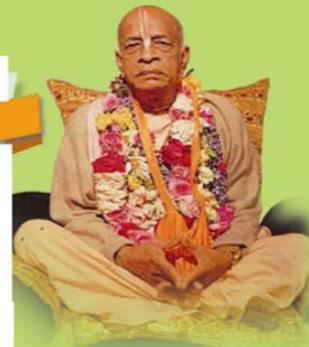




Hare Krishna Youth Journal

# YOGA-KSHEMAM

Fullfills Your Requirements & Awards You Protection



An instrument for educating the youth in achieving Lord Krishna centric all-round excellence

With blessings of ISKCON Founder Acharya His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

Volume 01

08 April, 2015

Issue 02

Message From  
ISKCON Founder Acharya,  
His Divine Grace  
A.C. Bhaktivedanta Swami Prabhupada

## Bhagavad Gita The King of Education

### The Imperfect World



Evil is the absence of the good, just as darkness is the absence of sunlight. If you keep yourself always in the light, where is the question of darkness? God is all-good. So, if you keep yourself always in God consciousness, then there is no evil. But, why was police department created? Because there is a necessity. Similarly, some living entities want to enjoy this material world;

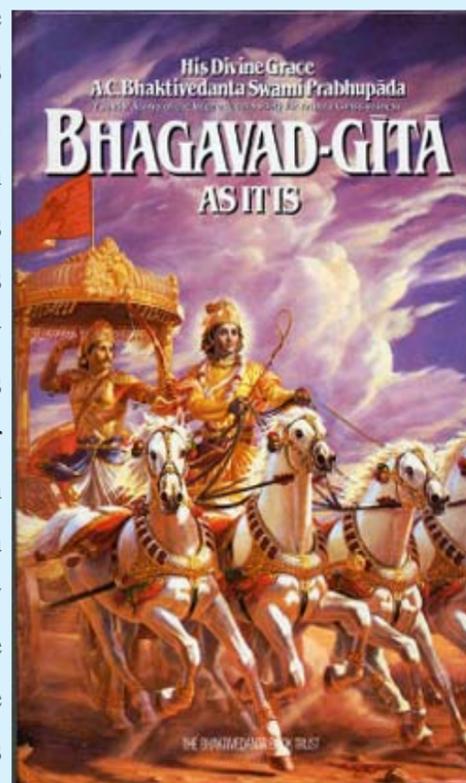
therefore God creates it. He is just like a father who gives a separate room to his mischievous children to play in. Otherwise, the naughty boys would always disturb him.

Thus this world is like a prison. Therefore, there is suffering here. In the prison house you cannot expect comfort, because unless there is suffering, there is no lesson for the prisoners. That is stated in Bhagavad-Gita: "dukhaalayam ashashvatam". Dukhaalayam means "the place for suffering". And ashashvatam means "temporary". You cannot make a compromise and say, "All right, I am suffering, but I don't care about that-I shall remain here". You cannot remain here; you will be kicked out. Now you are thinking that you are an American, you are a great scientist, you are happy, you are getting good salary. That's all right, but you cannot stay in this post. The day will come when you will be kicked out. And you do not know whether you are going to be an American or a scientist or a cat or a dog or demigod. You do not know.

Excerpt from "The Hare Krishna Challenge". For more details own a copy of the book from ISKCON center's book stall.

### Yoga - Is This Word Relevant To The Youth?

For the word "Yoga" there are many meanings, such as union and knowledge. However, nowadays, people in general concluded that yoga is something for health or it is something to do with body gymnastics. All yoga classes are also making similar propaganda about health consciousness. Patients with chronic diseases and obesity desperately resort to the practice of yoga and attend the yoga classes. Because of this situation, if you ask any young



person about the relevance of the word "Yoga" he or she would quickly answer, "We are healthy young people without any disease. Yoga is for unhealthy persons and is not meant for us". Lack of understanding the real meaning and perspective of yoga actually led to this situation amongst the youth.

Let's understand the meaning and one of the explanations of yoga from Bhagavad-Gita (Second chapter, 50th verse) as under:

"A man engaged in devotional service rids himself of both good and bad reactions even in this life. Therefore, strive for yoga, which is the art of all work."

In this verse, the Universal Supreme Spiritual Master, Lord Sri Krishna has given a definition to the word yoga as "Art of all work". Everybody does some work. In fact, one should do. But, whether one becomes an expert is a million dollar question! If one wants to become expert in his work, he has to work hard. But, the negative

forces that pull the person backward are the mind and uncontrollable senses. These two are the greatest enemies in gaining expertise in one's work. Thus, if a person gains expertise in his work, it means that he could conquer his mind and senses. Originally, the concept of yoga was introduced for controlling the mind. So, when one becomes expert in his field of work by sharpening his intelligence, controlling mind and senses, then he can be stated to be situated in 'yoga', though there are many stages in the perfection of yoga, which is not the present topic of discussion.

In this perspective, let's see how the word 'yoga' can be applied to the youth! Any attempt to excel in studies, competitions, Olympiads, sports and actually achieving wonderful results can be termed as 'yoga' in one sense. In this way, if the youth can get situated in 'yoga' platform by abstaining from the demands of mind and senses, and by the maximum utilization of intelligence, then it is certain that they reach greater heights in their life. Also, they can further experience higher yoga systems in their lives.

Thus, describing yoga as "the art of all work", Lord Krishna said (the wisdom statement) "YogahkarmasuKaushalam". Here, 'Kaushalam' means art. This is applicable to all fields of work. Especially, it is more relevant to the youth during their life as a student. This proper understanding of yoga can bring a great change in their thinking and help in focusing their efforts. Understanding the deep meaning of this ancient wisdom statement of Bhagavad-Gita, Indian Institute of Technology (IIT), Khargpur adopted the above statement as its tag line. What other evidence is required to show that 'yoga' is the most relevant word for the youth?

Hence, the youth should never think that "yoga" is an irrelevant word for them. If people endeavor for excellence in studies, sports, medals, computer programming, etc. they can be said to have the taste in yoga because they are not interested in mere completion of the work, but in gaining expertise and excelling in their field and this can be termed as yoga. This creates a wonderful platform for them to perform greater tasks and mould their lives artistically. In such endeavors, Bhagavad-Gita acts as a perfect guidance book.

*Author: H.G. Vaishnavanghri Sevaka Das is an initiated disciple of H.H. Gopalkrishna Goswami Maharaja. He holds Ph.D. in Polymer science, working as technology specialist in Polymer Industry at Mumbai, India. He is actively serving BBT in translating Srila Prabhupada's books into Telugu (South Indian language).*



## Be Your Own Mentor

### Balanced actions through 'Activated Intelligence' (part 2)

Hi every one! Welcome back to our discussion again. Hope you understood our first introductory session. There, we discussed that one cannot manage oneself properly with just good education, job and wealth. We also discussed that as human beings, we have higher level of intelligence compared to other living species.

Now, we will discuss about another area that is "consciousness", before going into the details of intelligence and how it acts. Every one of us is conscious of the pleasures and pains of the body in part or as a whole. This spreading of consciousness is limited to one's own body. The pains and pleasures of one body are unknown to another. For e.g. whenever I'm happy, I know how happy I am, whereas I can't measure or know the happiness of either my close friend or family member. Similarly I can't understand in how much pain the other person is, even though I may know in general that the other person is in pain.

According to Bhagavad-Gita (2.17), every 'body' is the embodiment of an individual soul, which is a fragmental portion of God. It is described as one ten thousandth part of the upper portion of the hair point in size. The symptom of the soul's presence is perceived as individual consciousness and that is the proof of the presence of the soul, which



many of us are not aware of. This atomic soul is situated in the region of the heart of every living entity. But, as the measurement of the tiny soul is beyond the power of appreciation of the scientists, some of them assert foolishly that there is no soul. Even a layman can understand that when this soul leaves the body, the entire consciousness of the body will be dead. So, whether one follows Vedic knowledge or modern science, one can't deny the existence of the spirit soul in the body.

Now, let us think about the connection between human intelligence, soul and its consciousness. If we observe carefully, whenever we use our intelligence, our consciousness gets depicted in our actions. That's how the actions of one person vary from another, depicting their own status of consciousness. You may ask a question - How can the same soul, which is coming from the same God, can have different types of consciousness and thus different actions? Can we use our intelligence to know the reason? Here is the explanation! Even though the soul and its origin is same, it is entrapped in different bodies, which have different sensory perceptions, mental and intelligent status according to the type of body it takes up. In a nutshell, a person's intelligence is also connected to his senses, mind and soul. But, what is the connection amongst all these? For this, we need to go into the details.

## Spirituality and Science

### Consciousness - The Vedantic Model



In our schools and colleges, we were taught human anatomy and how it works. If the internal homeostasis is disturbed or some external forces from the environment act upon the body, then it leads to a disease and we have medicines to cure. As soon as a new virus, bacteria, fungi, or protozoa is detected, the scientists discover new drugs to attack the concerned organism and cure the disease. But, there is something beyond this anatomical structure, which we are not taught in our schools and colleges. Let us get into the details as under.

This external body of ours is made up of two bodies (gross and subtle body) and one soul. Gross body is made up of earth, water, fire, air and ether, which are called as pancabhutas, whereas subtle body is made up of mind, intelligence and ego. Thus, the soul, which is a tiny atomic particle, is covered by subtle body, which in turn, is covered by gross body. Also, we have five senses i.e. eyes, ears, nose, skin and tongue. This is what our body is made of!

Now, what happens if there is a disturbance in the subtle body system? Have you ever thought of this? We are not taught about it in the modern education system. Since we do not have this type of training, we are forced to depend upon somebody for the so-called personality development seminars. If we look back into the grand old education system of gurukula, everything is taught systematically, so that by the time a student finishes his education, he achieves "ALL ROUND EXCELLENCE" to handle all types of disturbances. This is what we are lacking now. We may have many sophisticated instruments in the labs, but there is no proper training to uplift our consciousness in the modern education system. All of us need to accept this fact. Even the "values" are not taught in either the schools or colleges. And we are also missing this kind of value based education from our elders because of our so-called busy schedules and life style of a nuclear family model in the current society. What are we achieving and where are we heading! Think about it once.

Thus, the material body, apart from the anatomical organs, consists of senses, mind, intelligence and soul. The body's activities are sensual. However, above the senses is the mind, and above the mind is the intelligence and above the intelligence is the spirit soul. This is the authentic order of our creation. So, the fact that spirit soul is superior to all is not taught in our modern education system. But, when the spirit soul remained in dormant state, the power of attorney has been snatched away by the tricky mind, though by hierarchy, that power actually belongs to intelligence. However, when the soul is awakened by God conscious process (as its origin is from God), he once again becomes the master and takes complete control of the situation, thus making the subordinates - intelligence, mind and senses - to act as per the hierarchy. Then, the intelligence starts playing its superior role over mind and senses resulting in perfect balanced actions in life, and gets designated as "ACTIVATED INTELLIGENCE", which is competent for not only self-mentoring, but also mentoring others. Is it not interesting and amazing!

Now, we know the structure and function of the whole system of the body. Next, we need to know how to orchestrate it when there is disturbance either from within or outside. Stay connected to know further details of the mechanisms.

*Author: Harsha Lalitha Devi Dasi M.D., Associate Professor in Pharmacology, Kakatiya Medical College, Warangal, TS*

"It is a fact that there is a point, one single point in the immeasurable expanse of mind and matter, where science and therefore every causal method of research is inapplicable, not only on practical grounds, but also on logical grounds, and will also remain inapplicable. This is the point of (our) individual awareness."  
- Max Planck

According to Vedanta, Consciousness purely belongs to the spiritual domain and is the fundamental quality of a particle of life known as Spiriton. There are two types of Consciousness, individual and all pervading, universal. The Supreme Lord is entirely conscious of everything in the universe, whereas the individual living entities are conscious of only themselves. The ontological nature of consciousness is beyond the physical domain. The 3rd Canto of Srimad Bhagavatam, chapter 26 (popularly known as Sankhyaasastra or sankhya darshan) clearly elaborates that Jiva, life is characterized by the presence of a quantum of Consciousness and it exists in a separate domain.

Moreover, matter is always inert and does not possess consciousness, the living force. Vedanta describes matter as the field of activity. But, certainly there exists an interaction between the individual particle of consciousness, the Spiriton and matter through the supreme consciousness, God. Moreover, the natural events that are taking place in the material world, are maps of the events occurring in the spiritual plane (Consciousness). Thousands of years before Descartes, the famous French philosopher, the sages of the Vedic tradition realized a step further, ahambrahmasmi, meaning I am Brahman, I am spirit, conscious self. This is Consciousness for which the Sanskrit word is chetana. False Consciousness is exhibited under the impression that "I am a product of material nature".

Many brilliant scientists of the twentieth century also agreed that consciousness could not be explained in terms of the material paradigm. Niels Bohr expressed, "We can admittedly find nothing in physics or chemistry that has even a remote bearing on consciousness. Yet all of us know that there is such a thing as consciousness.....". Consciousness is a principle that transcends not only physics and chemistry, but also the mechanistic principles of living beings.

According to Bhagavad Gita 3.42 "The working senses are superior to dull matter, mind is higher than the senses, intelligence is still higher than the mind and he (the soul) is even higher than the intelligence".

*Author: SriKrishna Gauranga Nitai Das (Ph.D.), Assistant Professor in Physics, Hyderabad*



## How I Feel About Krishna Consciousness?

Indian wisdom actually  
makes life prosperous,  
healthy and happy



I was introduced to KC during my stay at NIT Warangal. Since then, it has been an exciting journey. Looking back, I find that it was the delicious prasada, enlivening camps and inspiring association that led me to embark on this journey. As my journey continued, I learnt that KC is not limited to just this but is a whole new perspective to life. Today, when youth are haunted by so many distractions due to media and false propaganda, a Krishna conscious perspective helps us mold our character by showing us what is really worth valuing in life. This paradigm shift in my attitude brought about by KC helped me in different facets of my life. Personally, this has helped me become a better person and a good son. As per academic standards, I was awarded merit scholarship throughout my stay in NIT and in my final year I got placed in a reputed company. Finally, KC has been an inspiring journey for me and I hope it is the same for anyone who takes to it.

*Akshay Trivedi  
Alumni, NIT Warangal (CSE)*

It is said that one who doesn't have anything in life to die for, has really nothing to live for. Life was something similar four years ago when I was not in Krishna Consciousness. I wanted to do something useful for society but was unaware of what to do and how to do.

I was a simple boy from a less developed city, Dimapur (Nagaland), which is very far from competitive mentality of metropolitan cities. When I entered my graduation I realized that everyone's philosophy of life is to just enjoy the life till one's youth is over.

I was also proceeding in that way. But then, one day came to my room, two seniors with a book Journey Home and called me for a seminar on DYS (Discover Your Self). After attending the seminars I was spellbound to know truth of life and spiritual aspect of life which I was never aware of. Then started chanting 'HARE KRISHNA' Mahamantra.

Then my life turned completely, giving me rays of new and happy life. It convinced me that by leading a life with principles based on religion and ancient Indian wisdom actually makes life prosperous, healthy and happy. Thus, rather than wasting valuable time in other useless events and programs, I began using it wisely for my benefit as a student.

Thus, though my first semester pointer was a bit less, after I started living a Krishna Conscious life, my studies, my attitude and other aspects of my personality improved a lot. It made me more matured in my dealings and in my life. I was a very shy person, but coming into Krishna Consciousness gave me confidence and boldness in my life. Today, I am more confident in my life and have developed a positive attitude to every situation. Because of the kind of balanced lifestyle I got in Krishna Consciousness, today I am placed in one of the best companies in Hyderabad. Now, everyone including my seniors, family members are all happy with me.

*N. Bhaskar Rao  
B-Tech (IV/IV), NIT warangal*



## Art of Work

### Difference between Work and Art (Part-I)

Why is it 'mission accomplished' for someone and 'mission impossible' for others? Can ordinary way of doing things guarantee success? Answer is 'No'. Then what an achiever does differently?

Every moment, each one of us does some work knowingly or unknowingly, by putting considerable effort or almost effortlessly. However, only some of us are able to derive satisfaction, happiness, peace, sense of achievement and appreciation from our work. The Key differentiator leading to such an outcome is the "art" or "art of working".

Let us understand the difference between 'work' and 'art' through some examples. One might do the work of taking certain colors and arbitrarily spreading them on a canvas with some brushes. The outcome will be an ugly looking canvas, which will not draw anyone's attention.



Another person, may however, do the same work of putting the same colors on the same canvas with the same brushes, but in a different manner that gives it the look of a beautiful painting that everyone would love to see and admire. We all, therefore, perceive the painting as a piece of 'art' which is the outcome of some special skills applied differently from normal work. A person cutting stones for constructing a building is called a worker and the job done by him is treated as an ordinary 'work', whereas

a person cutting the same stone in a specific way with specific skill to make a beautiful sculpture out of it is known as an artist (sculptor) and his work is treated to be an 'art'. Similarly, a guitarist performs art to generate melodious music which a novice is unable to generate by doing the similar work. An expert computer professional knows the art of developing a software that can improve the performance of a computer whereas a beginner will not be able to develop the similar software.

An artist, thus, performs a particular art, whereas a worker just does the work. The above examples also reveal that there is a large difference in accomplishment by performing an art and in doing some work. Hence, an intelligent person will certainly like to understand what it takes to turn the 'work' into 'art' and how can one be sure of achieving this? The ingredients required for achieving this objective are as follows:

1. Adopting reliable and authentic methodology – available from recognized educational institutions or art centers run under a well-established and regulated system.
2. Learning from an expert guide or trainer – who is accomplished with proven credentials that can be traced to the originators of the art.
3. Practicing with perseverance to attain required skills. One must do it with full faith, determination and discipline. Ingenuity and creativity may also play an important role during this phase.
4. Identifying clear goals and milestones to be achieved. Aspiration and dreams of acquiring the art must be intelligently turned into achievable and measurable goals.
5. Planning and executing the plan. A suitable plan must be drawn to achieve the set goals taking into account the available time and resources for every milestone of the plan.

If we intelligently perform the above steps, we can be sure to turn the 'work' into 'art' for many of the things that we do in our life. Then, our efforts will lead to satisfaction, happiness, peace, sense of achievement and appreciation.

*Author: Amogh Gauranga Das. He currently leads IPR team for supporting corporate R&D of a large MNC and earlier worked for Technology & Product development projects. Previously he also served for long as engineering faculty at BITS Pilani & Mumbai University. He equipped himself with multimedia and other technical skills for supporting KC preaching activities.*

## FAQ

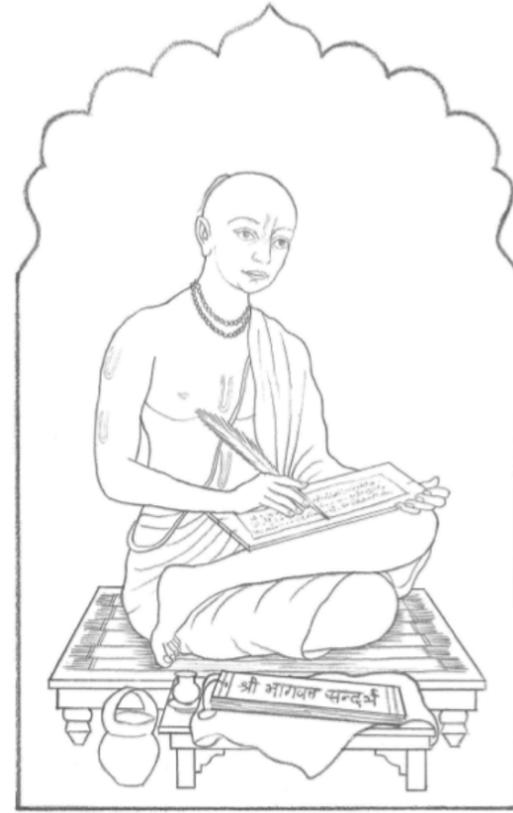
### Question: When God is in our Heart, Why should we still visit the Temple?

**Answer:** The above words are nice to hear, but if one analyzes, it will burst like a water bubble. God is in the form of Paramatma (super soul) in everybody's heart and the same is also said by the Supreme Personality of Godhead in Bhagavad-Gita. But, the heart's temple is closed at present. It is not only closed, but also in ruins with weeds growing all around. The approach to this temple closed a longtime ago. You have never entered this temple. In reality, you do not also know the state of God in this temple. In such a situation, how could the darshan of God be possible? Since the temple in the heart is in ruins, the first step is to cleanse it; the approach to the temple should be reopened, the weeds should be removed, the temple doors should be opened, then one can have the darshan of God inside the heart. i.e., when your heart is purified, when the sinful life ends, the darshan of God residing in the heart is possible.

Since this is not directly possible for you, by His mercy, He is giving darshan in the form of deities. In reality, it is Archa avatar. By serving the Archa Murthy through offerings and kirtans, the heart will be purified. Then, one can have the darshan of God not only in one's heart, but also in others. The beginning for such a divine state is the God's darshan in the temple. Start with 'at least once in a week' darshan of Lord Krishna at the temple to make a good beginning of a spiritual life today. All the best!

*This article is excerpted from Bhagavaddarshan, Telugu edition of BTG. Translation is done by Bhakta Krishna Yerrapragada, Ph.D.IISc, Bangalore. He is a senior scientist at Defense Research and Development Laboratory, Hyderabad.*

## Saintly Words



*Salt and camphor look alike, but taste differently. Similarly, amongst all men, the wise are different.*

*There are two dangerous creatures in this world. One is a snake and the other is an envious person. However, an envious person is more dangerous than a snake. While a snake can be charmed with herbs or mantras, an envious person cannot be controlled by any means.*



## From the Editor's Desk



In the last issue, we introspected on various aspects of human development and the progress that has brought us to where we are. It is vital to appreciate the situation as it is, since it is the very first step in evolving further. An honest and sincere benchmarking of our status is essential in proposing, accepting and realizing a pathway solution. Once we accept and appreciate our problems and their nature, the search for solution begins. Moreover, where is the solution and who is going to give us the solution? Is it readily available in the market, or with a consultant, an advisor or a teacher? Evolution has to have a quantity (e.g. distance) and a direction and a holistic one will have both.

In order to have a solution, the first step would be to have an experienced teacher, who could guide through the problems of our lives and that too, through thick and thin. From such a teacher, real knowledge should be obtained. From knowledge will come the directions in life. With this context in mind and to review solutions to the contemporary problems, this youth e-zine, Yoga Ksheman, is published and circulated amongst all of you. In this editorial, I present to you the seven purposes with which this e-zine is published.

**K**-To systematically propagate spiritual knowledge, as it is, to the youth and to educate them in the techniques of spiritual life in order to check the imbalance of values in contemporary human life.

**R**-Facilitate reformation and restoration of the perfect and time-tested wisdom through education and youth focused publications.

**I**-Methodically introduce Krishna consciousness as a practice and as a way of life.

**S**-To present spirituality in a systematic and positive scientific way as is revealed in the scriptures.

**H**-To provide a holistic understanding of the purpose of human life and provide hope in the midst of current crises. Thus built a hopeful society beyond mundane religion, race and other differences.

**N**-To root out nescience through the process of giving noble knowledge and education.

**A** - To bring youth to the point of acceptance of Vaishnava culture as a means of achieving all-round excellence in spiritual and professional life.

In this issue, we will discuss the first of the above seven objectives. There are primarily three knowledge acquiring processes viz. direct perception, theories based on evidence and hearing from a bonafide authority. These processes are respectively called as Pratyakshapramana, Anumanapramana and Shabdapramana in traditional scriptural language.

Direct perception or Pratyakshapramana refers to the process of acquiring knowledge by direct sense perception. This is based on what our senses can sense and conclude. It could therefore be relative, incomplete and dependent of our perception. As senses of individuals could perceive the same thing in so many different ways, there are always differences and defects. For this, the example of the six blind

men trying to understand what an elephant can be remembered. Theories based on evidence or Anumanapramana are usually deduced based on the evidence and experience. For example, seeing smoke coming out from a distant place, it can be inferred as fire. But again this form of acquiring knowledge is based on drawing inferences. The process of acquiring knowledge from a bonafide source or Shabdapramana is based on hearing and such hearing is based on things as they are. Hence this form of acquiring knowledge is perfect and flawless. One should strive to come to the platform of perfect hearing or acquiring knowledge through this method.

Before we embark upon detailing of the first objective, it is essential to understand a fact. A proper appreciation of these aspects helps in properly understanding what are the obstructions in our way for acquiring the real knowledge. Under the guidance of a bonafide teacher, these should be overcome in order to gain and retain pure knowledge, which is spiritual knowledge because it comes from a perfect being, the Supreme personality Godhead, Krishna. We born as human beings in this World have four defects in common i.e.

1. Imperfect senses
2. Tendency to be illusioned
3. Tendency to commit mistakes
4. Propensity to cheat

Let us examine how each of these defects hinder our proper gaining of knowledge. Our senses are limited in many ways. Our eyes for example can only see a finite distance and that too our eyes loose site with growing age. Similarly, our nose can smell only upto a certain intensity, below which we cannot smell. The audible range of sound is very limited. If we compare ourselves with eagles (for their ability to see distant objects), with dogs (for smelling ability) and bats (for their hearing ability), we are way far inferior.

Our senses again are limited and can get illusioned. For example, when we see a water-like body (called as mirage) in the desert, we infer that it is water. These senses in-turn make us think about something, which it is actually not, as seen in the example of six blind men describing an elephant. Because of our faulty or limited senses, we have a strong tendency to make mistakes. Similarly, we have strong propensities to cheat. If we look through the history of humanity, many-a-wars were won by either cheating, deceit, double-dealings or through wine, women and wealth. It will be rare to find or next to impossible to find a human development based on total honesty. Hence, it is essential to acknowledge our already existing diseases, so that we can be cured of these and be given something pure, real and sublime.

As the first objective of this e-zine, we will strive to impart ways and means, tools and tackles of approaching pure knowledge. Our objective will not be to just impart knowledge, but also to present the way in which it should be accepted, imbibed and practiced in our lives. Additionally, any knowledge that is not applied remains very dry and unengaging. A part of the first objective will also be to guide in achieving a balance of our current lives with the spiritual life.

**Editor: Vaishnavanghri Sevaka Das, Ph.D.**

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**Note:** We invite devotees to write youth focused articles to publish in this journal.

Articles thus received will be reviewed for readership and suitability.

Please send your articles to the editor at: [hk.youthjournal@gmail.com](mailto:hk.youthjournal@gmail.com)