing, for Hari Kesha, you helped me enjoy a sad time of my life, when I had many responsibilities and little time, few close friends. And when I turned you on, and listened, feeling some small bliss of the Lord's Prayers, I had my own time, and it was good! Thanks!

<http://protectacow.typepad.com/goshalla/>

by Hari » Mon Jun 20, 2005 5:22 pm

You are welcome.

My three questions

by Dhana-da » Tue Jun 14, 2005 2:36 pm

Hello, master Hari!

1. In ISKCON dialogue is the important part of a spiritual life. In my case more than year especially, I do not communicate with anybody from ISKCON and I do not go to a temple. Thus I feel quite harmoniously. How you consider dialogue in a view of the personal experience?

2. me the certain judgement ...90 % of members of religious systems-strange. A question such... Such people are drawn in the organization or they become such gradually? And all can people as a whole have mental and moral deviations? It not irony. It would be desirable to understand.

3. Whether it was necessary to you to read book Eckhart Tolle-"The Power of Now" ?It seems to me very deep analysis of how our mentality operates. Very inspiring way will meet the soul! Forgive for anxiety! Thanks!

Forgive for my English

Re: My three questions

by Hari » Wed Jun 15, 2005 3:45 pm

Dhana-da wrote:

1. In ISKCON dialogue is the important part of a spiritual life. In my case more than year especially, I do not communicate with anybody from ISKCON and I do not go to a temple. Thus I feel quite harmoniously. How you consider dialogue in a view of the personal experience?

It depends on who I am speaking with and for what reason. I do not like dialogue that is a contest. I do not enjoy having to prove my brain is better than yours, which is what arguing often means, for it is simply a waste of time. If someone wants to speak about a topic and thinks what I have to add to their life is worthwhile, then I like to have a discussion. I do not mind discussions which are in the format of presentations, where I have my say and others have their say. Hearing from others is interesting if what they have to say is something I would like to understand. I see no reason to speak with others to convince them of something they are not interested to understand. I dislike having conflicts with ISKCON people and try to avoid as much as I can getting into arguments with them or having to prove something to them. I do not see value in it. They can do what they like as they like. Outside of the rare times when I can input something valuable (according to their judgment of it) into what devotees are trying to do, I only get involved with ISKCON when devotees say something foolish about me or about what I am doing or saying. I have to say something about it as I cannot allow them to insult me like that. Beyond that, they will do what they wish. I do not shy from saying what I think they are doing wrong (or right! But then again, this is just my opinion) or how they could do it better since that is good for everyone. But there is a risk one takes while getting involved with people who do not allow themselves to question the fundamental axioms of their belief.

2. me the certain judgement ...90 % of members of religious systems-strange. A question such... Such people are drawn in the organization or they become such gradually? And all can people as a whole have mental and moral deviations? It not irony. It would be desirable to understand.

I cannot say as I do not know that many persons who are in other religious systems. I know a lot of ISKCON people, some Gaudiya people, and a few Christians. Not all are strange or weird, but some are. Those who had an inclination to disempower themselves without questioning continue to do so in whatever movement they are in. They become more intense when they think they have the absolute truth and this makes their defects more apparent. Those who did not have such inclinations before they joined a group can manifest certain of the symptoms of the more fanatic after some time, but ultimately they have a humanness about them which is their redeeming quality.

One cannot generalize about people, but one can make certain generalizations about the systems that people accept for these systems regulate what the people do and think to a large degree. Any critique of the persons would have to include a critique of what they are following for the two are inseparable. But all share the quality of having left a bit of their capacity to doubt and question whether what they are doing is right or the best for them when they signed into their philosophical value structure. The difficulty is when such persons act towards others according to what they think they are supposed to do rather than what they personally would do were they allowed (either by others or by themselves) to choose what values are right or wrong for them, or rather, are best for them at each moment in time. Since one chooses to limit oneself when one accepts such systems, it is therefore their own free borne of their needs that determines what they will follow and what not. But limitations imposed by guilt or fear ("I will go to hell if I do not do things in the 'right' way" and so on) our choices narrow dangerously and it is in this state of limitation that some persons become difficult to associate with. This is why most religious groups only associate within their own circles, for they make assumptions about each other according to their shared values which makes them comfortable with others like them for some time until they find out otherwise (an often shocking experience). This makes it tough for the rest of the world to see religious groupies as people to be taken seriously or to be accepted as friends. That does not mean it is bad to have inbred associations, simply one should recognize what is going on and deal with it. Those who do not limit themselves like this use this awareness of the self-imposed limiting mechanism of limitation to properly respond to those who are so limited.

3. Whether it was necessary to you to read book Eckhart Tolle- "The Power of Now" ?It seems to me very deep analysis of how our mentality operates. Very inspiring way will meet the soul!

I have not read it neither do I have it. The title sounds great for there is only power in the now. The past has power only so long as we hold onto it and the future has power only so long as we desire it to be a certain way.

Re: My three questions

by Dhana-da » Thu Jun 16, 2005 2:03 pm

Thanks, Hariji for your answers. They are good. It is pleasant to understand after long time that I can so to talk to you here. And thanks for those letters which took place 2-3 years ago. They have very much supported me. On Saturday I shall try to be in on-line and to listen to you. I shall afford one more question:

Why harmonious people are ill? There is a theory on which person who is in harmony with itself and from the Universe-is healthy... On the other hand an example great vaishnavas which had so much physical illnesses though their harmony with the world without doubts?

by Hari » Mon Jun 20, 2005 4:33 pm

There are many causes of sickness. If you are subjected to infection from external sources, you can be contaminated. Radiation of various kinds can create reactions. There are genetic reasons for many diseases, most notably diabetes, cancer, heart problems and so on. What you are born with stays with you in one form or another. There are also sicknesses which help you resolve something in your life that cannot be resolved in another manner. So long as you require the problem, it remains.

There is also another issue. You may say someone is harmonious from your point of view. According to external examination that person may present themselves as being in balance and internally harmonious. Since you generally have no way to examine if this is right or wrong

and some philosophy dictates that the person must be harmonious since they are 'pure' or 'advanced' or 'perfect' as they are some kind of spiritual authority, you end up with a big question, how can such harmonious people be sick? Even worse, how can they get so sick that they die young?

Those in larger-than-life positions in this world rarely allow anyone into their private inner worlds. Even though they may externally act in all the 'right' ways according to your expectations, their inner world may be filled with self-doubt, fears, worries that they can live up to the roles they have unwittingly accepted, and even a nagging feeling that this is not at all good for them. To avoid having to deal with these problems which they have decided are not resolvable in this lifetime, they live a life of painful denial which eats away at their health. How can you resolve these issues when you are not allowed to face them and make the changes required? It is very hard for larger-than-life people to face fundamental change as it will cause others to think badly of you. This has many implications. What will that person do if they cannot do what they are now doing? How will they live? Worse, "One who has been famed feels infamy as worse than death." How many times have I had to hear from former disciples how I betrayed them? To go through such experiences is not easy and most will avoid them. Yet the body hears our conflict, feels it deeply, and this inner burden causes the cells to resonate with this energy. Any deviation in the natural cellular resonance creates abnormalities in growth and function. These lead to cancer or other diseased conditions which deteriorate the natural energy and strength within the body. The result of this shall manifest in some form sooner or later.

This does not mean that everyone feels exactly like this but we all have our inner conflicts that affect us physically. This does not mean that anyone who is sick or dying from disease has created the disease to exit from this world to avoid having to face their inner conflict. This does not mean that disease has no other cause than inner conflict. Yet, some do create their own death so they can exit an irresolvable dilemma with dignity.

I do not think this is optimal. When one exits in this manner, one has to later on face the same situations one could not previously face to learn to conquer them. This repeated struggle will continue until one develops the proper inner strength and self-confidence required to expand one's evolution beyond the barrier one faced. What you resist persists.

Sexuality

by Gandalf the Grey » Sun Jun 12, 2005 2:17 am

Dear Hari,

What are your current views of sexuality and sexual behaviours?

I apologize if this is a topic that you don't want to elaborate on, or if you already expressed your opinions elsewhere and don't want to repeat yourself.

Thanks,
Gandalf.

by Hari » Sun Jun 12, 2005 11:02 pm

I don't know what you mean by "sexual behaviours," so I will skip this part of your question.

Sexuality is something we are born with and cannot avoid. It is a major factor with which we live our lives. It is part of us and life without accommodating our inherent sensual nature is incomplete. Even if one wishes to detach oneself from it, the endeavor to push it away requires enormous effort. This is a testimonial to its pervasive power. The modern society is vastly different than the societies of yore and I am of the opinion that the traditional ideals of sexuality need to be updated to include the people of today.

The expression of sensuality is individual and there are no regulations that govern all situations with all people at all times and cultures. Each individual deals with their own feelings and actions in their own way. Everyone has to consider their own body and energy and the facilities or restrictions created by their family, society, culture or religion. I don't like to judge others choices, for everyone has the right to choose the path they feel is best for them. Since each person is dealing with a palette of options unique in this world, it is hard to generalize optimal behavior. Besides, interfering in the innermost sanctums of the human psyche is a dangerous endeavor that the cautious should shun. Therefore I have avoided making statements that could be seen as judgmental, regulatory, or even suggestive regarding this hot topic.

Sex is an integral part of life. Accepting it as such makes coming to terms with this powerful energy easier. There are no simple solutions to dealing with sexual energy for it is a manifestation of our vibrant life force made more complex when placed within the context of others often confusing and alluring energy.

Repressing sexuality by fighting one's own nature accomplishes little in the long run. Working with our natures by evolving from the reality of our life situation is vastly superior to accepting some ideal that does not fit. It is always unhealthy to live the life of another. Unrealistic demands to accept detachment from our inherent sensuality can take the form of insistence on our following codes or ideals that do not suit us or are ultimately harmful to our long-term interests. Such demands can create internal distress, the amplification of our already low self-esteem, and ultimately disease, for they can go against the natural flow of our energy. But the human can adapt to anything by justifying what they are doing by seeing value in it. Therefore I would be wrong to suggest that accepting restrictions that I feel are unhealthy is improper for all people at all times. Perhaps one has to go through the acceptance of artificial restriction to clarify their own understanding of what they are not? This is not to say that one might, out of their own choice at their right time, transform their vision to something in tune with the ideals I described as unrealistic. My point is simply that we would be better off having the freedom to organically grow rather than be forced to act in ways in which others insist is better for us.

A real problem is that inexperienced seekers of the truth often lack the experience and maturity to be able to define a healthy path. Without an absolute reference point, each person has to find his or her own way to peace. Being mixed up in a repressive situation may be the best way for some people to find their own frequency within the universe. Ultimately, all that really counts is our maintaining our freedom to choose to do what we feel is best. In this context we can boldly go forth into the world and experience life in all its diversity. To sex or not to sex is certainly the question for many and the paths taken to find the answer reflect the decisions made. We can always change our decisions but finding the courage to change is often harder than we could imagine.

Even though freedom of choice and the inherent right to find our way through the arena of experience are essential elements to growth, there are problems associated with attaining a comfortable balance between our spirituality and sensuality that are best resolved by the acceptance of healthy limitations. Long-term relationships are good for stability and if love, respect and appreciation are maintained, relationship commitments can be an extraordinarily powerful force for evolution. Manifestations of love through sex within such a context is healthy and builds inner strength.

Yet who am I to say this is the way in which the sexual energy must manifest? It is only one of the myriad of ways in which it appears in life. I wrote it because it is, in my opinion, one of the better. But my journey to this conclusion was a long and intense one. So wouldn't yours be too? Well, not necessarily. Again, find your own conclusions for when they are really yours, you embrace them wholeheartedly.

There are some who need to be detached from sex. There are some who need to absorb themselves in it for some time. There are some who vacillate between these two states, and still others that haven't the courage to define themselves sexually. Some will only have sex within marriage, some only outside of marriage. Some follow religious principles and others mock religion's interference in their natural rhythms of growth. All are expressing themselves as they need to at the moment. It is possible that many will change in time as they accept the very circumstances in their lives they formerly condemned, an extremely beneficial way to experience the value of seeing the world through the eyes of others. It is definite that all will grow through their struggle to come to grips with their own innate sensuality and how it cooks their world.

Appreciation of Deity explanation (Hari Blog)

by GPandit » Tue May 31, 2005 9:17 pm

Thanks Hari, for that info. Decades of uncertainty have been helped by that great explanation. There's LOTS of information in that, but after reading through it once, I was wondering.....

I loved the part that said it would be "disharmonious" to think of Radha and Krishna as mother/father. I myself have always felt a real connection with Lord Shiva. So my question....what do you think about feeling a particular kinship with a certain Deity, eg. Shiva? What about the concept of ishta (don't know if I spelled it correctly)? In other words, if Shiva is the deity of this universal energy, is that a lower concept as a personal ishta?

Hope you can understand my question.
What we do in life, echoes in Eternity

by Hari » Thu Jun 02, 2005 7:04 pm

Thank you for your appreciation.

Let me answer your question with a morsel to chew as food for thought!

One may have a familial relationship with your father, yet also respect him as a great man. One may be married to your lover, life-share, or friend, yet still be in awe of their capacity, their knowledge and their many wonderful qualities which you worship. One may be a friend to your teacher yet have deep respect and appreciation for their knowledge and skills. One may be the best buddy of a great public figure, yet be profoundly influenced by their gifts to others or their personal sacrifice.

One may similarly love Lord Siva as a member of your family, yet be in awe of his power, his strength, his even minded dealings, his unlimited capacity to act when he so desires and so on. I do not see it as a contradiction in any way. It demonstrates the diverse manifestation of personal consciousness amongst the powerful and influential beings in existence.

No person is only one thing, or one category. We are all a bit of this and that. We feel differently about people at different times and relate with them differently according to the mood, the time, the need of the moment, or our love.

re:

by GPandit » Sat Jun 04, 2005 11:48 am

"We feel differently about people at different times and relate with them differently according to the mood, the time, the need of the moment, or our love."

The above statement is very liberating for me, thanks for your reply.

Bliss

by Dharmisha » Sat May 28, 2005 9:36 pm

Sometimes I spontaneously start to feel bliss when I simply communicate with the person, when I look he is eating or when I read some book. It proceeds from the chakra between the eyes and from the top chakra as I assume. Whether is it possible to prolong this condition, that eventually it will become constant. And what is it at all?

by Hari » Thu Jun 02, 2005 6:49 pm

I could be wrong, but it seems to me that you are connecting to the energy field of the other person and the feeling you get from making the connection is blissful. You might be the type of person who enjoys connecting with others and when you feel their energy, it makes you feel good especially when they become aware of this.

It does not matter which specific chakra that energy comes from for such energy is either a sum total of what a person is or is the specific manifestation of one or more of their qualities. Each person will communicate to you their energy of being differently according to how they themselves focus it as an expression of themselves. This means they will transmit their consciousness through the chakras most attuned to their concentration. Each chakra responds by vibrating according to what our consciousness is expressing. Every individual has their own particular intensity that manifests through the frequencies they transmit and most enjoy expressing their energy to those who are capable of feeling it and appreciating it. When they connect with others who enjoy and appreciate connecting with that intense part of them that represents their greatest gift, talent, focus of their consciousness and natural love, they feel a deep satisfaction.

If this is true of those to whom you connect, and I feel it is, then when they feel your endeavor to perceive their true energy without your judging or condemning them, they let you taste it more. When they feel that you not only accept them as they are but you appreciate them for it, they become less fearful and inhibited and send to you their own appreciation of your talents that lead you to connect to them. When you feel this reciprocation, you feel blissful and also energetically enlivened which can cause the hairs on end phenomena, amongst others.

To maintain this feeling constantly is hard. But you can reproduce it with other persons or at other times. One problem can arise when your being conscious of the mechanism of this exchange leads you to expect it and endeavor to intensify it by consciously manipulating some

of the factors which normally are beneficial to such perception. This could diminish the spontaneous joy of reciprocation by turning it into a technique.

Perhaps you should just be thankful that you have this marvelous gift and accept the experience of the exchange when it happens without lamenting when it diminishes in time?

Greetings

by GPandit » Wed May 11, 2005 4:05 pm

Just wanted to introduce myself and say hello. I came across this site a few days ago, and really enjoying the lectures. Hari, it's good to hear your voice again after all these years. Circa 1973 or '74 Henry St. Brooklyn.

I've listened to several of the lectures, and my interest is really peaked. Because of my background (similar to others on this site), I have tried to come to terms with many of these questions (e.g., demigods, Shiva, etc.) for a long time. Thanks for the lucid explanations. I look forward to traveling along with you for a bit. I'm quite excited already, from the lectures.

If there are books, authors, etc. that you'd recommend, I'd be interested. Or tips on how to incorporate this information/training. Keep up the great work.

Garuda Pandit
What we do in life, echoes in Eternity

by Hari » Wed May 11, 2005 10:48 pm

Thank you Garuda Panditji for your greeting. I hope that we can offer you something useful!

There are many books that I like, but perhaps you can be more specific in your desires? Shall I just post a list of some good books or do you want some specific subject addressed in a book?

Thank you for your support. I need it. I know that might sound impertinent, but honestly speaking, without there being real people out there to present things to, I would have no reason to do so. It is easy to say that I should just do it for the sake of doing it, but I am not like that. I like to reciprocate with people and when they say they like what they are getting, I get encouraged to continue.

Hope you are well,

Hari

by GPandit » Thu May 12, 2005 1:15 am

You have a lot to offer, Hari. There are many people who can benefit from your realizations and experiences. Some (like myself) have been through the heavy indoctrination and narrow-mindedness of Isckon. I've had to do a lot of work to clear out the fear and guilt. That's long gone now, but it is not always clear how to get back to the joy of that mystic experience we were looking for so long ago. So I believe you may have some of the answers/connections.

More specifically about the books: what books helped you to become liberated from those old negativities? which ones were pieces to the puzzle which we are trying to understand? Or, whatever else you feel like recommending

Many more questions, but I don't want to be a hog. Let me finish listening to the lectures first. Really appreciate what you are doing Hari.

Wishing you well,

GP

by Hari » Thu May 12, 2005 2:20 pm

GPandit wrote:

More specifically about the books: what books helped you to become liberated from those old negativities? which ones were pieces to the puzzle which we are trying to understand? Or, whatever else you feel like recommending

Thank you again for your appreciation. Yes, we have gone through difficult times and regaining our confidence in ourselves as good, spiritual, strong, capable, powerful, independent and intelligent people who are NOT bad, fallen, useless, and so on, is a real achievement!

Specifically, the books that helped me the most to understand life in a really positive and spiritually relevant way were Conversations with God (Neal Donald Walsh) and the follow up books, Communion with God, Friendship with God and so on. Although not every word in these books resonated with me, there were enough wonderful things, wonderfully phrased, that I felt very happy and enlivened and very confident that recommending these books to others is a very good thing. But every word made me think, made me question, and made me appreciate my life and all that has happened in it. Probably you have already read them, but these books specifically address the negative conditioning that is there in fundamentalist organizations which require their members to think and fit into molds which are not necessarily good for them as individuals.

I don't even care if someone agrees with what is presented or not for these books make you think. I was never able to read many pages at a time since I would often simply put down the book and absorb something that was said.

Some have tried to discredit Mr Walsh since he later on said some things which they do not agree with about Krishna or others. I think it is good that he did that since it confirms to me that he is not really the source of the knowledge he presented. There was a part towards the end of the third book in the series when I could feel his personal prejudices color and transform the presentation. This is my personal opinion. When I read the books he personally wrote I see a big difference from the books that flowed through him (the one's that I quoted above). This does not mean that he has no value personally or that his own writings are not important, for they are important as expressions of himself and how he sees reality. I think it is great that he stands on his own as a teacher and presents things according to his own realization as this is a good way for him to grow and for some people to learn from another point of view. But the original books are world class and extremely valuable, especially for those who have been in movements, organizations, sects or however you wish to label groups of people who all accept some system without the freedom to question the axioms upon which these systems are based.

Since you asked about getting free from the old negativities, these books seemed to be the best way to start. There are others, many others, in all kinds of fields that are valuable and filled with wisdom, but none address this particular issue as directly and appropriately as these books do.

Psychology has many wonderful authors who either are influenced by Abraham Maslow (the most quoted psychologist of all time), Carl Jung, or others. In my opinion, there is no better source to find out about the mind and character of children and an enlightened way to see their development than Rudolf Steiner.

Ah, the list is endless! I could go on for hours listing good books.

books

by GPandit » Fri May 13, 2005 1:46 am

Thanks for the recommendations--actually, I have not read these books and look forward to checking them out.

Regards,
GP

by Nanda » Mon May 23, 2005 5:24 pm

Hari wrote:

Thank you again for your appreciation. Yes, we have gone through difficult times and regaining our confidence in ourselves as good, spiritual, strong, capable, powerful, independent and intelligent people who are NOT bad, fallen, useless, and so on, is a real achievement!

Specifically, the books that helped me the most to understand life in a really positive and spiritually relevant way were Conversations with God (Neal Donald Walsh) and the follow up books, Communion with God, Friendship with God and so on...

... Psychology has many wonderful authors who either are influenced by Abraham Maslow (the most quoted psychologist of all time), Carl Jung, or others. In my opinion, there is no better source to find out about the mind and character of children and an enlightened way to see their development than Rudolf Steiner.

Ah, the list is endless! I could go on for hours listing good books.

Hello, dear friends. This is my first day on this new site, I am so happy to discover it as something what we really need, as a new step and experience to help each other to go step (and more) further in our spiritual life.

Thank you, dear Hari, to you and Kamala, for this gift.

I am more than agree with GPandit that you have a lot to offer.

During those past years, I asked myself many times why some "things" have happened under the name of "bhakti", "love" and "understanding"... But, non of that "narrow-mindedness" and other ISCKON things, did touch my desire to know, to find and understand God, to open my

heart to Him. Just because of the way how did you, by your words and love, had led me through my first spiritual journey.

Reading now your answer to GPandit and books what you recommended, I had to say those things because - those books helped me a lot to continue and to improve my understanding of God, to think, to love... to develop a desire to research and find more spiritual knowledge through many different ways. With mercy and help of Lord Krishna.

Thank you again.

I judge people all the time How to give this up?

by Krishna » Wed May 04, 2005 8:41 am

Nasty habit. What need I recognize in people and in my self in order to stop being sooo judgemental?

by gangster_of_love » Wed May 04, 2005 8:59 am

The bewildered spirit soul, under the influence of the three modes of material nature, thinks himself to be the doer of activities, which are in actuality carried out by nature.

I am seated in everyone's heart, and from Me come remembrance, knowledge and forgetfulness.

One who can see that all activities are performed by the body, which is created of material nature, and sees that the self does nothing, actually sees.

For one who sees Me everywhere and sees everything in Me, I am never lost, nor is he ever lost to Me.

Within this world, whatever is perceived by the mind, speech, eyes or other senses is Me alone and nothing besides Me. All of you please understand this by a straightforward analysis of the facts.

Where there is light, darkness cannot exist. Knowledge is like light, ignorance is like darkness. When you keep the above knowledge in front of you at all times, then you will see that everything is going on exactly as it is meant to be. There is one controller, one will, one plan, one cause of all things: "whatever is perceived by the mind, speech, eyes or other senses is Me alone and nothing besides Me

So try and keep in your awareness these thoughts, eventually these truths become ingrained as a part of you. Then you will see the controller and not just the controlled.

by Hari » Fri May 06, 2005 10:14 pm

Dear Gangster

You are certainly a prolific writer and have many valuable things to say. However, would you please be so kind as to create and engage in forum discussions in the general forum? This forum, "Discussion with Hari" was supposed to be where I personally answered questions.

Now I know the term 'discussions with' could create the impression that it is more free, but if it simply means that I am one of the many who respond in this forum then there is no difference between it and the free forum for all members.

To be honest, it discourages me to reply when you answer before me. Actually, I would appreciate it if you could create longer discussions in the other forums where they are supposed to be. Thank you for this.

I won't erase any of your texts or even the discussion about varnashrama, but it would have been better to be in another forum. I am not sure I know how to move a topic to another forum, but I will try to do it.

I also would like to avoid the forums turning into a Hare Krsna exchange and that is why I personally avoid using the terminology or philosophy of others but stick to what I have personally realized.

Good luck to you.

Hari

Re: I judge people all the time How to give this up?

by Hari » Fri May 06, 2005 11:15 pm

Krishna wrote:

Nasty habit. What need I recognize in people and in my self in order to stop being sooo judgmental?

There are different ways to look at this. You could also choose to judge someone favorably instead of unfavorably! What is really going on is that you do not like someone or do not like what they are doing. Most time it is because we see something of ourselves in what the other does or says. Even deeper, these acts agitate within us our fears which causes us to go into a defensive mode and thus react with a negative judgment. After we label someone as 'not good' we then authorize ourselves to either avoid them, criticize them, or do something to teach them a lesson. Because it is an 'authorized' activity, we feel good about doing it and justified.

In some cases we are really only judging ourselves for we are seeing in others what we fear or dislike in ourselves. Other times we are truly being upset with what we feel is an injustice or harm being done to others. In this case we should do something about it if we can to help those who are being harmed. If we cannot, we will avoid doing anything ourselves that will either reinforce or support the offenders. Not all judging is self-judging and not all negativity that we feel comes from our own fears or conditioning.

In my own life I make it my yoga, if I could use that term in this way, to see the good or the positive in others. It is not always easy and most often it challenges me. In all cases it is a positive and strengthening discipline which allows me to see outside the usual box.

For instance, one can see why people do bad things when one understands the complete picture of their lives. When one has been abused or harmed as a child, criticized, ridiculed, not supported, repressed, depressed, or kept down or smothered in their lives, naturally this will manifest in anti-social ways later on. People also crack up periodically and we do have a tendency to act strangely when we do not have the capacity to express our tensions. Before exploding, which is the ultimate manifestation of frustration for one who is pressed in and sees

no way out, a person who has a hard time expressing themselves in a socially acceptable manner will act unconventionally to gain the sympathetic attention of others.

When such a person was known to me, I am upset with myself for not seeing the warning signs they left and attempting to do something that might have assisted them to feel better about themselves. When significant things happen that would normally create a negative reaction in those who view them, I look for the underlying causes and my role in supporting the unfortunate circumstances that person was confined within. Since this is a pattern which I see again and again in many persons and in many situations, I have learned to apply the same vision to those I do not know or with whom I have no contact. There are always events and circumstances within anyone's life which are hidden or misunderstood that significantly affect the course of their lives. Therefore I respond to these events in unique ways without depending on social cliches or understanding.

I feel this gives me a kind of independence in my life. I do not have to see others as I have been told or encouraged to do by external forces. Practically, this means I do not have to respond as my mother or father would, or as my priest in church would have wanted me to, or my guru would have demanded me to, or even as the world's or my particular social or religious group would expect me to. As I avoid being confined within any category of group or under anyone's control as to what I think and feel, I am free to make my choice in each and every situation as to what I feel is the most important experience in any 'conflict' or negative situation and respond accordingly. But this is just me. I have spent many years experiencing what it means to be on both sides of the fence and have learned from this. You would not encourage children to see things in this independent way, but you would give them the tools to do it when they could.

I like to live like this and I feel that it is a yoga. The yoga is my connecting to the experience of the person who confronts me with their passionate energy. The yoga is to redefine my response system from an automatic knee jerk reaction to a thoughtful and compassionate reaction. In short, it means to have a self discipline and awareness of others and their energy and situations, and myself and what makes me respond the way I do. As I believe firmly that my true and only freedom is the choice I make and the actions I perform at the present moment, I can choose to respond to another's actions with fear or love. Fear would cause me to reject the person or to defeat them (as in a judgment) whereas love would invite me to understand their situation first and then offer whatever service I can or whatever feedback I can towards others.

There are times when I have to defend myself or others physically, emotionally, legally, socially, or whatever, and I am not afraid to do so. I have to choose between those I love or the person who is challenging my status quo. Understanding, accepting, and supporting others who are troubled does not imply that you approve of, condone, or support their abuse or actions that can harm others. It does mean adjusting your response to be more realistic rather than based on information that has nothing to do with the situation or person before you who you with whom you have to deal.

This is part of the ideal of first try to understand and then try to be understood. Many times we judge others without understanding the events surrounding them, their motives, or their needs. When we get a deeper understanding of these things, we often find our mood radically changes and our responses are more in tune with the needs of that person.

Therefore, the basic answer to your question lies within the concept of first trying with all your capacity to understand another and then expressing yourself to be understood by them. Practically, this would work in all situations, even a situation where you would still not agree with or allow that person to continue with the action that caused you to be upset in the first

place. You might understand fully what the person experiences, have great empathy for their situation, yet still recommend, if you are in that position, they change their behavior or understand things differently, or even stop them if you have the power and position to do so. Or you might react in a totally different manner if you felt it was more appropriate. When there is fuller knowledge the palette of choice becomes richer.

Everyone judges everything all the time. You judge what to wear considering the weather, the event or your mood. You judge what is best to eat, what is best to see, or read, or hear or anything you do at any time. It is part of the process of choice that we are faced with at each moment. It is not judgment that is the problem, rather, it is jumping to conclusions based on improper information, lack of desire to understand others, prejudices, preconceived notions or expectations, group think, fundamentalism, selfish or exploitative interests, personal frustration tainted with the desire to lash out when it cannot be expressed, ignorance colored with the pride that hides the need to investigate and learn, and hundreds of other factors that have nothing to do directly with the person we judge, and then acting on this false information.

As in most situations, the solution to evolving out of a pattern we no longer find useful to us is to be aware of what that pattern is, understand that it is harmful to our higher interests, and use mindful consciousness to change our patterns. This is what I call yoga and it is every bit as powerful as the meditation of the yogis in the caves. Combine this with the awareness expanding meditations we do each week and you have a powerful system of transformation that can impact the world's tendency to jump to conclusions, exploit others, and cause harm.

Perhaps you found this useful?

Thank you for your reply

by Krishna » Wed May 18, 2005 8:57 am

Yes, it really has made me wonder why I've been locked in this perennial judgmental process that has made me so miserable and not able to experience compassion for others' sufferings.

Caught in a negative vortex coupled with a heavy baggage of abuse/abused past impressions make a toxic cocktail for a lost soul all covered in Hare Krishna. Where am 'I' ? And yet I dare to 'judge' others!

The process of elevation

by alexey » Sun May 08, 2005 8:01 pm

Dear Hari!

The process of elevation is very wonderful. And when one get a taste of it, his desire to experience that process increases. But sometimes when I think (again the mind on the scene) about it, it seems to me that this process is so wide. I approximately know what I want, what to say about how to achive this. It is good to be this, to do that, to react so... The head could go round It may be sounds stupid but it is my real condition sometimes. Coud You give some advice?

Thank You for helping

by alexey » Thu May 12, 2005 5:42 am

I found that "Techniques and Meditations" You gave in "Hari's Blog" is answering my question.

by Hari » Thu May 12, 2005 2:27 pm

Wow, sorry that I neglected to answer you. I have been so wrapped up in getting these meditations ready that I did not reply to you.

Yes, the practices are varied and one can find relevance in multiple ways. I can only do one thing at a time, so I am presenting the tools one after another in these forums. I will also present video and audio presentations of these tools to assist you or anyone to do these procedures.

One can only go just so far with talk, and philosophical discussions are essentially talk. Although talk has its value, especially to convince someone to change an improper conception that no longer serves their purposes, it does not always give one the means to taste experiences that are significant for growth.

Experiences can come in thousands of different ways, so I wish to give some of the tools by which you can consciously control some of these experiences and visit them at will. So bear with me as I put up these materials one after another.

I am alone here and time is not merciful to me. It will come little by little.

Meditation

by bgnrsmnd » Tue May 10, 2005 4:02 pm

IS there a particular kind of Meditation Practice you do or recommend? I am brand new to this forum and although I "feel" there is something here that I have been looking for, I am a complete "innocent" when it comes to "The Teachings" [if I may call them that. Thank you for this opportunity to correspond with you.

by Hari » Wed May 11, 2005 9:00 pm

Hi there and thank you for joining in. I recommend many different kinds of meditations and practices. All of the techniques used are meant to create increased awareness of our essence, that beingness within that is our self, which facilitates our awareness and connection to all others in the world and in the universe. To do this, I have used any and every technique that works (and some that didn't too, but they got dropped fast!) without worrying about it fitting into some philosophical ideal or some discipline. This does not mean that we mix things together, rather, I pick and choose techniques that fit within a very clear and directed evolutionary process. These methods are meant to empower you and make you strong so you can find your place within this creation and discover all you have to discover in your life.

I am going to, within the next some time in the future (sigh) and as fast as I can, post on this site mpeg videos of the basic techniques which give one the capacity to understand the self. I will keep increasing the level of technique in stages until we have archived a good course of meditational development that everyone can benefit from.

Sure I have an 'Eastern' inclination, but I am happy and comfortable with all Western psychological and modern descriptions and concepts that assist us to understand ourselves from all points of view without prejudice. To me, the most important thing is to get to the goal

of such awareness of the self that one has direct connection to the energies (and sources of those energies) of our environment and existence.

I am most inclined towards the Supreme Male and Female forms of the Divine and all the forms of those wonderful personalities who fill the universe with their love and service, regardless of their being part of a Hindu, Christian, Pagan, or whatever, tradition. Yet, I am very happy to feel and speak about the primary concept, "There is only one of us," which can mystify, bewilder, anger, or create great joy depending on who hears it and at what point they are in their evolutionary journey. It is impossible to summarize it all in one paragraph.

I know it sounds funny to use the phrase, "The Teachings," and I would object if someone tried to pin it on what I am saying, but in one sense there is some value to such a designation. What I am saying is certainly what I personally realize and practice in my life so from that point of view these are 'my' teachings. Yet, from another point of view I feel that I am presenting information that comes from above, from sources beyond the usual. Someone wrote to me that it seems to him that there is only one author of this knowledge since there is such an amazing similarity between the concepts presented by various speakers, writers and teachers nowadays. I could not agree more! I feel it whenever I hear someone else speak or attend some lecture or seminar. Now, more than ever before, there is a connection between all that is being said. Perhaps it is true that there is only one author behind all of this? And if this is so, then the words that are spoken are certainly "The Teachings." I could accept this if I did not have to take the credit for what I give since I know very well that I am not inventing anything but rather I am passing along to others that which I have gotten in one form or another. And I like to do that too!

I will write a summary of the various forms of meditational practice in the next text. I will use this thread as a place to present what I shall video and put up on the download section as soon as we get more storage space on another server (coming soon.) Thank you for asking.

As far as a book list goes, there are literally hundreds of great books out there right now. One simply has to browse through the bookstores to find them. Our Russian publishing company has printed some of the best of these by translating them into the Russian language.

Next text: A summary of useful meditations we have done and are doing.

by Hari » Wed May 11, 2005 10:36 pm

I changed my mind. I am going to post the meditational techniques in two separate posts in my Blog forum. So please find the answer to your question there. I felt it was better to have this information available for all as in these forums topics disappear after some time when there are so many new ones!

Relevance of spirituality in our society

by Kula-pavana » Mon Apr 18, 2005 2:39 pm

Sometimes people say, that our society just keeps degenerating spiritually. I find it to be otherwise. It seems to me that people are rejecting the dogmatic, often material, religiosity and are searching for true, deep spirituality.

I wonder what are your opinions on this subject?

by Hari » Mon Apr 18, 2005 3:52 pm

Hi Kulaji! Nice to see you on the forum.

I agree with what you have said completely. People are looking for deeper experiences of their being. I see that philosophy, ritual, and certainly fundamentalism, are being rapidly rejected by those who desire to be in touch with their essence and in touch with the moment.

But not all people share the same progressive ideals and I feel this is where the polemic arises. Those desiring to connect with their spiritual essence are drifting apart from those who do not desire this. Although I do not like the idea of such a separation, and in my idealism would find it hard to deal with such a reality were it to manifest more obviously in everyday life, I cannot avoid but observing this.

It seems that true spiritualists are tuning to a higher frequency and making great evolutionary strides while others are struggling to maintain the status quo and fearfully freezing change. Who is in which group is not obvious for it cannot be demographically determined. It seems to be something internal, of the heart, and not of the mind. Neither does it depend on some philosophical understanding. But this is another topic and one that would require a lot of discussion.

by Kula-pavana » Mon Apr 18, 2005 6:48 pm

I wonder what will happen when this division reaches critical mass?

Dandavats Hariji!

Hari wrote:

It seems that true spiritualists are tuning to a higher frequency and making great evolutionary strides while others are struggling to maintain the status quo and fearfully freezing change. Who is in which group is not obvious for it cannot be demographically determined.

Yes, that rift happens within each religious tradition, and it is fear and ignorance that slows down the spiritual evolution in the social sense. Yet, the overall progress on the global scale seems profound and undeniable.

I see even in my lifetime, over the last 25 years or so, how rapid this process had become. Millions of people in the West have opened up to true Eastern spirituality, with many others exploring their own traditions for deeper meaning, while rejecting mental and spiritual oppression of religious "authorities".

Will the "showdown" be between the "old school" and the "new", or between the forces of materialism and spirituality? It is hard to say. Maybe there will be no "showdown" at all? I never thought communism will fall in Russia in my lifetime, let alone without one shot being fired. Yet it happened...

by Kula-pavana » Tue Apr 19, 2005 4:15 pm

Hari wrote:

It seems that true spiritualists are tuning to a higher frequency and making great evolutionary strides while others are struggling to maintain the status quo and fearfully freezing change.

one more comment on this.

sometimes it takes a very dramatic (and traumatic) event in our lives to go from one camp to the other, or to at least start questioning the actual substance of our spirituality. it is no fun being in the middle of such a spiritual trauma, but with the right perspective and time we can see the immense benefit of such events.

by Hari » Tue Apr 19, 2005 7:51 pm

Your realizations are very nice. And you write so well in English too!

by gangster_of_love » Wed May 04, 2005 7:19 am

I don't know what is going on all over the world, I don't have enough contact with most of the world to have knowledge of what the various populations are into. So I can only comment on what I see in my day to day life either from wherever I am, or from what I can learn from the internet, T.V or other written sources (I don't listen to radio).

From my day to day experience of the people around me, I can't see any type of major or even minor spiritual awakening of any type, except maybe for the mass of Christians who seem to be riled up into reactionary head spaces.

From my experience on the internet and from reading and T.V sources I see this great polarizing going on. On the one side there are reactionary preachers in league with corporate/political operatives who have been on a long time ever increasing crusade which has the goal of creating political shock troops programmed into being supportive of corporate/political goals and agendas.

On the other side are the people who fear and loath that religious, political, corporate combine.

In the various media the reactionary forces have successfully co-opted the term "religious" or "god fearing", yet they are for all practical purposes devoid of morality, spirituality, or ethical ideologies.

The people who are opposed to the reactionary forces have largely taken on a knee jerk reactive posture and often like to forcefully speak out on being anti religion or anti god. Just turn to any left wing Blog or news source and you'll often see blind faith and demagoguery displayed in vicious attacks on creationism. Even though these people know nothing about that debate, they take a knee jerk demagogic stance because of the fear they have of the reactionary forces, which they see as threatening their freedom and the planet in general.

From my perusal of the various media I don't see any type of spiritual awakening, anywhere.

But like I say I don't have direct experience of most of the world. Maybe in Botswana or Ecuador there is something going on like you two write about. Not that I don't see any kind of interest in spirituality at all, I do, I just don't see it when it comes to masses of people as being anything of any significance when compared to the last 40 years.

by Kula-pavana » Wed May 04, 2005 11:43 am

gangster_of_love wrote:

From my day to day experience of the people around me, I can't see any type of major or even minor spiritual awakening of any type, except maybe for the mass of Christians who seem to be riled up into reactionary head spaces.

maybe you are confusing material religiosity with real spirituality. for example, most American Indians were more spiritually awake then many Christian missionaries trying to convert them.

in the awakening of true spirituality, people sometimes reject their original religion and seek deeper meaning than mundane religiosity.

but, like I said in the beginning, people have different opinions on this subject...