

Success in Renunciation

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 for Ayurveda

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I wish everyone happiness!

2012

00:00:01 And so, today, you and I will discuss a topic called “Success in Renunciation”, that’s not well understood by many people. This topic is in fact, very critical and you will literally be convinced of it in a few minutes. The first thing that I would like to say is that this whole seminar that I’m giving, this seminar, is actually based on one fundamental Vedic concept.

Varnashrama

00:00:46 There exist four categories of people and four modes of life for people in society. The first category of people are inclined to be academics or researchers. The second category are inclined to lead. The third category are inclined to do business, and the fourth are inclined to engage in creative work. So, there are four main categories of people. There also exist four modes of life, four lifestyles. They are study, family life. So you see, study, family life- note that there have already been lectures on these topics. Next, life in renunciation. And the fourth mode of life- its...no, the third mode of life is a move away from work and the fourth is life in renunciation.

00:01:50 But today we will speak more about the concept itself- what is renunciation. If a person gains some understanding of these eight things in his life, then he...he is guaranteed happiness, as per Vedic knowledge, He’s figured out how to live correctly, in which mode of life- that is, whether he should live as a family man, if he should, at the moment, be studying; if he should live as a renunciate or engage in some active pursuits at this point and time. Next, if he figured out that he should become an academic, leader, businessman or worker, that means that he’s under the protection of higher powers. If he understood everything of these matters, figured things out, that means that its guaranteed that his life will be successful. So say the Vedas.

00:02:43 It seems as if this is all very primitive; well how can this be? As it turns out, we know from the first lecture **that if a person studies something, then he should study, he shouldn’t combine it with something else. For example, with family life, if he wants to study seriously.** If he doesn’t want to study seriously, then he can study however he likes, but there won’t be any success, and so forth. We went over this topic, its very complex. I’ve made this statement now, but nevertheless, nothing makes sense, it seems like nonsense. And as such, if someone feels that way, that’s good reason to listen to the very first lecture.

What is renunciation and why is it necessary?

00:03:23 Today’s topic is also totally out of the range of understanding. The first statement that I’ll make to you right now, if you...you’ll see, it points to the fact that this topic is totally out of the range of understanding. And so, the statement is this: **if a person understands what renunciation is, he’s truly rational and he’ll never fall under the sway of unfortunate events**, that is, life won’t be able to keep him under the clutches of, that is, misfortune. That is, unhappiness won’t hold him hostage, let’s put it like that. It means that this topic of renunciation is the most profound, and perhaps the most difficult. Only rational people are truly worthy of it, Only rational people are worthy of the topic of renunciation.

00:04:31 What do you understand renunciation to be? Who has an idea? God. Well look here, a person, for example, what can he renounce? Lack of detachment...it could be...that sort of lack of detachment means that you're half mad. Renunciation means that you don't want to have something. Giving up material comforts. Thank you, that's good. Who else can say something? – "Giving up family life". That's right, there's that kind of renunciation, right. Is there anything else? You're talking about attachment. You're still talking about attachment. There are two main topics in the Vedas: "there's tyaga (tyaga means renunciation); there's hogo; hogo- means attachment". That is, attachment can also be very elevated, very spiritual. You talk about spiritual attachment, demonstrated higher up, towards God, this is spiritual attachment. A person who is spiritually attached doesn't have to give up his family, keep this in mind, that renunciation and attachment to spirituality aren't one and the same thing. We'll talk about this right now, about a lot of things related to this.

00:06:02 And so, the first statement is this: **only a person with a strong rational mind is capable of performing renunciation correctly, carrying out renunciation correctly.** And the second statement: **correctly performed renunciation points to the fact that a person has not only a strong, but a pure rational mind.**

00:06:27 What does renunciation mean? **Renunciation means giving up the unnecessary.** Do you see what I mean? If, for example, a person needs family life right now, at this stage of his life, that is, he needs to live a family life, then he shouldn't renounce family life. How to determine if a person should live a family life? How is this determined? How to determine it? Well, you're all sitting here, there are, for example, some people here who aren't married. How to determine if I should start a family or not?

How to determine if I should start a family or not?

00:07:01 The desire? What kind of desire? There may not be a desire to start a family, but there could be a sense of duty. There's a difference between desire and duty. A person who doesn't understand these things will be unhappy. It seems to someone that: "*I don't want to start a family*", but he should. And this means that he will be unhappy. Now, let's determine where the necessity lies, the obligation, when a person should start a family. In which case? So. Your- (an answer from the hall)

00:07:36 No, that doesn't mean that he will start a family. – (Responses from the hall). What's the necessity?...It doesn't mean that he will. Because you can just take someone. Its considered that a person who takes a child as his own extends his own lineage. He is the real Father, he...that is, it doesn't mean, its not completely obligatory that the body comes out of you, that is, its enough to raise someone, your lineage will already be continued...you invest the force of your lineage in him. Its enough to just consider him your son.

00:08:08 The concept of a Father is a little different in Vedic culture than what it seems like to us. For example, in Vedic society, Vedic kings often knew what to do in order for a child to be conceived, not in the womb of his wife, but by some kind of higher living being, from higher planets. Such things took place so that a more powerful King could become ruler. It was done, I

know of many such examples in the Vedas. This has been described many times in the history of the Vedas.

00:08:42 As such, it would seem as if he's his Father, in reality, he is the Father, because the concept of a Father is somewhat different in the Vedas as compared to ours., There exist five conceptions of a Father. But this is already another matter. As well, if a person wants to, if he feels obligated to people, then he should give them knowledge, it doesn't mean that he should raise a family.

00:09:14 What is an obvious criterion that he should start a family, is he just obligated to do it? – To work off karma. You can work off karma without a family, it's easiest to work off karma without a family. If a person devotes himself society, **if he begins to live selflessly for society and gives society knowledge, he works off karma faster than if he starts a family, ten times faster.**

00:09:45- (Answer from the hall). That's possible, yes. But once again, I repeat that according to Vedic knowledge, a person who chooses a life for society, he, as such, doesn't get caught up in petty details and acts in a more elevated manner. He sacrifices his personal family life for the good of society. In one life, he burns off the sins of a thousand lives, and he doesn't act on as small as scale as it may seem at first glance. Therefore, his karma is burnt off faster.

00:10:24- We don't know. The answer is very simple. If a person feels that he can't cope with his feelings of desire, he wants to have relations with the opposite sex, then that means that he's obligated to start a family. If he has such strong feelings towards the opposite sex and at the same time doesn't start a family, he will degenerate and there's no doubt about this, as per Vedic knowledge. There's no...you can shake your head, you can say, no, but the Vedas say that there's no doubt about this.

00:11:05 Why? Because, what's meant here is that...the whole phrase is very difficult to understand, If a woman has a child, it doesn't mean that she doesn't have a family. As per the Vedas, she already has a family, A man who had a family and doesn't live with his wife also has a family. He can help his wife and child, and as such, he won't degenerate.

What is degeneration?

00:11:26 What is degeneration? Let's come up with a definition. What's the beginning of degeneration, what does the beginning of degeneration look like, what is it? What's meant by degeneration is degeneration of one's consciousness- egoism. Egoism is a good definition. Its almost correct. Depression – that's already the result of degeneration – not fulfilling your duties. There you go, the young man who said that, raise your hand, that's right. **Not fulfilling your duties indicates the beginning of degeneration.** If a person stops fulfilling his duties, that means that he has begun to degenerate. **If a person, a man, wants a woman, that means that he is also obligated to protect her and give her the opportunity to raise offspring.**

00:12:23 Our understanding of sex strongly differs from the Vedic. It seems to us that sex is intended solely for pleasure, but that it produces something on the side. Side products come out

of it that later ruin our lives. So we think. However, according to Vedic knowledge, sexual emotion is intended for...solely intended for making offspring and pleasure in this regard is secondary. Therefore, if you have sexual feelings towards the opposite sex, you should use it in order to create child prodigies.

00:13:09 As per Vedic knowledge, if a person doesn't use up his sexual energy for nothing and, if he has a strong desire to have sex with his wife, or the wife has such desire, and at the same time, he controls his emotions with the goal of conceiving a child prodigy (and that will certainly come to pass), because **the more a person accumulates sexual energy, the greater the potential for his children to be born child prodigies**, as per Vedic knowledge. In this case, he, despite the fact that he is accumulating his psychic energy for what? For sex. Right? But this person can be considered a warrior-like renunciate.

00:13:57 He is capable of controlling his emotions – it's the attainment of an elevated goal. It seems as if he's living in a family, but such a person is considered a renunciate, and he achieves the same result as a person who gave up family life and lives in solitude. So say the Vedas. **A person who is capable of just controlling his sexual energy with the goal of conceiving remarkable offspring doesn't differ in the least from a person who completely renounced family life, who lives alone like a monk.** Did you know about this or not? There you go, just picture it.

00:14:33 Moreover, this person has more chances for stability in life than a monk, because a monk's roof could cave in at any moment; but he has a wife. Do you see what I mean? That is, he is a renunciate- that means- he assumed a certain position in society. If he marries after this, then that means that he already...his goal – it came crashing down. He needs to create a new goal. But that will take many years, he'll find himself in desperate situations.

00:15:07 But a person who broke down, for example, something didn't work out in his family life, he couldn't take it, he doesn't lose a lot, do you see what I mean? Of course, he won't have children as remarkable as he would have liked, but at least he'll get something out of family life.

00:15:28 And so, that's the first point. And so, the point of renunciation means, first and foremost, understanding what it is. It turns out that renunciation doesn't mean that a person gives up his day-to-day affairs, and it also doesn't mean that a person goes off into the woods. That's one path of renunciation but renunciation as a whole means that a person is capable of controlling his desires, his desires, his inner motivations with the goal of attaining happiness. I'll come back to a topic that's connected to this that we already discussed at one of our lectures.

What is freedom of choice? How do our desires affect our fate?

00:16:11 This topic is called "Freedom of Choice". Right now, we're going to talk about it in detail, then you'll understand why we're talking about it at this lecture. And so, what is freedom of choice in your opinion? Who can provide a definition? If you didn't hear what I said earlier you can say something on the subject. Do you have any ideas? Don't be afraid, I won't bite.

Everyone's keeping silent. That means that there's no such thing as freedom of choice, or is there? There's this theory of fatalism, it contends that there's no freedom of choice, we live like robots.

00:16:55 Since there's karma (fate), that means that we live like robots, that's what some people believe. But then, there's no reason to live, you should just...as a result, they played Russian roulette. What's the difference, it's all fated by karma anyway, if I'm to die, then I'll die. But more often than not, they would shoot themselves, and if they hadn't played Russian roulette, they wouldn't have shot themselves. Do you see what I mean? We have freedom of choice, so say the Vedas, **despite the existence of karma, there's still freedom of choice.**

00:17:24 How is it manifested, what do you think? How? How? – By renunciation of what? By the renunciation of something, good for you. That's a very good answer. Let's look into this now. And so, you see, desire is the greatest force that exists inside of us, according to Vedic knowledge. I always seem to want something. We want something constantly, and it always seems like something worthless. Today I wanted this, tomorrow I'll want that. According to Vedic knowledge, **a person's desire is the greatest force of influence on his fate.**

00:18:08 Because these desires unavoidably breed attachment towards the object of a person's desire and then these desires force him to act in this direction. Our desire should be fulfilled. But various kinds of desires exist within us. Some of them bring happiness to people around us, others bring suffering. The desires that bring happiness make us happy and, when all's said and done, those desires that bring suffering make us unhappy because we evoke, we stir up negative desires in relation to ourselves in the people around us.

00:18:51 Since their desires are also an unyielding force, as a result, we will degenerate as per their desires. So acts the law of karma. I repeat. Our desires have an unyielding force. There exist two types of desires. **Desires that bring happiness to people around us, that make us happy. And desires that bring suffering to people around us, that make us unhappy.**

00:19:26 Why? Because people who...whom our negative desires impact, they also create desires in relation to us, and these desires are just as potent as ours. Therefore, we are forced to suffer due to the existence of some negative desires in relation to us. Is that clear? So acts the law of karma.

00:19:53 You can understand it more broadly as such. If a person commits some bad deed, then he provokes suffering for the people around him, even if they don't know him. Let's say he invented an atomic bomb, then, after one hundred years, it was thrown somewhere. Even if the people suffering don't know the person who invented this atomic bomb, he will still be responsible for them, for their suffering, as per the law of karma. It makes no difference. Because there exists a link between people who are connected with...this link points to interconnectedness of actions, affairs, of events. But that's already the topic of the law of karma.

00:20:33 And so, our destinies are formed in accordance with these desires and actions. In accordance with our destinies, every moment of our lives we work off some desires or actions that come to us from the past. This can be compared to a mudflow or an avalanche that

constantly flows down from the mountains, sweeping away everything from its path; in exactly the same way, our negative desires and actions (or the good ones), all of them move in on us at every second in life, all together, and we, if a person is too absorbed in this mudflow, he can't understand that, in reality, there can be some other kind of life.

00:21:13 And in reality, we are all absorbed in this stream of our past desires and actions from the very beginning of our lives, from birth itself. This means that we don't understand anything else, we don't understand that there could be another life, we're just going, we're slaves to our past desires and past actions. And as a result of this, we don't have any freedom of choice. We simply move along this current, and there's only one reason why there's no freedom of choice - and that is, that it seems to us that everything that comes into our heads, all these desires to take some actions, it seems to us that these indeed our true desires.

00:21:53 For example, a young man is walking down the street, he's married, he sees a very beautiful, very attractive girl that he really likes. A lot. Their eyes meet, and they, of course, immediately fall in love with one another. As a result, the young man decides right away, on the fly, that he knew this girl from past lives, that's the best excuse there is for leaving your wife.

00:22:33 And so, he knew her from his past lives; he comes up to her and says: "I recognize you from my past lives. She says: "I also recognize you from my past lives". "Well then let's go, let's get going". There you go. Then the wife from this life is left behind, and they go off for their future life together and as a result of all of this, this whole carousel ride, it turns out that in a few years the young man begins to experience horrible suffering. You might ask, who's to blame? Why did it turn out like this, that he abandoned his kids and then began to repent? Why did it turn out that he became disappointed in the girl, then it seemed as if he knew her from a past life, was that just a mistake? But as a result, he lost his wife, he began to pay child support to his children, and his wife, by this time, already got married, in this life.

00:23:31 And as a result, it would seem that he committed an act of renunciation, right? He renounced his wife, right? He renounced his wife and became an unhappy person. It would seem as if this was renunciation because you need to have strength in order to renounce unnecessary attachments, right? In the name of a Higher goal, in this case, cosmic love between himself and the girl that he saw - cosmic love was formed. That's what they say nowadays - cosmic love, in order to justify themselves. But it just seems that way, that its cosmic love.

00:24:15 And so, cosmic love emerged, as a result of which, the kids became unhappy. And one might then ask the following question: what happened? What is this, the person later asks, what in the world happened? It turns out that the person didn't know, he didn't have knowledge, and as a result of him not having knowledge, he suffered. There's no other reason. And so it happens with each of us, whoever doesn't know about this topic, throughout your whole life.

00:24:47 Each desire that sweeps over us unexpectedly, that comes into our head, is a force that acts on us from the past and we should reject it, otherwise, we'll suffer. Even if it's good, this force, nevertheless, we need to reject it. Even if it brings happiness, I'll explain this now.

00:25:13 And so, **freedom of choice lies in a person needing to study how to desire what he planned on desiring**, that is, he sets a certain goal for himself. He has a higher goal in life, he has some less elevated goals, and he takes a vow for all of these goals. What do vows signify? They signify him saying: I swear that things will be like this, no matter what. I swear to be faithful to my wife, no matter what. I swear to study who God is, whether there is or isn't a God- this is considered the highest goal in life – to study whether or not there is a God; you need to study this goal, its considered the most important in life.

00:25:57 In second place is the following question: am I immortal or mortal? Am I immortal or am I...if I am immortal, that means I need to occupy myself with something other than building a house. Because the house won't come with me to the next life. If I am immortal, that means that I should devote more time to what? To self-improvement, so that in the next life I continue to engage in this. If I am mortal, if I don't have an eternal nature, that means that I can do whatever I want- party, drink, have fun, not pay attention to anything. In any case, life will show you if you've made the right decision or not, but a person should make such decisions and act in accordance with his convictions.

00:26:34 If he later experiences horrible suffering, that means that he was wrong. Testing things out during the course of your life is most effective. However, according to Vedic knowledge, a rational person doesn't test things out on his own life, he studies the teachings of wise men who have already tested everything out and such a person doesn't make mistakes. But an irrational person tests things out on his own life.

00:26:37 And so, a young man saw a beautiful girl; the thought entered his mind that he knew her from a past life. He fell deeply in love with her and understood that his past karma was acting on him, forcing him to enter this state. He didn't have the strength to rid himself of it, he felt that she was reeling him in, he had no strength whatsoever to reject relations with her, He came up to her and said to her (despite understanding what was going on), he said: "Hi". She said: "Hi". Their eyes met and they, of course, fell in love with each other right away. But, when he came home after that, he saw his wife, remembered his vows and duties before her, repented a great deal and didn't go outside for a week till the bad karma that crashed down on him subsided.

00:28:09 As soon as it subsided, he remembered the incident as if it were a bad dream, and then forgot about it. And with that, his unhappy days were over. This signifies quick resolution of karma. Some people crawl on their stomachs along the path of destiny and they get a nosebleed at every bend in the road. This signifies a lack of knowledge of how to live correctly. Others crawl on their knees and stumble on slightly larger obstacles. A third category of people go on foot, and they, when there's a big mountain, they stop and don't know what to do. A fourth category of people fly over the road of their destiny. Those who fly- that means that they possess higher knowledge. In one life they can overcome obstacles a thousand times greater than those who crawl on their stomachs along their destinies. Do you see what I mean?

00:29:00 One person can't...for him it seems like great suffering that he can't resolve some trifle with his wife. And another person suffers a great deal because humanity isn't moving in the right direction. Do you see what I mean? That means a different flight altitude. People have different flight altitudes.

What differentiates a person from an animal?

00:29:23 And so, renunciation means that a person is able to live like a human being. According to Vedic knowledge, **people who aren't able to renounce the immediate desires that come crashing down on them, in actuality, as per the Vedas, aren't people, but live in a human body like animals.** And in the next life they will also be animals. The opportunity to be born in the next life in a human body will only be reserved for those who are able to renounce the unnecessary in order to attain happiness. Because human life is intended for the attainment of happiness.

00:30:11 People who believe that happiness is limited to sexual pleasure, food, sleep and comfort – such people have an animalistic conception of life. And as per Vedic knowledge, they can be called “refined animals”. What is a “refined animal”? Animals also want to eat, have sex, they also need to settle down somewhere in life, they dig themselves a little burrow, and they also need to sleep. Animals need to sleep.

00:40:43 If a person does the same thing, but at the same time, he has a rational mind (and reason signifies freedom of choice, the ability to renounce the unnecessary)- that means that the person isn't using his reason for the right purpose. And in the next life, he'll be born an animal, because an animal doesn't need reason.

00:31:02 Right now, the question that might arise in people in a state of passion is: what does it mean to not sleep, not eat, not have sex and not build yourself housing, not live in an apartment, does it mean living on the street? No. That's another extreme that's called false renunciation. According to the Vedas, there are two kinds of extremes. The first kind of extreme is completely submitting to all of the desires that enter your head. The second kind of extreme is renouncing all of the desires that enter your head. Both this and the other kind of extreme can be called madness.

[00:31:42](#) But you know that desire, when a person yields to his desires, where does it lead him? What's the result? The Vedas talk about what it leads to. If a person satisfies all of his desires, whichever he has, then it leads him to drug addiction and criminality. What does it lead to next? It leads to [depravity](#), gluttony and so forth. That is, nothing good can come out of desires. **Unbridled desires always lead to extremes which, in the end, will force a person to suffer a great deal.**

[00:32:16](#) If a person controls his desires, then that means that he is able to stave, he is able to stave off his desires to some degree. Because **desires have an absolutely insatiable nature.** We are spiritual by nature. That means that we have unlimited desires. The force of our desires is constantly on the rise. And a human being will never be satisfied with what he desires.

[00:32:39](#) However, a person should know that if he desires something spiritual, then he is acting on a plane that truly is insatiable, in and of itself, and that allows you to endlessly cultivate

wishes. For example, if we start rejoicing in the people around us, we will be able to endlessly cultivate within ourselves the desire for joy. And we won't suffer from this. On the other hand, if we want to have sex and cultivate this desire within ourselves, then the result will be unfortunate. Do you agree with me or not?

[00:33:15](#) Sooner or later, sexual desire can lead to sexual perversions, because normal sex will no longer be enough, you'll need something new. As a result, the desire for this will increase more and more. In the end, there will just be a lot of unpleasantness.

[00:33:31](#) As such, there are spiritual and material desires. According to Vedic knowledge, a person should control the impulses within him that emerge as a result of the influence of his past lives. These impulses lead to the growth of material desires.

[00:33:49](#) He should control all of his material desires. This means that he should renounce unnecessary things. According to Vedic knowledge, a **person should not devote himself and his whole life to earning money, sex, furnishing his apartment, and desiring sleep.** He should not devote his whole life to this. He should devote his life to self-realization, purifying his consciousness of self-interest and selfishness. And when a person acts this way, he attains happiness, according to Vedic knowledge.

Smoking, Alcoholism, Drug Addiction and Sex

[00:34:24](#) Now we'll talk about how it comes about. For example, let's look at some simple, real life examples. Two people are smoking, but who will be happier: the one who is able to give up smoking once and for all or the one who's able to enjoy smoking more than the other? Who's going to be happier? The one who enjoys cigarettes a lot or the one who's able to give up smoking? – The one who can give it up.

[00:34:57](#) Now I have a question for you: what do you think, if a person is able to derive a lot of pleasure from cigarettes and completely gives in to the indulgence; will he be able to give up smoking? No. What does such a strong desire lead to? It leads to an increase in the amount of his smoking, doesn't it? Then what does it lead to? It leads to him having financial difficulties, because he'll need a lot of money to spend on cigarettes. Next, his health will be ruined, and ruined health won't allow him to work properly and increase his potential for career growth as much as could have been the case.

[00:35:40](#) As such, it will hurt his finances once again. As well, his wife will become disappointed in him, as he won't have money or health, and as a result: **such a craving for smoking leads a person to great sufferings** despite the fact that he is able to enjoy smoking more than others.

[00:36:00](#) The same can be said of a strong craving, for example, for pleasure. Let's say a person just wants to be happy, and he's aspiring towards it a great deal. But for him, aspiring doesn't mean working hard, it means just having something, that's it. What does he get as a result?

[00:36:20](#) The person has this concept of happiness: I want to derive pleasure right here and now, I want to feel great happiness right now, but at the same time, I don't want to do anything. What does this lead to? It leads to alcohol and drugs. I want to be happy right now. Well, how else can you be happy right now? You need to have a 100 gram shot or shoot up. That's it.

[00:37:01](#) But what happiness can there be from a hundred gram shot? There's too little happiness in a hundred grams, we need more, right? (laughter in the hall) You're right, what you say is right, but you see, there's this notion: the person wants to be happy right now and he doesn't want to do anything, do you see what I mean? He has no way out, he has to have a shot, he has to take drugs...No, you don't think so? Why don't you think so? What's your conception? – (indistinguishable) That's right, but this is already the conclusion, you're talking about the conclusion, and I'm talking about the concept.

[00:37:35](#) That's right, this is the conclusion. **We can only become rational with the help of the right conclusion...**Reason signifies the right conclusion, it signifies knowledge. Right now, we aren't talking about knowledge, but about the desire for happiness. There are different kinds of happiness. A rational person looks for, chooses where happiness is better, where...which happiness is correct, he doesn't want to be happy right away, he wants to study. First, he'll study, then he'll be happy. An irrational person wants to be happy right now, he doesn't need to study anything. Do you see what I mean? He wants to be happy right now, he doesn't need to study anything. He says: I don't want to study, I want to be happy right now.

[00:38:23](#) What other option does he have aside from drugs and alcohol? – Sex. For sex you also need to go somewhere, you know, to find someone, and this is difficult, to a certain degree. Alcohol. Alcohol? I agree, it doesn't take as long, in reality, finding a bottle doesn't take as long as finding a woman. Its true, though, that times are changing and I've probably fallen behind the times, but in any case, this can also be seen as an option. But experience proves that **people who don't want to work hard in the name of their happiness more often than not become alcoholics or drug addicts.**

[00:39:06](#) **This signifies a strong and unbridled desire to be happy that isn't controlled by anything.** In other words, you see, the less your ability, the less power of renunciation you have in your head (and you should have a strong force of renunciation), the less power of renunciation you have in your head, and renunciation is nothing less than a strong rational mind, I can say this, as reason implies a choice between the necessary and unnecessary. We could be under the force of some strong desire, regardless of whether or not we can handle it. The desire overcomes us and then, this desire enslaves the person, it tells him, "Do this, this is yours, you should be this, you yourself know that its good", it tells him this, it demonstrates its force, desire.

[00:39:50](#) And the person – what should he do? He should... a person with a strong rational mind, what does he do He says, "No, stop, wait, I don't want to yield to this desire right now, I need to figure out what's going on." He has a strong desire, but at the same time, he, regardless of what he desires, tries to figure things out. He thinks, "So what's my goal in life? This one. That means, that I should act, like this, in accordance with this goal. So, why then should I do this right now, I'll destroy my goal" And such a person, despite his strong desire, attempts to resist, with all his might, as much as he can, these temptations arising in his mind.

How does a Rational Person Control His Desires and Emotions?

[00:40:30](#) But it still doesn't mean that he'll definitely resist them, because **there are such strong temptations that simply break down the entire rational mind, even that of a very strong person.** At some point, the strongest man can break down and allow himself to be led by the temptations that arise in his head. However, the difference between weak and strong people is that when a temptation is fulfilled, a strong person immediately repents and... does it again, right? No, he repents at once and learns how to avoid what happened the next time around. And after having seriously studied the matter, he works on finding the power within himself, going forward, so that it never happens again. This is how a rational person acts.

00:41:23 If a person is rational, it doesn't mean that he lives a care-free life. He also has difficulties, because desires have enormous energy, they can break us at any moment.

[00:41:34](#) And so, what is renunciation? **Renunciation means genuine freedom of choice.** A person who is able to renounce – it means that he is a free man, you see, he's not a slave. People who don't understand these things, they think: well, you went there to that lecture, you listen to that four-eyes and in reality, you are slaves to his words. You'll do what he tells you to, you're slaves. But I do what I want. If I want, I'll go there. If I want, I'll go here, no problem.

00:42:13 The crux of the matter lies in where this "I want to" comes from. It turns out that as per Vedic knowledge, this "I want to" comes from his past desires and actions. Its in no way connected with his current motivations and goals in life. It is connected with this avalanche acting on him from the past and influencing his life from the past. As such, he is a puppet in the hands of his past desires and who knows who he was in a past life, maybe he was a degenerate, or someone else. Imagine, **at any moment, entirely incomprehensible desires could come crashing down on us.**

[00:42:50](#) What is madness? What do you think, in relation to this topic? Madness means that a person completely can't fight back against the ideas and desires that emerge in his mind, that's it. That's a crazy person. Why? Because its impossible to prove him otherwise. He says: I'm Napoleon. Try proving to him that he's not Napoleon. He says: I want to jump off the 9th floor. Try proving to him that you don't need to do this. This implies a crazy person- someone who's not capable of renunciation.

00:43:27 **Renunciation signifies activity of the rational mind. The highest activity of the rational mind.** Not just activity of the rational mind, because the rational mind can become attached to money. The rational mind signifies knowledge. For example, an academic, a serious academic, sees the higher goal of his life in money. What does he do? He writes a dissertation about how money makes a person happy. Because that's his goal, he can't imagine that money can make a person unhappy. He doesn't have such a notion.

[00:43:56](#) Next, a person is highly attached to sex. His reason, his knowledge implies that sex is the greatest form of happiness. He's an academic, a serious academic, he begins to study, right

away, immediately, how sex is the greatest form of happiness, and in reality, the person who achieves sexual, this maximum sexual happiness, is the happiest person. So say the Vedas in relation to psychic energy. Let's study the Vedas. But the main thing is sex, right. The Vedas are in second place, sex is in first.

00:44:31 As a result, as per Vedic knowledge, you need to control your emotions, right, but what for? In order to have better, longer sex. As a result, a type of knowledge emerges that is supposedly Vedic. It comprises a certain use of mantras and tantras with the aim of retaining sexual energy for as long as possible during the time of the sexual act. A person who trains himself a great deal to hold in this sexual energy and achieves great results, will, in the next life, be born as a certain kind of monkey who can have sex for a very long time, for 2-3 hours a day. Because this is a simian activity, do you see what I mean, its not meant for a human body.

00:45:28 How does a person differ from a monkey? **By the fact that he has a rational mind. The rational mind signifies the search for Higher Truth.** It doesn't follow that you need to send it into lower centres. For this energy, we have developed Higher Centres. Lower centres signify sex, higher centres signify spiritual happiness. A person who confuses these things from time to time, is, in reality, a slave to his desires.

00:45:51 How does such an academic differ from an average person who just loves to have sex, why do you need to create grand theories, go and do it, what's the problem? As such, a strong rational mind doesn't yet signify a pure rational mind. A strong rational mind is capable of making, creating grand theories, creating big, some kind of enormous body of knowledge that will teach people, people will...many researchers, people with follow this person, they will see that this academic, he truly knows what he's talking about. This is a very wide-spread idea, it has attracted tons of people these days. The idea that you need to engage in sexual tantra or tantric sex, that is, its very important in our lives, it turns out that it gives you spiritual progress. You need to learn to control your semen so that it isn't released at all, you can have sex for days, and you'll get spiritual progress as a result.

What is the goal of spiritual progress?

00:46:50 But spiritual progress doesn't mean having sex, but something rather opposite, according to Vedic knowledge. Spiritual progress means that a person achieves Higher Happiness. Higher happiness differs from lower happiness in that it is not found in the sphere of the body. Higher happiness is found outside the body; it has a spiritual nature, it signifies, for example, my repeating "I wish everyone happiness". If a person repeats this phrase, then he attains a greater understanding of happiness than sex.

00:47:20 If a person puts his psychic energy in contact with God, he advances even more in this direction. He is capable of feeling even greater happiness than that which comes from sex. According to Vedic knowledge, a spiritual trance providing a connection with God is millions of times stronger than the greatest sexual pleasure, its millions of times stronger, not ten, not fifteen, not twenty.

00:47:45 This condition, a spiritual trance, when a person experiences a great deal of spiritual happiness, he has spiritual torments as a result of this happiness. His hair stands on end, his body begins to tingle all over, he doesn't want to eat, drink or sleep anymore. And he can remain in this state not just for 5-7 minutes, he can remain in it his whole life, without leaving this state. He experiences immense happiness. And in the next life he isn't born as a monkey, he ends up in the spiritual world.

00:48:16 That's why a person is given a rational mind, in order to figure out which kind of happiness is stronger. An animal can't figure this out, it simply accepts the conditions of life, whatever they are, it practically doesn't have any freedom of choice. Whichever desire comes crashing down on it, is how it acts, A person should have the freedom of choice.

00:48:36 And so, according to Vedic knowledge, the goal of human life is to cultivate control of emotions within yourself. Next, you can set all other goals after that. We should learn to control our emotions. Emotions are that force that compels us to become slaves to our desires. We don't know what emotions are. It seems to us that emotions are something schematic, theoretical, but in reality, **emotions are something real that force us to act in a certain manner.**

00:49:13 Now look, a woman goes to the supermarket, she just decided to take a walk, she has some free time and she wants to spend it in a productive way. She simply walks to the supermarket and doesn't know that, for her, the sense of sight is a huge force that can enslave her at any minute. She doesn't know this, she thinks that its all so simple. That's actually foolishness.

00:49:40 She goes along and suddenly, unexpectedly for her, she notices a washing machine with cosmic controls, well, I don't know what kind, remote control, 500 horse power, 500 kg capacity and so forth, that is, very cool. A very cool washing machine that takes up very little space; you can do the laundry without leaving the room, in the washroom, everything's done automatically. The linen will hang itself and so forth, well, on the whole, the newest, cool model. And she's just in shock, she has never seen anything like that her whole life. And she thinks about how much she'll need to work, Next, what does she think about, how much she'll need to work in order to have that washing machine.

00:50:33 And what happens next? She begins to work several years in order to get herself that washing machine. If she had only washed by hand all that time, she would have expended less energy than what she spent earning money for that washing machine. However, she doesn't feel that way, she feels that its going to make her life easier, but in five years' time. Bur right now, you need to slave away and work extra jobs, denying yourself and your family of everything.

00:51:06 I have a question for you. The question is, did I tell you about a real-life situation or did I make something up? Those who don't understand that it's a real-life situation are actually underestimating the subject of our discussion and they will be caught under the clutches of their emotions. Because at any moment, emotions can twist you up and say: Go to that woman, buy that thing, torment your child, he should get a higher education, but he can't just get a higher education. He doesn't have the right constitution.

00:51:40 It turns out that people have different constitutions. They can sometimes be happy just from physical labour, and sometimes from specialized work. We don't know this, we need to study. However, my desire to act so that my child becomes an academic, I want it. That's it, you'll make yourself and your child unhappy.

00:51:29 I know of a case where a boy just wanted to be a driver. From childhood, his parents forced him to study and get a higher education. By 8th grade, he began to experience a lot of anxiety, he was constantly walking around angry. They forced him to study very seriously. Then they forced him to enroll in university. He didn't want to go to university, he went to some kind of...to some workers who drive cars, he hung out with them and, in the end, he dropped out of university. His parents were in shock. All of his friends judged him, all of his parents' friends judged him. He was an unhappy person, he began to drink, in the end, they gave up on him, they decided that he was a failure. They gave him the opportunity to work where he wanted to, he became a driver, but by this time he was a drunk. He began to drink and, in the end, he was fired from the job because he wasn't professional, he was drinking.

00:53:07 As a result, he started hitting his parents. He lived with them because he didn't have any money, he began hitting his parents. My friend told me this story. In the end, he just jumped off the second floor and died in the heat of the moment, in the white heat of the moment. He was only 23-24 years old. You might ask, what was the underlying trigger, why did the person die, who is guilty in all of this? He, of course, had the bad karma for this, of course, that's the case. However, you should know that if his parents could have correctly used their freedom of choice and stopped wanting him to get a higher education because they saw that he was a completely different kind of person, a different kind, then they would have saved his life. But he had to die.

00:54:06 If, as per his karma, he was meant to die at this time, at least, the parents wouldn't have been responsible, but now, in this case, they'll bear the punishment for it. Why? Because they incorrectly used their freedom of choice, they wanted to do what was sinful, it led to the suffering of a person who, as a result, just couldn't live anymore.

00:54:31 The same goes for a person who, as a result of strong desire from his emotions, saves up money for a car, let's say, for a garage, he's saving up a lot of money for something, however, this money is intended for family wellbeing. Its intended for the family to use for some good deeds in order to increase its consciousness. Let's say, in order to travel to a holy place, you need money for that, or in order to go there, for example you need to pay an entrance fee.

00:55:08 You need money for this, but if the family is saving up for a car, there's no money, you need to scrimp on everything. This money isn't being given to the person, is this a crime or not? It is a crime, but people who are saving up for a car right now, they'll say: well, now you're already going too far, four eyes. Why? Because there exists a force that forces you to believe that: you're right about everything else, except this matter.

Why people end up being enslaved by strong desire and what does it lead to?

00:55:39 A person who has a strong, fixed desire within himself; the desire doesn't allow him to believe, understand that the desire could be bad. When a desire takes hold of a person, he becomes a slave to his desires, and therefore, he becomes like a puppet in the hands of fate. His fate leads him to the point of no return and he will suffer a great deal for what he has done.

00:56:04 So for example, there are these unique cases when a person saved up his whole life for a car, then on the very first trip, this was in Moscow, there was such an incident. The person was driving his car, then after that he got in an accident, the car was slightly damaged, and he had a heart attack. He died because of his own car, because he understood that he couldn't repair it, he didn't have the money, but he wanted to drive it. He had a strong desire to drive the car.

00:56:29 Other people hang themselves because they couldn't get married to a girl they loved. But the girl was from another social circle, she wanted another husband for herself. The person could start drinking, start smoking, and just hang himself. As such, it turns out that this is a very serious topic.

[00:56:52](#) And what then do you need to do so that this doesn't happen in our lives, or in the lives of our loved ones? Now, one of the definitions, the Vedic definition for foolishness, goes like this: **if a person believes that this will never happen to him, that means that he is a fool.** Write this down for yourselves. Now, raise your hands, who thinks this? Thank you, you're very honest. That is, you believe that this will never happen to you. My condolences.

Four Things that are impossible to avoid

00:57:32 According to the Vedas, it means that you are able to withstand the influence of the planets, you, probably will never die? Its impossible to avoid death, according to the Vedas. There exist four things that we will never be able to avoid in life.

00:57:50 The first thing is that we can't avoid being born, because being born is unavoidable. In accordance with our past desires, we must be born in a body, and it doesn't depend on us.

00:58:01 Secondly, we are unable to rid ourselves of the changes that occur in our bodies, called aging, we are unable to rid ourselves of aging. There's no chance, we are going to age no matter what. Time has the most powerful force of energy.

00:58:18 Thirdly, we can't rid ourselves of illness, no, never. We also can't rid ourselves of illness because we can temporarily rid ourselves of illnesses, but new illnesses could emerge. Illness signifies a certain influence. I'll now explain what that means.

We can somehow neutralize diseases, but we can't get rid of them. You can't say that if you don't do anything, you won't get sick. Getting rid of diseases signifies that they won't arise, do you see what I mean? To get rid of them means that they don't exist, that's it, they're annihilated. **But we will get illnesses because we live on intermediate planetary systems, where, as per Vedic knowledge, there's an equal amount of happiness and suffering.**

00:59:05 Illnesses signify a certain type of suffering, and sufferings come to us because we were born here. But on higher planetary systems there are no illnesses. However, there is death, they can't rid themselves of death, in exactly the same way as we can't rid ourselves of illnesses.

00:59:19 Illnesses exist, we can neutralize them, that's right, I agree with that. We can be healthy our whole lives, but for that, we need to make an effort. Do you see what I mean? We can not fall ill, but you can't say that we're ridding ourselves of illness, because we're having to make an effort. We're fighting back. For example, a person ambushes me, he's fighting with me, I start defending myself, but I can't say that I got rid of him, I'm just defending myself. He's there, he's affecting me, he's just giving me a certain amount of hardship, but I'm not suffering because of it. Illnesses signify suffering; we can neutralize them.

00:59:59 And so, there exist forces, and we also can't rid ourselves of death. And so, there exist forces that are much more powerful than we are, for example, the planets that influence us are much more powerful than us. And there are types of illnesses that are totally impossible for us to get rid of. People, who don't understand this are living in utter foolishness.

01:00:19 For example, some people think that they are able to overcome themselves in any situation, however, karma can come out in such force that a person will just be broken. He'll be broken, he'll get in a car accident, his spine will be broken. Do you see what I mean? He'll have to lie immobile for at least a few years. Let's say he later recovers, that's no problem, however, there's this force of karma that can simply destroy us, because we don't know what we did in our past life: how many people we mowed down, how many stupid things we did, you see? We don't know. None of you does, no one knows.

01:00:59 On intermediate planets, no one can fully know their previous lives except for the most elevated, pure, saintly people who are absolutely sinless. But there are few of such people, very, very few. And so, there could be a few unique cases, a few people on the entire planet, you shouldn't think that it's a few people in this room. A few people on the entire planet.

01:01:23 Some people think that they know their previous lives, but that doesn't mean that they really know. How can we check? Very simple. If you know your past lives, then, go ahead, tell everyone in detail what you did in your mother's womb or in early childhood. In minute detail. Because this knowledge is much easier to attain than knowledge of your past lives. Knowing what you did in this life, in detail, second-by-second, is much easier than knowing your previous lives. Even small facts from your past life. Do you see what I'm saying? It's only accessible to sinless people who don't sin at all; their mind is absolutely pure, like a mirror. It's only possible for such people.

01:02:06 However our mind also has this feature. When we really want to know our previous lives, our mind creates this picture for us, and it seems to us that we really do know our past lives. Such a function of the mind exists, but it's a complete illusion. Okay, I won't delve deeper into this topic.

The Influence of Karma and the Ability to Remain Happy

01:02:27 And so, there exist forces, they act through the planets, they break us. We may not have the strength to cope with them, there can be such forces, they're known as unavoidable punishment. That is, there are various kinds of punishments that can be neutralized, that can be neutralized with great difficulty. There are kinds of punishments that can't be neutralized. You just can't, there's no chance. A person can be destroyed or crippled by the punishment, do you know what I mean?

01:02:55 And a person who doesn't understand this matter is a fool. Why is he a fool? Because he won't exert excess effort, very great effort in order to cope, at least a little, with the problems that could come crashing down on him. As per the Vedas, a person shouldn't lose even a second of time in attaining knowledge that is able to protect him from the hardships that could come crashing down on him unexpectedly.

01:03:21 Right now let's conduct another survey. Raise your hand, everyone in the hall who's gone through horrible suffering and who didn't know beforehand that there could even be such suffering in life, raise your hand? Now, of those of you who raised your hands, tell me, could you at that moment, when you went through such suffering, could you cope with yourselves or not? It was practically impossible. Do you see what I mean?

01:03:47 And before that you believed, who among you believed that things like that don't happen, raise your hand? And now do you feel the same way? No. This is known as a reward, when a person experiences such things and stays alive – its called a reward from fate. A person isn't just rewarded with great wealth, but with knowledge that life can be very hard. As a result of this reward, a person doesn't waste his life in vain, he devotes every second of his life to very important matters in his life.

01:04:18 And so, there exists insurmountable karma. However, according to the Vedas, despite this insurmountable karma, a person can be happy. He still has the freedom of choice – to be happy. This is a state of consciousness during which a person can be crippled, very ill, there could be no food, no water, there may not be cool air, that is, it could be very hot. He could be missing something else in his life (separation from his loved ones, separation from anything on earth, from his beloved job, his voice, his eyes, ears and so forth). And in this state of consciousness, if the person knows what renunciation is, if the person understood what renunciation is, he's able to stay happy regardless.

01:05:10 How is it possible? Who can offer a suggestion? The Vedas state this, these aren't my words, this was written in many Vedic scriptures. And so, who can say why something like this happens? – Otherwise, there would be nothing but suffering. You're right, but that isn't the

entirely correct response, because the person himself who believes that everything is wonderful, regardless of his sufferings- this signifies that he has some kind of power.

01:05:43 Let's review it like this. You should understand that you shouldn't just be a theoretician. Let's you and I understand that if you don't love anyone, that means that you don't love anyone. If you can act as if you love someone, that doesn't yet mean that you love someone, right? You can put on an act, of course, smile, but you're in pain. Right?

01:06:12 Next, if you don't have any money, that doesn't mean that you have money. You can make it look as if you have money, but you don't. And this mindset, in and of itself, that you don't have money, you know, it aggravates the brain. That you don't have a girlfriend- aggravates the brain because you'd like to have someone. And so forth, that you don't have a job – a guy can act as if he's fine without a job, but he'd like one. Next, you want to move forward, but you can't.

01:06:48 There's an answer to this question. There's a force that gives a person the ability to be happy regardless of the fact there suffering is constantly present in his life. And this force is called, not just the ability to be diverted, although this ability to be diverted, in and of itself, points to the presence of this force. This force is called a higher taste for higher happiness, or spiritual knowledge.

Higher Taste is the Best Attachment

[01:07:24](#) Higher taste signifies the tastiest, what's most delicious. Spiritual happiness is the sweetest, the tastiest. There's nothing tastier; which is why a person who gained spiritual happiness is no longer attracted much by material things. Of course, as per his fate, he wants to have a wife, a mobile body, hearing, sight, and so forth; he wants to have all of these things. However, when a person is spiritually happy, he doesn't feel deprived, because he has what is much tastier than everything he has ever come across in life.

[01:08:01](#) However, if a person wasn't able to find spiritual happiness before destiny dealt him a blow, that means that he failed the exam that was given to him by destiny. And as a result, he won't be able to experience happiness at the most difficult moment of his life. According to Vedic knowledge, each person will definitely have such a difficult moment, because the planets move cyclically and someday, sooner or later, the most malefic planets will form one line above us, above a concrete person.

[01:08:41](#) That means that they can assume the worst combination; it signifies that the time will come when all of a person's strength will fail him; all of his relatives won't be able to help him; neither his work, health, wife or children- no one. And he'll be in an utterly hopeless situation. For some people, this happens before death; for others, this happens sometime during the course of their lives. And only the Supreme Knowledge of the greatest happiness helps a person rid himself of life's difficulties at that moment.

[01:09:19](#) Therefore, **renunciation never exists without attachment**. As per Vedic knowledge, a person who thinks that he can simply get rid of unnecessary things without having some necessary ones at the same time... people who think this way are also fools. Why? Because our entire existence is directed towards happiness. We can't deny ourselves of happiness. The Vedas say that if you just know the taste of honey, then you can deny yourself of treacle because honey is more delicious. You can refrain from not very sweet, slightly sweetened treacle, if you've already experienced the taste of honey. If you've got a jar of honey and a little treacle, you can resist the treacle because honey is tastier.

[01:10:07](#) However, if you don't have anything sweet and there's only this jar of treacle, you won't be able to resist it; if you like sweet things, you'll want to eat it. If you get honey, no problem, you can give it up for the honey.

[01:10:26](#) According to Vedic knowledge, a person who says, "*I'm quitting smoking, I'm quitting smoking...*" is just talking about it. And so, with just the words "*I'm quitting*", it's impossible. "*You see, I'm really addicted. Sorry*". And so, it's impossible, why? Because there's no higher taste. People get brainwashed. There's this method for getting rid of it temporarily, you can get rid of a bad habit for a few years, temporarily – by getting scared. It's used very effectively nowadays.

[01:11:07](#) People are scared, capsules are sewn into their bodies, they're scared with hypnosis, all kinds of scenarios and so forth. A person believes in fear and as a result, he gets rid of the habit for some time. He might rid of the habit for a long time, which is also not too bad because, when a person can move away from something unnecessary for some time, he has an opportunity to think and develop an attachment to something necessary.

[01:11:31](#) So, some people, having quit, for example, smoking, with the help of brainwashing, then do something else that is more useful and interesting, and in the end, they forget about cigarettes. However, **without attaching the mind to something more useful and interesting, a person isn't able to quit smoking** and he later gets returns to it again. Thus, there can not be **renunciation without positive attachment**.

[01:11:57](#) That's why, according to Vedic knowledge, the most protected person is someone has the best attachments in life. Only such a person is capable of the greatest renunciation. And the greatest renunciation doesn't mean abandoning everyone: abandoning your family, quitting your job and going to a monastery, that doesn't signify serious renunciation. Serious renunciation means not giving up anything and, finding the strength within yourself to progress and move forward in whatever situation you find yourself in...not just you, by yourself, but also moving and helping to move forward all of the other people around you.

[01:12:40](#) What's secret isn't clear. But there are people who already worked off their family karma (and you should also know this); it's the duty of such people to live in a temple. They must become priests; they must completely renounce family life and they mustn't have sex. A clear sign of such people is that they are able to control their sexual desire. Their mind remains clear during this desire; they can say to themselves, "No, this isn't the most important thing for

me in life, there are more important matters”. These people are few, very few. But such people do exist.

[01:13:29](#) If you believe that they are liars; everyone that lives in a temple is a liar, that means that your rational mind is working in the wrong direction. Why? Because people live in different states of consciousness. Some people are already capable of renouncing family life and devoting themselves to the most elevated spiritual happiness, spiritual knowledge. You shouldn't think that these people are fools and that since they don't have a family and live some other, incomprehensible life, that they're crazy. A madman is different when compared to a happy person, right?

[01:14:03](#) A crazy person experiences happiness from what he shouldn't experience happiness from. The Vedas say where you need to experience happiness from and where you shouldn't. Spiritual knowledge is where you need to experience happiness from. It isn't a sign of stupidity when a person does so.

[01:14:20](#) However, its also considered foolish to consider everyone who lives in a temple truly renunciate. Some people go to temple because they are possessed by false sense of renunciation, and I want to talk to you about this right now, while we still have a little time.

False Renunciation.

[01:14:38](#) False renunciation is a power that functions in an opposite way from reason. It is, on the contrary, an activity influenced by emotions. It may seem on the outside that a person is acting rationally; he rejects all of his attachments, goes to temple or gets rid of a bad habit, is working on himself; he somehow acts so it seems that he is actually getting better. It seems as if he's a renunciate.

[01:15:07](#) But it turns out that behind this there often isn't true, but rather, false renunciation, that leads the person, in the end, to total degeneration of his consciousness. Let's look into this matter. True renunciation lies... A person who acts according to true renunciation, acts from the standpoint of true reason, pure reason. At the same time, he doesn't bring suffering to anyone; engaging in such renunciation, he doesn't cause suffering to anyone. In the end, everyone becomes happy. Next, he doesn't renounce what is necessary – that means that he fulfills his duties towards everyone because fulfilling your duties is a necessary task.

[01:05:10](#) However, not everyone knows what it means to fulfill your duties. Some people think that fulfilling their duties means just work and so forth. A person can fulfill his duties by giving spiritual knowledge, etc. There are different levels of fulfillment of one's duties. A person who truly renounces, correctly, doesn't renounce his duties before society.

[01:16:14](#) So, let's look, for example, at one person living a family life. He enters a period of Ketu. Ketu is a planet that evokes a desire to renounce. All of a sudden, for no reason, he loses interest in his wife; this period sets in. Approximately half of the people sitting in this hall could

have a period of Ketu. It lasts for more than a year. More than a year. I must say, ladies and gentlemen, that it lasts many years.

[01:16:43](#) During the whole period, you can have this sensation that you don't need anyone. There's no need to take care of anyone... Can you remove this feeling from your head during this period? There's almost no chance. And sooner or later, the person starts thinking, "Well why should I live with them? They give me so many problems. Why should I live with them, why should I care for them, you know, I feel good all by myself. I can live without them: without my kids, without my wife or husband, why do I need them, why do I need this job that brings me so much trouble? I'd rather starve. Well, but when it comes to the children going hungry, that's their problem. I can't work like a dog for them, if I don't care about all of this. I can go hungry myself, and let them starve then as well. They're my kids; they should follow my lead in everything".

[01:17:40](#) And so, this period of Ketu, that is, the influence of this planet, forces a person to think that in reality, he owes nothing to no one. He lives as he pleases and has no problems. "So what if the girl that I went out with had a baby? That's her problem; she should have protected herself somehow. When things got really bad, she could have had an abortion. No big deal." This signifies false renunciation.

[01:18:07](#) Where does this lead? It seems as if there's nothing wrong. "It was her decision to have a baby; these aren't my problems. But are these the person's problems or aren't they? Look here. On the one hand, it seems as though these aren't problems. If he really does remain in the same state of consciousness, then the child grows up; the wife raises him. "The child... yes, it's my child... But (since there's this influence from Ketu), I don't care about him." So, does this man have problems; is he suffering now or not? No, because he doesn't care about the child. Is he suffering...no? No. The child keeps growing; he doesn't care and experiences no suffering whatsoever.

[01:18:56](#) However, does such a person really have problems or not? And what do they consist of? Yes, they consist of him not fulfilling his duties. It means that in his next life, he'll be born in a similar family, where no one will care about him. He'll be a lonely, miserable child or an orphan. He'll experience horrible suffering; and he'll think, "Why am I an orphan? Why don't I have a mother or father? Why has fate been so cruel to me?" He's going to think this way.

[01:19:33](#) And it turns out that there is a reason. It turns out that there are some things that don't depend on our desires; and these things are sense of duty, that is, our obligations. A person should cultivate strength within himself that is known as the power of vows. A person may lead a calm, dull life, where he doesn't exert himself or carry out any...its called ascetic practices. What's an ascetic practice? Its when you voluntarily deprive yourself of something. So, the person doesn't deprive himself of anything. He says, "I allow myself everything".

How does Ascetism Give you Power?

[01:20:07](#) When a person leads such a life, what happens next? There's no strength in his rational mind. Ascetic practice, only ascetic practice gives a person strength. For example, what do you need to do in order to build up muscle? Voluntary deprivation. You have to go to a gym and work out all day; otherwise you won't have strength in your muscles. But if you don't strain your muscles, you'll get muscular dystrophy; your body will become very weak because it won't work itself out. You need voluntary deprivation; you need to keep it in shape.

[01:20:37](#) You need to keep your mind in shape in the exact same way; and here, **the main ascetic practice is to maintain the strength of your own, individual rational mind.** It turns out that just as a person builds up muscles, there's a method, a means for maintaining your strength of reason. This method is called- making vows. When a person makes a vow for himself, he says, "I'm always going to get up early at 5 a.m." And every day he gets up at 5 a.m. As soon as he gets up for the first time, he feels that it was very hard for him; he conquered the desire to sleep and got up. The second time, it was really hard for him again. The third time, he didn't get up at all. The next time, he focused, he wanted to get up early again, and in this way, he struggles against his emotions.

[01:21:20](#) What happens at this time? His reason gets stronger in the struggle with his emotions. His emotions could strike and defeat him many times, but his rational mind keeps getting stronger and stronger. And what happens at this point? As it gets stronger, the rational mind gives the person the opportunity... the rational mind, when he has a strong rational mind it doesn't mean that it can only be used for getting up in the morning, it means that he can use it at any time. He can refuse the unnecessary at any moment. When his life pulls him in a wrong direction, he stops and tells himself: "No". This is what is meant by renunciation, true renunciation.

[01:21:53](#) How to differentiate false renunciation from true renunciation? False renunciation means that your emotions are forcing you. Your emotions say, "Oh, you don't need this; go there, have fun, don't worry, calm down". That signifies false renunciation. Genuine renunciation means that a person has a goal in life; he has emotional desires to do things, but he doesn't yield to them. This is what's known as true renunciation.

[01:22:22](#) How does it differ from false renunciation? Emotions speak of false renunciation, while a goal speaks of true renunciation. And so, a person has a goal in life. If his goal... he says, "I don't need anyone; my goal is to be by myself, live alone and engage in self-realisation alone; I don't need anyone, such is my goal".

[01:22:46](#) But it turns out that that there is no such goal. It isn't the highest goal or anything very elevated. And that means that the goal was dictated by emotions. The person says, "*But I want to live however I want; that's my goal.*" But this doesn't mean that it's a genuine goal. This goal was dictated by emotions. Just try to live not the way you would like to, right now. Try to live the way you should, huh? Its impossible. Why? Because, it turns out that your rational mind is rather weak. It tends to justify itself; it says, "*I have a certain goal, I want to have twenty girlfriends; this is my goal and I will strive towards it all my life*".

[01:23:28](#) But try not to strive towards it. If you believe that this is your goal, try not to strive towards it. Its impossible. Because the rational mind is very weak; its at the beck and call of your emotions. **Its very difficult to distinguish true renunciation from false.** However, it is possible. And if a person, instead of following his own ideas, beliefs and philosophic conclusions on the path towards his goal, relies on Scriptures, where its stated what one should strive towards, then in this case, according to Vedic knowledge, he'll never make a mistake and will never engage in false renunciation.

[01:24:06](#) However, as per the Vedas, if a person, in spite of everything, considers himself very smart and educated, makes his own conclusions and, in accordance with them, establishes his own goal and plans in life, then in this case, without a doubt, he'll engage in false renunciation. Why? Because there are times when a person isn't able to give up an idea that arises in his mind. And he, naturally, being used to considering himself very clever, at once imparts very great significance to the idea and creates a philosophy around it.

[01:24:44](#) That's why, **according to Vedic knowledge, a person mustn't trust his mind completely; he should trust Scriptures.** And there exists this concept in the Vedas of "seeing the world through the eyes of the Scriptures". What does it mean, to see and hear the world through the Scriptures? It means that a person believes that his own, personal understanding of the world is very dangerous and incomplete. In order to develop a perfect understanding of the world, he should compare his own understanding with what is written in the Scriptures. And this ability to compare, this ability itself is the highest manifestation of renunciation. Remember that. **The highest manifestation of renunciation can only be found in the rational mind, never in emotions.**

[01:25:40](#) Renunciation due to emotions such as, "I don't care about anyone" is false renunciation. True renunciation is when a person, despite everything, even if he is led by his emotions, knows that the Scriptures say this and I'm doing something wrong right now. But he can't rid himself of the idea because his emotions are stronger than his reason. Even in this case, he'll nevertheless conquer his emotions, because sooner or later, he'll repent and get on the right path.

[01:26:05](#) However, if he at some point justifies this act of his and says that in the Scriptures, in this case it says this, but there can be exceptions and I am this exception. Then in this case, he'll definitely stray from the right path and will fall under the influence of his own bad karma.

[01:26:26](#) As such, true renunciation is renunciation for the benefit of elevated knowledge, but not renunciation for the benefit of our own desires that arise in our heads. And now you'll ask me, you'll ask me the question, *"But what if my desires arising in my head correspond to the Scriptures and are forcing me to engage in renunciation? And if I renounce something in that case, am I acting correctly or not?"* What's the answer? No. No.

[01:27:08](#) If you believe that the desires arising in your head coincide with the Scriptures and they're forcing you renounce something, in order to verify how correct the idea is, you should go to your Teacher and ask him what to do in this case. And if he says that you shouldn't do this, that means that your idea, this one, was improperly understood. You know, you can

misunderstand the Scriptures. Everybody interprets the Scriptures in relation to their own shoulder yoke, right?

[01:27:45](#) That is, in reality, someone can say that you can carry this much water with this kind of shoulder yoke. Someone can say: “Its impossible to carry more”. Another person can say, “No, you can carry more”. Your shoulder yoke is stronger. Do you see what I mean? Everyone judges by his own shoulder yoke. However, a person should understand that if he acts this way, if he interprets Scripture by himself, then he also hasn’t made much progress in life. He really isn’t capable of being rational, because only a truly rational person never trusts his mind completely.

Happiness in Renunciation of Needless Things

[01:28:18](#) He completely controls his mind, because emotion can...the mind can be led by emotions; at **any moment the mind can give in to emotions**. As such, a person, who really wants to use his freedom of choice and achieve happiness in renunciation...**happiness in renunciation means renunciation of unnecessary things...** don’t leave home, once again, I repeat, don’t quit your job, get on your relatives’ nerves or in the end, abandon them. Happiness in renunciation means renouncing everything that interferes with fulfilling your duties and making you happy.

[01:29:00](#) This is only possible in two cases: first, when a person studies the Scriptures, that is knowledge that can’t be corrupted (its written there that its incorruptible); and second, when he has a Teacher who will tell him how things really are, according to these Scriptures, not according to whatever he came up with in his head. Only by having these two forces by his side, regardless of whatever events break him and force him into a tight corner, he won’t break down, if, he, of course, he stays alive, because he’ll act under the influence of these two forces. And he’ll become absolutely unbeatable.

[01:29:45](#) As such, he’ll achieve happiness at the end of his life. There’s no doubt in it. Why? Because we have freedom of choice. As per Vedic knowledge, every person sitting in this hall can become an absolutely happy person in one life, even if you have don’t have much time left to live.

[01:30:07](#) Happiness is a matter of overcoming your past wrong actions and your past wrong desires. Overcoming this implies an attraction to something more elevated. If any of you are able to experience the highest taste of happiness now, in order to be able to experience it, in order to do it, you need to first, study what it is... and I can even tell you what it is. It is an absolutely selfless desire to serve people and God. This desire brings absolute happiness, immense happiness that can’t be compared to anything. But in any case, you still can’t understand anything, even, despite...because words don’t give you knowledge. Life gives you knowledge.

[01:30:49](#) And so, a person who is able to acquire this very elevated taste for happiness, only such a person can truly cope with his karma. The rest will be at the beck and call of their karma. Why?

Because karma will force us to be happy the way it wants us to, and not the way we want. Not the way we want to be happy but the way we wanted to. Or would have liked to. Before. Do you see what I mean? Before.

[01:31:23](#) That is, fate comes crashing down on us and forces us to live on its terms. Previously, a person had certain points of view, dreams; but they broke apart from the pressure of his fate. And only a person who has a more elevated taste for happiness can still hold on to this taste. And as he has honey, he won't be attracted by treacle; so, he'll nevertheless manage to cope with his miserable fate and will once again stand on the right path.

[01:31:44](#) Thus, **in order to cultivate within oneself renunciation of the unnecessary, a person must, during every spare minute, search for the Highest taste of happiness**, the Supreme Divine taste. Without this, our lives will be absolutely defenseless, so say the Vedas.

[01:32:00](#) And so, your questions on this topic. Let's answer your notes.

Answers to Questions

[01:32:10](#) Question: "*Happiness is a quality of life but not the meaning of life, by and large.*" Is this a statement or a question? "*Happiness is a quality of life*". What is meant here by quality of life? "*But not the meaning of life.*" Why not the meaning of life? Who doesn't live for happiness, raise your hand. Who believes this? Even if you believe this, it still doesn't signify that you don't live for happiness. Because a person can't not live for happiness. He's born in order to live for happiness. And no other point to life exists.

[01:32:54](#) If a person is deprived of happiness, he wants to die, he has nothing to live for. So why do you think that we don't live for happiness; that happiness isn't the meaning of life? Because we have a spiritual nature. This spiritual nature consists of a mind and a soul. And the soul has three components that we can't rid ourselves of, no matter how hard we try.

[01:33:16](#) The first component is immortality. No matter how much we say, "I'm going to die now and that's it; I'll no longer exist.". No matter much you say it, you still can't believe in it entirely. However, if you think that you'll die and you won't exist, why don't you just shoot yourself then, right now? Because, what's the difference whether you live another twenty years more or twenty years less if you won't exist in the future anyway. That's it.

[01:33:42](#) What's the difference and why do you need these twenty years? There's no point to them, since there's no result. If you won't exist in future, that means there's no point in living. However, a person will never shoot himself. Why would he shoot himself? He thinks of tomorrow. That means that he senses his eternal nature. He thinks that he needs to live tomorrow. And this means that he somehow senses his immortality. And so, the first component of the soul is immortality, an integral quality of soul that we can't remove from ourselves, no matter how many foolish things or stupid theories we invent in our minds.

[01:34:18](#) The second quality of the soul is knowledge. A person can't rid himself of his thirst for knowledge. He says, "I don't believe that there's some higher knowledge", this is, in fact, his

knowledge. If you don't believe, that's knowledge. You don't believe in anything, "I don't believe in anything at all", that's knowledge. Where it will lead you is an entirely different matter. Knowledge leads a person somewhere. And where does knowledge lead a person? Knowledge leads a person to immortality. Immortality is the first aspect, and the second is knowledge, that is, immortality always exists and a person eternally seeks knowledge. About what?

[01:35:00](#) About the third aspect of the soul called happiness. A person always strives towards happiness; and he should know that he eternally strives towards happiness. And you can only strive towards happiness with the help of knowledge. Not with the help of something else. Even if you want to have sex, you need to know where to do it and how to do it. This is also a kind of knowledge, do you see what I mean? A person without knowledge isn't capable of doing anything in this life. Therefore, saying that happiness isn't the goal of life is foolish. The same can be said for believing that you can live without knowledge and for believing that we don't have an eternal nature.

[01:35:40](#) Happiness is the goal; it's the point of things. Why do we live at all? The point and the goal are the same thing. You've just now confused yourself with your words. The point and the goal are the same. How could that not be the case?

[01:35:55](#) And what's the first aspect of soul?

[01:35:57](#) Immortality. The second is knowledge and the third is happiness. We strive towards happiness; in this lies the goal and point of life. When were the Vedas written? This isn't a dogma. The Vedas are a dogma. There are two kinds of science. The first kind of science is one that we build from the ground up. The Vedas predicted that at the point when, that is, 5,000 years ago, when the era of degradation would come into force, the minds of people would gradually be consumed by the idea that knowledge...that only the 'ground up method of perceiving the truth has the right to purity.

The 'From Ground Up' and 'From Above' Kinds of Knowledge. The Authority of the Vedas

[01:36:36](#) What is this? The 'from the ground up' kind signifies that we are able to acquire knowledge about everything; however, aside from us, it's unlikely that anyone else is capable of doing this. That means that with the help of experiments, we establish the truth while genuinely believing that there's no greater force of reason than ours anywhere else around us. Now, the question emerges: "why?". The Vedas answer this question, why did people start thinking this way? Because the power of their selfishness increased at an unbelievable rate. They stopped perceiving the Higher Forces around them.

[01:37:12](#) Now a question from people who believe this, "*But why don't these Forces manifest themselves around us?*" As per the Vedas, a person who doesn't want these Forces to manifest themselves around him, will never see them. Because in order to see them, you should need to first, earn the privilege. Having seen Higher Forces, a person experiences much greater

happiness than he could ever imagine. As such, this great happiness must be earned. However, a person believes that if Higher Happiness, Higher Forces truly exist, then let them reveal themselves to me. But they don't need to do this, since they have greater happiness.

[01:37:52](#) If somebody is happier, and you sit next to him and say, well, now: *If he is happier, then let him come to me and prove that he's really happier than me.*" But he doesn't care, because he has greater happiness. Why should he reveal himself to you? Even if he comes to you, you'll say, *"I don't believe in this"*. For example, according to the Vedas, many of the most elevated living beings come to Earth to spread knowledge. But if a person doesn't want to receive it, he won't receive it regardless, even if its given to him. He'll say, *"I don't believe in this. Where's the scientific proof?"*

[01:38:32](#) There's a very good proverb that speaks to this; it says that: *"Every gopher is the agriculturalist of his field"*. I like this saying a lot. It completely characterizes the essence of everything in our lives. It signifies that the human idea of perceiving the world is very faulty. Look here, with the help of experiments, we establish everything and say that knowledge based on experimentation stands above all else.

[01:39:03](#) However, the Vedas say that there's also knowledge from above. This signifies that the truth exists in those who have a more elevated rational mind and they provide us with this knowledge. And if they truly exist, it means that the knowledge that they have would have already been introduced on Earth. So there's no need to develop it, it already exists. Because they know it and gave it to us. Its described there, how it comes about, how the knowledge can be transferred.

[01:39:35](#) We ourselves come up with how this knowledge is passed down, but its written there that this knowledge won't be passed down through telepathic contact as it might seem. Because telepathic contact means that I say whatever came into my head. The knowledge will be transferred right from a Teacher to his Follower and the Teacher will also check to see if you are worthy enough to receive this knowledge or not. And not everyone is deserving. Its no cheap trifle to acquire this knowledge, from above. Everything's been written down. But try to acquire it: you'll read and you won't understand a thing. Just try to acquire it. To acquire it means to change your life.

[01:40:09](#) And so, there's knowledge from above. The Vedas are a dogma. Dogma means an absolute truth, something that's impossible to change. However, our egoism doesn't give us the ability to believe that its possible. Why? Because, of course, we know better.

[01:40:27](#) Question: *"Who determines the cost of life? Who determines the cost of punishment? The Vedas?"*

[01:40:33](#) No, God determines it. But you can determine the value of your own life by yourself. Just do what you think you need to do. God... He doesn't interfere and we have freedom of choice. You can act however you feel is necessary and then you'll determine the value of your

life by your actions. But you can't live outside the laws of this world. This means that **whatever action you take will cause an equivalent reaction**. If you go and shoot someone, you'll be thrown in jail. And as such, you'd have determined the value of your life.

[01:41:05](#) The Vedas say that **when a person aspires towards unselfishness and service in his life, then he'll receive happiness. But when he aspires to live for himself, he'll receive suffering**, so say the Vedas. You can even experiment with this. Your experiment will cost you some suffering, but it will be a real experiment, scientific work.

[01:41:24](#) And so, our scientists, they attain an understanding of everything through the aid of experiments. The Vedas don't reject the experimental path to knowledge; however, knowledge from above should stand above the experimental path. You know, that's the way things are coming about anyways. Scientists borrowed practically all of their scientific terminology from the Vedas. "Atom" is a Vedic word. Next, the "subtle body", which is now being studied. The mind. "Mind" is a Vedic word. "Reason" is a Vedic word. "Soul" is a Vedic word. All objects that we attempt to gain knowledge of are encompassed by Vedic terminology. "Time" is a Vedic word. We borrowed everything from the Vedas; however, we believe that we discovered all of this.

[01:42:07](#) And genetics? "Genetics" is also a Vedic word, but there is another name for it there, we speak Russian, and there its in Sanskrit [*A question from the audience, indistinguishable*].

[01:42:21](#) You've just misunderstood all of this and are misinterpreting what I said. I'm not saying that genetics doesn't exist; I'm saying that the genetic composition of a child's organism corresponds to his past karma. However, his parents... compatibility with the parents is secondary. Because parents just create conditions for the child to work off his karma. This doesn't mean that there's no genetic compatibility between a child and his parents.

[01:42:47](#) According to your theory, that is, the genetic theory of our scientists, a child has nothing except what his mother and father have. However, this isn't the truth. A child can possess qualities that have nothing to do at all with either his mother or his father. He can have completely different abilities; even his appearance could be very different. And our entire science is founded on these dogmas.

[01:43:11](#) For example, there exists this work, Vedic scientists up and unearthed this concept. There's this book - "Forbidden Archeology". Forbidden- because no one wants to hear these facts. Darwin created this theory that people descended from apes, and that there exists a certain chain of evolution. That means that some hundreds of years ago, one hundred thousand years ago, life came about on Earth. According to these facts, evolution gradually took its course, and man, from an ape, turned into a human. However, concrete facts point to the fact that.. there were excavations, belongings and even skeletons of humans who lived hundreds of thousands years ago.

[01:44:10](#) According to this theory of evolution, life emerged somewhere in Africa and spread to the West and so forth. However, even there they found an eight or nine thousand year old ancient city. And in North America, there's a twelve thousand year old city that was preserved in its

entirety. The local civilization is not smaller, but even larger than the one they found in Africa. These facts are not disclosed because they are not in the interests of science. Science has certain ambitions, a certain egoism. This book, "Forbidden Archeology", is a scientific work that reveals the fate of people, archeologists, who completely lost their careers because they presented facts to the world that disprove Darwin's theory, that completely reduce it to nothing, without any chance for counter arguments.

[01:45:03](#) And you can say the same thing about all spheres of science that have ever existed. Right now, Vedic cosmology talks about the distance to...which planets orbit the Earth, what's the distance between them. It fully describes the map of our Universe. And it matches scientific data: the distances to the Moon, Mars, the Sun, etc. However, in some other matters, these Vedic... opinions differ from the views of our scientists. **And every year, our scientists correct their previous views and say, "That was wrong and now everything's correct". They are getting closer and closer to the Vedic conception, but they don't have the sense to accept this Vedic conception and follow it. Why? Because their egoism doesn't allow it.** If you accept this Vedic conception, that means that you need to accept God, that he exists. Because the Vedas say that God created everything. And this is hard. In this lies the problem.

Where to find a Teacher and How to Determine that he is the one?

[01:46:01](#) (Question from the hall)

[01:46:06](#) That's it. You are asking me this question for the fifth time. I won't answer it right now... Good question. "*Nowadays, its difficult to find a Teacher. Where to find him?*" As per Vedic knowledge, you don't need to look for a Teacher. As soon as a person wants to have a Teacher and begins to engage in the appropriate practice...our Teacher is found right here.... its called the Higher Soul. And another way of saying it, if you don't believe in God, you should call it "the voice of conscience". Your Teacher's right here.

[01:46:39](#) However, according to the Vedas, it should act through the people around you. It won't act directly, but just through people around you. For example, if you want to check, whether you have an active conscience or not, go and ask someone for forgiveness. If you believe that I can just ask for forgiveness in my head and that's enough; that's not enough. You'll get a lesson from the person with whom you're in the wrong. You should go to him and ask him for forgiveness. At that moment, your conscience will say to you, "Well done!" That's your Teacher. He always acts through outside ideas, outside objects, not inner ones.

[01:47:18](#) And everyone around a person is his Teacher. Right now, all of you are my Teachers, because I'm looking at you. Everyone a person looks at teaches him about life. But if a person wants to listen to Higher... a person who is entirely without sin, who possesses Higher Knowledge, he should ready himself for it. As per Vedic knowledge, as soon as a person goes through all stages of tutelage, the first level of which is when he is just taught by the people living around him, then, gaining higher reason, he begins to interact with a more elevated circle of people who, for him, are also Teachers.

[01:47:56](#) And gradually he, advancing in his knowledge, receives the opportunity for interaction. His Higher Soul points someone out and says, “There’s your Teacher”. If a person isn’t able to listen to someone, than that person isn’t pointed out. However, there can be people who have a false understanding of tutelage in their soul because they want everything for cheap. And they say, *“I want a Teacher right now, the most Elevated, I truly deserve it; I’m also the best, therefore I want the Most Elevated Teacher. I deserve it.”*

[01:48:31](#) And the Higher Soul gives him the opportunity. If you want something for cheap, no problem. And so, this “most elevated” one comes and says, *“People, I am your Teacher, bow down before me.”* They say, *“Hurray! That’s it, we don’t have to do anything!”* He says,.. As he has a certain kind of behaviour, he says, *“You shouldn’t do anything but love me. If you just love me, you can drink vodka and have as much sex as you want. In any case, you’ll be cleansed of all your sins That’s it. Just love me and that’s it. I’m the best”.*

[01:49:22](#) He doesn’t say that *“I’m the son of so and so, I’m the servant of so and so.”* He doesn’t talk like that, he says, *“I’m God, serve me.”* And right away, crowds of people start flocking to see this “teacher”, they want to have such a teacher for themselves. But the teachers who are genuine teachers, when a person comes up to him and says: *“What should I do? I have this problem and that problem?”* He says: *“Do this, do that”.* And the person who came says, *“But that’s difficult”.* And the Teacher replies, *“So then why did you come to me? To find an easy way out? You’d best go see someone else.”* Do you understand? Interaction with a real Teacher isn’t something to be got for cheap, because spiritual knowledge, it first cuts at your heart, removing everything unnecessary in life and then it gives you happiness. Only after that.

[01:50:14](#) And it seems that it shouldn’t cause pain, genuine knowledge should be really sweet from the very beginning, however, its something that can’t be got for cheap. You know, we’ve lost our way and we need to renounce things. And that means that there will be suffering. **Not every person is ready to have a real Teacher in his life.** Very few people are. Therefore, the Vedas provide the opportunity, that is the Higher Soul gives a person the opportunity to grow little by little. It provides a person with the opportunity to receive guidance from friends, and then, from a higher level of guidance. As such, you shouldn’t think that you need to have someone right away... But if a person is able to accept any pain from the person who gives him knowledge, then he should think of the most elevated Teacher, and this would be correct.

[01:50:59](#) So, here someone wrote about a person practicing in Saint-Petersburg. I won’t answer this question, because it reeks of politics. I don’t want to discuss anyone at these lectures, neither for nor against. Why? Because you should sort everything out yourselves. I don’t want to play politics.

[01:51:23](#) [Note from the hall] *“Do you know who you were in your previous life?”* No, I don’t. *“If you do, how did you use that knowledge?”* Its not “Yes” yet. We’ll see what happens in the future.

[01:51:43](#) [Note from the hall] *“Is the desire to do good unto others correct, if the desire is very strong?”* Yes, the desire is correct; however, you should have knowledge of how to do it. If you’re going to give money to an alcoholic for a drink, that doesn’t mean that you’ll help him. People degenerate from such things.

[01:52:02](#) [Note from the hall] *“You gave an example of a young man who gave up his family for another woman. How should an abandoned woman act, so that, as per the laws of the Vedas, she gains happiness in the future? What should be renounced?”* What should she renounce? Nothing, except her unnecessary desires. The entire lecture is about this. You need to leave everything as is and renounce nothing. If you still want to continue loving the person, then love him, no problem; there are no problems in this. However, if he’s living with another woman, you shouldn’t break up his family. Why? Because that would be coercion. It’s important to understand that in your previous life, you acted poorly in a male body and left someone. And now, in this life, you’re the one who’s been abandoned. Such is the law of karma; it’s insurmountable. And you should suffer through it.

[01:53:03](#) If there’s an opportunity for you to have a loved one in your life, then go for it, no problem. The most important thing is to know that, in reality, if a person is truly able to live for his loved one and do it correctly, he’ll never abandon his loved one, even if Ketu is in the worst position in his horoscope and everyday, he thinks about leaving home.

[01:53:26](#) **If a wife fulfills all of her duties before her husband correctly, he has no chance of leaving.** So say the Vedas. He won’t be able to do it, he’ll lack the energy, since energy alone affects everything. In our lives, everything depends on energy. The most powerful force is spiritual knowledge. If a person uses this knowledge, just fulfills her duties properly, a wife before her husband, he’s enslaved by this force and he won’t be able to leave his family. He’ll make progress and as a result, his wife will have been very merciful towards him. But she should act in a feminine manner and not say to him, *“I’m your guru, I’m elevating you”*. She should humbly come up to him and say, *“What do you want my dear?”* It’s an entire science, how to behave in a female body.

[01:54:14](#) [Note from the hall] *“At the beginning of the lecture, you gave an example of a husband who engaged in false renunciation”*. Well, this is already the second note on this topic. *“Is it false renunciation from marriage, if the second year after your coming here, my heart feels more and more happiness during service at temple? And as my girlfriend still doesn’t feel it, I’d like to postpone the wedding”*.

[01:54:45](#) This is a very difficult question. It’s impossible to answer this question from your note. On its own, temple service doesn’t mean that you should postpone your marriage. This is a complete misunderstanding of things. That doesn’t signify that you should postpone it, you can serve in the temple and marry, become a married person. But there are other options that can be understood only at an individual level; this is a very difficult question. My coming here last didn’t imply that you should dump the girlfriend who should be getting married to you. That’s foolishness, a false understanding of things.

[01:55:26](#) [Note from the hall] *“How do the Vedas answer the question of why a person doesn’t find joy and happiness in the pursuit of knowledge from birth?”* That’s a very good question. *“And why does the desire for knowledge come with time?”* Because sins, a force that acts on us, forces us to believe that in reality, there’s no such knowledge. You know, this is also a force. It says, *“There’s nothing else, live how you like, enjoy, live how you can, as you wish, there’s no other knowledge.”* That’s it. When a person committed or commits some sinful deeds, what idea gives him the ability to commit the actions? The idea is called self-delusion.

[01:56:12](#) A person says, *“I must do this now; I don’t care about anything else; I just don’t care and that’s it”*. And this idea, this desire for self-delusion, begins to argue with his conscience. And the voice of conscience says, *“How can you not care about this? In that case you’ll have this and this in your life”*. And the person says, *“No way! I must, I need to! I don’t care”*. And in the end, who wins out? The voice of conscience or the person? The person wins. Why? Because **our desire is an unyielding force and even the voice of conscience has no right to destroy it.**

[01:56:51](#) A person wins out in his desire and he tramples the voice of his conscience underfoot. What does this signify? In his next life, as per the law of karma, since he suppressed the voice of his conscience, he’ll need to make just as much effort in order for the voice of conscience to speak up again. He’ll feel that he’s not interested in the truth; that he wants to do all sorts of various, horrible things. However, he also feels deep inside that this won’t lead him to happiness. But the voice of his conscience is dormant and he says, *“I have no conscience . I don’t care whether I cheat or not”*. Yes, such things happen; no problem, act according to your conscience right now, try to do it. It will be a great victory in your life. Its not something that’s uncommon nowadays, in our lives. It happens all the time.

[01:57:39](#) [Note from the hall] *“When talking with someone, I feel a strong pain in my solar plexus. Does it signify my negative attitude towards that person?”* Without a doubt. Without a doubt, that can only signify negative feelings towards the person. But that also doesn’t mean that the person is entirely positive. Of course, he has some negative qualities; but if you don’t have them, you’ll never feel such a blow.

[01:58:02](#) [Note from the hall] *“I quit smoking very easily. I quit just like that. Now I want to give up meat. But how? Its very hard. I thought it would be easy. Thank you”*. That’s a very good question. If you quit smoking very easily, that means that you developed a taste for a higher sort of happiness than smoking. There was some higher taste for happiness and as a result, it was no problem for you to quit smoking. However, if its impossible to stop eating meat, that signifies that this is the highest taste of happiness you have at the present time. And **in order to stop eating meat, you don’t have to overexert yourself, you should simply study a more elevated taste for happiness than that one. And as soon as a person has a taste for it, meat falls to the wayside in and of itself.** And you’ll never want to eat it anymore. And see, if you don’t believe me, raise your hand whoever had that happen to them in their lives. Just look, how many people! Do you really think that its a coincidence? And the same goes for me. I forgot about it, I forgot that I should eat meat. That’s it. I just forgot.

[01:59:11](#) [Note from the hall] *“Yesterday, after your lecture, I was at my cottage and met a cow. I watched it closely and understood that we are very alike, except, perhaps, for one thing: people*

chew food very poorly.” Thanks, that’s a good joke. “*An American recovered from stomach disease by chewing thoroughly.*” Thank you for the information. Yes, by chewing food thoroughly, a person cultivates concentration of the mind. If a person chews thoroughly, he becomes very focused. Therefore, the Vedas devote much attention to very careful and focused eating. However, when a person, during his meal, when eating, does it not for himself, but for the benefit of God, in order to gain energy to serve him, he becomes not only focused, but focused on God and attains the highest happiness. It’s very deep knowledge about how to eat correctly. It’s very deep knowledge. However, I disagree that this is the only thing that differentiates us from a cow. First and foremost, we differ as we have reason.

[02:00:40](#) In India... No, I won’t speak about that ... This describes one personality and my attitude towards him. I won’t weigh in.

[02:00:56](#) [Note from the hall] “*Your sessions, are they intended to popularize knowledge, education that is never taught, is it all business or are they a combination of all of these things?*” The things I do, business or... “popularization of knowledge, education that isn’t taught anywhere, is it all business or a combination of all of these things”... I don’t receive a single cent from these lectures. You can believe me. I’m not deceiving you. Now I’m giving you this lecture and I won’t take a single cent of your admission fees for myself. Therefore, to say that it’s a business is foolish. I don’t take a single cent. So what kind of business is that? I want everyone to be happy and that’s my goal. Have you really not sensed it by now? (Applause).

02:01:49 (Note from the hall). “*My husband is 47 years old. He has developed a desire to have sex every day.*” A very explicit note. The wife doesn’t have the same desire. How to refuse correctly, if the woman shouldn’t say “no”? As it turns out, this is a very serious question, in reality, it concerns a lot of people. I can’t answer it very easily. As it turns out, the desire itself to have sex depends on the mindset of the wife. There are two types of attachments: there are positively charged attractions and there are negatively charged attractions. Strong revulsion towards your husband, strong revulsion towards your husband evokes a strong desire in the husband to have sex with her, with the wife. Moreover, against his will. So acts this force. A strong attachment towards deriving pleasure from the husband also stimulates the desire to have sex.

02:02:48 The most remarkable thing is that when a wife is attached to her husband a great deal, at first, the desire emerges within him to have sex with her, then he gets sick of her, and then this desire to have sex with her wanes. And it stays that way. And that’s where the big problem lies. However, if the wife has a strong desire to help her husband in all regards and care for him, he cools off right away. She acts selflessly towards him, not with revulsion, unattached, but just, desiring to serve him, help him with everything, then he cools off, by himself, right away. No need to run away from him or the opposite. All of this works just like that.

02:03:34 Try to work on yourself. Begin to fulfill your duties before your husband, he’ll immediately begin to respect you and won’t suppress your free will. However, if the wife acts with disgust, she will never receive the opportunity to live the way she feels is necessary. We don’t have complete freedom in this world. Some people think that they are free. From what? From the air we need to breathe? What are we free of? Of the society that we live in? From

whom we can't run from anywhere, because they're all over the world? What are we free of? Of our body? Which, we, if it becomes diseased, will suffer from? What are we free of? Of our family? If we run away from them, we'll receive bad karma, if we stay with them and don't fulfill our duties, we'll also receive bad karma. Ladies and gentlemen, in this world, there is no freedom. In this world, there is no freedom.

02:04:30 However, the person who understood that his freedom lies in aspiring towards spiritual knowledge, while also fulfilling his duties and obligations toward everyone- that person is truly free, and no one will stop him from engaging in spiritual practice and self-realization. As such, he is attaining total freedom, regardless of the fact that there is no freedom in this world. The person who thinks that he is free is mistaken. In this world, there is no freedom. If he thinks that he is free, then he is already enslaved by this idea of his. And he will be led on a leash by it.

02:05:06 (Note from the hall). *If a person understood that the point of his life is to serve God, but he doesn't have the strength to devote himself to service each and every minute; more often than not, the opposite happens. Where can one get strength in order to move towards a higher goal?* Thank you for a good question. First of all, if a person understood this, or to be more precise, knows that he could do this each and every minute. Secondly – you can only acquire strength from interaction with people. According to Vedic knowledge, strength in your rational mind, a person receives strength in his rational mind only through interaction with other people. By speaking with people on spiritual subjects, a person receives the ability, the inspiration to engage in spiritual practice and serve God. There are no other means of receiving energy. There exist two kinds of interaction: there's direct interaction, and there exists another means of interaction- long distance interaction.

02:05:59 As per Vedic knowledge, there exist two more kinds of interaction: there exists conversation with people about Higher truth, there also exists conversation with God. People who believe that that you can't interact with God live in complete illusion. According to Vedic knowledge, all it takes is for a person to say the name of God, at least once, and he can even do it with disdain, mockingly, or with a complete lack of faith in His existence, and he'll immediately make contact with God, as per the Vedas. And the Vedas say that there's no doubt about it.

02:06:33 Therefore a person who says the name of God enters more and more, gradually enters into contact with Him. Why can't he enter into contact with Him right away? Because his past bad karma interferes. Gradually, he burns off this bad karma in this manner. Only interaction gives you the possibility of maintaining your rational mind in purity. Why so? Because the rational mind is that force which pulls itself somewhere. With the help of knowledge, it pulls us and our entire existence forward. We can't change ourselves; it's no different from how Munhausen tried to pull himself by the hair out of a swamp

02:07:07 Therefore only knowledge from elsewhere is able to give a person a new understanding of things. Therefore, only interaction gives you the opportunity to change. A person can't change by himself because his rational mind aspires towards happiness; it's impossible to renounce happiness. **A person can't change his perspective, his course towards the happiness that he has because the rational mind can't destroy or deprive itself. Do you see what I mean? And**

its impossible to get attached to something else. No one can renounce happiness, its our property that we can't tear ourselves away from.

02:07:40 (Note from the hall). *“A person went to a male monastery, leaving behind four children, a wife and a mother. It already been four years; his loved ones hope that he'll return, they are suffering. What should they do?”* That's a very good question. They need to begin fulfilling their duties towards him. They should understand what are the duties of a woman before a man, as well as the duties of children before a man. If the wife begins to fulfill her duties before her husband, even in his absence, then he'll begin to sense the full extent of what he lost. Because when a wife doesn't fulfill her duties and children don't fulfill their duties, then, in that case, there's no great disappointment in living in a monastery. Because he feels as if he didn't lose anything. Do you see what I mean?

02:08:33 However, if he sees that the wife is a truly worthy person, and the children are truly worthy people, when they truly begin to seriously fulfill their duties before him, at least in their minds, then in that case, he may return, if he is truly a wise person, he'll return from the monastery. And he will live at home, a family life, with these four children, but as if he were in a monastery. You can make a temple out of your house, and everyone will be happy from it. Living at home as if you were in a monastery means serving God, worshipping God right at home. The Vedas say that there's no difference where you worship God- in a monastery or at home. If you organise a spiritual life in your house, everyone will be happy from it, no one will suffer. Everyone will be truly, truly happy.

02:09:21 The sexologists sitting here will think, aha, you say that no one will suffer, but how can that be, how can it be, someone will suffer. She wants sex, but he wants God. Nothing of the sort. If a person correctly constructs his spiritual life, everyone will be happy. There's no doubt about it.

02:09:42 (Note from the hall) *“What are the duties of a child before his Mother and Father”?* There aren't any. Until the child becomes an adult and the Mother and the Father become enfeebled. In that case, when a child grows up, he should take care of his parents, from that moment, his duties begin. Until that time, he doesn't bear any responsibility for the lives of his parents. He doesn't have any responsibilities. What I mean here is....no, there aren't any responsibilities...what I mean is...no...no duties...duties...no.

02:10:16 I'm sorry, I didn't answer the question correctly. A child doesn't bear bad karma for his parents. However, he remains indebted to his parents his whole life. He never, as a result of what they did to him, even if they were total degenerates, he can never repay his debt. What I mean to say is that a child doesn't bear any responsibility for the actions of his parents. He only bears responsibility for their actions when he begins to care for them, when they are at an advanced age.

02:10:46 However, this doesn't allow him to treat them rudely. Even parents, even total degenerates, a person should respect his parents, fulfill his filial duty before them. But this doesn't mean that if the parents say: “Go drink”, that he should go and drink. If they tell him to “Go, leave your wife”, that he should go and leave his wife. This isn't filial duty. Filial duty

never contradicts the Scriptures. Parents who force a child to do something that goes against the Scriptures- the child should refuse to do it, but should not stop respecting his parents, so say the Vedas. If he stops respecting them, that means that he is also committing a sin.

02:11:24 (Note from the hall). *“Do you have practical experience curing drug addiction? Do you have a work plan for saving future generations from drug addiction?”* I am working on this right now. If you understand what was said here you can help drug addicts yourself. I am certain that even in this hall there are a few people who gave up drugs just during this cycle of lectures that we’ve had. By just giving spiritual knowledge, you can avoid drug addiction.

02:11:54 I know one person who told me some amazing things. He gave up drug use without any withdrawal symptoms. He was shooting up, whoever did this knows that the withdrawal symptoms from this are horrible. He was shooting up, that is, he wasn’t just smoking, he was shooting up – that means, a very strong addiction. However, this person, after meeting people engaging in spiritual practice, began to practice it and he didn’t even have any withdrawal symptoms. He experienced so much happiness from this process, that he just quit spontaneously. He didn’t even have any withdrawal symptoms.

02:12:34 And when Shrila Prabhupada who brought Vedic knowledge, first to America, he had around five thousand followers, of whom, about half of whom were drug addicts in the past, because he began to spread his knowledge in hippy areas of New York, and there, at that time, they were all drug addicts. And people came to him, he was just repeating the holy names of God next to them. He was just feeding them sanctified food. He ended up with thousands of followers. People gave up drugs, everything. It was a remarkable case that was even documented by scientists...(sound was distorted)...Are there no more questions? Let’s sit up straight, let’s wish everyone happiness.