

Success in Family Life

by Dr. Oleg Torsunov

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“May everyone be happy.
May everyone be free of infirmity
and be strong and healthy.
May everyone care for the wellbeing of others
and I too want to bring goodness to others.
May no one know any suffering
May no one have any suffering.”
-The Motto of Ayurveda

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I wish everyone happiness!

2012

00:00:01 And so, today we're going to talk about family relationships. The topic is actually rather expansive and it will be very difficult to cover in one lecture. Nevertheless, it'll have to be done. Let's start from the very beginning, with an introduction.

How the Structure of the Subtle and Physical Body Determines Relationships

00:00:36 The most important thing that needs to be understood is that relationships themselves stem from the structure of the body, the subtle and physical bodies. As per the Vedas, a person has a subtle body. For example, we can understand that a dog- it can't meow, because such is the structure of its body. But it's very difficult for us to understand that the structure of the human body (of a male and female) is different. This lack of understanding is very deep, deep ignorance, and as such, we ask from each other more than should be the case, or we don't understand what to ask for.

00:01:31 It turns out that the structure of the female subtle body, the subtle body of a woman and the subtle body of a man, are completely different. They aren't just different, they are totally different. You could say that a man is one form of life and a woman is another. (Laughter). You could say that as a joke. Why? Because it turns out that the character traits of men and women (one and the same character trait) manifest themselves in completely different ways. And in this lies a great secret.

00:02:13 For example, a husband drinks in the family and the wife doesn't understand where her guilt lies, what she did wrong. That is, the desire to drink or the lack of ability to feel happiness, the lack of ability to feel happiness forces the man to drink. It is directly linked to another, to exactly the same character trait that is manifested differently in a female body, this manifestation is known as dryness, a lack of desire to impart your love.

00:02:49 As such, a woman who has dryness in her heart, a lack of desire to impart her love, receives as per karma, a husband...(I have a request, everyone, move up, whoever is sitting in the rows, to where there is an empty spot, at least by one, move up, because its disrespectful to those who are standing at the back, move, to make room at the ends, then more people can participate in the lecture. How about I wait until you do this? And the purse is also attentively listening there, in the first row? Someone's coming, is that right?...Over there, that chair is also taken, right?)

00:03:58 And so, a woman suffers very greatly from her husband's drinking. She doesn't know that she received this suffering as per the law of karma and she is suffering, one hundred percent, only as a result of her own shortcomings. However, this doesn't mean that this person who is causing her this suffering is a very good person, I didn't say that, he is simply fulfilling the will of fate. As per Vedic knowledge, its not something I made up, its what's written in the Vedas.

00:04:42 The mechanism for incurring these sufferings works in the following manner. In a given case, there are two types of attachments between people: there are attachments with a "minus sign" and attachments with a "plus sign". A strong attachment with a minus sign or with

a plus sign results, more often than not, in the people getting together once again, they stay together.

00:05:05 As such, if a woman really hates her husband for drinking, in the next life, since she is attached to this man and thinks about him constantly with hatred (the subtle body of the mind is a body of desires, its desires are formed in relation to the body to which it is attached with hate). As a result, in the next life, she will end up in a similar type of body to the husband, which will drink. And the husband who is attached with hatred to his wife, will end up as the type of woman who will suffer from her husband drinking (in the next life).

The Influence of Karma on Relationships

00:05:49 As such, you should know that there are three types of karma, as we already discussed, there's light karma, karma from chance relationships, for example, in a bus, you stepped on someone's foot, and so forth, and there's karma of medium weight, karma from work relationships, and the heaviest karma is karma from family relationships because improving family relationships is most difficult of all. Light karma can be resolved in a few minutes, medium weight karma can be resolved in a few months, and family karma can only be resolved, if you try and resolve it for a year or two, try to change it, do you understand?

00:06:31 The most interesting thing is that, *having cut off relations with a person who brings suffering, the bad family karma doesn't end. Suffering will continue, but only the source of suffering will change.* So say the Vedas. However, if the bad family karma is over, then a person, without even desiring it...fate tears him away from the person who should bring suffering, even if he himself didn't want to change things. Do you understand, as such, there's no choice, you have to attempt to fulfill your duty to your loved ones, understanding that it's your karma, you can't get away from it.

00:07:10 It's very difficult to understand, and believing in it is also very difficult, because believing in it is painful. But nevertheless, you must believe in it, otherwise, things will be even worse because, especially...what do you think, who is a break up really bad for, for the woman or for the man? For both of them, you're right, good for you.

Female and Male Karma

00:07:38 And so, there exists such a thing as female karma. *The female body is meant for working off karma.* A woman suffers more than a man, a woman works off karma. Her sufferings are such that she can't get rid of them, it's as if they force her into a corner. A man can "elude" them, to some extent. He can try to get away from them. A woman has nowhere to hide, it's as if she's backed up against a wall. She can't abandon her kids, the husband can dump the kids on the wife. The woman can't...she's very attached to her loved ones, she can't abandon anyone, she's forced to suffer.

00:08:15 *A man suffers less, but degenerates to a greater extent, that is, a man accumulates bad karma, a woman works it off.* If a man accumulates a great deal of bad karma, in the next life, he

is born a woman in order to work it off. Do you understand the idea? If a man divorces (the divorce is his initiative), it means that he accumulates bad karma, in this life, its possible, he won't suffer a great deal, but in the next life, he will suffer greatly.

00:08:53 A woman who divorces will already suffer right now, in this life, life will be harder for her after the divorce. But she works off the bad karma right now and its possible that later she won't have this bad karma, do you understand the idea? That means that it all comes down to the family, family life, it's a very dangerous thing and a person who understands this should understand the following, that you **need to study how to live correctly within a family.**

00:09:23 I have a seminar on this topic, it consists of six lectures. Today there's only one lecture and you should all listen to that seminar if you are seriously interested in this topic. We have the Riga lectures on compact disks, it's now a very effective means of receiving information-compact discs. Who among you doesn't know what this is? MP3 format, compact disks. You should know that there's a system that allows you to transfer information from a computer to a CD player, now it already doesn't cost much, and the CD can also be played in a computer, you can play it on a computer, you can play it in an ordinary stereo that plays cassettes and copy it onto a cassette tape, it will only take two hours. As such, this system is very convenient, it will become the most popular system, we have these compact disks, you can use them.

Responsibilities of the Husband and Wife in Family Relationships

00:10:26 You should understand that knowledge of *what family relationships are is the greatest possession of a family.* **How to correctly build your relationships?** The Vedas say that the most important part of this knowledge is knowledge about how the subtle body of a woman and the subtle body of a man are opposites of one another. This contrast allows for complete interdependency and mutual exchange. It means that the responsibilities of men and women don't intersect at all, they don't coincide.

00:11:01 And the responsibilities of men and women are defined by the Vedas. Right now in America, not so long ago, there emerged a movement for independence or emancipation of women, that is, this movement, at its root, made the assertion that women are debased in life (meaning that they work off karma) as determined by a female body, women are debased and therefore women should have more rights. That is, they should have more rights in the sense that...and how is it, how is their idea of having more rights manifested? Its manifested by the fact that they should be allowed to cheat on their husband more, just like the husband, they should work more, they should ...and so forth, that is, they have the right to this, they have the right to that, and what happened as a result? The women ended up suffering.

00:11:59 Now let's see, what is a common law relationship? A common law relationship is, it pretty much provides the possibility, a lot of rights to people- the possibility to live together without getting a marriage license, really convenient, right? But who suffers from that kind of union? No one thinks about it. The woman suffers because a common law relationship doesn't commit a man to anything. If he goes, the woman is left with the child. She begins to suffer

because she needs to provide for herself and for her child, but the female body isn't meant to work a lot and make money. It is intended for completely different purposes.

00:12:40 As a result, the woman experiences enormous hardships. As such, a common law relationship is not an achievement for humanity, do you understand? And there are many such things that eradicate the rights of women and force her to suffer even more. Therefore, there exist duties which a person...a woman, in fulfilling these duties, she attains the ability to have rights, according to Vedic knowledge.

00:13:09 A person can change all of the relationships in a family by himself, everything that is bad in a family: bad relations, a poor state of finances, incompatibility, poor parenting, illness, ill fate. A person can change all of this within the family by himself, without requiring assistance from loved ones, because all of this has been accorded to him as a result of his own bad karma. If he begins to attempt to study how he should live correctly and begins to work on his understanding of his responsibilities, as a result of this, he attains the ability to change his life, without slighting his relatives.

00:13:56 Now, people who don't possess knowledge of how to act correctly, more often than not do the complete opposite. They attempt to change their relatives, and as per Vedic knowledge, the idea itself and corresponding actions, make problems in family relationships even worse, which leads to total degeneration of these relations. **That is, if I constantly point out the shortcomings of my loved ones, my family life, as a result, will be ruined.**

00:14:35 Raise your hand, who among you already understood this? Less than half. Now, from those who understood, raise your hand, who understood, but continues to do the same old thing. You see these people who raised their hands right now, are very rational, because this is the first stage of changing family relationships for the better. Only five people raised their hands, these people are very rational, they understood how family relationships need to be changed.

00:15:03 The first stage of changing family relationships consists in a person understanding that he should not accuse his loved ones, that he should work on himself. But he still continues to accuse his loved ones and he can't do anything about it. This is the very first stage. This means that the person is on the right track.

00:15:24 The very same people who think that their family is an exception, there can be all kinds of laws, but my case is exceptional, only in my case my loved one is truly in the wrong, raise your hand, who thinks that way? One person, a sincere person. In reality, I know that approximately 40 percent of the people sitting in this hall think that way, but for some reason, they are all afraid of admitting it to themselves. This is a detrimental position and it leads to complete ruin of a family, there won't be any chances for preserving it, no chances, this position is detrimental.

00:16:08 And so, as per Vedic knowledge, **the main problem in family relationships is a lack of knowledge of your responsibilities.** Strangely enough, many people believe that responsibilities within a family are created by the people who live in a family themselves, that is,

I myself decide what the woman should do, what the man should do, and as a result, there emerge big problems.

What are a Husband and Wife Responsible for in a Family

00:16:38 Who is responsible for making the first effort towards preserving a family, the husband or the wife? The wife. The wife. *It turns out that a man answers for the public life of a family, for its income, for its connections in society, for how children will live in the family, how they will be raised, how the family will progress in spiritual life – the husband is responsible for this. The wife is responsible for the private life of the family.* And, if a woman doesn't understand this, then there are no chances of her having a happy family life. Because there is one advantage of a female body – the mind of a woman, the emotions of a woman are six times stronger than men's. Therefore a woman creates an atmosphere within a family that acts in all directions.

00:17:56 For example, if a wife doesn't respect her husband, then people around the husband at work don't respect him, because she creates the psychic atmosphere around her husband with her psychic energy. And there's one amazing thing that doesn't give any chances for a woman to preserve her happy family life. It already emerges from the very beginning of a family's creation and it sits in the mind of a woman- it is nothing more than the feeling that: "I didn't get the best option".

00:18:30 When a woman thinks that way, that: "I didn't get the best option". This information, this feeling is very hard to change. A woman has a stable nature, a man's is dynamic. A woman's conception of her husband changes with great difficulty, with great effort. Therefore a woman who believes that: "I didn't get the best option", transmits this psychic state of mind to her husband, and gives him all the grounds, internal and psychic, to cheat on her.

00:19:05 If you understood this about yourselves, ladies, if you understood this idea in relation to yourselves, you have to conquer it within yourselves, and, if you are capable of conquering it within yourselves, then you will have the power to influence your husband in such a way that he, even if he feels like cheating on you, won't be able to. Fate won't give him such an opportunity, he won't be given the circumstances. We will talk a little bit later on about why I raised this topic.

Sex isn't Most Important. Of What Consists Compatibility between a Man and a Woman.

00:19:32 Next, the next point. You should understand what are the main duties within a family and which are secondary. Western philosophy and psychology offer the notion that the main responsibilities in a family are responsibilities with regard to sexual relations. We consider that sexual relations are the most important relations within a family, and these relations form family life. If they are not built correctly from the very beginning and are not maintained, then, as a result, there won't be happiness within the family. This conception is damaging. I'll explain it to you now.

00:20:11 **People who believe that sexual relations are the most important in family life, are doomed to failure in family life on all counts.** The first point- there exist seven types of marriages, according to the Vedas, and of these, only three or four will be successful. The first type of marriage is when people believe that the most important thing in family life is sex. As a result of this notion, this understanding of happiness in a family (this notion then doesn't change your whole life). A person has such an idea in his rational mind, he begins to look for his husband or wife where? At clubs, at parties, at bars, with the goal of gaining a quick understanding of how interesting sex will be with this person.

00:20:59 After finding such a person for himself, he decides that he needs to get married as soon as possible. Get married. As a result, this type of compatibility is on the level of the lowest centre (the pelvic bone centre) and is connected with the planet Mars. As a result of this the family is doomed to failure from the very beginning because when there is compatibility...if a man and a woman have such a force within themselves...and if one of the higher planets harmonizes (for example, the highest planet is Jupiter, then there's Saturn, then there's Mercury, then the Moon, then the Sun, then there's Venus, and only then there's Mars)...

00:21:48 If the compatibility with Mars was successful, it means that there already won't be any compatibility with all the other planets. Because, for example, compatibility with the Sun means respect for the person (there emerges force of respect). Respect, let's say, towards the man, doesn't allow the woman to behave in a forward manner, she's very conscious of him. Do you understand? This signifies compatibility with the Sun.

00:22:16 Compatibility with the Moon signifies, it's like a feeling of great mental closeness, it's great, it lends a feeling of friendship, strong friendship. There emerges a feeling of friendly emotion that's very strong. And then the woman also can't, because of the friendship, she can't be too forward with the young man, she keeps away from him.

00:22:39 Next, compatibility with Mercury gives sentiment (esthetic sentiment)...very strong esthetic harmony. A woman becomes very self-conscious, it seems to her that it's somehow improper to act this way around the man.

00:22:53 Next, compatibility with Saturn gives the feeling, a feeling that it's a very serious person, very smart, and you can't behave yourself in such a silly way around him. For example, a girl who goes dancing at a club, and she sees a young man who is compatible with her Saturn. She loses the desire to dance in front of him, she immediately becomes self-conscious, sits down, and that's it, she can't do anything else. That means, compatibility with Saturn.

00:23:22 Compatibility with Jupiter signifies a common desire for progress, self-improvement. Such compatibility gives the feeling, a strong feeling, that this is a person with whom it's possible to reach your goal in life, and so forth, an elevated feeling in regards to him, that he seems to be such an elevated person.

00:23:42 Compatibility with Mars is, it means we can dance together at the club, we're already dancing. It means that there will soon be good times because there is no compatibility with other planets, only with Mars. It signifies animal relations. Next, they will have quick sex, then they

will have a month to honeymoon, then what will they have next? A sweet month. Then what? A salty month. Then a sour month, then a bitter...year. (laughter). And then a bitter life.

00:24:30 It turns out that when people meet this way, they don't have anything to say to each other, they don't have compatibility. **You need to develop an understanding of what happiness in family life consists of before you get married.** A person who understands what happiness consists of, thinks, happiness is sex, that means, you need to find your loved one at night clubs: happiness means being together, for example, working out together (this is compatibility with Venus), enjoying life together and dancing together, compatibility with Venus- lower centers, the naval center once again. We can dance together, we don't need to dance together, we can have sex. Talking with each other will already prove difficult.

00:25:17 Next, with compatibility along the solar plexus, there can already be marriages that are more or less stable, for business relationships. They're called...marriages...strange as it seems, they stand above these night club marriages, these marriages, linked to a desire for success in business, and so forth, for personal gain. The view that: "Oh, this person can't give me money, that's it." – these marriages are more stable. At least they can do business with each other.

00:25:43 But in reality, **a happy marriage can only be on the level of the heart**, this is on the level of the Moon, and it means that first there's friendship, and then everything else. Friendship, they befriend each other. An even more elevated marriage is when they engage in some creative work together and for a fairly long time they don't think that they will get married, and then they gradually begin to understand it.

00:26:05 An even more elevated marriage is when they engage in self-realization together. And the most elevated marriage is when people first engage in spiritual practice together, then get married. This is already a very stable marriage. According to Vedic knowledge, if Jupiter is open (the highest center), then all of the other centers will also open up, gradually, with time. And such a marriage is strengthened with time. If there is harmony with the Moon, it means that the lower centers all open up, but the higher centers open up with difficulty, and therefore, when people were friends as per their lunar compatibility, they can...for example, the husband is busy with something, self-realization in one place, the wife in another, but they live well together. This is also possible.

How to Remedy the Situation, if a Family has already been Formed

00:26:48 Now you have all found out that the majority of you didn't get married for the right reasons. Now what? It turns out that there exists knowledge which provides the opportunity to correct the situation. If a person is able to fulfill his duties, even in cases where he has nothing in common with his loved one, in this case, the bad karma is worked off and things in common begin to emerge. In the case of all the planets – Saturn, Mercury, Mars, etc., things in common begin to emerge, common interests.

00:27:29 Now let's determine how to create compatibility with Jupiter. It turns out that the first step for such compatibility for a woman is to listen to her husband, listen to husband in everything, never argue with him. Right away, you'll tell me: "But that's discrimination". Raise your hand, who thinks so? Just be honest. Thank you. It means that I didn't come here for nothing, there's something for me to say.

00:28:02: Now look, as per the Vedas, a woman is someone who gains victory without a fight. This means that a woman should never have to say "no" to her husband. And only in this case, as per Vedic knowledge, will she get whatever she wants from him. Who didn't know about this, who raised their hand? Will you raise your hand now? I'll give you an example. You'll see, I've already raised this example many times, everyone knows, who's been at past lectures.

00:28:34 So, a woman wants to buy a dress for herself, she goes up to her husband and says: "I'm sad". He says: -Why are you sad? She says: - Because I have a lot of different desires, we don't have money, but I constantly have desires swimming in my head. He says: "What kind of desires are swimming in your head?" She says: - You know, I have a very ugly dress, all of my dresses are like that, I don't like them and I have constant anxiety because of it. But I'm telling you this, not because I want a new dress. (Laughter in the hall). I'm telling you this because I'm in a bad mood because of it, so you don't think that I'm in a bad mood because I don't love you. I love you but I'm not in a good mood. (Laughter in the hall). She sits in a corner and pensively looks at the wall, in suffering. The husband comes forward and says..."Well..."

00:29:41 (Addresses the hall). Does the husband comes forward in this case or not, what do you think? Who thinks that he won't come forward, raise your hand? You don't know the psychology of women and the psychology of men, whoever raised their hand. A woman's mind is six times stronger. And if a woman is worried about something, the man will go around in circles. Why? Because he can't stand it when a woman is anxious. A man doesn't have the ability to stand it, his mind is weaker, and therefore he says...

00:30:10 Does a woman ask her husband" "Why are you in such a bad mood today?" More often than not, no. She doesn't care, as long as he doesn't shout. (Laughter in the hall). A man always...he comes up and asks: "Why are you in such a bad mood today? What happened, what's the matter?" He constantly talks to her about this. Why? Because this troubles him. He begins to get antsy. A man can't stand when a woman is suffering.

00:30:36 She sits in a bad mood, he goes up to her and says: "Should we buy a new dress?" (Laughter in the hall). She says: "No, no way, because we don't have money". He says: "Well, to heck with it, the money". Or he says: "Well, okay. Fine, we'll buy it next time." She says: "Yes, better next time". And continues to sit like that. That's it. No chance.

00:31:11 Even a man who's listened to this lecture and sees that his wife is doing this, will be happy. Raise your hand, which man wouldn't be happy if his wife did something like this? Not one person raised their hand ladies, not one person. This signifies acting according to your character traits. A woman who always says "yes" to her husband and listens to him, wins respect, love, and she gains everything that she wants in family life.

00:31:42 Now, why is it difficult for a woman to do this? I'll explain. Because there's such a thing as unresolved male karma. There exists unresolved male karma in all women. A woman, in a male body, genuinely believes that she has the right to argue with her husband. However, the knowledge of how to do it, doesn't come from the female body, because you can't do that in a female body. If a woman acts this way, she destroys all of her happiness. Because arguing with your husband is the same as attempting to greet a baobab or ask it for something. It is a useless endeavor. The nature of a male is such that *if a woman begins to scold her husband, she doesn't have any chance of getting what she wants*. Do you understand the idea or not? Such is the male psyche, a woman should know that.

00:32:50 And so, the rational mind of a woman (Jupiter stands for reason). When a man wants to find himself a rational wife, he should study how obedient she is. If she is obedient, she listens to him well, this doesn't mean that she is stupid, as it may seem at first glance. It means that she is very rational, very rational.

The Qualities and Main Tasks of Men within a Family

00:33:12 Next. The rational mind of a man signifies responsibility. A man with a strong Jupiter never acts in a way where he says something, promises something and doesn't go through with it, its impossible for him. In addition, he always tries to treat everything seriously, even the most insignificant problems that exist for a woman. He studies these problems attentively and tries to fulfill her needs.

00:33:50 However, the main trait of a man with a strong Jupiter is that he's very goal oriented. Some women think that, I'll marry someone who loves to spend time with the family. I'll marry that kind of person. As a result, in one family, there turn out to be two women. One in a male body, another in a female body. Nothing good will come from the marriage. A man should have a goal in life, this means he has a strong Jupiter. Such a man can become a wise person, give good advice, and can help the woman to become happy. This is compatibility with Jupiter.

00:34:27 How to act, so that there is such compatibility? A man should try to study how to live correctly, with all his might. In our era, there's very little of these energies, because work sucks up all of our time, the desire to have lots of money, but it doesn't bring happiness. A man can toil a lot at work, bring home money, does it increase harmony within the family? Western psychology believes that yes, the more money a man brings home, the more his wife will respect him. It turns out that in reality that's not quite the case.

00:35:01 A husband should bring home a certain amount of money to the family, as much as is needed for life. He should devote the rest of his time to self-realization. He should cultivate good character traits within himself. If he begins to work too much and bring home more money to the family, then the family (the wife, children), get used to this amount of money, their demands also increase accordingly.

00:35:25 As a result, they can't appreciate the excessive efforts he undertakes for what they're worth. He "works himself to the bone", comes home and says: "Today I earned this much". She

says: “Well, so what. Last month you brought home just as much, you haven’t surprised me.” Do you understand? *Because a person always gets used to what he has.*

00:35:49 Aside from that, the Vedas say that, in earning more money, a person doesn’t increase his well-being, he simply raises his niche in life. There exist various niches in life just as there exist various floors for an elevator. When a person earns more money, he wants to, first and foremost, move up to the next niche. This means more expensive furniture, he buys nothing new, the same old things, they’re just more expensive.

00:36:17 However, as per Vedic knowledge, a person who occupies a higher niche than he is meant to in life, later makes himself dependent on the people who, as per fate, he should not be dependent on, and as a result, he attempts to live together with them with great strain, interact with these people, and he suffers a fiasco. He suffers complete defeat. Because his psyche isn’t adapted to interaction with this category of people that he wants to fit into, using his wealth, using his money. The same applies to social status, and so forth.

00:36:52 This can be contrasted with a person who engages in self-realization. He, without making more money, moves in a completely different way. He has a different ladder of progress. He becomes a wise person and, in relation to the increase in his wisdom, he changes his sphere of contact with various people. Do you understand? At first, he interacts with one group of people, then, becoming wiser, he already interacts with different people. As per this social circle, he then receives necessities of life.

00:37:23 I can very easily tell you how this happens. It happens in the following manner. A person who increases his wisdom receives a very quick and easy means of working where its possible to have a lot of money and not work too much at the same time. Do you understand? A wise person is needed where you can have a lot money, but where you don’t need to work a lot. Do you understand what I’m saying or not?

00:37:51 There are people who are constantly working, 24 hours a day who receive a pittance. There are people who almost don’t do anything and they receive a lot. The difference between these people lies only in that those who simply work, they lack character traits. I have a whole seminar on this topic: “Cultivation of Good Character Traits”. The people who work less simply have a better character and that’s it. As such, why toil too much at your job? You should work as much as is required. That’s the whole point.

00:38:25 If a person works less than he’s meant to, then this will bring suffering to the family. However, he should engage in self-realization during all of his free time. You see, everyone who came to this lecture understood this topic very well, this issue, that this is a necessity. If a person understands this, he changes his social circle. And, as a result, through the people he interacts with, he gains protection and another life, another fate. But that isn’t all.

00:38:52 It turns out that a woman...respect...the ability to respect her husband is only connected to Jupiter, only with this one planet. If a man engages in self-realization, his wife can’t not respect him, she simply doesn’t have the psychic ability. And, if she doesn’t respect him, she experiences great suffering from it, she feels like a fish out of water as a result. If the husband is

respectable, but she can't respect him for some reason, this means that she has the problem, within herself, and its not with him.

00:39:27 And so, the **main responsibility of a man is to engage in self-realization. The main responsibility of a woman – is to create conditions for her husband to practice self-realization.** Now we can flesh out this method that I spoke of at the very beginning, how a person can by himself, without the help of another person, another loved one, attain success in family life.

00:39:50 Its natural that the majority of men engage in degradation, and not in self-realization because now our world is moving towards degeneration. We see that most men drink heavily, engage in debauchery, and so forth. They lead a life that leads to degeneration of consciousness. Women, having a stable, non-dynamic nature, preserve the ability to remain not too heavily affected by all of these things. Such is the way of Nature, that a woman can...a woman is given the chance to stay afloat and create happiness in family life, happiness in the family.

What should a Woman Do

00:40:32 If a woman has degenerated, but the man hasn't...but the woman is responsible for whether or not a family is happy, first and foremost, and the man is responsible for whether or not the family will move forward in life, therefore women are given the chance to be happy in a family. It means that she should herself, begin to engage in self-realization. But she should do this differently, not counter to her husband. Often a woman, when engaging in self-realization, counters her husband, and as such, bites the hand that feeds her.

00:41:02 As a result, the man degenerates even more from this, and such a woman later ends up without any protection: financial, moral, and so forth. She ends up all alone and unhappy. A woman should, engaging in self-realization, set up everything in order that her husband thinks that he, in reality, is giving her this opportunity. She should act this way in life.

00:41:26 As a result, if she inspires her husband to change...(addresses the hall). And how can a woman inspire her husband to change, how do you think? "Well, get up, you brute, its late already". No, not that way, my dears. It turns out that there is another way. When a woman constantly points out to her husband his good qualities, ignoring his shortcomings, then the husband begins to develop what was pointed out to him.

00:41:59 If a person is told that he is a piglet, he'll start grunting. I'll give you an example, wise people experimented, this experiment is described in the Vedas. Ten wise men got together and they decided to study this phenomenon of the influence of someone else's thoughts on a person's consciousness, someone else's understanding of things. They reached an understanding of how to conduct this experiment. They took one of their acquaintances and they all told him, one after another, (they were respected people), meeting each of them, the person heard from them one and the same thing. They arranged things so that, aside from them, the person didn't see anyone else for half a day. They arranged things so that they met him along the road and so forth.

00:42:42 And, when he saw one of them, he said: “Hello”. And the person looked at him, the wise man, and said: “What’s wrong with you, don’t you know that you are already a Spirit, that you died, that you’re in a subtle body and that you shouldn’t greet anyone because you’re just frightening people”. When the first person said him this, he just started laughing and said: “Nice joke”. When the second one told him the same thing in complete seriousness, his heart skipped a beat. In summary, somewhere around the 7th or 8th person, he completely came to believe that he was a Spirit, he believed in it completely. He already asked the 9th person: “Please tell me, how did it come about, that I didn’t understand that I died?” He didn’t even have the idea that he was alive. Do you understand or not?

00:43:27 It was only ten people, ten people said one and the same thing. If a wife says to her husband every day, that you’re such a pig, well, why do you think that he won’t start grunting, he doesn’t have a chance. Why? Because it acts like a swing in the opposite direction. Now look, two dogs are barking, and one person is watching from the sidelines. Which of the dogs is right? One dog is barking and the other one is barking, which one’s right? You say the one that barked second. But they are both barking at the same time. Can you really figure out which of them barked first, which second. When two people are arguing, it’s the same result.

00:44:16 In what way are you better if you argue with your husband, in what way is the wife better than the husband whom she argues with? In absolutely no way, she is exactly the same as he is, they have exactly the same shortcomings. If a person is smarter, he won’t argue. And so, look, there is a kind of regulating principle in family relationships.

00:44:35 If a woman overpowers the bad influence of her husband, the bad influence of the husband on her, engaging in self-realization, she accumulates psychic energy and begins to point out to him that, in reality, he is a very good person, she shows him lots of facts. When he does something stupid, she cries, says: “Well, how can this be, I didn’t expect this from you, you are such a good person, I didn’t expect such things from you. Please, you can change, please, come on, you can”. Every time. The first time it won’t work, the second time it won’t work, the third time, it won’t work, the fourth time it won’t work, the fifth time it won’t work, it will begin to seem as if it won’t work. However, family karma isn’t worked off in one second.

About Feelings of Personal Self-Worth and False Ego

00:45:20 When a woman says such things to her husband, deep changes occur in her consciousness. Then, gradually, she develops a feeling of personal self-worth which will never allow a person to drink. It turns out that primarily a lack of feelings of personal self-worth...that’s right, there are different understandings of what personal self-worth is...a correct understanding means a desire to live, not for yourself, a desire to bring happiness to others. This is what self-worth consists of. A person feels that he is not worthy if he doesn’t bring happiness to others.

00:45:48 Right now, western philosophy understandings feelings of personal self-worth differently. It considers that I should consider myself good. But this is false self-worth which leads to suffering, according to the Vedas. Namely this feeling of self-worth- *“I’m good in all cases”*, forces a person to hit the bottle. He says: *“And what’s the difference?” I’m good*

regardless, I'm better than they are, even if they don't even drink. I drink- I'm good, I'm the best". So this feeling of personal self-worth doesn't lead to happiness. Its false ego, say the Vedas, false ego.

00:46:19 True ego means, "I'm good only when I can bring happiness to someone". Do you understand? Failing which, I'm bad. When a person believes this, he is satisfied, even, regardless of the fact that he considers himself a bad person. As such, we should learn to develop within ourselves true ego – this is the first rule that is essential in order to change our family life.

00:46:41 If a person considers himself to be good, that means that someone will be bad, because there isn't any happiness, do you understand? I'm good, that means someone's bad. That means, I need to argue with this bad person because there's no reason to change me, I'm good as it is. I go to the lectures, I know everything. That's it, zero results. Zero. No chances of changing your family life. *A person should believe that he himself is guilty of all of his suffering – this is the first step.* His true ego will begin to work in this manner. Next, he'll begin to try to inspire his loved ones, he'll attempt to notice good things in them – its very hard to do, its easier to say bad things, its very difficult to notice the good.

00:47:24 When a person begins to try to do this, he sees how difficult it is, therefore, he begins to scold people less for only seeing his faults, he already starts to understand that its difficult to see the good and he attempts to do it. As a result, he begins to take steps towards attaining harmony with Jupiter. You have to start with this because everything begins with faith. Faith means reciprocation It means an ability to listen, it means, conversation in trust, it also signifies a desire to receive advice.

00:47:59 This is compatibility with Jupiter- the most valuable thing in family relationships. And even if people are on completely different tangents from one another, when compatibility with Jupiter is achieved, all of the negative in their relationships is completely dissolved because they begin to listen attentively to one another and attempt to change themselves.

00:48:18 In order to attain this level of consciousness (it is a very high level of consciousness in family relations), in order for this, the woman should, since the woman is more often than not "afloat" in a bad family (I will also talk about men, what a man should do), she should begin to listen to her husband, tolerate what he gets up to, but at the same time, not debasing herself. Debasing herself signifies her agreement with all of this. She doesn't agree, but she also doesn't try to humiliate him. She says: *"Of course, I don't like the fact that you're acting this way, but regardless, I believe that you are good."*

00:48:46 She can cry, bang her fists against the floor, it doesn't matter how much emotion is displayed, what's important is the result- how she says it. When a woman acts in this way, a man's consciousness changes very slowly. As a result, he, after some time (within 8-9 months), **he begins to slowly sober up.** *His perception of the world changes, he begins to understand that he's not right, that his wife is better than him.*

00:49:22 The first sentiment that he begins to understand is that he got a wife that's better than he is. It will start to eat away at his consciousness. Little by little, he'll change for the better. I'm

not telling you this theoretically, I've seen a lot of examples in life where **people completely change their families**. One person, not attempting to change anyone, acting correctly, as per the Vedas, completely changed his family relationships, and the other person doesn't have a clue as to whom he's indebted to, that he completely changed his life, he doesn't even have a clue as to who did all of that.

What Should a Man do to Improve Relations with his Wife?

00:49:57 And so, a man can also change his relationship with his wife. He should understand what, in his case, is achievement of harmony with Jupiter. *He should become a very serious and responsible person*. He should very seriously, and with great responsibility, relate to all problems that exist for his wife. He shouldn't pay attention to her insults, but, if she insults him, he shouldn't maintain close relations with her. He should try to say: "Well, everything's okay", that is, what that means is – close relations mean you don't have to...out of a feeling of duty he can fulfill all of his duties to his wife...but he shouldn't "suck up" to her, try to debase himself in front of her, if she insults him. He should conduct himself very confidently and this confidence will give the man an aspiration towards self-realization, it gives him strength.

00:50:57 Now look, a woman has a choice, women attract men, however, who does a woman marry? The person who was quickly attracted to her and attempted to run after her, or the one who kept his eye on her, but conducted himself very strictly and seriously. Who will she respect more, the first or the second one? The second one, of course, there's no doubt about it. It means that a woman always tests a man in the following manner. She tries to stir up his emotions. When they are stirred too quickly, she says: "he kind of seems to be a weakling".

00:51:43 As such, *a man should know this aspect of female psychology, he should be very serious and firm within himself. He shouldn't be a pushover and weak, he should conduct himself very seriously and responsibly*. However, he shouldn't scorn the woman at the same time, he should fulfill all of his responsibilities before her, but he shouldn't seem like a pushover, this signifies strength of reason.

00:52:06 A woman naturally begins to respect such a man, and begins to listen to him. As a result, there emerges harmony with Jupiter. This harmony provides the opportunity to enter into harmony in relation to everything else. On the whole, I can't tell you everything about this topic, I want to take the most important points from different areas. This compatibility of character traits- I would like to quickly, in brief, quickly describe it.

Masculine and Feminine Qualities

00:52:38 Now look. Bravery – it this a male or female character trait? Female. Male. If a female feels fearless, it means that, as per her karma, she'll end up with a husband who is afraid of everything. It means that they both didn't work off their karma in this regard and it will bring both of them suffering. She will think: "I'm such a fearless person, I'm not afraid of anything, I can remain calm in any life situation, everything's okay, but I ended up with this guy – who shakes in his boots at any occasion".

00:53:16 She thinks that it wasn't fair that she ended up with him, but that isn't right. By acting fearless, she, as such, doomed herself to such relations with a man. She should transfer her fearlessness to her husband. Although he's shaking in his boots, if she says "Well, you're so brave, I'm just a woman". If she tells him this, he, little by little...their character traits change to the complete opposite. As a result, the husband becomes fearless, the woman becomes afraid of everything.

00:53:49 What does this give the family? It gives the family peace of mind. Peace of mind. If a woman isn't afraid of anything, but the man is afraid of everything, what does this give the family? Anxiety. How is this expressed? Why does anxiety emerge? Because the man is constantly picking on his wife in this case, he will pick on her: "You're unbreakable" He will tell her, he will force her to submit to his internal state of mind, she will say: "Well, how can I submit to you, if you win and I don't?" Do you understand? Conflicts emerge right away.

00:54:37 With regards to striving towards self-realization, I already said that a woman should strive towards it, but she should put herself in second place. And then everything will be okay. If she puts herself at loggerheads with her husband, then the family will degenerate in this regard.

00:54:51 Next, the next character trait- the ability to be charitable. Is this a masculine or feminine character trait? The ability to be charitable is a feminine character trait, therefore a woman should make charitable donations, not the husband. The woman should give to charity.

00:55:21 For example, someone comes up and says: "Please give me some bread". The woman opens the door and says to her husband: "Hey, come here, bring out the bread". If the woman is greedy, the husband won't be greedy, no? Who is greedier, men or women? Women. A woman's emotions are six times stronger, this means that she has six times more greed. You don't believe me? Go into a supermarket and take a look, are there more women's products or men's? Why make more women's products if men are greedier? Think about this topic, ladies and gentlemen. 4/5ths of industry work on goods for women, and only 1/5th on men's (meaning consumer industry).

00:56:31 This means that a woman should defeat greed within herself by giving to charity. The man will be okay with it in this case. If a man gives to charity, this doesn't yet mean that the woman will be okay with it. When one person in the family doesn't approve, this is called charity in passion, and there won't be any use out of the donation, it won't bring the family happiness. However, a man should motivate his wife to engage in acts of charity, this is his duty.

00:57:02 Self-control – is a female or male character trait? Male. A man should work on self-control. If a man controls his emotions, the woman feels very calm within the family. If a man doesn't control his emotions, the woman is constantly anxious and on edge. *If a man tells his wife: "For the last time, calm down".it means that he doesn't understand who should first calm down, he isn't fulfilling his responsibilities.*

00:57:37 Next. There exists something else – sacrifice. Sacrifice is something different, its not giving to charity. Sacrifice means certain actions, rituals, associated with the attainment of success in life. For example, prayer. A woman is more inclined to do this, just as a man is more

inclined to give everything away, throw everything out of the house. However, the duty of the man lies in performing sacrifices and interesting his wife in it.

00:58:20 But, nevertheless, if a woman prays in a family, the husband doesn't- this means that the wife shouldn't be too proud of it, because this can lead to strong dissonance in the family. The husband can forbid the wife from praying if she doesn't believe that he gives her the go-ahead, the ability to do so. If she believes that he gives her the ability to do so, it means that, as a result of her prayer, he begins, himself, to study how to do it correctly. If a woman will do this independently of her husband, she won't attain happiness because the duty of undertaking sacrifices (these actions for the attainment of success in a family) is the duty of the man, and not the woman.

00:59:03 The same goes for a man who loves to cook, let's say, in the kitchen. He cooks very well. But whose responsibility is it to cook in the kitchen, the man's or the woman's? The woman's. As a result (men's emotions are six times less refined), if a woman doesn't oversee this process... a man can cook, there's no problem with that, he likes to... but who should oversee this, who should say what needs to be prepared for the kids, for friends, what can be prepared for yourself, what can be prepared for me? Who should manage this? The woman.

00:59:41 A man's emotions are six times less refined. He will cut a beet into four pieces for a newborn, because he doesn't understand that you need to cut it into smaller pieces, he doesn't have such thoughts. His emotions are less refined. The soup will be cut up into very large chunks, the salad will be grated on a grater and so forth. That is, there will be big problems. A man doesn't understand it, he says: "I like this kind of salad, and I like a soup with big chunks". But the wife simply can't stomach it.

0:1:00:23 (from the hall) What if the man is a chef? No problem, say he's a professional chef, but nevertheless, a man's emotions are six times less refined, he still can't cook what... a woman is very fastidious when it comes to food, men aren't. If you don't believe me, look into it. Ask a woman "what did you eat yesterday", she will tell you what she ate yesterday. Ask a man "what he ate yesterday", he will say "what did I eat? Lunch". He doesn't remember. Lunch means lunch, it seems as if he didn't eat breakfast, he ate lunch, that's it, he doesn't remember anything else beyond that. "But was it salty, this lunch, or not?" He says: "Okay". That's it. That signifies a male psyche.

0:1:01:12 A man can cook, but a woman should manage the process. A man can do the laundry, but a woman should oversee it. A man can wash floors, but the woman should oversee it. A man will wash the floor, around the chair, around the sofa, diagonally, because he doesn't have time, his emotions aren't so refined, he can't do all of it quickly, that is, scrupulously. A woman gets strong anxiety from one speck of dust lying in the apartment, her mood is spoiled for the whole day. She can't walk past it, she needs to clean it. A man doesn't even notice it, the speck of dust. A tank could stand there and he wouldn't notice, he doesn't have a problem with this.

0:1:01:59 Next, ascetic practices, who should do them, men or women? The duty to do ascetic practices is a male responsibility. Women who begin to wake up early, exercise, one, two, three, four, fast, what happens, without the participation of the husband? How can the husband

participate? She should at least ask him: “Can I start to exercise?” When she exercises, she should consult with him: “Am I doing this exercise right or not?” If she doesn’t do this, she begins to do the exercises herself, as a result, her husband will feel, since it’s his responsibility, he will constantly sabotage her, he will make fun of her while she is fasting, exercising, waking up early in the morning. He will interfere with her life.

01:02:49 She should take a submissive position in relation to her husband when undertaking ascetic practices, and, as a result, she will attain success in practice, then he will begin to engage in it himself. If the man of the family undertakes ascetic practices, the family receives psychic energy. If the woman undertakes ascetic practices, the family doesn’t receive psychic energy. Only the woman receives psychic energy. As a result, this psychic energy isn’t put to good use. She begins to feel stronger than her husband and only scandals erupt from that.

0:1:03:27 Simplicity- is it a female or male characteristic? Female. Male? Female. The responsibility for being simple is a female duty. What to do so that your husband never lies? Which one of you women know what to do, so that your husband never lies? What’s the secret? No. The secret is this. One of a woman’s responsibilities is to open up her mind to her husband. She should open up her mind to her husband. She should tell him everything about whom, where, when and how she thought. If a woman does this (and it’s a natural quality of a woman), she can’t keep things inside, everything that she has, it’s very difficult- her emotions are strong. She opens up- she starts to feel better.

0:1:04:25 **When a woman does this, a husband can’t hide anything from her because he is dependent on this character trait.** The duty of a woman – to be simple, even, even if she isn’t very simple, she should try to act this way, otherwise, there’s no chance of her being happy in a family. If the woman isn’t simple, it breeds mistrust within the family. Mistrust is bred in the family, they don’t trust one another, they can’t talk to one another. As a result, who suffers from this? The woman. The man doesn’t care. He comes home – puts his feet up on the couch, watches television, that’s it, then sleep. The woman worries about the lack of trust a lot, she experiences suffering. The man doesn’t care. If the man isn’t indifferent, that means that he has some kind of problems, he, it means, he isn’t occupied with anything, he is languishing.

0:1:05:23 Lack of aggression – is that a female or male character trait? Male? Female. Where have you seen men that aren’t aggressive? Men fight, men are policemen, men engage in acts of violence. Men – it’s their duty to act harshly. “Go to Mom, let her punish you”- that’s not serious. Aggression is a male character trait. A man should commit acts of aggression, it’s his duty. Therefore, if a woman doesn’t know that the Father should punish in the family, she shouldn’t punish her children, otherwise the children will just grow up to be recidivists, they will become very cruel people, they will grow up this way, if the Mother punishes.

0:1:06:24 The Father should punish, that’s his job. The Mother- the woman should perform acts of non-aggression within the family. Non-aggression means she will never act harshly towards anyone in the family, she will “pass the bow and arrows to her husband”. But the husband should do it, he should be dedicated to it, he should be very strict. In this lies the duty of the husband.

0:1:06:52 Truthfulness – is this a male or female responsibility? Male or female? Both.

Truthfulness is the responsibility of men and women. No one should lie and they should both monitor how greatly truthfulness is cultivated in their family. What influences truthfulness more than anything, what...which action completely destroys truthfulness in the family? All together now. That's right. Unfaithfulness.

0:1:07:27 Its enough for a woman to just look (remember: the glance of a woman and the word of a man are one and the same) – it means that its enough for the *woman to look with love at another man, and lies immediately enter into relations between a husband and wife*. This means that they already won't have happiness, because happiness means harmony. Harmony means harmony in all psychic centres where harmony can be found. Harmony and truth are one and the same, there isn't harmony without truth. So what do you think, how will there be harmony, if there's no truth, what kind of harmony would that be? Truth means harmony, truthfulness means harmony.

0:1:08:11 A man, talking with another woman in private, does the same thing. A man, the glance of a man stands for nothing, that is, the glance of a man, wherever he looks, it doesn't have any significance, when a woman looks somewhere, it already has significance. If she smiled at someone, that means that they'll go with her. However, if a man smiled at someone, it doesn't meant that they'll go with him, do you understand the idea? You need to understand it, its very important. However, if the man began to talk to someone, that means its already serious, it will lead to problems, but it doesn't mean that the man should look at everything under the sun. He should also control his emotions, in that lies his responsibility.

0:1:09:02 Freedom from anger – lack of anger, is this the duty of a man or a woman? Both. How is anger manifested in a female body? As resentment. A woman gets offended, she doesn't suspect that she is angry, a man, when he gets angry, doesn't suspect that he is committing an act of violence. It seems to him that he should realise justice. However, justice isn't realised through anger, it should be realised through strictness.

0:1:09:34 Strictness is always combined with kindness, anger can never be combined with kindness. Only when a person strictly and kindly relates to a loved one, is he able to get something out of him, because kindness breeds a sense of duty. A sense of duty breeds only kindness. *If you don't relate kindly to a loved one, it means that he also won't have any sense of duty towards you*. A woman, when she is offended with a loved one, also loses kindness. Therefore, a woman should curb her resentment in relation to her husband because it's the same thing as anger. A woman who is deeply offended with her husband can bring things to a point where he begins to beat her.

0:1:10:15 Why does a husband begin to beat his wife? Because she is deeply offended with him. Do you understand this idea or not? Touchiness signifies anger. A man who gets angry should know that his wife takes offence, and his anger at his wife – it's the same thing, therefore, he should curb his anger, then the wife will gradually stop getting offended.

0:1:10:42 Renunciation- is this a male or female character trait? Emancipated women believe that it's female, but it's a male character trait. If the woman doesn't understand it, their family

life will end unsuccessfully. A man should be renunciate. He should be renunciate from fuss and bother, do you understand? A man should fix his internal sight on the most important part of family relations.

0:1:11:15 If a man runs around the apartment: “Oh, the books aren’t in the right place, over there, over here” You need to make money, you should understand the idea that there won’t be any money in the family, no matter how these books are lying about, the children will be walking around without shirts on their backs. You should think about the family having life’s necessities. But that’s not even the most important thing. It turns out that even more importantly, the husband should set his sights on how the family can purify themselves.

0:1:11:43 What is purification of the family? It turns out that when the psychic energy of the family rises upwards, the interests of the family become more elevated, then the whole family is guaranteed harmony in all centres. As a result of this, family happiness will exist in and of itself, no doubt about it. If, however, the husband turns all of his interests towards earning money, as a result, you won’t see harmony higher than the solar plexus as if it were the back of your head. Therefore, a man should be very deeply concerned with how the family is progressing spiritually, and the wife should give him the opportunity.

0:1:12:27 If a man should be studying scriptures or saying prayers, then at this time, she shouldn’t run up to him, poke him and say: “Come on, go fry the potatoes as soon as possible”. She should understand that if he doesn’t do this, no one else can. The ability to focus, concentrate like this, is much weaker for women. **And a man bears responsibility for family life.**

0:1:12:51 *If the wife doesn’t achieve success in self-realization, the effect of this is on her alone. If a man doesn’t achieve success in self-realization, it means that he bears responsibility for his children, for his wife, for this, do you understand? The man will suffer as well, for his wife not having achieved success in it, and for the children not having achieved success. This is his sin, but the woman is only responsible for herself, and that’s it, in this case.*

0:1:13:24 However, if a woman can’t keep the family together and acts in such a way that the husband leaves her, it means that she is responsible not only for herself, but for her husband and for their children. As a result, everyone will suffer. And the strength, the ability to keep a family together is in the hands of the woman. God gave women such strength, she can keep her husband by her side if she truly wants to. Knowledge on how to do it is given to her as a result of this desire. It essential for her to fulfill her feminine duties and not male duties, then she receives the power to keep her husband by her side and be happy.

0:1:14:08 Next, contentment – is this a male or female character trait? Contentment – it is first and foremost inherent in women and is her responsibility. Women are connected to the planet Moon which signifies calm. The moon signifies calm. A woman’s beauty depends on the peace on her face. *If a woman is very content, it means that she is beautiful. The highest beauty of a woman is calm, the lowest beauty of a woman is beauty linked to Venus, it is linked to the desirability of a woman, or her ability to “make eyes with someone”, “send out signals with her eyes”, this and that. This is all associated with Venus.*

0:1:14:54 Compatibility with Venus doesn't bring long-term happiness, compatibility with the Moon brings long-term happiness because a man should focus his attention on the serene beauty of a woman, and not on her active beauty. He should look for a woman with serene, calm beauty. The ability to make a family calm is one of the duties of a woman. Therefore, **if a woman only senses anxiety within a family, she doesn't feel like going home, there its just – its not home, it's a mad house, it means that she isn't fulfilling her responsibilities.**

0:1:15:29 She should make peace within the family, she should take pains to ensure that everything is calm – it means that there should be something to eat, there should be cleanliness, there should be good relationships within the family, between people. And this is a female responsibility. If she does this, it means that the husband comes homes, he feels good, he's calm, the children are calm- there's total contentment. In order for this to be the case, a woman needs to spend less time on outside work. She should find herself a job where there's the possibility of spending less time working and more time on the family. And then she will attain everything, she will earn enough money, and her husband will earn enough money, and she won't lose any finances.

0:1:16:06 Why is that so, I'll explain it to you. A woman who gets deep into work, leaves the house, what happens as a result? Where does a woman accumulate her strength? At home. Her strength fades away, she can no longer work properly, because the house is a mess, the children are growing up to be who knows what. As a result, the woman is constantly shaking. She can't earn enough money, go up the career ladder, no, when she's shaking?

0:1:16:42 Now. The man comes home, where does he relax- the man? Also at home. He picks up energy at work, but where does he relax? He relaxes at home. Where does the woman relax? At work. She picks up energy at home. At home she feels energy, at work, she thinks: "Oh, thank God, I've gone to work, that's it, everything's easier. Its easier there, you don't have to do anything". The man at work- a man has responsibility, he has business there, he doesn't pick up energy there, he needs to work a lot there, he relaxes at home – he doesn't have anything to do. He comes home, his wife tells him: "Will you mop the floor?" He says: "Okay". He sits down on the couch, watches television. That's it.

0:1:17:31 Because the man has another sphere of life, its difficult for him to focus on floors, maybe he would have wanted to, but he can't, its hard for him. Because you need to know these things very well, you need to understand them very well. A woman who dedicates more attention to the home, she, as such, gives everyone opportunity: for the man to relax, to devote more energy to work, he will progress, there will also be income for the family. A woman who has peace at home can do a lot of useful things at work within a short space of time, because what's the most important thing that's required of a woman? Character traits. The same as a man.

0:1:18:16 A good secretary during four hours at work can bring more use than a bad one for 8 hours who yells at everyone, runs around, turns everyone out. She should exude contentment. What are all the specializations of women associated with? A smile on the face, a serene gaze, "yes"- always "yes", never "no". That's it. Its impossible if there's anxiety at home. The smile will be rubbery, the eyes – clouded over. *A woman should spend less time at work.*

0:1:18:51 **All women (now listen to the formula), all women who think the opposite, are doomed. First there will be great anxiety in their family life, then divorce, then their children will grow up unhappy. That's it, it's a fact, you can test it out on your own lives.**

0:19:14 Lack of criticism – is this a female or male character trait? Both, but the husband, the man is responsible for lack of criticism within a family. Can a woman not criticize, can she? She can, but with great difficulty. Its hard for a woman not to discuss the character traits of other people. That's what criticism is- a discussion of a person behind his back. A man can refrain from this, he should try to be above this. However, he should hear out his wife. She says: “These people are bad, those people are bad”. He says: “Well, okay, calm down, everything's okay.”

0:19:55 That's it. In this lies his duty. He doesn't attach too much significance to the words that she says there about someone, because she herself also doesn't attach great significance to them. She said something today, tomorrow she'll change her mind. A man has the same opinion for a long time. **A man shouldn't get carried away in criticism, criticism destroys family life.** If a man begins to criticize someone, its repulsive to a woman, she can't look at such a man, it seems to her that he's very low. A woman, though, when she criticizes, its all okay, there aren't any problems. That's the way it should be.

0:1:20:34 Compassion- is this a male or female character trait? Female. A woman should cultivate compassion within herself. If a woman doesn't do this, the man will never be compassionate. In what lies a woman's compassion in regards to her husband? She forgives him for his shortcomings, her compassion lies in this. And as such, she can develop good character traits within him.

0:1:21:02 Whose good character traits develop faster, the man's or the woman's? The man's. The man's, ladies and gentlemen. Only if there is some stimulus. If a woman begins to support her husband's development of good character traits, by being compassionate towards him, and wishing him...believing that he has the right to have shortcomings, then he begins to grow by leaps and bounds and quickly changes his character. And then, he will help the woman to change her character.

0:1:21:33 On the outside, who can look as if they have a better character, the man or the woman? The woman. The woman at work, when she arrives at work, she has an ideal character: “Hello”. “Hello”. Women speak ideally with everyone at work, they don't have any problems. They believe, I was so good at work, I'll come home and its as if she's a mad dog on the loose. If you're a mad dog on the loose at home, it means, that's how you are. A man acts more or less the same at work and at home. Well he tries to somehow, tries, but it very rarely works out entirely. A man can change his character significantly, right away, then he can help his wife gradually change her character. On the outside, it seems as if the woman changes her character faster, but this is only present on the outside. *Its very difficult for a woman to change herself, she has a very stable nature.*

0:1:22:32 Freedom from greed. I said that this duty...freedom from greed- is the duty of the woman. Kindness- is it the woman's or man's responsibility? The woman's. If a mother is kind, the children are kind. A kind father doesn't yet mean that the children will be kind, they will be

spoiled. The Father should be strict. The kindness of the Father is inside, he hides it. He is also kind, but he hides it, because the responsibility for being kind is the responsibility of the woman. The Father is strict- he hides his kindness, the children, as a result, know what punishment is. Knowing this, they will never act badly.

0:1:23:14 Humility – is it a female or male character trait? Female. However, when the man becomes humble and is responsible at the same time, it means that he has achieved great success in the attainment of wisdom. A man who is both responsible and humble at the same time needs to be considered a wise person. However, a woman, who by her nature is humble, should be humble from the very beginning, because this is the nature of a woman, being humble.

0:1:23:43 If you don't believe it, then there exists such a rule in the understanding of these matters. What is the duty of men and women? When a man and a woman just start dating, nature acts so that all of their good character traits are manifested right away, and then they will die down. A man becomes responsible, he walks around like a king, very serious, strict, he has a very business-like appearance. The woman is very obedient, cooks all the time, does the laundry well, cleans the apartment, acts very neatly, is very considerate and so forth, very kind.

0:1:24:26 And so therefore you have to believe that things should be that way. Nature shows us who should be whom in inter-relationships at this time, when there exists such...when sexual energy closes off the rational mind, men and women begin to conduct themselves as they should. Do you understand? Because they want to get the other person at any cost, because they're ready to...how to behave correctly floats to the surface of their subconscious, and they begin to do this. Then, when the honeymoon is over, everything slips back into place.

0:1:25:02 Therefore, the Vedas say, a person should not get enamoured...men and women, if they want to get married properly, they shouldn't look at each other, at how they act in relation to each other, they should study how the person acts in life, how he, who he talks to, with another person, with this one, with that one, at work, at home, and draw your conclusions from this. There will naturally be ideal behaviour in relation to him, its natural, such are the ways of Nature.

0:1:25:33 Determination- is it a male or female character trait? Male. A man should cultivate determination within himself, otherwise there won't be happiness in the family. If a woman cultivates determination within herself: "I'll fix you, get out of the house" – it doesn't bring happiness to the woman. She thinks that she is able to do this, overcome herself, say: "I don't depend on you, get lost". The result is tragic. He gets lost, then, finds a bit of strength in himself, gathers his remaining strength, because a determined woman is given an indecisive husband by fate. He will gather his last remaining strength and get lost. And what then, will the woman have happiness? No, that's it, an unhappy person.

0:1:26:23 Even if the woman gets married, its still so difficult for her to achieve happiness in a second marriage. She has already gotten used to the person, the first one, its difficult for her to change. Female nature changes very slowly. If she gets used to someone, its very difficult for her to change everything in life, take a chance at happiness with another person. For a man- its spit

once, change everything, he's already forgotten everything in two months, who he had before this, what wife, what kids. Therefore its essential to understand all of this.

0:1:27:00 The ability to ask for forgiveness- is it a male or female character trait? Female. A woman should always be the first one in the family to ask for forgiveness, even if she isn't guilty. She should go up to her husband and constantly say: "Forgive me", even if he is guilty. What does she achieve in this case? She achieves the result that her husband will himself ask for forgiveness, but after her. You need to put everything in its place, in this manner.

0:1:27:33 Strength of character – is it a male or female character trait? Male. A man should have a strong character, but a woman shouldn't boast about her strength of character, she should show her weakness of character – her duty lies in this. Even if her character's one hundred times stronger than her husband's, she shouldn't show this on the outside, because it will lead to the collapse of the family. If a man doesn't have a strong character, he should still strut around the family, otherwise there won't be happiness.

0:1:28:11 External cleanliness – is a male or female character trait? Female. Women love cleanliness and order and their duty lies in this. She shouldn't think that a man should engage in, should be responsible for cleanliness in the apartment, that he should be responsible for the cleanliness of clothes, furniture. She should be responsible, she can force, interest her husband in it, but she should be responsible for it.

0:1:28:35 (a note from the hall). Lack of envy- is it a male or female character trait? Male. A man should learn not to be envious. Humility is a female character trait, moreover, an innate female character trait. It signifies good, it signifies the purity of a woman. How to tell if a woman is pure or not? A woman preserves her purity, a man spoils it. A man spoils all of his energy, his purity of character, somewhere around 25 years of age, he begins to understand that it's the most important thing in life, he begins to try to do this. A woman loses her purity, its really hard for her to preserve it. She should try to preserve it, she is pure from birth itself, she is pure.

01:29:24 Is a woman preserves her purity, it means that everything in life comes to her easily, if she loses it, it means that she then...its very difficult for her to live. Therefore parents should protect their children, their daughters, so that no one stains their purity, so that no one instills bad character traits in them.

0:1:29:41 A woman who begins to smoke, its very difficult for her to break the habit. A woman who begins to drink- its very difficult for her to break the habit. A woman who begins to engage in debauchery- its very difficult for her to break the habit. A man has the ability to go and give all of this up much faster. Therefore, men should protect. The Father should protect the daughter to ensure that she doesn't go out anywhere, she should be raised at home, not on the street, otherwise there's no chance of preserving her purity. Thank you for a good question.

What to do, if roles in the family have more or less been completely reversed, where to begin?

0:130:17 (Note from the hall) What to do, if roles in the family have more or less been completely reversed. Where to begin?

0:1:30:22 This is a very important question. I have a whole lecture devoted to this question, its called: “Family Relationships in our Era”. In our era of degradation, the following is happening; women, not having worked off their karma in a female body, are born in a male body in the next life, with feminine character traits. Men, not having worked off their karma in a male body, are born in the next life in a female body with masculine character traits. What happens, as a result? They get together and they completely, in family life they are nevertheless compatible, “birds of a feather”, “peas in a pod”.

0:1:31:05 It means that they don’t have different character traits in their relations with each other, only the same ones. No matter how much they consider that, I’m correct within the family, they still, in reality, have identically opposite character traits, and on the basis of this emerge conflicts. How to resolve these contrasts? When do arguments emerge? It means that there’s a reversal of roles in the family. The man wants to fulfill female responsibilities, the woman wants to fulfill male responsibilities. Its very difficult to understand, but when the family understands, arguments will cease.

0:1:31:41 A man shouldn’t force a woman to do what she isn’t responsible for doing! *He can start shouting: “Why are you bringing home so little money”, but there’s no sense in it. It isn’t the duty of a woman. The woman can also start shouting: “Why didn’t you cook in the kitchen, why didn’t you make me lunch, I’m coming home late from work”- this isn’t the man’s responsibility.* Why does a feeling of injustice emerge, what do you think? Who best understands the duties of a woman? A man. Why? Because he sees family happiness in a woman’s fulfillment of her duties towards him. In this lies the illusion.

0:1:32:20 A man, when he gets married, what does he think about? He thinks that he got such a good gal, she’s going to look after him, listen to him, cook for him, she will help him with everything in life. This signifies that a man, by his nature, knows well in what lie a woman’s duties. But, paying attention to how a woman fulfills her responsibilities, he, as a result of this, mangles his family life, because a **man should learn, where lie his responsibilities, and not where lie the responsibilities of his wife**, which he knows well.

0:1:32:58 When I read the lecture “Duties of a Man”, as a result, all of the women write down notes and constantly say: “I told you so, I told you so”. Its clear in and of itself. A woman knows the responsibilities of a man in and of itself, because she expects a man to fulfill his responsibilities. When I read the lecture “Duties of a Woman”, the men feel like kings, they sit like roosters, its so true, its true, they say”. Its clear, in and of itself. You know these duties, but you should know your own, not the duties of a woman.

0:1:33:34 Therefore, **happiness in family life is possible only in the case when a woman begins to seriously study her responsibilities** and starts from the standpoint of true, and not false ego, because the standpoint of false ego signifies knowing others’ responsibilities. This knowledge helps to annihilate all forms of argument within the family. If there’s an argument within the family, it means they don’t know who fulfills whose and what kind of duties.

0:1:34:05 A man who doesn't fulfill his duties – should a woman argue with him because of this or not? No. It won't help him fulfill his duties. If a woman doesn't fulfill her duties, the man also shouldn't argue, it won't change the situation. Arguments in a family signify total defeat. If a family argues- it means that there are no chances of them surviving together, if they understand that they're not right, each person should know who should back down in an argument.

0:1:34:39 And so, begin to fulfill your duties if everything has been completely reversed in your family relations. You don't need to change anything, because the subtle body doesn't change quickly. Let the man cook and the woman earn money. However, who should inspire the woman to act correctly at work? The wife should listen to her husband and seek advice from him on how to act correctly at work, and the woman should oversee what happens in the kitchen. And then happiness will emerge in the family, regardless of the fact that they have completely reversed character traits.

About Separation

0:1:35:22 (Note from the hall) I'm aware of very positive results out of the separation of a husband and wife and their union with other individuals, on the woman's initiative. What would you say about this? Thank you for your response.

0:1:35:36 On the other side of the fence, there's a dear heart, a beautiful face. I wish you luck. If you believe that this philosophy will lead you to success, act on it. Time will tell which one of us is right. Sometimes it seems as if there's been success, let's see what comes next. A little success still doesn't signify a great success. Life will show you where success is. I am not guided by my own principles, I'm speaking to you from the standpoint of the Vedas.

0:1:36:12 Of course, a woman can find happiness after breaking up with her husband, however, it means, on the one hand, it means that it still isn't clear what will come next, and on the other hand, it signifies that she, possibly, already worked off her bad karma, but the divorce wasn't the initiative of the woman. Do you understand?

0:1:36:34 If a woman...divorce was the initiative of the woman, she gets divorced, gets married and finds herself a good husband. Later, she has a son who, after 14 years of age, begins to act on their nerves so much, that they won't have any peace of mind. Why? What do you think? Because he has two halves: there's the Father whom he doesn't live with, there's the Mother – the karma of the Father isn't worked off in his body, the karma of the mother is being worked off

0:1:37:06 Then comes 14 years of age, and the boy is no longer dependant on the family, but lives with these parents, and he will act on their nerves so much, that it will really hit them. The result of such an understanding, like the one from this note, will be such. I can give you hundreds of these kinds of examples, how it happens...karma goes to the people who thought that you can so easily divorce yourself from your bad karma- it catches up to you where you didn't expect it.

0:137:33 Therefore, naturally, there are cases where people divorce and can find themselves a happy marriage, a union, but it signifies that the duties from a previous marriage weren't abandoned, that is, they remain, especially for the man. A man who finds himself a happy family

can create a happy family, but if he doesn't fulfill his duties before his former family, he won't have happiness in this family life or receive happiness in the next life. He should continue to fulfill his duties, give money towards his child's education, the one that stayed with the mother, and so forth.

0:1:38:10 He should look after his former wife, giving her the opportunity to live in peace. It's a very important point. The woman also has a duty towards her former family, but this duty is her not mistreating.... if she married another man, she shouldn't mistreat her ex-husband, she should leave him in peace. Do you understand? She found herself some other protection. That's it, don't bother the person.

0:1:38:46 The Vedas recommend marrying again in several situations: the spouse died, the spouse is alive. If the spouse died, its possible to marry again, its possible. However, the wife should know, if she deeply loved her former husband and she gets married again, she shouldn't count on receiving the opportunity to live with the person again in the next life. The possibility has been wiped out for her. The same goes for a man. There's a possibility, you can get married, but...

0:139:26 (Reads a note)... You know, I won't answer this question about psychics, there's no time, we have a lot of serious questions here about family relations.

Why there's no luck in family relations. Divorce

0:1:39:37 (Note from the hall) Why do many people, dreaming of starting a family, still stay single? Why don't they have any luck for even a simple life?

0:1:39:06 Its karma. It sometimes comes about that a woman can't get married in a female body, and a man can't get married. Such things happen. It means very heavy karma from a past life. It means that he, in a past life, abandoned his wife to the whims of fate, it means that in a female body, he can't get married in the next life. And a woman who can't get married, it means that she, in a male body in a past life, that is, you understand these regulating principles, that is, a cruel act in regards to a loved one in a past life breeds bad karma in the next life. "Every day isn't a Sunday", we should understand this proverb. Karma is a very cruel thing. My wife and I got into mischief, we should answer for it.

0:1:40:36 (Note from the hall) If I live and raise my child by myself, how to be serene and earn a living at the same time?

0:1:40:22 In order to be serene while raising a child by yourself, such a woman should find society or a person, more often than not a priest or some kind of mentor, who would simply be an authority figure for her family. That's it. Peace of mind in the family is guaranteed. A woman should receive protection, she should find people who will protect her. It means that she should bring her son or daughter to them and say: "Look at how you need to behave correctly, these uncles and aunties will show you, tell you how". As such, she's protected. Do you understand? Its a very important point.

0:1:41:22 Women who don't want to have such protection aren't capable of raising their children. They can't punish their children very successfully by themselves. No matter how much a woman shouts at her son, her son won't take it seriously, because the child, the boy, won't take his mother's shouting seriously. Therefore if a man is left alone, let's say, he raises a daughter, then he should provide an example of how a woman should correctly conduct herself. In this case he can take, for example, a wife, But that's if he's a sufficiently serious person. Or he can somehow show an example on the side.

0:1:42:03 (Note from the hall). What to do if I divorced my husband, he has another family?

0:1:42:10 It's a common situation, that is, we don't know how to fulfill our responsibilities, there are a lot of divorces right now. What to do? Don't do anything. You need to cultivate good character traits within yourself. If a woman cultivates good character traits within herself, but she hasn't worked off her family karma, then it means that she still wants a family, a family life, she aspires to it, in order to cultivate feminine character traits within herself.

0:1:42:34 How should a woman fulfill her responsibilities? She should know them exactly, she should cultivate herself. As soon as she develops these character traits, at that very second, she'll get a husband, at that very second, because a man senses which woman is better, whether she was married or not. If she is a very good person, she will...thirty people will stand in line, she will have her pick, even if, before that, she couldn't find herself anyone. If he already has a family, that's it, the train has left the station, that's it, what can you do? You yourself wanted it, now he has a family, what can you do?

0:1:43:18 (Note from the hall) If the husband and wife already got divorced, they still have a relationship, thanks to the kids, at the same time, they live separately. Can they re-unite the family?

0:1:43:29 Of course they can. I can explain how to do it. If the woman or man wants to reunite the family, they need to begin to wish happiness to the person they divorced. After a few months, there will be a first sign that an opportunity has emerged for them to get back together again. And the person who wished happiness to his loved one will begin to feel that he begins to see good character traits in him and stops seeing the bad. It means that that person is also beginning to change his attitude.

0:1:43:56 Next, continuing to do this, again and again...if the woman wishes everyone happiness and gives (indistinguishable) to her husband and very sincerely wishes him happiness, regardless of whether or not she loves him, hates him or is offended with him, gradually, by doing this, what happens? They change their attitudes towards each other, even if one people is doing this. That's it. Then life arranges itself so that you don't need to press the issue a lot, try to attain it, simply in one encounter, everything will brought to light, that you can live together. That's it. It happens in and of itself, you don't need to do anything. First you need to work a lot within yourself, then a little bit on the outside, and that's it. There'll be a one hundred percent result. Its very hard to believe in it. In order to believe in it, you need to learn to wish happiness, and right now we're going to do this.

0:1:44:42 (Note from the hall). How can a woman protect herself against unwanted pregnancy?

0:1:44:57 Consult a sexologist.

0:1:45:05 (Note from the hall). I don't have an aspiration to start a family. Nor to have a relationship with women or with men. Should I be worried?

0:1:45:14 If you're a man (Laughter in the hall). If you're a man, I don't know, how you can have relations with women or with men. I didn't understand the question, but in any case, if you are a man, then in this case, a man has the right to not start a family and dedicate his life to self-realization, and he can achieve success in it. A woman should cultivate character traits within herself in order to start a family. *Because for a woman, more often than not, renunciation ends in disappointment.*

0:1:45:49 A woman should aspire to start a family. If it didn't work out for her, she shouldn't really get anxious on this account. But in any case, life will give her the best shot. If she starts a family, but isn't ready for it, she will suffer greatly as a result. A woman should aspire to get married. A man that doesn't want to get married can dedicate himself to self-realization. However, if the man doesn't want to get married and at the same time, doesn't dedicate himself to self-realization, he will be a total degenerate by the end of his life. Since he didn't shoulder responsibility for himself, for a woman, for people. *An irresponsible person – a man, degenerates, his rational mind melts away like snow.*

0:1:46:32 A woman can only cultivate good character traits within herself, work off her bad karma in a family, because when a woman is single, she lives in state of calm, she doesn't have any problems, she earns a little bit, a little bit of this, a little bit of that, her life is peaceful. She goes for a walk over here, goes for a walk over there- no problem. However, a woman can't pressure herself to work off her bad karma and change herself without a family, because she...there's no stimulus in her life to change herself. Stimulus for a woman are strong attachments, relationships with children, relations with her husband.

0:1:47:09 A woman who has these attachments feels that its really hard to live. A woman who doesn't have them loses this sentiment and degenerates in exactly the same way. Therefore, **for a woman, its essential to start a family**. A man doesn't have to start a family, but he should then dedicate himself to spiritual life or give his life to people, he should do a lot for people.

0:1:47:32 (Note from the hall). My father argues with our relatives and demands that I do the same. What to do?

0:1:47:37 You need to start fulfilling your duties towards your father- respect him greatly. When this respect reaches a very high level, he will begin to respect you and will stop demanding that you do the same. He will hesitate. It will seem to him that its not good. Even if he's a total degenerate, it doesn't make a difference.

0:1:47:56 (Note from the hall). Why, after the death of a loved one, does a feeling of guilt emerge, regardless of the lengthy passing and care for him?

0:1:48:08 We always remain obligated to our relatives, even if we did a lot for them. It means that when a loved one leaves this world, there exists (in the Vedas), there exist rules that are called the Shraddha Ceremony, or the ceremony of remembrance. This ceremony is in all religious cultures of the world. Its intended for working off bad karma. Often people, during the passing of a loved one, confuse...they confuse feelings of guilt with feelings of loss. There's no loss, because your subtle body interacts, continues to interact with the person, there's no loss.

0:1:48:50 However, some people think that they are suffering because they were separated from a loved one. No, the suffering, when it occurs, it occurs because, there's no possibility to fulfill your debt, to pay off your debt. And this feeling of guilt, a person who understood this feeling of guilt stands on the right path. Some people don't even understand. They think that there's no feeling of guilt, life was just unfair to them.

0:1:49:14 In reality, when a person understands that this in fact is a feeling of guilt, then everything falls into place for him. What should he do? The Vedas recommend that you should cook food with the prayers to God from your faith. Next, you should sanctify the food as per your faith and place before the food a picture of your loved one. You don't have to use everything, you can take some of the food after sanctification for yourself. But you need to give the food that was placed before the photograph to animals, feed it to animals. A person should never eat it himself. It would be a very great insult.

0:1:49:47 So, he gives the food to animals and he does it until the feeling of guilt subsides. It will melt like snow. You will see that it is melting away because, by cooking sanctified food, a person, in such a manner, brings invaluable benefit to his loved one. The person, who is in a subtle body and hasn't yet received a new body, or he just received it and is in the womb of his mother, or he is still a very small child, he can't in anyway change his life. He is completely dependent on fate. And the loved one, connected with him very greatly, can at this time give him psychic fortification in the form of sanctified food. This connection through a photograph will immediately reach him.

0:1:50:32 And as a result, he will receive such support. A person doesn't need protection, a bullet proof vest, when he's at home and no one's there. He needs a bullet proof vest when he's being shot at, do you understand? In this lies understanding of protection. When he goes out onto the street with no pants on, without a bullet proof vest, but walks around at home in a bullet proof vest, then he doesn't understand what protection is. In the very same way, a person understands that in a moment of danger, helping works off much more karma than just helping in an ordinary situation. Such people achieve success.

0:1:51:06 Therefore, he simply cooks sanctified food and feeds the photograph. As a result, the action seems so insignificant, but the result will be immense. You'll see how your life changes. A person who didn't finish doing something for his loved one can ruin his entire destiny. He can even fall ill with cancer because of this and die before his time. This is also possible. Therefore this ceremony is very important. The Vedas recommend that everyone do it.

0:1:51:36 (Note from the hall) As per statistics, there are more women than men. How to make everyone happy? Islam allows polygamy.

0:1:51:44 More likely than not a man wrote this. Women don't usually write such notes. As per Vedic culture, a man can have two wives. But in our time, he can't make them happy. The Vedas say (footnote) for the last five thousand years a man isn't able to act with his psychic energy in such a manner for two women, alongside him, to be happy, therefore, polygamy is not encouraged in the Vedas. In our period, in our era, in which we live, its linked to the fact that a man can't bring happiness to two women at once. He lacks psychic energy, he doesn't have enough strength to make even one woman happy. Therefore, what talk can there be of polygamy?

0:1:52:40 In those Vedic times there were cases when a man had several wives, more often than not, a King who needed help, took a few wives. A few women around a man give the man the opportunity to have immense psychic strength. In the case that he provides happiness to all of those wives in equal measure. Do you understand? It was possible, but we...our brains are oriented in a completely different direction. We can't even imagine that its even possible, that its fair.

0:1:53:08 I can prove it to you very easily. If a woman has the choice of being the second wife of a king and living in happiness, in luxury, or being the first wife, the first wife of an impoverished fisherman, who has nothing for a soul and is constantly drunk. A rational woman will choose to be the second wife of the King, but we can't understand this psychology. Its incomprehensible to many. Do you understand? However, becoming the second wife of the fisherman – its total schizophrenia. (Laughter in the hall).

Where best to meet someone?

0:1:53:53 (Note from the hall) How to start a family. Being involved in business, I don't have time for a personal life, where can you meet someone? Everyone's already married.

0:1:54:02 Good question. It turns out, there isn't a specific notion of where you can meet someone. A person can meet someone at work. The idea is not in where you meet, but whether you have the psychic energy to attract a person towards you. This psychic energy is linked to karma. A person thinks that he doesn't have anywhere to meet someone, but in reality, if the karma to get married comes along, it will be like the movie "Have a Good Bath", anything's possible. As a result, in the movie, the man met someone in another city, got drunk, flew off. There you go.

0:1:54:36 That is, there's no chance of not meeting someone if the time has come to get acquainted, and there's no chance of meeting someone if the time hasn't come. Therefore a person should cultivate good character traits within himself. However, if a person wants to find himself a good wife, he should find her where the force of benevolence prevails.

0:1:54:55 The force of benevolence doesn't prevail at businesses, but in those organisations where people engage in spiritual practice. It is namely there that you need to find yourself a wife, because there aren't bad people in these places. People there engage in self-realization, it means that the wife who engages in self-realization will bring happiness in any case. According to the

Vedas, this is recommended. If you want to find yourself a wife in a bar or night club, failure is also guaranteed. Except for some rare exceptions.

0:1:55:31 (Note from the hall). If a woman has a feeling of guilt with regards to her child. The Mother had an abortion. Can it be worked off...how to work off...the karma....

0:1:55:43 You can do the same thing, in your head, for the foetus that you aborted, you can do the same thing. You can sanctify food and place it on the table, you can simply do this in your head. The same result. There'll be a cleansing of karma after the abortion.

0:1:56:00 (Note from the hall) I initiated the divorce, many years have passed, I can't forget him and start my own personal life. He's already married. What should I do? This causes me anxiety.

0:1:56:12 Good question. Thank you. You need to forget. Because if you want a new family, start one, start one. If you don't want to start one, remain faithful to the person. In the next life, you'll receive him as a husband. There's no doubt about it. You'll receive him as a husband but now with good karma, it will be a happy life, but only in the next life.

0:1:56:37 If you want to have a family life in this life, that means that you need to forget. Because you shouldn't dig into someone else's possessions. A woman who can't forget her ex-husband throws a wrench into the works of his current wife, as such, creates really bad karma for herself. If she herself dumped him, didn't want to live with him, why is she now attempting to do something? Do you understand? It's a very dangerous situation, if a person doesn't want to forget and at the same time, doesn't want to be single. If you don't want to forget, be single, there's no problem. Everything will be okay. If you don't want to be single, that means, you need to forget. Here you need determination. If there's no determination, it means that you'll suffer.

0:1:57:28 (Note from the hall) You have a family, I knew it.

0:1:57:32 Yes. A good wife. That's all I can tell you.

0:1:57:40 (Note from the hall). You speak about bad karma. Bad husband. Good husband. But if you don't have a husband, what kind of karma is that? (Laughter in the hall).

0:1:57:47 Its bad karma. A woman should aspire towards having a husband. If there's no chance whatsoever, that means that she should take a child into her care. If she doesn't want to get married and doesn't want a child, she should devote her life to self-realization. But she shouldn't count on her life being easy and happy.

0:1:58:11 (Note from the hall) If my husband is ill with schizophrenia, should I try to keep the family together or not?

0:1:58:16 It depends. There can be various circumstances. It needs to be looked into. You should never offer advice for such notes. You need to look at the individual circumstances. It's a very complicated question. Family relations are the most complex. A woman should make the decision herself.

0:1:58:43 (Note from the hall) What to do in order for a man to find work? To begin to earn money? Good question.

0:1:58:50 I already responded to this during the lecture. Who can speak to this? What should a woman do in order for her husband to find a job? Become obedient. You need to begin to respect your husband, as a result, his society will begin to respect him gradually, he will become a respected person and naturally, he'll find work. What else can he do in this case? And how to respect someone out of work? In this lies the whole problem. You don't respect him, he doesn't have a job. If you respect him, there'll be work. But how to begin respecting him, this is very difficult. The whole problem lies in this. Its called karma.

0:1:59:29 (Note from the hall) What to do if external worries are bothering the family, worries of fathers, mothers, grandmothers, etc.

0:1:59:37 These aren't external worries, these are internal worries. If you believe that they are guilty of my problems, it means that you're wrong, its very easy. According to Vedic culture, a woman should respect the parents of her husband more than her own. Then there won't be any worries. In exactly the same way, a man should respect the parents of his wife more than his own. That's it. Worries are over.

0:2:00:05 You know, what do parents want? Women want respect for themselves, they don't need anything else. The same goes for the parents of your husband. The same goes for men- they want this. You need to impart all of your respect in advance, however, its very difficult for a husband to respect the parents of his wife, because the parents of the wife feel jealousy towards him for the wife, their daughter- its natural. In the exact same way, the parents of the husband feel jealousy towards the wife for their son- its also natural.

0:2:00:36 However, when the son tells the parents of his wife "Mom or Dad, I'll listen to you, I'll do whatever you want", that's it, they consider him even better, they love him more than their own daughter. In the exact same way, when a woman, a girl says: "Mom, Dad, I will listen to you", the parents of her husband, in the exact same way, they'll love her even more than their own son, do you know why? Because they love their son in and of itself, they've already developed this feeling.

0:2:01:08 But now there's a new daughter on the scene, do you know what new emotion emerges, how strong it becomes? Unbelievably strong. They love the wife even more than their own son because this is a completely new feeling. Do you see what I mean? And there are no problems. But if you have a weak heart, or self-interest stops you from doing this and a splinter's sticking out from your heart: "I won't, no, they're all bad". That's it. That means that there will be problems. There are no chances of changing things, they'll grow until it becomes terrible to live in such an atmosphere.

0:2:01:42 (Note from the hall) Can the mother's parents spoil my entire life?

0:2:01:46 The wife's parents can spoil the entire life of the family. Can the husband's parents spoil the entire life of a family? They can. There's no doubt about it. They have the total right to

do so. If there aren't correct relations with them in the family, it means that there will be suffering in this family, and these aren't external reasons for problems, these are internal reasons.

0:2:02:05 You need to know how to conduct yourself. If a family doesn't want to respect their parents, it means that there won't be happiness in the family. It won't be protected from problems and in this lies the root of many things, for example, if a husband isn't respected...let's say if a father isn't respected, fathers aren't respected, grandfathers aren't respected in a family, that is, the husband and wife don't respect their fathers, it means that there will be problems at work, There won't be any protection from the father, it means that the family won't be respected in society. This family won't be respected in society.

0:2:02:38 Next. If the family doesn't respect mothers. It means that in this case, there won't be any peace inside the family. Is that understood or not? Because there won't be protection from the Moon. The Moon brings peace of mind – it has a female root. *Therefore, respect towards elders is the greatest rule for family life.* If you don't have this respect, and we have some sort of hanky panky, it seems like we get on good with each other, let them do whatever they want over there, just know, that there will soon be problems, they are unavoidable.

0:2:03:09 They will come through children, through grandchildren, etc. That is, children arrive on the scene, later there will be problems because grandmothers, grandfathers, and so forth, parents, in a family, can somehow stand when their children, let's say, are estranged by themselves, but when children arrive on the scene, and they're not given access to these children, they're not given an opportunity to interact and they are scorned relationships with the children, then begin the problems. They already (grandmothers and grandfathers) can't take this. Because their only happiness is grandchildren – and they can't take being cut off from their grandchildren. They will experience terrible suffering, they will make huge trouble for their children. As such, karma arrives in a completely unexpected manner.

0:2:03:52 (Note from the hall). If a person doesn't want to start a family, then...we already talked about this. So, ladies and gentlemen, I can't respond to all of the questions, its already very late, if a man is always falling in love, cheats on me with ease, is it possible for this trait to be passed on from father to son? Should I tolerate this?

0:2:04:23 Yes, you need to tolerate this and try to act so that this won't happen. **If a wife doesn't respect her husband, it means that he will cheat on her.** You need to start to respect him, then he won't cheat on you. Can the trait be passed down? If you learned to respect your husband before 14 years of age (before your son reaches 13-14 years of age). If you haven't learned to respect your husband, it means the same thing will happen with your son.

0:2:04:44 That's it, let's sit up straight. Let's wish everyone happiness. I'm sorry that I went over time a little bit, the lecture is ending later. Everyone who needs to get home sooner can leave, and all the rest, whoever needs happiness, we'll get some practice. (Applause). In my opinion, we still haven't finished, it's too early. Let's all sit up straight. "I wish everyone happiness".