

Success in Studies

by Dr. Oleg Torsunov

His lectures can change your heart.

His books can fill your life with happiness and meaning.

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

Please feel free to distribute and make copies of this book

Subscribe to our mailing list at the author's website www.torsunov.com. Also available on the site are free books and audio lectures.

I wish everyone happiness!

2012

Success in Studies

00:00:01 I think its time to start our lecture. So, I want to tell you that this seminar that you're now going to hear, is being read to the public at large for the first time in your city. And, I think, therefore, you can say that in this there is, perhaps, some good fortune for us, for everyone. On the whole, I have already been working on this topic for a long time and now we're going to speak quite a bit on these matters, because the topic itself is very large. Its impossible to discuss it over the course of some two hours.

What is the goal of study?

00:00:54 The first thing that I would like to begin with is the goal of study. What do you think, what is the goal of study? (Addresses the hall) Knowledge of what? (Answers from the hall are indiscernible). But you know, people who...yes, you're right, there should definitely be realisation of yourself. (Answer from the hall) Knowledge of the world. Yes, that's right. But in our schools, in college they teach something completely different. We must study in college, in schools, we can't abandon all of that, do you understand the idea? But there, they teach something completely different. There they just teach information, that is, there, they don't teach perfection, there, they don't teach what you need in order to become a respected person, there, they just teach what you need in order to gain a profession.

00:02:04 Well, let's say that right now I have five diplomas (I don't, of course, have five diplomas). (Laughter). Would you respect me more for it? (Addresses the hall). Huh? Yes. You would respect me more...that's right, you see, you're telling the truth. You would respect me more for it, you would set me up at a workplace somewhere, give me a job, and what will come of it later? Shall I tell you in secret? Nothing good. (Laughter).

00:02:38 Why? Do you know why? Because there exists the mind, there exists the rational mind. Let's look into it, where the difference lies in approaches to teaching (but this is only the beginning, later we'll think more about what to do in whatever situation we find ourselves in). And so, a person showed up...a certified specialist, without a doubt, he knows his specialisation well and there's a big plus in this, there's no doubt about it.

00:03:08 However, success in an occupation does not only depend on whether or not he knows his specialisation. It has to do more with how he can communicate with the people around him. Let's take for example the boss. Can he do anything at the factory all by himself? No. He needs communication. Communication doesn't depend on professional skills, that's a 100% fact. Everyone knows that. Why? Because in order to communicate properly, for that its essential to develop good character traits within yourself. And that's a completely different thing, its not linked to professionalism.

00:03:48 For example, a person can be a professional, but from that his character only deteriorates. Well take a look, how many Candidates of Science are there here, can you raise your hands? One. How many Doctors of Science? Not one. Two Candidates and not one...Why

so? After all, the topic is serious. Why wouldn't Doctors of Science, Candidates come and listen? You even find it funny. (Laughter). The idea itself is funny. Why?

00:04:18 You know, if a person is scholarly, he should develop, he should understand what he needs in order to progress more than everyone else. Because science must move forward. I have a nonstandard view of things, why didn't anyone come? Because, it seems, that along with the increase of knowledge within a person's rational mind, there is also an increase in pride. It's a fact that's known to everyone. A person who receives knowledge begins to take pride in himself, he becomes a respected person. Isn't that right? Do you agree with me? And he already won't listen to any old person, right? He will only listen to those who are his equal, and that, with great difficulty.

00:05:02 But the Vedas say - what is the rational mind, where does the rational mind draw energy? It turns out that there are two means for replenishing the strength of reason. The first method is daily listening which gives...but you see, in exactly the same way as, let's take for example an aquarium. It should constantly be provided with oxygen, it should be fitted with some sort of compressor...in the rational mind there should be energy.

00:05:28 Energy means...in the morning we do exercises for the body (in this way we charge the body). Strength of the body depends on physical movements, strength of the rational mind depends on psychic movement; psychic movement which enters directly into the rational mind. As per the Vedas, that's listening and that's it.

00:05:44 Its impossible to strengthen the functioning of the rational mind by looking at something or by standing under a shower. A shower can only cleanse you to some extent but it can't strengthen the rational mind. As such, in accordance with Vedic knowledge, the more a person understood in life, the more he should listen in order to maintain the strength of his rational mind. But, if a person is already so proud that he has no one to listen to, how then is he going to maintain the strength of his rational mind?

About the Benefit of Listening. The Vedas on Sound

00:6:15 As per Vedic knowledge, a person who, right now, has already reached a mental state where he feels and believes that he has no one to listen to; this means that he is degenerating from this very moment. Why? Because the rational mind...the rational mind is not receiving tonus. The rational mind receives tonus from listening.

00:06:38 Sound, only sound. The Vedas describe what sound is. Sound is an immense force. The Vedas say that sound is the greatest energy, the height of civilization; control of space ships is described by the Vedas, there have already been such civilizations. The Vedas describe it – all of it was controlled just by sound. Sound is capable of restoring weather in a matter of seconds. In order to do this, its essential to know how to correctly pronounce the sound. And this knowledge is found in the rational mind. The rational mind should have this power.

00:7:10 Sound is capable of inspiring a person or deeply disappointing. We have a very weak understanding of what sound is, very weak, because all learning is founded on reading, in

general. The lecturer doesn't attach a great deal of significance to the sound which he... although many lecturers know that when people go to a lecture, they better assimilate the material, although the material can be one and the same. He can say the same thing and even if he, at the lectures... well, how much can be said during a lecture? I tried to print out my lectures and 14 pages... very dense... you say... 14 pages in computer format, that's it. Nothing else. Do you understand? Its very little for preparing for an exam.

00:08:02 But it turns out that it gives more, sound gives more than if you read a great deal. But a person who is very highly... who doesn't care what proper learning is, is simply doomed to degeneration. There even exist levels of degeneration for scholars. Its described in the Vedas; there is one word for such scholars, these scholars who don't properly approach learning, in the Vedas they are called "*Narottami*". *Nar-* means person. *Ottam-* means worst, worst of people.

00:08:41 Why not a degenerate wallowing in drugs, why is a scholar the worst of all people? Because a degenerate can still somehow get out of this state of mind (begin to listen), but a scholar who is already at the height of society, he is not capable of hearing or understanding anything. He will never change his mind, he is not capable of changing anything in his life, and these stages of degeneration are beginning within him. The first stage of degeneration – he doesn't want to listen. Next, he loses his rational mind, and to the extent of his loss of reason, his character deteriorates. He begins to become very ambitious, he wants respect for himself, as before. But people stop respecting him little by little.

00:09:20 Then what happens? Next, to the extent that respect decreases, his anxiety increases. And he, as a result becomes a despot. He begins to get angry with all of his subordinates, he begins to get enraged at everyone around him. Then, after that he develops a very neurotic, tense state of consciousness. From this emerges a ton of illnesses.

00:09:44 The next stage – everyone will simply turn away from him. It will seem to him that he worked his whole life for science, dedicated his whole life to it, and people don't respect him, they don't relate to him properly, they didn't appreciate him for his merits (it seems that way to him). Who among you, raise your hand, who among you can not appreciate a good person, is that really possible? Who refuses to talk to a good person?

00:10:12 It turns out that there is a principle of fairness that gives rise to such degeneration. And this person, he dedicated his whole life to science, it turns out... cultivating reason within yourself – is the greatest austerity, the most difficult. Working somewhere loading goods is much easier, its very difficult to study material, learn, attain some understanding of things, the essence of the matter. Forcing your way through the depths of science is very difficult. It's unbelievably hard work, and the result – everyone turns away.

00:10:45 Because the Vedas say that there exist different kinds of knowledge. It turns out that if you study some sciences, just study, that still doesn't mean that you will be happy. You must figure out which knowledge stands above others. Let's try to work this out. Its very simple, take a look.

Different Kinds of Knowledge. Memory

00:11:06 The body is energized by prana. That means, that knowledge about the body is found on a lower level than knowledge about prana. For example, look, a person pumps iron his whole life, right? He pumps iron, he will have good health for a certain period of time, he will be a healthy person, he will do physical workouts every day, he will have a certain level of health. But, since the body- after thirty years, it begins to age in and of itself, we can't do anything. (All athletes lose their professional skill after 30 years of age). We can't do anything about it, the body ages- this means that muscles begin to cave in...in and of themselves...we can attempt to somehow keep them in shape, but it will all waste away. I know, I do it every day. But my body is nevertheless wasting away, its noticeable.

00:11:57 This means that there exists a force that provides the opportunity to maintain health on an even higher level than the body. Aside from workouts, there are also breathing exercises – *pranayama*. Knowledge about how to function with the help of breathing exercises stands above knowledge of the body. But even knowledge of the body is also very significant. It turns out that if you simply sit up straight while listening, let's say a college student, if he sits up straight, he will by 30 percent...his assimilation of material will increase by 30 percent. But it is very difficult to sit up straight, because you feel like slouching all the time.

00:12:34 When a person sits up, his psychic energy continuously rises upwards – this is also a type of pranayama, that is, a kind of work with psychic energy. When a person sits up straight, this also means that he is capable of cultivating within himself interest towards a subject. And later, you and I will talk about why interest for a subject is necessary.

00:12:55 It turns out that the *mind is set up in such a way that its not capable of receiving information if the information isn't of interest*. It doesn't matter if you study, if you don't study. But, if a person draws such knowledge into himself with the help of a great force of effort, then his short-term memory gets to work. And this short-term memory – it completely exhausts the psyche. A person remembers everything for one day, for two, then he goes, writes the exam, what happens after that? He feels great revulsion towards the subject; what he studied becomes repulsive to him. Why? Because its that force that is destroying him.

00:13:32 It turns out that (its described in the Vedas) a person should not force himself to study something. He should do something else, and then he will want to study everything, and he will memorize everything by himself. A person should not control the process of memorization. Its the deepest function of the psyche. We should not control the process of memorization. Those who control the process of memorization don't memorize anything. Those who let go of the process of memorization can memorize everything.

00:14:01 But each person memorizes things differently, depending on his psyche. Some people...some people have logical memory, some have concrete, do you understand, some people have visual memory, some even have creative or poetic memory. Do you understand? Memory can be varied depending on the type of character. But this is already, I would say, a small aside from what I want to explain to you.

00:14:23 And so, knowledge of prana stands above knowledge about the body, therefore people who do breathing exercises, they are already, practically, somewhere around 45 years of age,

they feel good, they can achieve much more in life. But this knowledge. What I just told you “knowledge of prana” – you didn’t receive this knowledge. Why didn’t you receive it? There are a few people whom, from my having said “there is knowledge about prana”, received this knowledge. I have done pranayama for a very long time, I have this knowledge.

00:14:58 Those people who were listening very carefully- it got to them. (This internal, psychic state of shock). They felt: “I must find out about this”. They felt it, a few people. Raise your hand, who did this happen to? Just a few people, five-six people in the room. This means that the information went into the rational mind, it acquired a practical strength. Everyone else just took it into account. Do you understand?

00:15:22 Where lies the difference between those people and the others? The difference lies in the fact that those who didn’t listen seriously enough, they will later need to practically and theoretically study this topic a great deal in order for the information to enter their rational minds. That is, it will be necessary to verify everything in practice. But those who listened seriously, they don’t even need to verify in practice. They already know. That is, there’s practically a 100 percent probability that they will do it. Its not for sure with everyone else, there’s a big doubt about this.

00:15:51 And what’s the sign that a person received practical knowledge (realised)? What do you think? (from the hall). He’s realising it. That’s right, realising it. Now...to get from knowledge to realising knowledge there’s something that everyone needs to know. What is it called? (Indistinguishable sounds from the hall). Desire, inspiration. It turns out that a person who can listen properly receives inspiration. And this inspiration remains with him for a long time, he doesn’t lose it, he’s capable of doing everything from then on by himself. Do you see what I mean? It is very important to know.

Knowledge of Prana

00:16:33 And so, knowledge of prana. It turns out that there are many facets to this knowledge. For example, the index finger is linked to a person’s sphere of activity. The first phalange is linked to the Moon – it signifies contentment. Contentment is the basis for success in an occupation. Contentment is also linked to good relations with women and one’s mother. Therefore, the first, most important cornerstone for study – is your relationship towards women. If a person incorrectly relates to women, he can’t study. He doesn’t have contentment.

00:17:12 Memory, the ability to memorize – implies a cold mind. Female energy, or the energy of the Moon (psychic energy which is called *Odjas*), cools the mind. *A person who is capable of respectfully relating to women, not arguing with them, has a good memory.* Memory is not what we think, the number of convolutions of the brain, as some say (laughter). Everyone has about the same convolutions. Memory stands for the activity of the subtle body. It stands for psychic functions that can be cultivated depending on how a person relates to life. If a person begins to deeply respect women, his mind cools down and he begins to remember everything. Its possible, if only you act in this direction.

00:18:01 Next, the next phalange- the middle phalange, this is Mars. Mars stands for will power. Only a person who doesn't put his will at loggerheads with other men; he respectfully relates to older men, is able to steer himself in the direction in which he needs to go in order to reach his goal.

00:18:28 The last phalange stands for Jupiter, or the Rational Mind, or Faith. Jupiter gives a person inspiration. That is, in other words, first comes contentment, then willpower, the last stage is inspiration. Inspiration occurs only as a result of listening, because without listening, without understanding what listening is, study is impossible.

00:18:57 Next, after prana, the level of prana, is the level of emotions. It stands above the level of prana. Emotions are the antennae of the mind. *A person who is able to control his emotions, maintains his health a lot longer than someone who does pranayama but can't control his emotions.* Let's say that a person is doing pranayama and, at the same time, smokes. Why does he smoke? Because he can't control his emotions. He feels like smoking and he smokes, he can't.

00:19:31 Knowledge of how to control emotions is very elevated knowledge. You might say: but what about math, physics, chemistry and all of that? Its all good: math, physics, chemistry- its all fine and good, but, if you can't control your emotions, you can't achieve success in understanding mathematics because you'll hit the bottle. Isn't that right? And there are cases when a person engages in science very seriously, then, all of a sudden, there's a bad period in life (but he doesn't know that this happens at all, he didn't even study it). He didn't study what the mind is, that its above emotions. It turns out that the mind works....our mind lives in accordance with planetary periods. And in the life of each person, every 10-12 years, his fate is completely altered, as per the Vedas.

Control of Emotions

00:20:24 And we don't know that in 10 years we could hit the bottle, we don't prepare ourselves for it. A good academic defended his Doctoral dissertation, then all of a sudden- hit the bottle. That's it, a bad period began. Emotions weren't controlled. He didn't learn how to control his emotions. Do you understand?

00:20:45 A person goes and just joins his two fingers: the thumb stands for "me". The first phalange stands for bodily health. (demonstrates) here, if you squeeze your first phalange and feel pain there, that means that your body isn't healthy. IF you squeeze the second phalange and feel pain, it means that you have unhealthy emotions (on the thumb). If, on the left hand, you squeeze the first phalange and feel pain there, it means that you have an unhealthy body as a result of fate. Squeeze the right hand- its not as painful. It means that you are working on yourself and you will overcome your fate.

00:21:25 If you squeeze the left – it doesn't hurt, that means that as per Fate, you are not meant to be sick right now. Squeeze the right – it hurts, that means that you aren't living correctly. Squeeze the second phalange (the last one on the thumb) on the left hand. Unpleasant sensations (pain, hostility, something's not appealing to you), that means that as per Fate, its now your time

to suffer. Squeeze the right hand, the thumb, this phalange - it doesn't hurt, that means you're controlling your emotions, that means that you aren't suffering, irrespective of what was meant to be.

00:22:01 If you squeeze your left phalange – it doesn't hurt, the right – hurts, that means that you aren't meant to suffer right now, as per your Fate, but you are suffering. Do you understand? This is knowledge of emotions. Now I will show you a mudra. What's a mudra? A mudra is influence on your fate (with the help of mudras its possible to influence your fate). A person goes, puts two fingers together (the index and the thumb), the rest stay straight, on both hands. That's it. This is the first stage of study, you have to start learning from this.

00:22:39 A person then places these fingers like this, upwards. This signifies that I am uniting my activity (index finger) and my emotions. I want to love what I do. That's it. This is called self-control. Who among you know about this, raise your hand? A few people. The rest attempted to control themselves because its impossible to study without controlling yourself. How can you study? You're pulled here, there, to get a drink, to eat, to the washroom, to the shower, to walk the dog. When is there time to study- its not clear. Before, you didn't feel like anything; as soon as you sit down to study, you immediately want something, And you begin to run here and there, around the fridge, around the television. By the time "The Dead don't Sweat" is on, you've already missed out.

0023:36 *This signifies a lack of control of emotions. A person who constantly holds his fingers like this is capable of working five times longer without taking a break from his activity. This is knowledge of emotions. There is a lot of other, different information. I gave you a little bit. A person who knows how to control his emotions is capable of achieving a lot in life. For example, it turns out that all emotions, they...control of emotions begins with control of the tongue. If a person controls his tongue, then all the other emotions are very easy to control.*

00:24:16 What is meant by control of the tongue? There are two ways to control the tongue – there's control of food consumption (control of diet) and control of speech. When a person doesn't control his tongue, he's not able to get a hold of himself and study, he won't be focused. How to determine if a person is unfocused? He eats at all hours, that's the first symptom, the second symptom – he chatters for no reason. That's it- two signs of an unfocused person. You don't need any more signs, the two are enough. If these two symptoms are gone, then a person can sit and study. That's it. Who amongst you knew about this? Raise your hand. Three people, five. But how then did you control your lack of focus, how did you control it? You just tried to sit, huh? But it didn't work because you feel like running off somewhere.

00:25:16 And so, let's see, what does control of one's diet signify? It means eating at the right time. The Vedas say that its impossible to force yourself to eat less than you want. However, if a person knows what food to eat at what time, then he conquers his emotions. And, if he is able to sanctify his food, then he completely conquers his emotions. So say the Vedas.

Focusing Attention

00:25:44 And so, it turns out that if a person eats heavily from eleven till one o'clock in the afternoon, than in this case, he can simply eat his fill, a great deal, and it won't overwhelm him, neither physically nor mentally. He doesn't need to sleep after eating, he needs to prepare for exams. (Feigns a yawn). Sleeps. Why does he sleep? Because he didn't eat at the right time, he ate later than he was meant to. Or he ate too early and goes around constantly weighed down. He needs to study for his exams, say he ate grain-based foods at the wrong time (grain-based foods give memory, you should eat them from eleven till one in order to study). The person ate grain-based foods earlier, his mind went numb.

00:26:30 He thinks: "What's this? I can't read anything today." He reads one line for five minutes. He doesn't know, he didn't have this knowledge. As such, knowledge of emotions stands above knowledge of something else. Higher mathematics – is good, but you can't understand it not having knowledge of what emotion is. Or you can understand it, but not as much as you could if you knew about it. From birth, a person could be able to focus his attention, he could have a good memory, he could have a lot from past lives, but this doesn't mean that in this life there's no need to engage in this. Do you understand?

00:27:09 And so, a person should know when to eat, but, if he attempts to cure his excessive desire to eat...he understood that, if he eats, he can't concentrate – he begins to starve himself. What happens as a result? Often college students starve themselves before exams, they feel that their concentration improves. What happens as a result? The result of...(emotions have a very deep memory, it is housed in the mind. Emotions are the antennae of the mind. Emotions remember how much you didn't get enough of to eat. Its impossible to hide from emotions how much a person didn't get enough of to eat)...as a result, they starve themselves for a long time, the emotions begin to thin out, they get nervous (the emotions begin to get nervous).

00:27:55 The person starts to become neurotic. His ability to focus his attention increases, but everyone irritates him. And he says: "I can learn this, but why are you always bothering me? Why Dad, did you switch on your TV, why Mom, do you walk next to me?" Earlier he didn't notice, but he's noticing now. Why is he taking notice? Because he's hungry. His emotions are greatly heightened; his memory is improving, *but other factors bother him*; these are known as psychic factors.

00:28:28 The physical body is strong, it can somehow help (more cheerfulness), but mentally, he's very highly irritated, it doesn't help. Then, after the exams, he begins to pig out, his health begins to suffer. Later for him, exams become pure nightmares. When he remembers that he has to take an exam, he thinks: "Need to starve, then over eat, then this, then that, then - reanimation". Its very hard for him to think about it (laughter). About this exam, it's a total nightmare. But he just need have known when to eat, at what time, and that's it. Cheerfulness guaranteed for the whole day, both mental and physical. That's it, no worries. Control of the tongue. Eating just as much as you would eat, but at the right time, that's all. The tongue is kept under control.

About Empty Talk. Idle Words and Laziness

00:29:13 The next point. Idle talk. It exhausts the life energy of a person. When a person listens, his reason is strengthened, when a person talks, his reason weakens. However, when a person talks, his reason pressures my- my rational mind (irrespective of what I say) is also strengthened by this. If I give some useless information, the person listens, it goes through one ear and comes out the other. The person gives out his life energy from his rational mind, his reason begins to trickle out, decrease. Reason means that energy which controls everything, it provides inspiration. “I don’t want to study today” – “But why? - “I don’t know. My friend and I talked for a long time. I’m tired.” That’s it. No energy, the energy is gone. Where did the energy go? You talked it up. All of the energy was talked up, that’s it.

00:30:13 It turns out that you need to know all of this. Without knowledge of these things its impossible to live, even just...not always...perhaps you’re no longer in university, but you know, these are very important things. Each person should study his whole life. What should we study? Its essential to learn how to raise children, relate to your husband, stay employed; study how to live correctly, how not to fall ill – these are all subjects for study. Without this, its impossible to understand anything. Without strength in your rational mind, its impossible to understand anything.

00:30:42 Idle talk. How to rid yourself of idle talk? (Addresses the hall). Tell me please, what is the main reason for idle talk? Where does it come from? Huh? (From the hall). Inertia. Idleness. Idleness is already the result of idle talk. This is already the result. **Laziness points to an exhausted rational mind, no inspiration, phew-phew, inspiration is finished, don’t feel like doing anything.** Lack of a goal. Lack of goals is the result of idle talk. There is a necessity for conversation. Necessity for conversation – getting dumber comes about from this, right? (Laughter in the hall) Then you will now all get dumber, you have come here to talk, you’ll all get dumber. (Laughter). There’s a necessity for conversation.

00:31:33 What she said was right, but the necessity lies in what kind of conversation? Let’s take a look. What does idle talk mean? What do we talk about that’s of no use? Let’s make a list. We talk idly about politics, about friends, we talk, discuss friends, we discuss how horrible it is to live in the Ukraine, we discuss which airplane flew into which building, we discuss who has what kind of health and who can’t cure who and who cured who. And so, about what....give me some other kinds of conversations...tell me...how many...how often a week, raise your hand, who, in a week, often talks about self-realisation. There, only a few conversations about self-realisation, there weren’t any others, raise your hands.

An Offended Frame of Mind

00:32:26 Three people. Let’s be honest. Who discusses someone else everyday? Raise your hand. Everyone’s afraid. Don’t be afraid, you know, I won’t bite. There, who among you talks about politics everyday? Raise your hand. You know what the reason is for this? The reason is that our rational mind loses strength. We aren’t able to understand the truth. Because of this, because of this reason. This reason is known as an offended frame of mind or “a mind-set of suffering”. An offended frame of mind means that someone is responsible for my problems. It emerges in and of itself, we don’t expect it.

00:33:14 It turns out that an offended frame of mind enters our consciousness every morning. Every morning, an offended mood enters our rational mind because at night, without fail, we latch on to some kind of bad karma. It stays in our heads and we wake up with a discontented face, we look around. And right away, for the most part, some kind of inner hostility emerges in most people, that someone's guilty.

00:33:38 If a person understands that that's the way it is, that this is destroying his happy life, what does he try to do in the morning? Not the laundry, not math, in the morning he does something else. If he is a religious person, in the morning he sits down and begins to say prayers, he concentrates on God. Why? In order for positive energy to enter his rational mind. In order to remove this force that is destroying any chance of understanding something in life. If he is not religious, he repeats: "I wish everyone happiness, I wish everyone happiness"- positive energy enters his rational mind.

00:34:17 "Consciousness of a bee". A bee only flies towards honey. She's not interested in all kinds of excrement lying around. A fly wants to investigate these matters all the time. It says: "Why is everything here not right? I need to fly into the excrement and dig around in it. I need to dig around for sure in the waste of each person. Why does he lie to everyone? Let's try to figure it out. Why did he leave his wife? Why did Alla Pugacheva marry that one and leave the other one? Why does Yeltsin drink? And something else. Let's try to investigate this issue today. And tomorrow, and the day after tomorrow. We will do this every day. And our rational mind will remain completely bereft of psychic energy. It will become absolutely incapable of achieving anything in life.

00:35:12 It turns out, when a person discusses someone else, he is somehow justifying his own discontent. If they're to blame, that's why I feel bad too. But it turns out, the Vedas say that I feel bad not because they're all to blame, but because, from a past life, from our past actions, a punishment enters our brain. This punishment ruins our mood. The punishment expresses itself in just this way, at this moment, our mood is just spoiled.

00:35:41 But we already find an object (who's guilty) later on, ourselves. Look, observe yourselves, it always happens that way, it doesn't happen any other way. For the most part, *first there's a bad mood, then a scandal*. For the most part. Sometimes, it so happens that, at first, you have a good mood, then someone spoils it. But that's already another matter, that's also a kind of karma. But in the given case, I'm telling you that 80% of all problems come from the fact that first, we get a bad mood which we can't get rid of, we don't want to gain the consciousness of a bee, we don't know why its necessary.

00:36:17 Why is positive thinking necessary? Why is it necessary to know what happiness is? Why is it necessary to repeat "I wish everyone happiness"? In order for the rational mind to be able to practically assimilate information. In order for, having once seen a person hit the bottle, to never feel like drinking again. This is what is meant by power of reason. In order to, having once seen, how a person suffers, how he was punished for cheating on his wife, to never want to be unfaithful, from having once seen that event. We all forget.

00:36:59 A person tossed and turned in pre-death convulsions and cried: “I lived in vain, why such injustice?” You saw it- you should remember it your whole life, that you shouldn’t live in vain. But there’s not enough strength of reason, we forget about all of this. We don’t have enough enthusiasm to remember. *Enthusiasm signifies strength of reason.* A person can remember what he saw for decades.

How to Improve Memory and Strength of Reason?

00:37:22 Memory doesn’t mean “I remember - two times two is four”, no. Memory means that energy has entered the rational mind, that means enthusiasm. When energy enters a person’s rational mind, he doesn’t just remember mechanically. A woman marries someone whom she shouldn’t have married. She feels that she’s getting married for nothing even before she got married, but she does it. And then, when she gets divorced, she tells herself “Never, never again will I repeat this. As I have this inner sense, I will never get married again.” In a year, she forgets. And she gets married again the exact same way and gets divorced again. She says: “Why such injustice?” Because you didn’t learn to cultivate strength of reason within yourself. *Strength of reason means an ability to remember what happened to you in the past.*

00:38:26 And so, there’s emotion. Above emotion stands the mind. **Knowledge of how the mind works is very elevated knowledge.** A person who acquires, who attains this knowledge, becomes saintly. Saintly- implies light. He radiates light. Not the light of an electric light bulb, he radiates the light of happiness. When you stand next to such a person, happiness appears. This means that he is saintly. There’s no need for any other signs.

00:38:54 When people looked into the eyes of Serafim Sarovski, they acquired great happiness. They couldn’t hold it in, they jumped from joy. A crowd of people just wanted to look at him. They came to the place where he carried out ascetic practices and looked at him. They didn’t need anything else, he didn’t talk to anyone. They looked, acquired everything they needed to receive. This is what is meant by **control of the mind.**

00:39:20 It turns out that the mind can act in two capacities. The first capacity of the mind is collection of information. This is what’s mainly done in schools. What are children taught? They are taught to collect information, our teachers engage in this. They say: “Did you memorize your lesson or not? Didn’t memorize it? A D. Memorized it? An A.” That’s it. *Collection of information is the first function of the mind. The lower function of the mind.*

00:39:55 There’s a wonderful plot from the fairytale “Buratino”, it led me to deep contemplation when I was a child. Buratino, when he was told (there was something there about apples): “You have two apples, you give me one apple and you’ll be left with one”. He says: “But if I don’t give you one apple, I’ll have two”. (Laughter). I began to sense another aspect of mathematics. I understood that it turns out that all this arithmetic, calculations: one minus one equals...two minus one equals one...all of it has some sort of deeper meaning. Do you understand? Or not?

00:40:43 It doesn’t lead you to...? Not coming up with any ideas? It turns out that there exists, on the one hand, simple calculations: two minus one equals one. This is one function of the mind. But Buratino acted on a higher level. He acted using another function of the mind which is

called not just receipt of information, but its linkage to the rational mind. He said, fine, I...(they thought he was stupid)...they told him, well, you just subtract and that's it, what problems could there be, we're just discussing everything theoretically. He says: "No, I can't theoretically, I want two apples, not one. Tell me, why should I have one"? They didn't explain it to him.

00:41:28 They didn't tell him that a law of charity exists: if you give away one apple, then later in life you will have more happiness than you can even imagine. They didn't tell him about this. The other function of the mind wasn't taken into consideration. *The other function of the mind is when the mind doesn't just take information, but directs it to the rational mind.* This signifies practical application of what you heard.

00:41:55 There are two different kinds of scientists – one scientist studied Africa his whole life. And the second one studied Africa his whole life. They meet. One studied Africa theoretically, he attempted to comprehend and studied in depth, he...all the layers of soil...he studied everything about this Africa. And the second one also studied, but he went to Africa. He wanted to practically understand what Africa is, just by going there. He wanted to live there for a bit. He went to Africa, saw some unusual structures there, he saw some structures which are 15 thousand years of age. He thought, what's this, why should I study all these soil samples, I should understand what THIS is, what IS this? Africa is not soil, its not the rivers that flow there. Africa is these structures which are 15 thousand years old. He thought, this is more important!

00:42:55 He discovered an advanced civilization. His discovery, it merited...it simply put to rest all scientific findings, because science considered that human life came from the western world there, into the new world. This was considered the new world (Africans are the new world). From the Western world civilization went there, but in the Western world, civilization...the maximum traces of this civilization are within the range of 12 thousand years of age. There stand structures that are 15 thousand years old. This scientist who went to Africa acted from the standpoint of the rational mind. He wanted to study Africa too and these two scientists met.

00:43:39 The one asked the other: "Do you know Africa?" He said: "Of course. Geographically its this, its that, its like this, its like that, and therefore, since its geographically situated as such, human life could not have existed here before Europe." He came to such a conclusion. But the other one told him: "But did you see that there, in Africa, there are these stone blocks." He says: "Well that's simply nonsense, it's a scientific error, this and that." He says: "Its not nonsense because these blocks...their analysis shows that they are 15 thousand years old." – "Well, this is all rubbish, to think that somehow it happened there that the natives sharpened, hammered". – "But you know, the blocks were placed in such a manner that its impossible to stick even a needle between them, they're that precise..." Now you go home, take any house and take a look at the joining of stone. You will see there's no proper joining.

00:44:34 It turns out that its from the depth of the junction. The Vedas say that the longevity of a structure depends on the quality of the joining of meeting points between stones. Where do we have durable, long lasting structures now, find at least one. There's cement everywhere, that means that it will all fall apart. There, the stones in these structures are so densely packed that its impossible for a needle to even fit in anywhere. This points to a highly advanced civilization.

These stones are 500 tons each, they are totally smooth. *One studied from the standpoint of rationality, the other studied from the standpoint of the mind.*

In What lie the Failings of Modern Education

00:45:22 What am I saying all of this for? Well, look. *You are sending your kids to school, there, they are taught facts, but these facts don't enter the rational mind.* This means the child's a failure. Why a failure? Because he can't associate these facts with life. Let's say he studies psychology (I saw a lot of psychologists). They say: "From the viewpoint of banal erudition...." I say: "But that doesn't happen in real life". "But, you see, we are talking to you about psychology, not about real life". Why then is your psychology necessary if it doesn't solve problems in life? Isn't that right? Why is psychology divorced from real life?

00:46:11 You often go to a psychologist, he doesn't even want to listen to you, he says some clever words, its impossible to understand anything. He performs some tests, calculations, he tests you...Did any of you bark even once, raise your hand? 3 people. They force you to bark. If a person never barks in real life, why do you need to do it? (Laughter). Its not clear. This is already disconnected from real life. As such, they indirectly judge how a person develops, how he barks. Or they force you to draw some faces, or something else disconnected from life. Its possible to figure out some things indirectly, but you have to ask a person: "How do you... with your wife...how do you talk to your wife, what words do you address her with, explain." And everything's clear, right away. (Laughter). No need to draw any faces. You need to just go and explore the life a little bit more in-depth. You need to ask: how do you relate to your son, how do you relate to your mother, your father. Do you understand? These are deeper things.

00:47:18 But there are even deeper things- its not how a person relates to others, how you need to relate to others, it turns out this knowledge (of how you need to relate to others) – is so deep and secret that even if I tell you about it right now, still, not all of you will understand it. It turns out that the subtle body of the mind has a certain psychic structure and this structure practically doesn't change (not very much, it changes a little during the course of your whole life). It means that changing a person is practically impossible.

00:47:50 He has a certain psychic profile; its practically impossible to change him. But there exist good and bad sides to this psychic profile. A person who interacts with the good...he, its as if the petals of the bad character in a person close little by little, and the good ones open up...and as a result, regardless of the fact that his general structure practically cannot be changed, *it is possible to open up the best in him. But for this, its essential to try not to pay attention to the negative.*

00:48:20 What do we do? Every day, we pay attention only to the negative and then we complain that its difficult for us to live. Why do we act this way? Because we don't have the strength to pay attention to the good, we can't. I told you about this just now, but you'll still go home and you'll start grumbling. It's not true? That means that something is changing within you. But someone will go and grumble, all the same. Who's going to grumble, raise your hand? There are honest souls, someone is going to grumble, thank you. That's the way it is. I also can't say that I attained perfection, that I never grumble. But its not the best thing that should be in our lives.

00:49:09 And so, the mind can accept factual information and can also use this information to give to the rational mind. And this transfer of information to the rational mind is called improvement of your character. Any information can improve your character or worsen it. When a person just sits, he sits... a Professor teaches him higher mathematics... a person with the correct frame of mind will listen to higher mathematics, but from this, his character will improve. Its phenomenal. He will retain higher mathematics and, at the same time, he will develop good character traits.

00:49:48 What comes about as a result? This person who develops good character traits within himself, will become a prominent scholar. Why? Because nothing in life will prevent him from reaching this goal, there won't be any barriers. The person who doesn't develop good character traits simply memorizes material. He is doomed to failure because his rational mind will dry up from this. He doesn't know about life.

00:50:17 And so, answer this question for me, how to act in such a way that, just listening to knowledge of mathematics, just listening to any knowledge that's taught, how to act so that all these good character traits develop automatically? And the person who (as mentioned by my friend and assistant), that even a person who doesn't have that much intellect, he'll achieve great success if he knows this secret. What is this secret, what do you need to do? (Addresses the hall)

00:50:51 Listening, you said listening. Its not a cheap trifle. Listening is a result. Work on yourself – it's the greatest culmination of all accomplishments. A person who is capable of hearing the truth, it's a high level of consciousness, a very high level of consciousness. Don't think that its that easy. **You're all listening, but not everyone will change their lives after this lecture.** *The ability to listen is a unique thing. Don't think that it's that easy.*

00:51:19 What should a person do? Focus his attention. On what? A person focuses his attention on something, as a result this energy enters his mind. What should attention be focused on? Huh? Well, come on come on, faster. On what you're listening to. As a result, you're filled with facts, you become a robot. The Volga merges into the Caspian sea, but do you know about anything else? I know that it merges into the Caspian sea, but lets say that another river doesn't. Crabs for 5 rubles a piece are very big, but they cost 5 each. There are those for 3 rubles a piece, small, but for three. Think about it and decide; big ones for five rubles, small ones for three rubles. That's it. Purely informational enslavement of the mind, absolutely parched consciousness. Focus of attention on material things leads to this.

00:52:26 What other options are there? (an indistinguishable answer from the hall) Taste. Well, taste is already advanced reasoning. How to acquire taste- that's easy. I'll tell you right now, just go and acquire a taste. For example, go to a monastery. Go, right now, acquire this taste. You don't have it. Its impossible. Its not something that can be got for cheap – having a taste for something. You all went to school but you don't know what to focus on in order to receive all of these good character traits. Controlling yourself. What does that mean, let's see.

How to Control Yourself and your Life

00:53:06 What does it mean to control yourself? Who am I? Some believe they are the body; they control themselves by controlling their body. Some believe they are prana, they control themselves by breathing. Some believe they are emotions, they control themselves. (Pam-pam) (Singing). Some believe they are the mind. They control themselves by saying: “I am calm, I am calm”. Some believe they are the rational mind. Human existence starts from this, but you need to consider yourself a soul. This is an even higher level. To believe that you are a Soul means to live unselfishly. This is very difficult to do.

00:53:43 Believing that you are the rational mind means that I should perceive truth. Controlling yourself means attempting to perceive truth. It turns out that a person should learn to respect someone who gives knowledge, with all his might. He should, with all his might...at that time, when he is talking, he should learn to respect with all his might. You’re thinking: “What a jerk, he wants everyone to respect him.” No, I’m telling you what the Vedas say, you can not respect me.” (Laughter). The Vedas say that you need to learn to respect with all your might. And the person talking should learn, with all his might, to respect the one he is talking to. As a result, if a person learns, with all his might, to respect the one talking, the person receives knowledge, information.

00:54:38 (Question from the hall) Even if someone is lecturing on total nonsense? Yes, even if he is lecturing on total nonsense. Well look, he is lecturing on total nonsense, you begin to respect him, and what happens as a result? You don’t lose your soberness of mind. What is total nonsense? How to tell if something is total nonsense or not? Well look, one person listens and doesn’t get anxious when listening. He is calm although he knows that its nonsense, he is calm, he doesn’t get alarmed. Another person is nervous, he can’t listen. How to tell who knows its nonsense, the one who’s nervous or the one who’s calm? He can’t listen, its hard for him, he’s nervous. The other one’s calm, he knows that its nonsense, but he listens. How to tell who knows; the one who’s nervous or the one who’s calm?

00:55:42 It turns out that its very simple. When the rational mind is full of egoism (listen carefully). Egoism is a force that gives pain. The more egoism in the body, the more painful and sensitive the body. The more egoism in prana, the less a person agrees to do something. He is told: go, go over there, he says: “I don’t feel good, I feel weak”. He has a lot of egoism in his prana. When there’s lots of egoism in the mind, a person acts up a lot, he has a bad character. How can you tell if there’s a lot of egoism in the rational mind? Lots of egoism in the rational mind means that when someone says something (not something that you know) he gets a strong feeling of pain. He begins to get nervous, its really hard for him to sit still. That means – a lot of egoism in the rational mind.

00:56:32 An inability to listen is very hard to handle. “I don’t agree with you” – so what, sit still, you don’t agree, you don’t agree, what’s the problem? I also don’t agree with you not agreeing, but that doesn’t change anything. *Why do you feel so much like talking, shouting, arguing? This points to unsound reason. Egoism in the rational mind.*

How does Argument differ from Discussion?

00:56:59 The Vedas say that two wise men prepared to realise truth. The Vedas say: “*the truth is not born from argument, its born from discussion*”. How does argument differ from discussion? The two wise men sat down and began to discuss the truth. Each of them has students. If one of the wise men loses his calm, the students of this wise man switch over to the wise man who didn't lose his equilibrium. This is what is meant by strength of reason.

00:57:31 If the one who was sharing the truth lost his equilibrium...he was talking, the other one was listening, he began to get irritated...this means that his rational mind is inclined towards egoism. He's not capable of realising the truth and passing it down to others. That's it, all of his students switch to the other one's side. And with that, its all over.

00:57:51 An argument broke out. As soon as the argument began, its all over. The person suffered defeat, he began to argue, no one will talk to him anymore. Why? Because he doesn't know the truth. **The truth is found in a strong rational mind, a rational mind free of egoism.** Where can't truth be found? It can't be found in a weak rational mind. The truth stands for strength. Truth for a person is a link with happiness. Only a strong rational mind is able to perceive higher happiness. As soon as a person begins to get irritated, that means that he doesn't have knowledge, he has a rational mind inclined towards egoism. Next. They both don't argue, they discuss. What happens next? One of them wins over the other.

00:58:35 And that one says: “I am now your student and I want to study with you. Therefore, please, take me and my students. Teach me.” Which of them is more rational? The one who became the student or the one that took him as a student? (Addresses the hall). Huh? A riddle. The one who became a student is definitely very rational, and the one that took him as a student is also very rational. Because if a rational person becomes a student, he will never become the student of an irrational person.

00:59:16 How to tell if they are both rational? During the discussion, they never lose their equilibrium. That means a strong and pure rational mind. The ability to listen is the main quality of a person, it distinguishes a person from an animal. A person turns into an animal the moment he loses the ability to listen, even to information that is unpleasant to him or it...he considers it a lie.

Paramahansa

00:59:43 One holy person became very seriously ill due to the force of his karma. He lay in bed. In the place where he was (he went around preaching), in that place there weren't any good doctors. But an inner feeling prompted him to send for a doctor because he didn't find any other means of getting better. He felt that he didn't know how to get better, he lacked enough of his own karma. Or he simply didn't know why. He called for a doctor, the doctor examined him, took his pulse (he was drunk, the doctor who came was drunk). This holy person knew that a drunkard can not provide truth but being a rational person, he didn't turn him out. His students were already anxious: why is he speaking with a drunk doctor, how could he help?

01:00:28 This drunk doctor in a semi-delirium said “I'm sorry, I'm such a drunk...” He repented. That means that he could already be of use. *A person who repents purifies his rational mind.* And

then, he felt the holy person's pulse and said: "Medicines won't help you. Now you just need to begin to move little by little and walk more and more." He named the length of time for walks and told him when to begin walking.

0:1:00:57 An ordinary person would just laugh and say: "What can a drunk understand?" But in what lies the sign of rationality? A rational person is able to extract the truth, even where there isn't much of it. In the Vedas, such a person is called *paramahamsa*. Paramahamsa is derived from "para"- which means "like", "hamsa" –means swan. It turns out that a swan has two qualities that differentiate it from other birds and animals. The first quality is that it is capable from water...if you pour milk into water...it is able to extract milk from water, without ingesting the water. It sucks the water in and lets it out, but retains the milk. It drinks all the milk that is poured into water.

0:1:01:49 This means that a person who has a pure rational mind is able to extract the truth, even when there isn't much of it. He will attentively listen and extract the truth from an information source where there is hardly any of it. He will get at the essence. This signifies a higher level of consciousness.

0:1:02:07 The second quality of swans is that they are never around where there is a lot of shouting. They are always around quiet places. This means that a rational person will not speak with those who have sullied themselves in ignorance, who are constantly gossiping. A rational person will seek the company of those who speak of the truth. Do you understand? **Two qualities of rational people.**

0:1:02:37 Why does a rational person not want to go where there's gossip? Because he has the consciousness of a bee. He has no reason to gossip, he wants positive knowledge, he wants to be happy. He has no reason to destroy his life by talking about all sorts of nonsense. Do you understand the idea?

How Respect Clears the Road to Knowledge

0:1:02:56 And so, you go, a lot of you...study...people came, let's say, either you're studying or you want to give knowledge to your children on how to study properly. Few children come here, for the most part, people who want to help their children came. The first piece of knowledge is that a person should learn to respect any teacher who gives him knowledge. If he learns to respect...even if, during the time of the lesson, he doesn't receive any knowledge; he already knows all of it, or the Professor is not qualified...if he learns to respect him then, during this time (during the course of the lesson), he will receive all the information, first of all, that the person was providing. Because respect signifies a pure rational mind.

0:1:03:36 When a person respects someone, at this time...well, take a look, for example, how can you check if your rational mind is pure right now or not? You are sitting next to someone; as soon as you begin to genuinely respect him, your rational mind completely cleanses itself of egoism. And at this time, *all useful information enters the rational mind by itself, there's no need to attempt to remember anything*. It goes in by itself and what's needed gets assimilated. Everything gets filtered. Everything is filtered by itself by a pure rational mind.

0:1:04:04 There are no problems listening to someone who doesn't know anything. The problem lies in disrespect. And so, a person is capable of respect. He listens to a teacher who has a very bad character, he tries to respect him with all his might. What happens as a result? As a result, during the course of that one lesson he rids himself of all of the bad character traits that he should get rid of.

0:1:04:36 And how to tell if, in effect, he is getting rid of the right character traits? Very simple. It turns out that if a person gets irritated at the sight of another person, that means that he has, in hidden form, (in hidden form from his consciousness), the very same character traits that are in the person who is provoking anger within him. *Because the mind always only reacts to that which it possesses.*

0:1:04:58 Now, let's take this one kind of phenomenon. Three people are in an elevator (I've experienced these kind of situations in life). One of my friends quit smoking about three years ago and we were standing next to a smoker. It didn't matter to me whether he was smoking or not, it was just unpleasant and that's all. It was okay, you have to tolerate it, you can't jump out of the elevator anywhere, right? But this second friend of mine couldn't stand it; he began to get very highly irritated. He said: "Why are you smoking here, we're not smoking, we're leading a healthy way of life. Why are you sending us to an early grave? Why are you blowing smoke at us?" The person didn't understand a thing, he left dumbfounded, thinking...these non-smokers have got a lot of nerve. Better to smoke than be such a jerk. (Laughter in the hall). Why was he so irritated? Because this link with smoking acquired a negative connotation for him.

0:1:05:55 It turns out that there are two types of negativity. The first is positive attraction- a person wants to smoke and he smokes. The second is negative, strong aversion. Let's see, let's say a wife doesn't smoke, the husband smokes. The wife hates the husband for smoking. In the next life (the man who smokes and poisons his wife with tobacco) is born a woman who doesn't smoke. And the woman who hated her husband is born a man who smokes. And they constantly change places, its described in the Vedas.

0:1:06:36 Let's say a wife hates her husband who drinks. In the next life they change places. A female body is intended for working off karma; a male – for accumulating it. As a result, in her next life, this woman will begin to drink and all of this hatred will be gone. *Each person should receive what they wished for.* That is, she hated someone, and she should receive satisfaction. Hatred should be satisfied. As a result, in the next life, she will need to be born as a drunk in order to satisfy her hatred in relation to her former husband, who now becomes a woman and suffers in the exact same way as you did in your past life. This is known as the law of karma.

0:1:07:18 And so, before me is my teacher who doesn't have any good character traits. A person who studies these matters knows that this doesn't just happen out of coincidence. I should listen to him carefully. I should try to humbly relate to his shortcomings and, during the course of this time, I will uproot all of my character deficiencies that are connected to this person. Each person, each event in our destiny teaches us how to live. Therefore there is no reason not to listen to this teacher who talks nonsense.

Sober Listening – Strength of Reason

01:07:50 However, when listening, a person should not form blind attachments; this is also a sign of foolishness. What does forming a blind attachment mean? It means, having taken in information, not verifying it in practice. Sober listening signifies strong reason. There are these emotional societies that lure people in. People become fanatics. What does this mean? They all get together and say: “We’re great!” They shout it very loudly, all together. “We’re great, uh-huh uh-huh! You should love us, all of you should love us, uh-huh!” They shout. What for?

0:1:08:33 It turns out that as a result of the shouting they pierce each others’ rational minds. The rational mind...the rational mind has the force of stability, the rational mind needs force of stability in order to evaluate information. Why do you need to evaluate it? Because the rational mind is the most important thing in life. If you veered off one road and set off on another, your whole life changes completely. And this wild shouting alone pierces the rational mind. Therefore the Vedas say, *where people talk hysterically, where things are not explained in a state of respect towards other people, you should not listen to such people, because they are breaking down your understanding of things. They are destroying your rational mind.*

0:1:09:14 Therefore a Professor who speaks very hysterically shouldn’t be listened to. You should just mentally ask for his forgiveness at this time and cultivate good character traits within yourself. But, if this Professor provides knowledge in a calm state of mind, there’s no reason not to listen to him because he gives you the opportunity to evaluate information, weigh it; he gives you the opportunity to assimilate it with your own reasoning. This is only a short introduction. Unfortunately, I can’t shed light on the whole topic.

0:1:09:47 And so, you and I have to come to a certain point. It turns out that the cultivation of good character traits is more important than the receipt of informative knowledge. Therefore, *you need to orient your children towards studying how to develop a good character within themselves, explain what for.* A person who develops a good character within himself but doesn’t have any special gifts for study (he doesn’t have the capacity for analytical thinking, a very good memory), but he cultivates good character traits within himself. The grades in his report card are Cs, Bs, C minuses, Ds, A minuses, that kind, right? But his parents tell him, this isn’t the most important thing. The grades in your report card aren’t the most important thing.

0:1:10:33 The most important thing is that you learn to love the people around you, the kids around you. You should treat your Professors with humility, respect them a great deal. This is the most important thing. Then the child says: “But why, you know, my transcript will have Cs, I won’t be able to get in anywhere, I won’t be able to continue studying”. And here lies his illusion.

0:1:10:58 It turns out that the ability to study depends on strength of character. A person who developed a good character for himself can, regardless of his C-average, prepare really well for exams. Why? Because he has strong inspiration, inspiration means strength of reason. It doesn’t stand for knowledge of information. *A person who has a strong character can alter the entire course of his life.* Let’s say that he didn’t even get into university, but, if he cultivated his character, he goes to work, as a low-level worker, some sort of very junior employee at this workplace, he, let’s say, washes floors at a legal consulting firm. He wanted to be a lawyer, but he ends up washing floors at a legal consulting firm.

01:11:44 If he cultivated good character traits within himself, a lawyer will notice it right away and will take him in as an assistant. He would like for that person to help him because he's a very good person, he shouldn't be a cleaner, he should be the assistant to a lawyer. And then this lawyer will see to things, and this lawyer's assistant will begin to acquire professional skills because he will be dealing with these matters.

01:12:08 Next, since he acquires professional skills, no one will let him go from there, they'll tell him: "You're good". Next, what'll they do- they'll give him money to study and will deliberately promote him because, we need such people. A person, having a very good education, but, at the same time, not having a good character, will ruin relationships with everyone and will go from one job to another, showing everyone his diplomas. He'll be hired based on his diplomas (you're judged based on what you wear); he'll be shown out based on his mind. He'll be retained for his diplomas, and then kicked out for his character. And as such he'll wander about all his life, not understanding why things are happening this way in life. Such unfairness, I studied so long but the wrong subject.

0:1:12:54 Therefore a person who is not capable ...I studied with a C and B average in college. Once, they wanted to kick me out of university, but one thing stopped them (they wanted to kick me out in fourth year). At that time I treated the son of the university Provost, therefore they didn't kick me out. The Dean found out about it and he didn't kick me out. (Laughter). I couldn't study very well because I didn't have time, I had to treat people. Do you understand? I had to learn to treat, learn to treat, treat people, and that means, I had to talk to people. I needed to spend the majority of my time talking to people, there was no time to study at university. Do you see what I mean or not?

0:1:13:46 (From the hall) Why did you study? I studied because this knowledge was imperative. I had to know anatomy, physiology and all the rest. Then I had to recollect things, study them in greater depth, because I was compelled to by circumstances in life. Its impossible to cure a person without knowing the subject. Inspiration comes from a desire to cure. Some people study in order to hold a profession. A person studies, what does he want? To become a Doctor means you're a respected person, money. What does he want next? He wants to become the head Doctor. Why? Because its fame and more than that, it's a guarantee of success in life, an apartment, a car.

0:1:14:27 What does he want next? He wants more, more and more of it, but it doesn't stand for treatment, it all stands for something else. As a result, can he become a good Doctor or not? Why? Because he didn't want to cultivate good character traits within himself. The main character trait of a Doctor is compassion, and not the ability to know a lot. *A compassionate person is capable of curing, even, if he doesn't know anything at all.*

0:1:14:56 I know a few grannies who just look at a person and he gets better. Why? Because they have such a strong sense of compassion; they don't need to do anything else. When I saw such a granny I started feeling bad. I thought, a few people are truly able to help others, that I am nothing in comparison with her. A big fat zero. Do you understand? Because there's so much compassion that a person gets better. She just sits and talks. I ask: "How do you cure people?"

She says: “No way in particular. I just want the person to get better and that’s all.” And he gets better. That’s the secret.

0:1:15:32 But this granny didn’t go to university, she attempted her whole life to help people. Do you see what I mean? This is where the difference lies. She cultivated within herself another quality of the mind, another state of mind that is called connection to the rational mind.

Knowledge of the Rational Mind is Above Knowledge of the Mind

0:1:15:49 And so, knowledge of what reason is is higher than knowledge of what the mind is. Reason is a force that aspires towards happiness. The Vedas say that human life is intended for cultivation of the rational mind. A person who doesn’t understand this isn’t capable of being happy because **reason gives you the opportunity to orient yourself towards happiness**. It turns out that the rational mind itself can’t steer itself towards happiness. Our past karma prevents this. It puts pressure on our rational mind and as a result, a sort of situation comes about where I can’t be happy even though I want to. Its essential to cultivate strength and purity of reason within yourself. What’s more important, purity of reason or strength? Purity. Because people can have a strong and stubborn rational mind, a person doesn’t want to hear anything, he lives however he wants to, and as such, he is doomed to degeneration, this kind of person. He’s very one-dimensional.

0:1:16:44 You can also have a pure rational mind that’s very weak. A pure rational mind means the ability to hear the truth. To hear where the truth is and where it isn’t. Purity is more important. As such, learning how to strengthen and purify your rational mind stands above learning how to cultivate a good character within yourself and how to receive information. This is higher knowledge. What do we know about it? Almost nothing.

0:17:15 It turns out that when a person just drenches himself early in the morning from the head down under a cold shower, and in certain situations does the same thing in the evening under a hot shower, then in this case, his ability to understand what’s good and what’s bad increases manifold. Who among you knew about this, raise your hands? A few people, why? *Because it turns out that water acts not only on skin, it also acts on the mind, on emotions, and on the rational mind*. Why, when we drench ourselves with cold water, does our mood improve, a cheerful sensation emerges and the ability to more effectively study? Does everyone know about this? Raise your hands, who doesn’t know about this? Are there such people here? One person doesn’t know that cheerfulness emerges after a shower. On the contrary. On the contrary- then I apologize.

0:1:18:13 And so, let’s see, are you able to stand under a cold shower every day? No. Every day, early in the morning, is anyone not able to do this? Raise your hand, who’s not able to? Do you know why? Because you don’t know why its necessary. It purifies your rational mind. The Vedas say, without this cleanliness of the rational mind...there cannot be a pure rational mind. Why do you need to have a pure rational mind? In order to distinguish where’s happiness. In life we always have a choice, to act this way or to act that way, but we can’t figure things out. A

person should learn to choose. Purity of reason provides opportunity, strong enthusiasm to act in this direction. How to find out if a direction is correct? Purity of reason is the guarantee. There is yet another guarantee, there's yet another method for purifying the rational mind, it entails choosing the truth for myself, choosing knowledge for myself that will lead me to the truth.

0:1:19:15 Now look, we listen to any old person, whatever we're told. What did you come here for, is he making a fool out of you? I'm a four-eyes, I'm making a fool out of you. Why did you come here, ladies and gentlemen? It turns out that its not true, a person should listen to whomever he knows, from whom there will be truth. It turns out that a **person should study where there is truth, he shouldn't listen to everyone under the sun.** I don't know why you came here (laughter), I came here in order to pass on what I have. But, anyway, this is not the way. No need to go everywhere, you need to first study who this person is, what for, why is he talking about this, what knowledge he is guided by. Knowledge is the basis for passing on information.

0:1:20:13 It turns out that there is one force that determines exactly whether knowledge is genuine or not. How to tell what this force is? What is this force, does anyone know? Time. It turns out, *false knowledge won't endure for long. Genuine knowledge endures for a long time because its essential for everyone.* False knowledge is quickly forgotten. Inspiration is a force that overcomes time. Inspiration can be found in the rational mind. If knowledge purifies the rational mind and inspires it, that means this inspiration will be passed on from one person to another, who will hand down this knowledge with the help of this force – enthusiasm.

0:1:20:56 Enthusiasm means a connection with the rational mind and the source of happiness. What is reason? It is knowledge of what happiness is. Reason consists of this knowledge of what happiness is. If there is very little happiness, the knowledge fades away. If there is a lot of happiness (in this knowledge), that means, that the knowledge doesn't fade away with time because it will be constantly passed on from one person to another. As such, ancient knowledge is already success. Ancient knowledge signifies success. The Vedas were only written down five thousand years ago. The Vedas themselves refer to this information which was passed down hundreds of thousands of years ago, the Vedas themselves talk about it.

Why, namely, the Vedas?

0:1:21:39 You know, in the Vedas there are descriptions of so many interesting and exact things, that its impossible to even imagine them in your head. It turns out that knowledge of the solar system is entirely (the distance between planets) described in the Vedas. Five thousand years ago. Scientists are now discovering all of this and are amazed at how it is impossible that these people already knew all of this. Do you see what I mean? All of this that I'm now telling you, its not something I made up, I took it from the Vedas. I didn't want to come up with anything new. I didn't want to be a pioneer because that's silly. *Its impossible to discover anything. Everything already exists. All knowledge already exists.*

0:1:22:22 How to tell, why exactly ancient knowledge? Very simple. If there's happiness, that means that it should be preserved by some force. If there's happiness in this world, how could it be that no one preserved it? Huh? Well, if there is happiness and no one is preserved it, that

means that it doesn't exist. Do you agree with me or not? If you believe that there is happiness, that means that some sort of force should be safeguarding it. Do you agree with me or not? If this force exists, that protects it, that means that its superhuman because people can destroy whatever they like. They can drop an atomic bomb and blow everything up.

0:1:23:15 A force from above should provide happiness. Happiness should come from above. And the Vedas say, therefore, since there is happiness, there exists knowledge that is found above the platform of human beings. This knowledge was passed down from Higher planets. Vedic knowledge was passed down from above. If you believe that there is happiness, that means that you believe that this truly is possible. Because if there is happiness, it should be protected. This means that constantly, on our Earth, there should be some kind of knowledge that guarantees you that you can have happiness. It should be here constantly. Do you understand?

0:1:23:57 As such, if a person takes some knowledge, not necessarily the Vedas, knowledge that was tested by time (Christianity, Islam and so forth), there are lots of teachings that have been tested by time, if a person equips himself with this knowledge, he has a guarantee that he won't make a mistake. As a result, what does he do? He purifies his rational mind. How does this come about? The rational mind is full of egoism, past karma influences us. It says: act this way, think this way, do things the way you think they should be done. And then? But there, in this knowledge the following is written about this, I feel like doing that, there is written this, what to do? I accept what's written there. Why? Because I don't trust my rational mind.

0:1:24:47 Do I experience happiness now or not? There are different levels of happiness. The Vedas describe the possibility of there being such happiness in a person inside that is one thousand times greater than the happiness in everyone else. The person is so happy that he has external signs of this happiness on his face. He experiences an enormous state of happiness. This means that he knows the truth (so say the Vedas), because **the truth is happiness.**

Different Kinds of Happiness

0:1:25:15 And so, there are people who know happiness. This means that there exists a force that gives them the opportunity to continuously remain in such a state of being. Do you need to ask them where they draw this energy from? Do you understand what I'm getting at or not? It means that there is a force, it provides them with the ability to have a pure, strong rational mind. Who among you has constant happiness right now? That's it, that means that you are on top, if, of course, you truly do constantly have it. Because a person is often wrong. It seems to him that he is very happy, very much so, but the Vedas give a classification, how to determine a happier person and a person who is less happy.

0:1:26:03 Who among you experiences hunger? Who among you never wants to eat, raise your hand. Next, who among you can never want to go to sleep? Who among you can never get irritated? Who among you can never lose your equilibrium, even in times of great sorrow or great happiness? The person never loses equilibrium. It means that his inner happiness is so great that it overpowers the desire to eat, the desire to sleep, the desire to have sex, the desire to get irritated, etc. This state of consciousness is called the state of *samadhi*. A person already doesn't want anything because he has attained everything. He is totally happy.

0:1:26:50 As such, there are different levels of happiness. If a person studies these levels of happiness (they are described in the Vedas), then he knows that he is not as happy as what is described there. It means that my rational mind is polluted. If it were clean, then I would have experienced that state. It means that the Vedas have greater knowledge than I do because they already described this happiness, and I haven't yet had it in my mind. As such, a person simply comes to the conclusion that if I want this, but the Vedas say this, it means that I should act as per the Vedas because *I want to be happy*. This is called the process of purifying the rational mind, accepted by all wise men from all nations. Take any teaching and you will see that it exists. This signifies the ability to hold yourself within the auspices of certain knowledge.

0:1:27:47 A little boy went to his Father, and the little one asked, "What's good and what's bad?" It means that these are objects, there is knowledge that there is something good, this is eternal, this is unchanging. There is something that is constant, that is always bad. That's what the scriptures signify- a certain kind of knowledge that it is essential to just follow your whole life. However, a person who will attempt to do that, will understand that there comes a time where he can't abide by it. He doesn't have the strength, because in our destinies, we always have such periods when a person is not capable of abiding by something. He is overwhelmed.

0:1:28:28 Raise your hand whomever of you have never had such a period in your life, where you didn't achieve what you wanted to achieve. Is there such a person? Not one person raised his hand. But even if someone raised their hand, I'll tell you what I would have told him: that means that for you, everything is yet to come. As per Vedic knowledge, something like this practically never occurs in life. The planets act in turn, cyclically, and a cycle will definitely come to pass, when all the negative planets, all stand together, in one row, and that means that the character of the planets, each of the planets is stronger than us- these planets are capable of shattering his calm and ruining his state of equilibrium, making him unhappy. Do you understand the idea or not?

0:1:29:20 And in this state of consciousness a person is not capable of abiding by knowledge. And the Vedas say that in order to maintain the ability to abide by knowledge within yourself, in order for this, a person should know of one more thing that he should cultivate within himself constantly. What is this thing called, who knows? (Humility). Humility- its understood, it already signifies strength of reason. Humility is the best character trait, that characterises the highest cultivation of reason. If a person is able to constantly be humble and respectfully relate to everyone, that means that he is rational to the highest degree and that means that he can be a spiritual teacher for everyone. So say the Vedas.

0:1:29:57 Now, what to do in order not to lose your equilibrium. In order to at least enter a state of equilibrium. (To attain saintliness). You can't attain it because a period comes into force and everything you have goes to ruin. A malefic astrological period begins, everything goes to ruin in life. (Respect for planets). Respect for planets- that's already closer. There's an even more precise understanding of things. He's right, respect for planets means correct relations. But there is yet another, more accurate, more correct understanding of things. (Seeing God before you). A

person in a malefic period loses the ability to see God. He doesn't have the ability, a malefic period comes into force. (Society). Who said society, raise your hand. You're a wise man.

Positive Society is Most Important

0:1:30:48 It turns out that a person who has a bad period in life should go to those...he should have...because in this period you don't even feel like going anywhere...he should have a strong habit of going to a place where elevated individuals speak amongst themselves. He should develop the habit and his legs should take him there by themselves, automatically. As a result, in a few hours, he completely neutralizes the influence of all of his malefic planets because the force of reason of these people fills his consciousness. That's it.

0:1:31:24 Understanding this truth, that **good society is the most important thing in our lives**; only a few people can understand this, only those fortunate people who truly understand how to cultivate strength and purity of reason within yourself. Many of you made it to the lecture with great difficulty. Some people didn't come, they said, well, I don't have any time, you know, I don't have any time to go to a lecture because there's so much work. I need to do the laundry, clean up. This points to a lack of this knowledge. Not enough time means that there are more important things than society that provides an understanding of what life is, how to live correctly. That means that there is something more important in this case, right?

0:1:32:16 No, there isn't anything more important in our lives because a particular period will occur in life when you'll feel very poorly, and you need to know how to act correctly. Otherwise, you won't be happy. You'll just be destroyed by this force. As such, *nothing exists that is higher than positive society*. A person who can't get a hold of himself and come to a lecture, that means, he doesn't understand these things. He doesn't have to come to my lecture, he should go somewhere, at least twice a week. He should visit a place where they'll talk about how to live properly, where he'll discuss these topics, at least twice a week. And then his **success in life** is guaranteed. You need to teach this to your children.

0:1:33:01 A child who goes to school should go twice a week to a place where they give him knowledge about how to live correctly. Success in his life will be guaranteed. Even if after school, a period of time awaits him when he ought to shoot drugs and get wasted, he won't become a drunk, regardless. Because his feet will lead him to the place where this energy is neutralized, he will go there every day. When the bad period comes into force, he should fortify himself; from morning till night he should remember what he was told. Every day, for at least 10 minutes, he should talk to those who have strength. **His success in life is guaranteed**. Do you understand or not? These are very important points that it is essential to know.

What Destroys the Strength of Reason?

0:1:33:46 Now, the next point. You and I have just discussed different types of knowledge that you need to teach yourselves and that you need to teach your children. There exists knowledge of how to gain the ability to preserve strength of reason within yourself. We just talked about purity of reason, now, about strength of reason. It turns out that there are things that exist which

completely destroy the power of reason. I told you about one of them – bad society (refers to gossip). A person who wants to maintain strength of reason within himself – this means overcoming bad habits. Learning to talk to your wife or husband, even if its practically impossible. Learning to raise your kids even if they don't listen at all. Holding on to your job, even if they want to get rid of you. Curing yourself, even if the disease is incurable. It means an ability to have money, even if as per fate, you're not meant to have any- that's what's meant by strength of reason.

0:1:34:50 And now I have a question for you: who really devotes a lot of attention in life to constant self-criticism for thinking poorly of someone? This means that you have a guarantee (these people) that all these points that I've listed will be resolved in life. All of them. You just need to be able to criticize yourself, repent for thinking or saying something bad about someone. That's enough.

0:1:35:28 But there exist some other things that provide for lots of incidents, that decide a lot of events. It turns out that if a person...we're talking now about...I'm telling you in brief about the system for teaching children in Vedic culture....it turns out, that for some reason, *boys and girls were taught separately*. For what reason, what do you think? Differences in thinking. Differences in knowledge. The reason is much more obvious than you think. Huh? Different natures. (Answers from the hall). Different training. No, the main reason is something else. Karma is closer. Different tasks, no, that's not it. Its all correct, but these are not the main reason. Different designations. No, the reason is more banal. Different sex. Who said that, raise your hand. Thank you. Develop this thought some more.

0:1:36:46 What does it mean? It means that when a boy sits next to a girl his psychic energy descends down into the reproductive centres. The exact same thing happens to girls. As a result, the ability to receive information in the rational mind decreases to zero. (Laughter) I didn't mean you, the people sitting in this hall. I think that you're no longer boys and girls, I think that you're controlling yourselves.

0:1:37:20 At adolescence, starting from 12-13 years of age, the sexual energy in young people is so strong that they're completely incapable of controlling it. Therefore if boys sit with a girl at the same desk, they are not able to assimilate lessons because the energy lowers in and of itself. If a person feels that he lacks the memory to memorize, he lacks enthusiasm for study, he lacks the strength to steer himself in the right direction, he lacks the ability to act as needed, he lacks all of that, he has heightened exhaustion, it means that during study period, he talks too much with the opposite sex, or thinks too much about the opposite sex. That's it, there's only one conclusion, so say the Vedas.

0:1:38:12 It means that its essential...a person who **truly wants to achieve success in life**, should try to limit this contact and then, the exact opposite result will take place. He will have the opportunity to achieve a lot in his life. Let's say I have some young people who are studying with me. The first condition, as per the Vedas, that I give them, is that they should not have girlfriends. That's it. If you have a girlfriend, that means that you should study differently, we'll talk about this right now as well. But if you don't have a girlfriend, you can come with me, study

with me, but if you have a girlfriend, then this process is over. Why? Because its impossible to receive knowledge at a very profound level.

0:1:38:57 Now, if a person really does have a girlfriend, what to do? Drop out of college? No, he needs to get married. He can no longer refuse the idea, he must get married. As a result, his ability to study will also increase. Because when people get married, little by little, their emotions calm down, and he already more calmly perceives...his energy, even in the presence of his wife, begins to slowly rise up, the processes restore themselves more and more. You see how much there is to know in order for a person to finish school?

0:1:39:32 If, let's say, your child is grown up, everything's gone and done, he feels like going out with a girl everyday, that means, he needs to get married. Otherwise, he won't finish school. He'll go out at night, he won't study anything. Or you need to explain to him: either the girl, or school- one or the other. If he can't understand this, if he says: "I love her so much, more than my education, I'd better drop out of college", he needs to get married. Then he'll calm down and study properly. Do you understand the idea?

0:1:40:04 As such, there exist two categories of people: one of them is able to guard against the opposite sex (these people are able to attain great heights in study), the second is not. This second type of people need to try to study for a certain period of time. If they don't feel able to refrain from interacting with the opposite sex, they need to get married and continue studying. But they need to assimilate this fact very well. The more you engage in relations with your wife during the time of study, the less ability you have for study. You can try and see. There is less energy for study, enthusiasm, and all the rest. Less ability for it. Because all the energy goes into the lower centres, and not into the higher ones. For the most part, love is interaction of the lower centres.