

SRI KRSNA CAITANYA PRABHU NITYANANDA
SRI ADVAITA GADADARA
SRIVASADI GAURA BHAKTA VRINDA

HARE KRSNA HARE KRSNA
KRSNA KRSNA HARE HARE
HARE RAMA HARE RAMA
RAMA RAMA HARE HARE



WEEK: 0374

FEB 05, 2016

GOKUL BHAJAN & VEDIC STUDIES

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Gurur Brahma Gurur Visnuh
Gurur devo Maheswarah
Gurur saksat Para-brahma
Tasmai Sri Gurave namah

Guru is Brahma, Visnu and Maheswara.
Guru, as Brahma, plants the seed of bhakti.
Guru, as Visnu, nourishes the creeper of bhakti.
Guru, as Maheswara, destroys all obstacles in the path of bhakti.
Guru is non-different from supreme lord.
To that guru, I offer my obeisances.



व्यासाय विष्णुरूपाय व्यासरूपाय विष्णवे ।
नमो वै ब्रह्मनिधये वासिष्ठाय नमो नमः ॥



I AM IN A COOL PARADISE





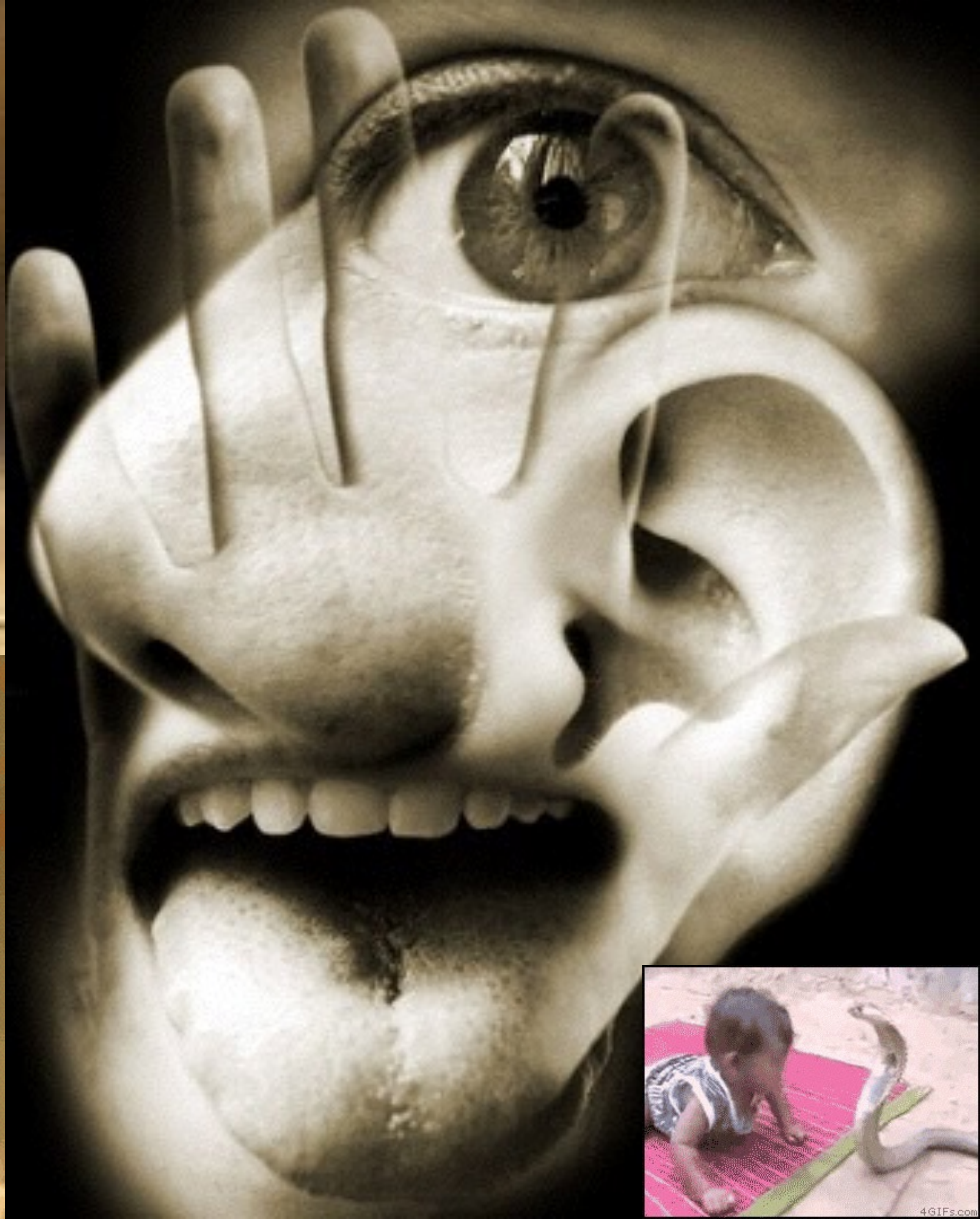
WE ARE WHAT WE EAT



OUR TONGUE IS
ONE OF THE
UNCONTROLLABLE
SENSES..











Happiness comes from
Controlling the senses,
not by serving them!



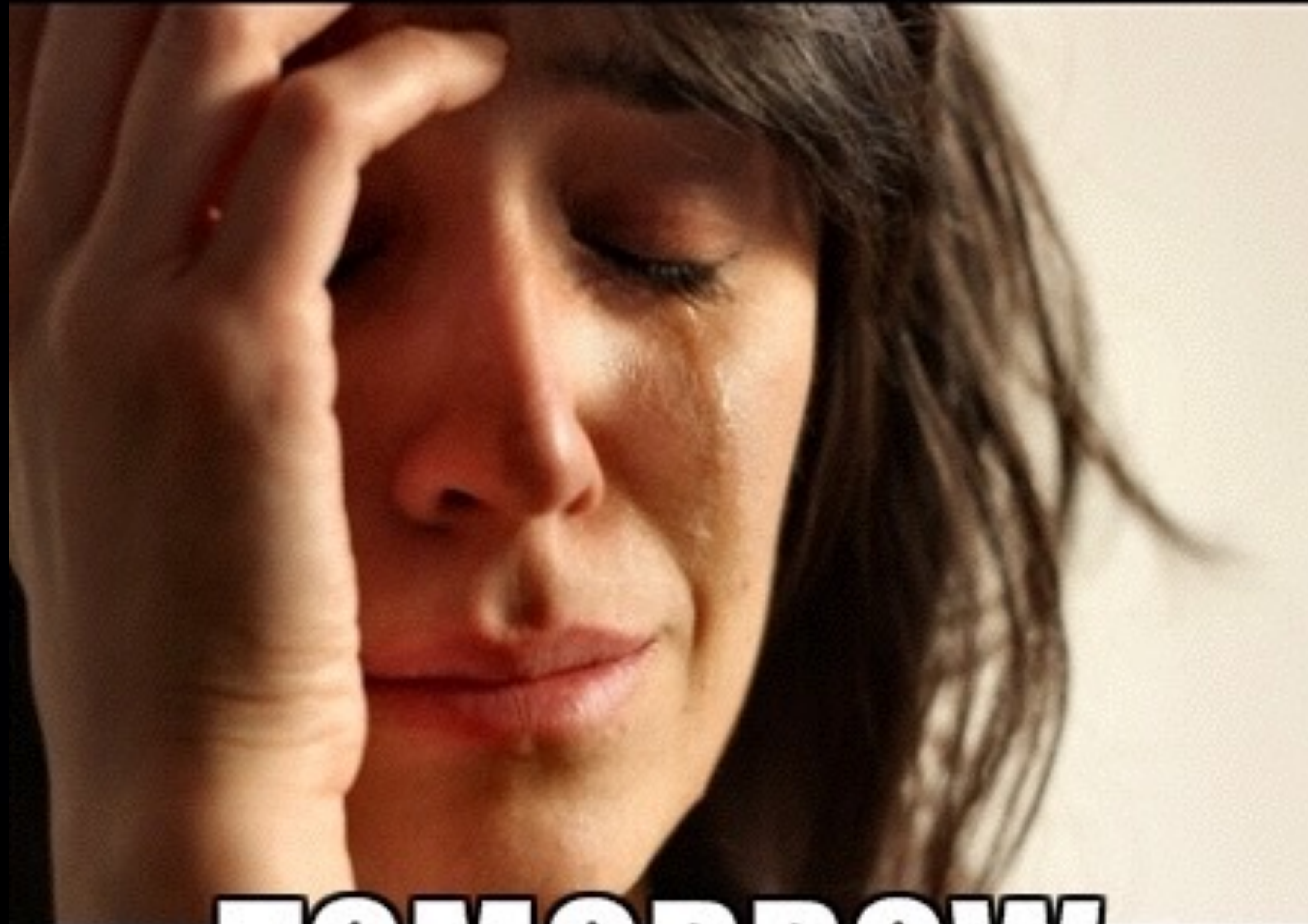


EKADASI



TOMORROW

ITS EKADASHI



TOMORROW

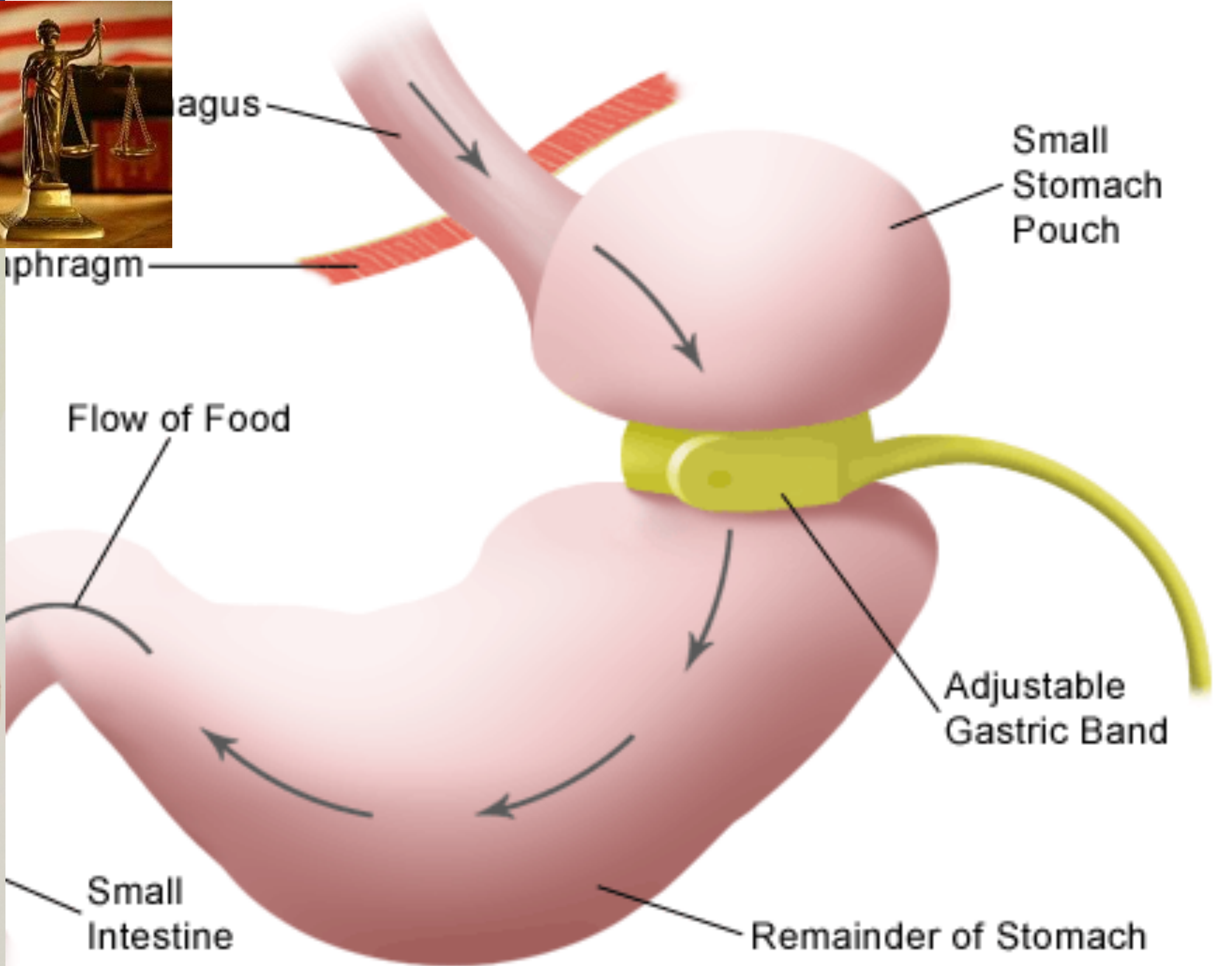
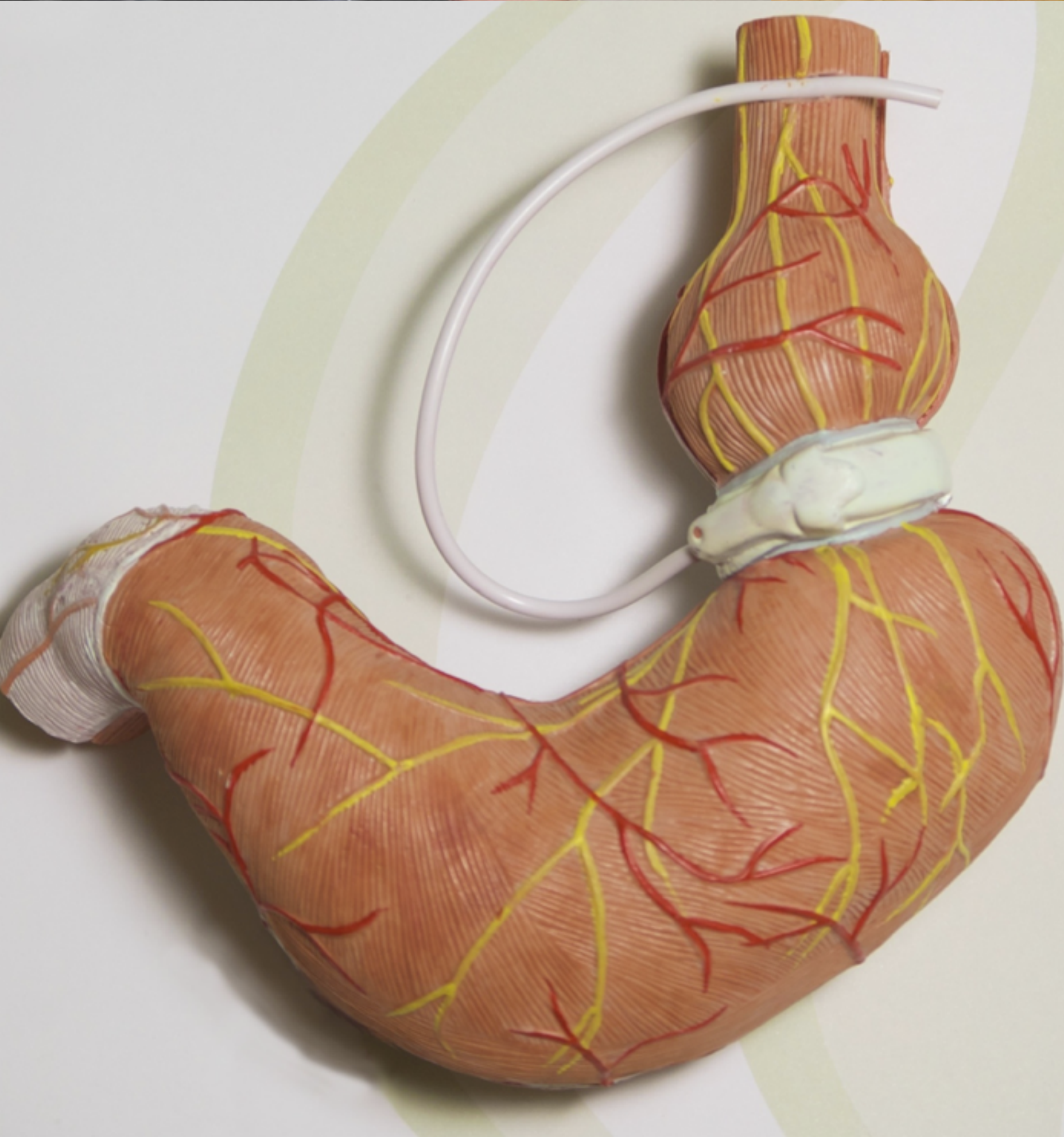


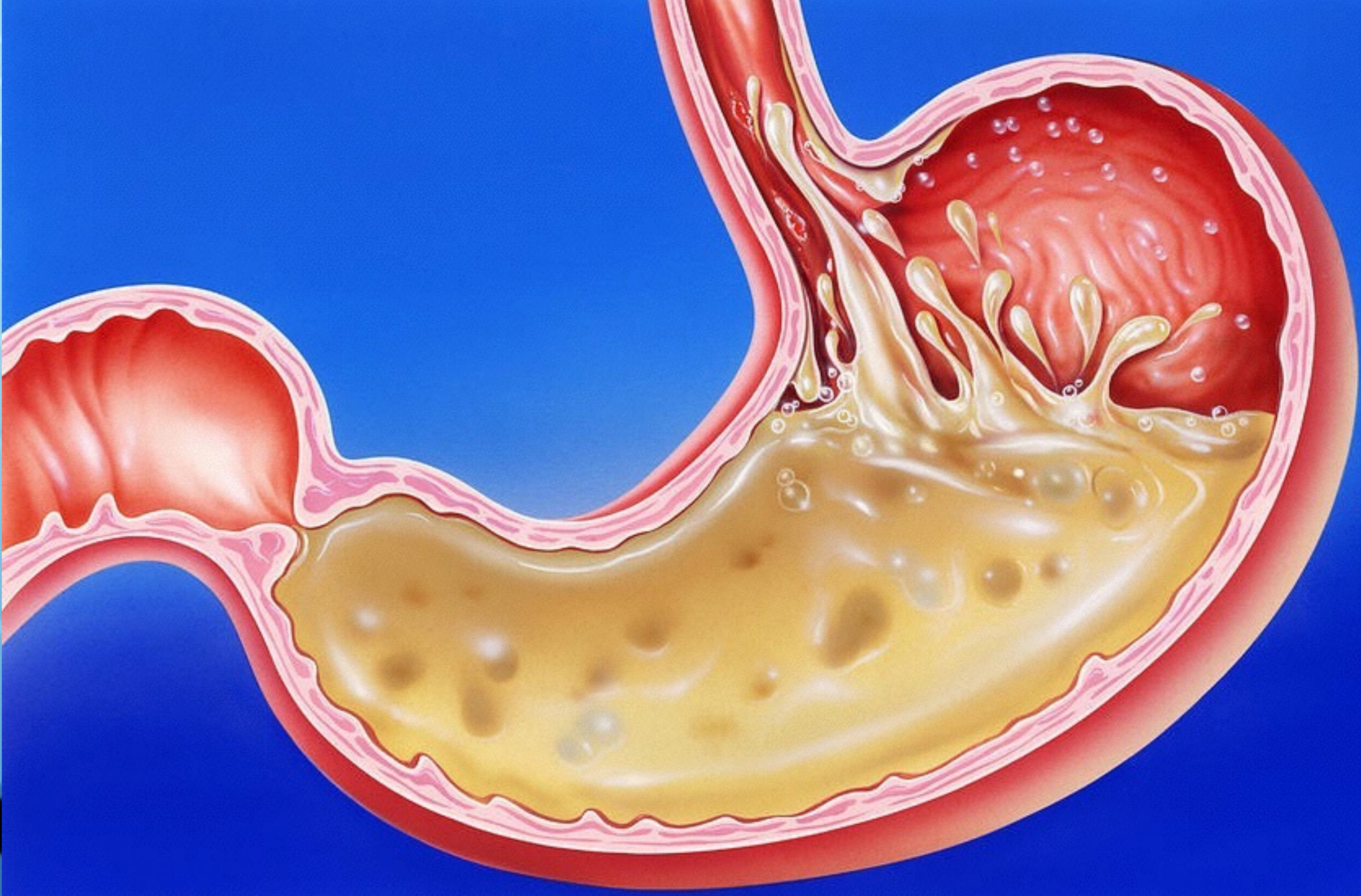






Adjustable Gastric Band Procedure







SOME PEOPLE
EVEN EAT
WHILE IN
TOILET!



Toilet theme of China!



Even there are restaurants where they can go for toilet while they eat!

PROFESSOR AND CEO BEHIND POOP BURGERS, JAPAN









WE
SHOULD
CONTROL
OUR
SENSES









Lord Indra was
cursed to be a
PIG!
Why?



















ARE WE REALLY DIFFERENT FROM THAT PIGULA
BABA?





1

[My repeated obeisance unto the glorious lotus feet of Sri Guru deva by giving my body, mind and soul for serving him. He is the one who gives the real relation, the sambandha to Sri Krishna. I take shelter at his lotus feet.]



**Mangalam Srī Gurum Sūka Pādāṃ
Mānasam Deham Cit Arpaṇam
Sambandham Dadātum Te Arbhutam
SaraNam Sri Gurum Pāda Saraṇam**



YOU ARE WHAT YOU EAT



Every 35 days, your skin replaces itself. Your liver, about a month. Your body make these new cells from the food you eat. What you eat literally becomes you.

SATTVIC

RAJASIC

TAMASIC

Spiritual

Worldly

Evil

Enlightening

Color & Passion

Dark & Inertia

Truth & Wisdom

By Instinct

Ignorance

Sense Control

Selfish Desires

Animalistic

Peace & Calm

Restless

Lazy



mind

spirit

body

Food has 3 Constituents:

- 1) Gross nutrients for Body
- 2) Subtle elements for Mind
- 3) The waste component





**R
A
J
A
S**



**R
A
J
A
S**





**T
A
M
A
S**



A close-up photograph of a person's face, heavily smeared with ketchup. The ketchup is applied to the nose, mouth, and chin. In the foreground, a glass of beer with a thick head of foam is visible. The text "porlk & colke" is overlaid on the image in a white, bold, sans-serif font.

porlk & colke

What we eat affects
our state of mind.
Foods that create
dullness & depression
in the mind include
Meat, Processed
Food & Stale Food.



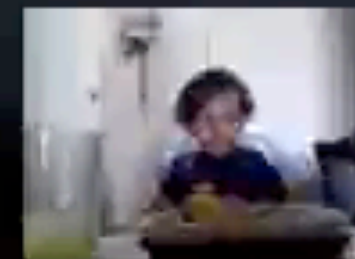
For god's sake





en français, cliquez sur CC

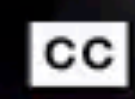
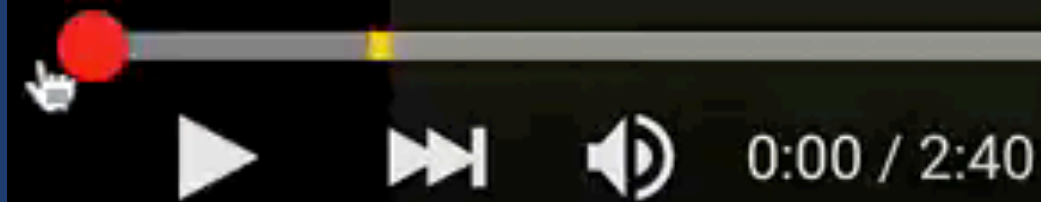
in italiano, cliccare CC



But eat up

0:00

g i.



BUT WHAT ABOUT FISH? MANY EAT FISH SAYING
THEY ARE FLOWERS FROM RIVER OR OCEAN?



**BUT WHAT ABOUT EGGS?
THEY ARE COMPLETE BALANCED FOOD!**

Holy crap! Pete, is that you?!



BUT WHAT ABOUT EGG THEY MAKE WITHOUT LIFE?
IT IS LIKE VEGETARIAN FOOD!

NO!
SHAME! It is not even food..

**It is the menses of a lady
hen!**

It has the same content as
from a real lady!





WHO WANTS
TO EAT AN
EGG?



T A M A S



But what is wrong with Onion
and Garlic?

They are believed to be very
good medicines!

Dr Robert Beck Garlic is a poison, Must watch whole thing very interesting !!!!



⏸ ⏩ 🔊 0:03 / 3:05







What is
my
purpose
in life?

**The ultimate goal
of life is to reach God.**



What is the
goal of life?

WE SHOULD FIRST START
FROM THE FOOD WE EAT...

Âhāra Suddhau Sattva Suddhih OS-20
Satva Suddhau Dhrva Smrtih
Smrti Lambhe Sarva Granthī
Nām Vipra Mokshah
... Chandokya Upnanisad 7.26.2

[By eating sanctified food, one's mind is purified. By the purification of mind, one can constantly think of God and attain the real goal, the spiritual perfection.]



BG-26



ayuh sattva balārogya
sukha priti vivardhanāh
rasyāh snigdhāh sthirā hrdyā
āhārāh sātвика priyāh ... (B.G 17.8)



**R
A
J
A
S**

katv amla lavanāty ushna
tikshna ruksha vidāhinah
āhārā rāja sasyeshtā
duhkha sokā maya pradāh ... (B.G 17.9)



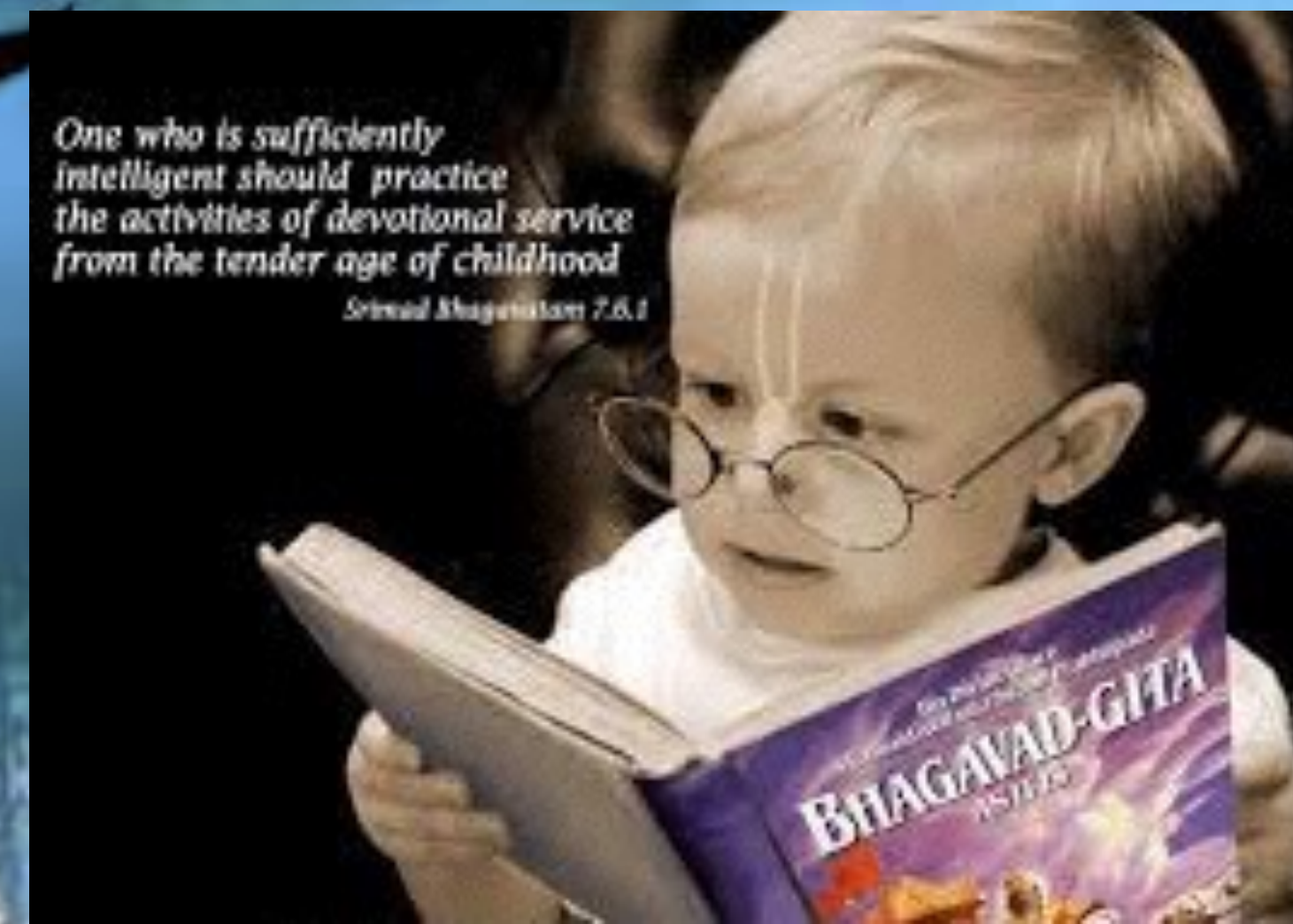
**T
A
M
A
S**

yāta yāmam gata rasam
puti paryushitam ca yat
ucchishtam api cāmedhyam
bhojanam tāmasya priyam ... (B.G 17.10)



Sattvic Foods:

Foods in the mode of goodness increase the duration of healthy life, purify one's existence and give strength, health, happiness and satisfaction. Such nourishing foods are sweet, juicy and palatable.



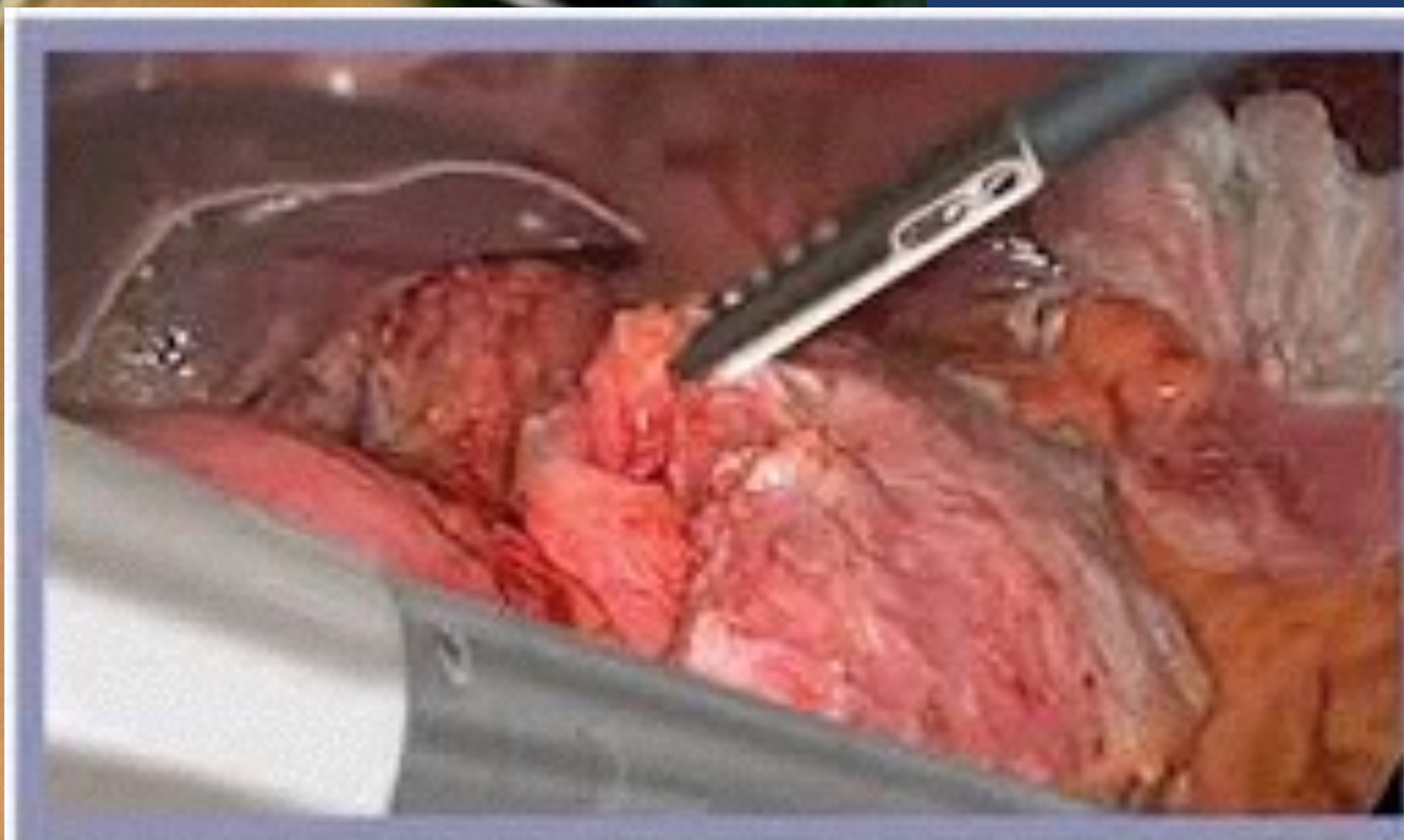
One who is sufficiently intelligent should practice the activities of devotional service from the tender age of childhood
Srimad Bhagavatam 7.6.1



Rajasic Foods:

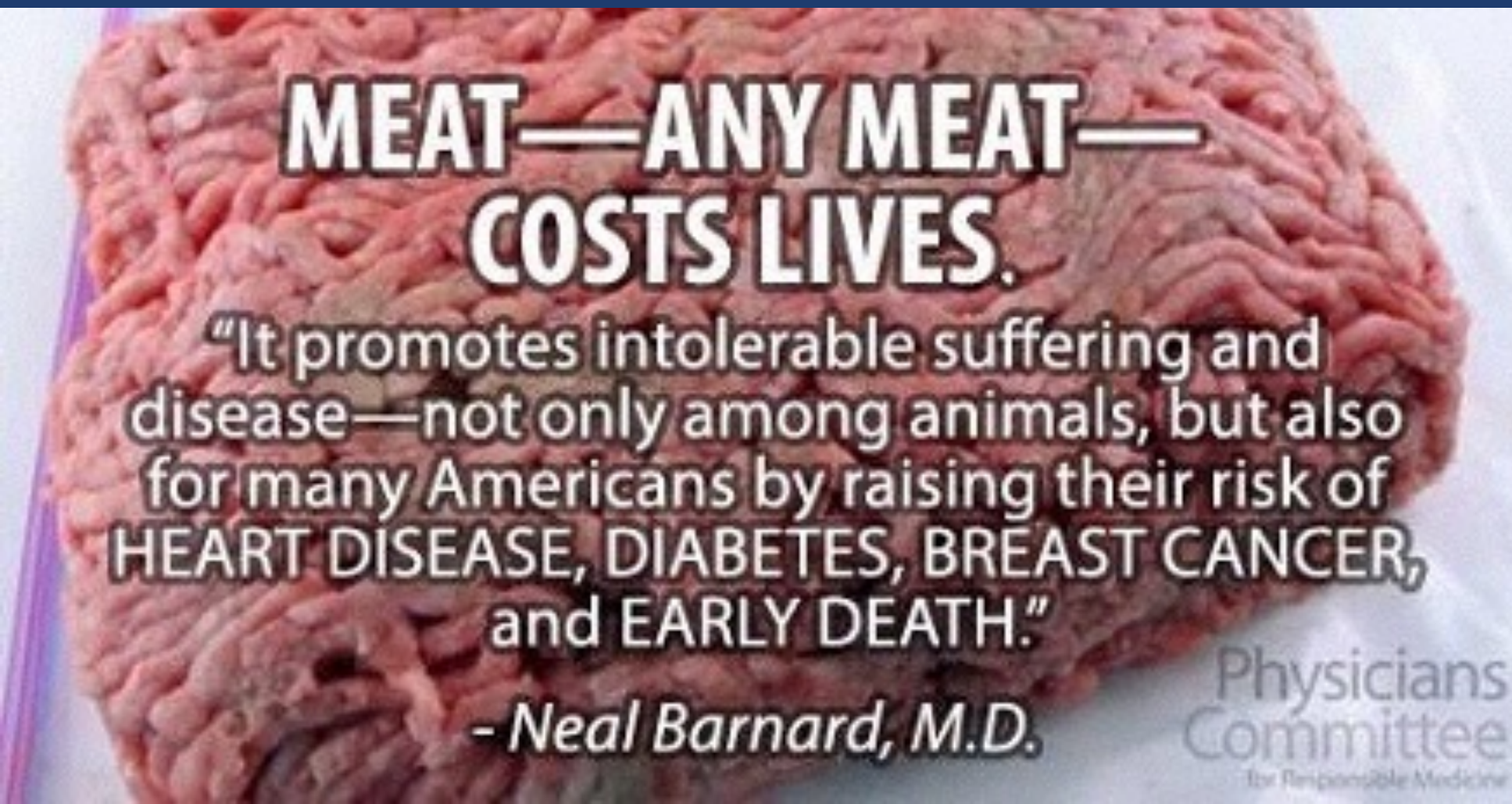
Foods that are too bitter, too sour, salty, pungent, dry and hot, are liked by people in the modes of passion. Such foods cause pain, distress, and disease.





Tamasic Foods:

Food cooked more than three hours before being eaten, which is tasteless, stale, putrid, decomposed and unclean, is food liked by people in the mode of ignorance.



OK... I WILL EAT ONLY SATTIVE FOOD..
AND I WILL BE FREE FROM ALL SINS - RIGHT?





Yajna sishtaasinah santo
 Mucyante sarva kilbishaih
 Bhunjate te tv agham paapaa
 Ye pacanty aatma-kaaranaat (B.G. 3.13)



[The devotees of the Lord are released from all kinds of sins because they eat food which is offered first to the Lord. Others, who prepare food for personal sense enjoyment, verily eat only sin.]

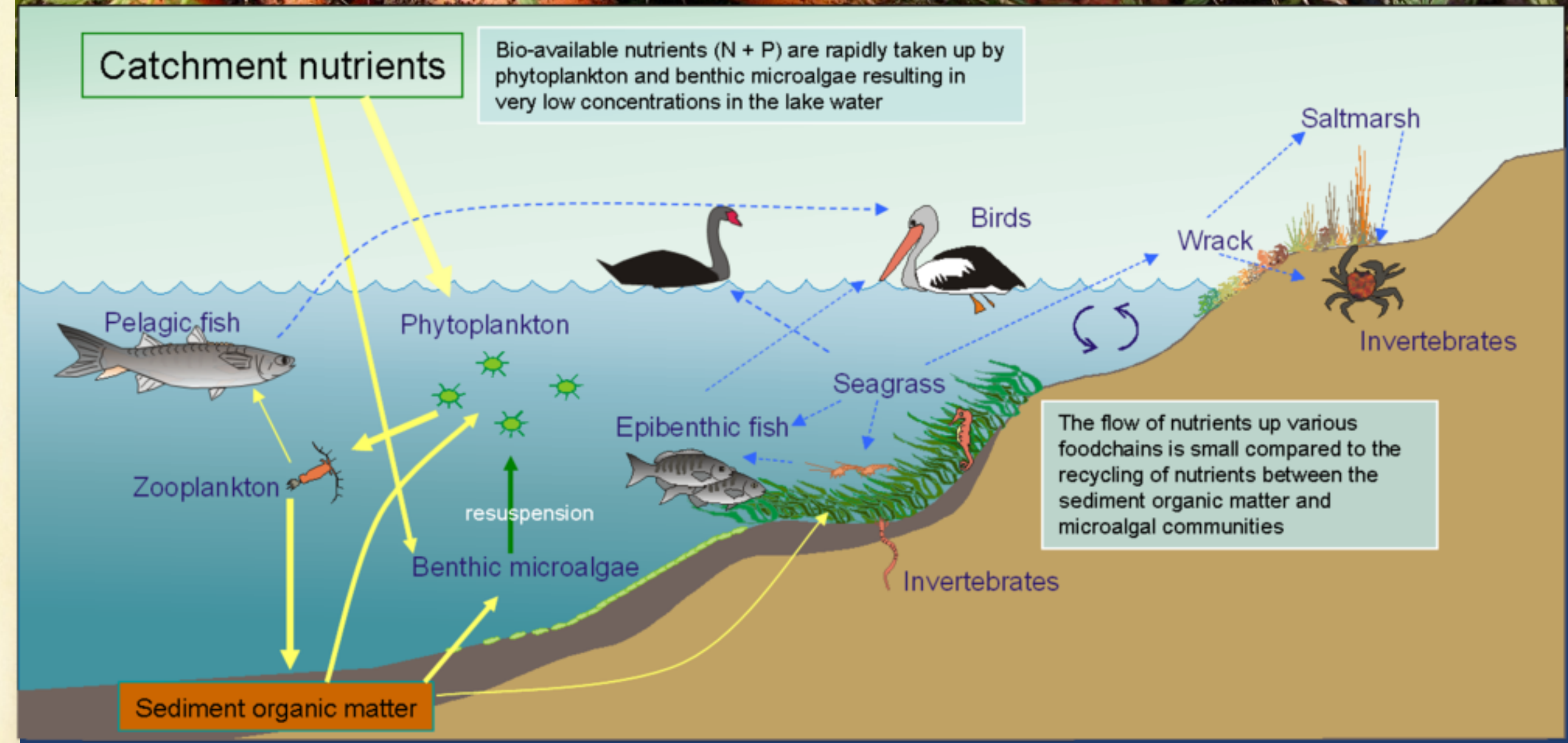


THE MODERN THEORY OF THE DESCENT OF MAN.



The foodweb – who eats whom?

Studies allow an estimation of how catchment nutrients affect the lake's biology, in particular what supports the base of the Tuggerah Lakes foodweb.



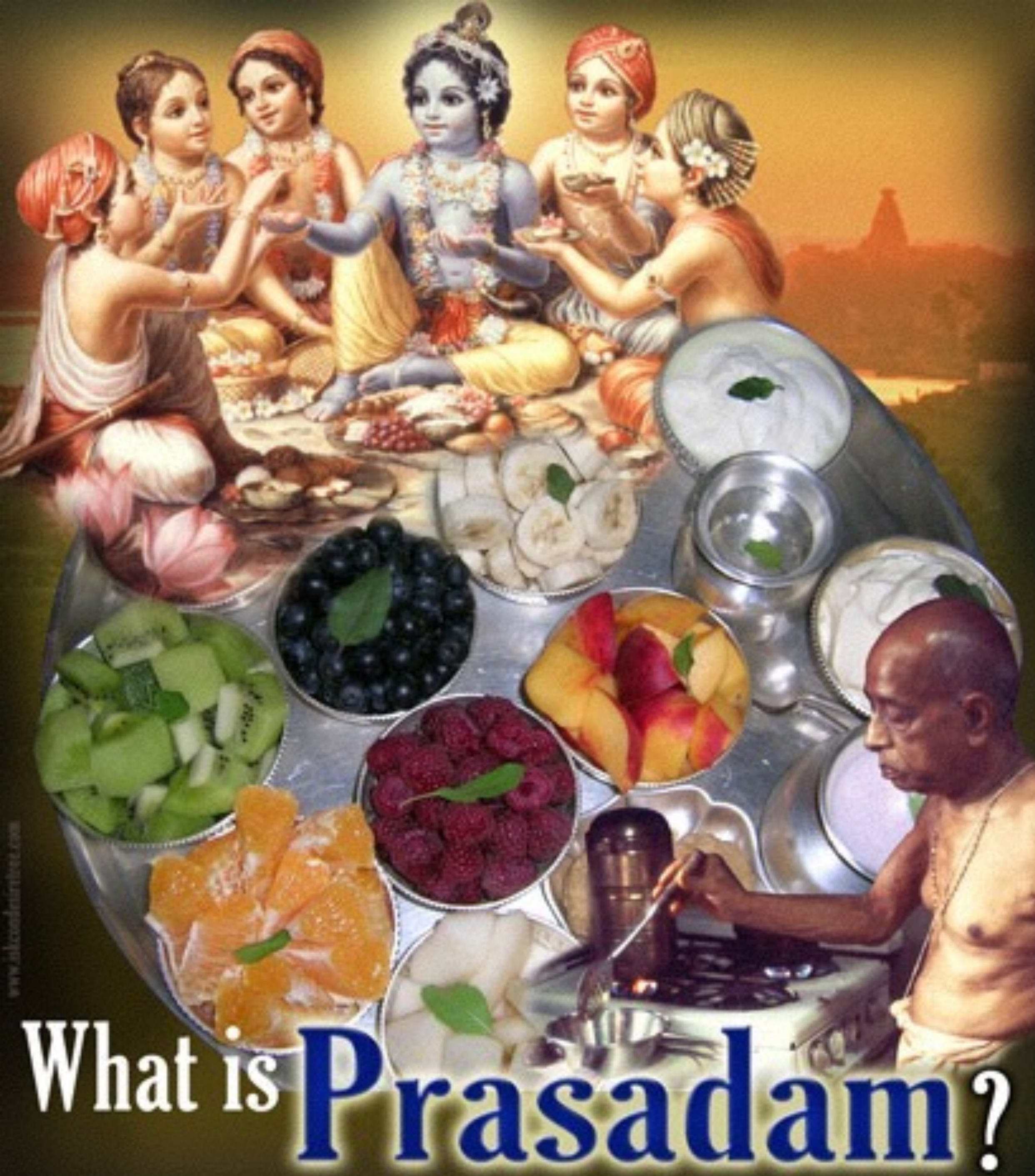
WHAT CAN BE OFFERED TO LORD KRISHNA AND CONSUMED AS PRASADAM?

Patram puspam phalam toyam
Yo me bhaktya prayacchati
Tad aham bhakty-upahrtam
Asnami prayatatmanah (B.G. 9.26)

[Lord Krsna says, If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it.]



WHY NOT GRAINS MENTIONED?



What is **Prasadam**?



What is Maha Prasadam?

What is Maha Maha Prasadam?

We should
honor
parasadam
- not eat!

What does it mean?





CAN WE OFFER PROCESSED FOODS TO KRISHNA?



TER KADAMBA





Jaya rādhā-mādhava, Jaya kuñja-bihārī
Jaya gopī-jana-vallabha, Jaya giri-vara-dhārī
Yaśodā-nandana, braja-jana-rañjana
Yāmuna-tīra, vana-cārī

hare krsna hare krsna,
krsna krsna hare hare
hare rama hare rama
rama rama hare hare



[Nanda Bala Gopi Natha
Sundara Deva Deva..
Sundara Deva Deva] ... (Nanda)

[Madhava Madhu Sudana
Mohana Ma-nohara
Mohana Ma-nohara] ... (Nanda)

[Govinda Hari Gopala
Gokula Priya Rama
Gokula Priya Rama] ... (Nanda)

[Rasa Raja Ramya Bala
Radhika Ramaniya
Radhika Ramaniya] ... (Nanda)

QUESTIONS & SUMMARY



THANK YOU!
HARE KRSNA!



TER KADAMBA





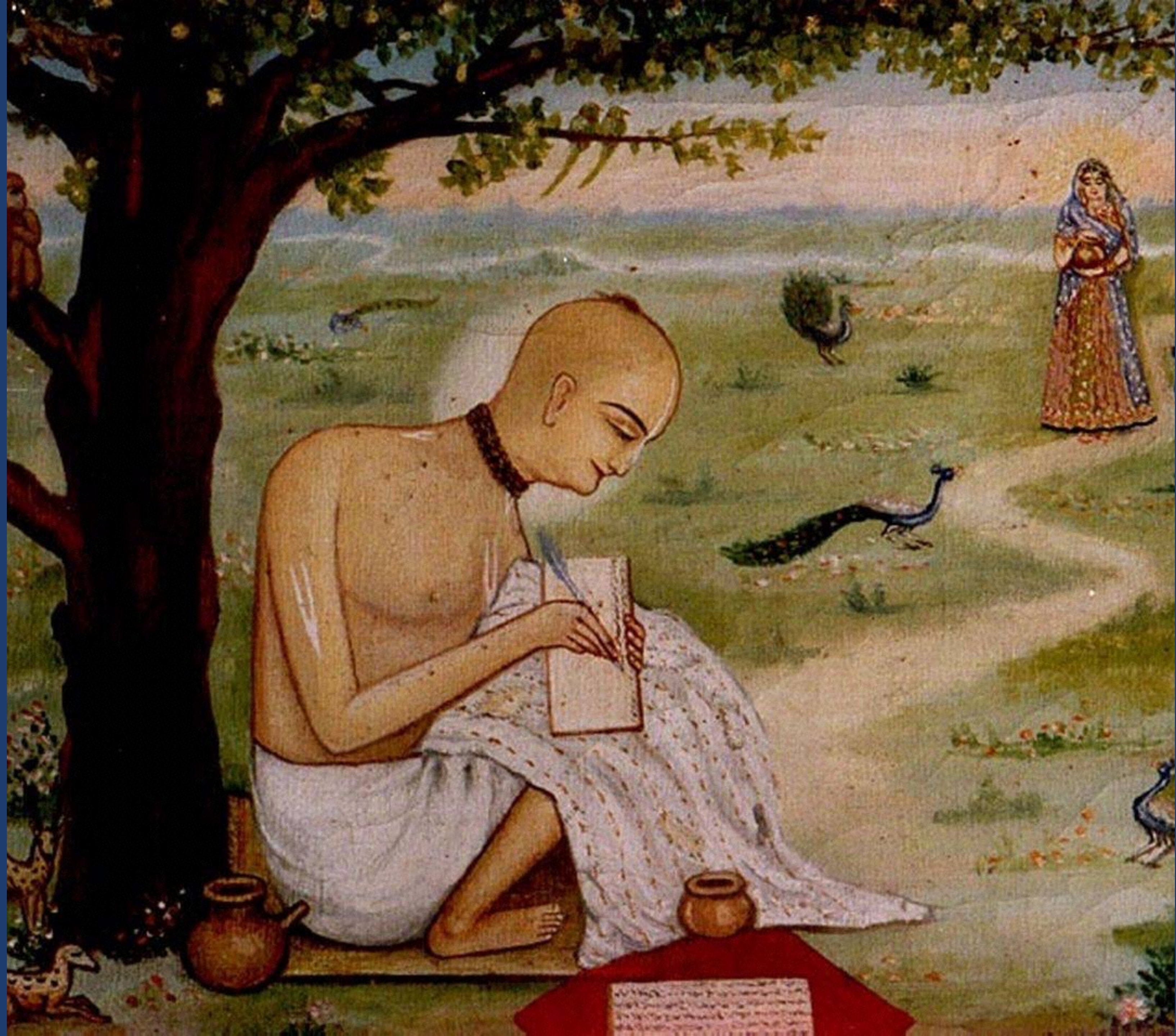


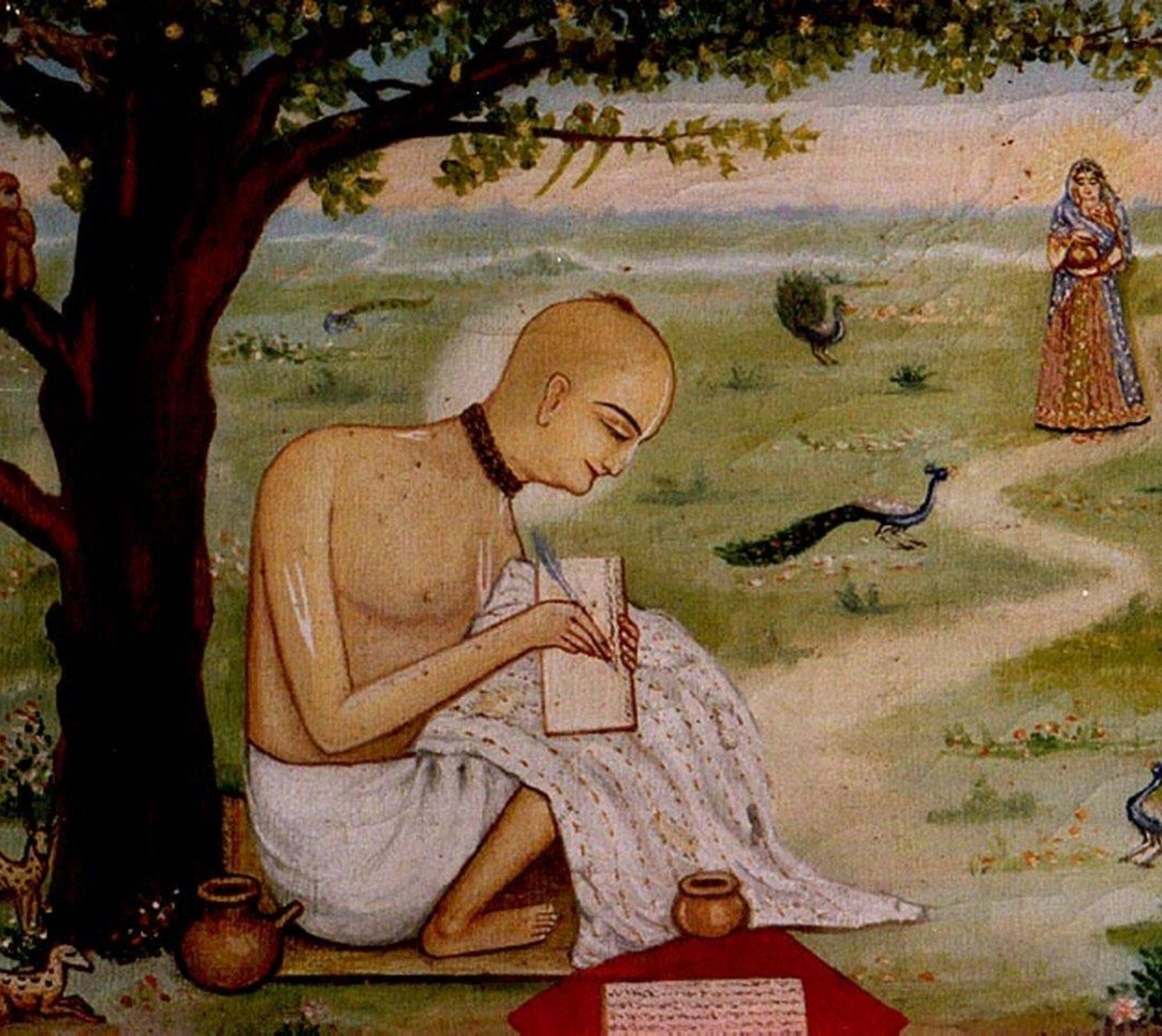
कृपया सिंघासन व गौ माता पर न बैठें ।











Radha-krishna prana mora yugala-kisora

B-11

Jivane marane gati aro nahi mora

Kalindira kule keli-kadambera vana

Ratana-vedira upara bosabo dujana

Syama-gauri-ange dibo (cuwa) candanera gandha

Camara dhulabo kabe heriba mukha-candra

Gathiya malatir mala dibo dohara gale

Adhare tuliya dibo karpura-tambule

Lalita visakha-adi jata sakhi-vrinda

Ajnaya koribo seva caranaravinda

Sri-krishna-caitanya-prabhur daser anudasa

Seva abhilasha kore narottama-dasa

