

Kathopanishad
Shibir - 2
Adhyay - 1 Valli - 1 Shloks - 20-29
Pravachan - 1 7-5-2022 Morning

General
Guidelines to good life – by Nachiketa

<p>1) <u>Clear the Confusion</u></p> <ul style="list-style-type: none"> * Be clear what you want in life <ul style="list-style-type: none"> - Confidence gives – power/speed - Eg. Don't know if leads to Dang * Confusion makes it complex <ul style="list-style-type: none"> - Leg takes you where brain decides - Eg. Ankle, knee pain – slippers have broken <hr/> <ul style="list-style-type: none"> * Dharma is practised by people who are suffering <ul style="list-style-type: none"> - Happy because realise futility - Move to higher - Eg. See sadhu as joyful – not as a renunciate * Go to heaven <ul style="list-style-type: none"> - Create heaven through knowledge - Implement satsangs Eg. Driver seat back seat 	<p>3) <u>Cancel the Calculations</u></p> <ul style="list-style-type: none"> * In wealth – not relationships <ul style="list-style-type: none"> - No tit for tat - Eg. Gifting money in marriage - Man - desires = God * Be selfless – not selfish <ul style="list-style-type: none"> - No calculations – just give - How much he did – you did <hr/> <ul style="list-style-type: none"> * What is my duty? <ul style="list-style-type: none"> - When he behaved like that - Ego important or relationship * Think of duty <ul style="list-style-type: none"> - Not rights - Respond nicely Eg. soda/water
<p>2) <u>Close the Competition</u></p> <ul style="list-style-type: none"> * Competition not with others <ul style="list-style-type: none"> - Yourself – your past efforts - Eg. Vishwajeet yajna – be best * Depend on public opinions <ul style="list-style-type: none"> - Eg. Why makeup – for other's comments - Eg. Studio – 1. What you are? 2. What show? 3. What want others to believe? <hr/> <ul style="list-style-type: none"> * Should not care for it – affect <ul style="list-style-type: none"> - 'People will always say something' - it's their state of mind - Eg. Thermos glass Eg. steel plate on tyre * Help others <ul style="list-style-type: none"> - Don't drag them down - Co-operation not competition 	<p>4) <u>Create Good Communication</u></p> <ul style="list-style-type: none"> * Generation gap will remain <ul style="list-style-type: none"> - No communication gap - Tuning should be good * Contact / More / Intimate / Relationship <ul style="list-style-type: none"> - Should strive for bond to communicate <hr/> <ul style="list-style-type: none"> * Size of problem/limit – do not assign to mind <ul style="list-style-type: none"> - Small to big – mind - Big to small – intellect (right intellect) <hr/> <ul style="list-style-type: none"> * M = Magnifies problems I = Imagining pleasures N = Neglect duties – moods – excuses D = Deny reality Eg. Spiderman like

Shlok - 20

<u>Third boon</u>	<u>Option - 1 (Survives)</u>
<p>* <u>What after death according to Indian philosophers</u></p> <ul style="list-style-type: none"> - Differences of opinion, contrary conclusions are seen - Everything destroyed after death / does self survive after death - Because death can be seen / beyond not seen <hr/> <ul style="list-style-type: none"> - Not subject of intellect – subject of purity - Need someone – direct experience <hr/> <ul style="list-style-type: none"> - Cannot determine by bookish knowledge / puzzlement, confusion - All give logic – arguments – examples 	<p>* <u>Some say – It remains after death</u></p> <ul style="list-style-type: none"> - Central question – Does anything remain after death? - Dependent on it is life's Meaning – purpose – value – way of living <hr/> <ul style="list-style-type: none"> - If it gets destroyed, then sect – dharma do not have much meaning - To be religious / irreligious does not have much meaning, if the nature of soul is to die
<p>* <u>Asks Yamraj – doubt</u></p> <ul style="list-style-type: none"> - Some say – soul remains after death - Some say – everything is destroyed Eg. Candle melts away, vanishes <hr/> <ul style="list-style-type: none"> - I have found a Sadguru like You - So I want to reach that conclusion - This is my third boon 	<p>* <u>If pot destroyed – flame remains</u></p> <ul style="list-style-type: none"> - Obtains new receptacle - Then this life is just a part of a great life <hr/> <ul style="list-style-type: none"> - Reincarnation – doctrine of karma - Eg. We say passed away / moved on - What is the truth
<p>* <u>Not his doubt</u></p> <ul style="list-style-type: none"> - No doubt regarding the existence of the soul - Believes in life after death - Eg. Way to attain heaven – joyless world – he surviving <hr/> <ul style="list-style-type: none"> - Wants to know – attributes of self and - Process to attain self-realisation = knowledge to attain self <hr/> <ul style="list-style-type: none"> - Confused by different sects and opinions - Eager to know 	<p>* <u>Computer</u></p> <ul style="list-style-type: none"> - Hardware - body, senses – physical component or system - Software – mind – Instrument that tells a computer what to do <hr/> <ul style="list-style-type: none"> - Mann - Mind = information gather, thinking faculty – input device – gathers information into program - Buddhi - Intellect = Ability to analyse and decide – processor - Chitt - Consciousness = Storage facility – virus - Ahankar - Ego = Identification – ask for password <hr/> <ul style="list-style-type: none"> - Computer functions – on electricity - Electricity is same – voltage is different
<p>* <u>Why integral – important</u></p> <ul style="list-style-type: none"> - Some say – passed away / moved on - Some say – he became off <hr/> <ul style="list-style-type: none"> - Clear about existence - Wants to know ultimate reality <hr/> <ul style="list-style-type: none"> - Purpose of life – What should I do? Is there something higher to attain - How to rise above – purpose of question body identification much deeper 	<hr/> <p>* It means</p> <ul style="list-style-type: none"> - Not born first time - Birth not beginning – death not ending

Option - 2 (Does not survive)	Use the opportunity
<p>* <u>Some say – Everything gets destroyed</u></p> <ul style="list-style-type: none"> - Some say – he became off - Soul destroyed when body perishes - Some maintain this belief 	<p>* <u>Want to know from You</u></p> <ul style="list-style-type: none"> - Soul cannot be seen, cannot be experienced by senses – cannot be fathomed by intellect - Can be understood through scriptures - Differences so need Sadguru - Only an Experienced One can resolve it
<ul style="list-style-type: none"> - Perhaps referring to Charvak / Buddhism - Scripture composed 2000 years back - Buddha 2500 years back 	<ul style="list-style-type: none"> - Who can explain better than You - In matter of death – found Yamraj (God of Death) - Then why not attain knowledge
<p>* <u>Charvak (Materialistic)</u></p> <ul style="list-style-type: none"> - Created with association of body – destroyed on separation of body a) Either body, senses, breath, mind is soul b) Created by association of body – destroyed with separation of body - Exists – but destructible (not eternal) 	<p>* <u>Nachiketa character</u></p> <ul style="list-style-type: none"> - With other boons will get 'cut piece' - wants internal peace
<ul style="list-style-type: none"> - Consciousness created by 5 elements right proportion through right process - Expires on its disintegration - Eg. Betel leaf, katha = catechu, lime – brings no red colour red colour - Similarly when body formed – life manifests 	<ul style="list-style-type: none"> - By wealth and worldly pleasures attains that has a beginning and an end - That which has a beginning but no end (liberation) attained by self-realisation
<ul style="list-style-type: none"> - Lasts for limited period Eg. Like pot, cloth etc. Eg. Warranty period - Eg. Only machine – just stops working one day like car – assemblage of certain parts 	<ul style="list-style-type: none"> - As 3rd boon wants knowledge to attain soul - Resolution of spiritual predicament as 3rd boon
<ul style="list-style-type: none"> - Eg. B. F. Skinner American psychologist / behaviourist 1904 - 1990 On rats - Eg. Delgado Spanish psychologist / behaviourist (radical behaviourism) 1915 - 2011 Stimulate and produce desired behaviour on bull 	<p>* <u>Life is an opportunity</u></p> <ul style="list-style-type: none"> - Eg. Portrait of opportunity – hair, eyes / wings - use or lose - knowledge of soul - Eg. Not just kids to attain self-realisation <p>* Don't get trapped – duties detached</p> <ul style="list-style-type: none"> - Eg. Dashrath – Vishwamitra – Menka - Do duty and leave – do not miss your spiritual welfare <p>* Live with excitement and enthusiasm but</p> <ul style="list-style-type: none"> - With awareness of death - Awareness of impermanence – importance of time <p>* Do not be blind – don't get entangled in external</p> <ul style="list-style-type: none"> - All have eg. expiry date <p>* Not fearful – live for a higher purpose</p> <ul style="list-style-type: none"> - Journey towards ultimate purification