

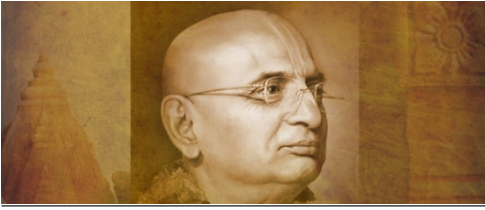
Ocean of Nectar

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1) Karma and Reincarnation

So how many of you are familiar with the word karma? Please raise your hand. Okay that's very nice. How many of you are not acquainted with the word karma? I will briefly explain what karma actually means. And reincarnation I am sure you all know the concept. How many of you believe in reincarnation? Is there anyone who doesn't believe in reincarnation. Okay I just wanted to figure out where you are at and where I am at. Karma is a Sanskrit word which means actual, reaction, principle. How many of you are familiar with the concept Newton's law of motion? Newton's second law that every action has an opposite and equal reaction. Now does this only apply in this field of energy or also in our lives? How many of you think that it also applies in our lives? Very good. The same concept has been presented in the Bible as you sow so shall you reap. As you act accordingly you will get a reaction. Does it take much to understand that? Obviously not. So that is the simple principle, as you act accordingly you will get a result. Now the question is does this karmic reactions only apply in this life or it continues life after life? The way we are acting now will not only affect this life but it will also affect our future lives as well. As a matter of fact according to our action we will get our next life. Our birth is not accidental it is a result of following certain rigid principles, and that principle is called karma or action reaction principle. Okay now I will ask you a question How many of you believe in the existence of the soul? Okay I have a wonderful audience I don't really have to explain that much. Now this body is made of matter and matter is inert it has no consciousness. Does inert matter have consciousness? Although this microphone is magnifying my voice does this Microphone have conscious? No. Does this seat have conscious? No. Does this stage have consciousness? This marquee have consciousness? The chair you are sitting on has consciousness? No. Do you have consciousness? Okay your body is made matter right? How many of you believe that the body is made of matter? Now why all other matter is unconscious or inert whereas your body is conscious? How many of you have already thought about it? Let's see how many of you want to know why this body made of inert matter is conscious? Very good the body made of inert matter supposed to be inert or unconscious but the body is conscious or alive. Because the body has the soul. Due to the presence of the soul the body is

conscious. Okay now how many of you agree with me? Wonderful. So because of the presence of the soul the body is conscious now the question is how many bodies do you have made of matter? How many of you think that this is the only body made of matter? Okay how many of you think that there is another body beyond this body? Okay I have a wonderful audience. What is that body? Subtle body. To understand that point we have to consider what is the difference between gross and subtle body. There are five gross elements namely:

- Earth - meaning solid substance;
- Water – meaning liquid substance;
- Fire – fiery substance
- Air; and Ether.

These five elements are gross elements and with this five elements the gross body is made. But beyond these five gross elements there are three subtle elements. Those three subtle elements are:

- Mind;
- Intelligence; and
- False ego.

Now mind and intelligence is also matter but subtle. With these are the three subtle elements there is also a body that we have. Do you have a mind and intelligence? False ego? What's the meaning of false ego? False ego means a mistaken identity. False means wrong and ego means identity. What is the mistaken identity? That I am a spirit soul but I am thinking that this body is me, that is a mistake and that mistake is caused by false ego. Then we have intelligence and mind. How do we know we have a subtle body? It is very simple to understand, like when you are asleep and you are dreaming that is happening in your subtle body. When you are awake then both the gross body and subtle body are active. But when the gross body falls asleep sometimes the subtle body remains awake and that is the dream state. When both gross and subtle bodies are inactive then that is deep sleep. So do you understand the difference between deep sleep and dreaming state. When you are dreaming you are awake but awake in your subtle body. Now the question is that this gross body dies. How many of you have seen a dead body? As I mentioned in the beginning this microphone, sofa, stage, marquee, chair you are sitting on they are all inert but you are alive. Now is there any difference between this sofa, microphone, etc, etc and the dead body? No. Then that is also dead or inert. What causes one to die? Good, when the soul leaves the body one dies. Don't we say when someone dies that he passed away, he left his body, he went to the other world? The body is lying here so why do we say he is gone? So who is that he? The he is the soul. Now the point is at the time of death or after death the soul leaves the gross body but the subtle body doesn't die. Subtle body continues. Meaning the body made of mind, intelligence and false ego continues and it

actually carries the soul. The next point is when you act in a certain way do those actions affect your mind? Okay for example when you do something good how do you feel? Good. When you do something bad, although no one saw you feel heavy or guilty. So this is how our actions affect our mind. Okay don't we sometimes say that person is like an angel and don't we sometimes say that person is like a pig? Why do you say that? Because the person who acts like an angel we say he is an angel and the person who acts like an animal we say he is like an animal. Now when one acts like an angel his actions leave their imprints on the mind and accordingly the mind or the subtle body takes its shape. When one acts in an angelic way his subtle body takes shape of an angel and when the mind acts like an animal his subtle body takes the shape of an animal. So this is how it affects subtle body and the subtle body takes its shape and when one leaves this gross body at the time of death then the subtle body carries the soul to an appropriate womb by nature's arrangement and accordingly he gets his body. Our next life is not going to be a matter of chance or accident but our next life is going to be the result of our actions in this life. So that is how one takes his birth due to previous action, activities, karma. So now is it clear the link between karma and reincarnation? Okay now I am ready for questions. I would prefer the questions to be written and in that way I can read it out and everyone can hear.

2. Questions and Answers

↓ How does the soul come into this world? Rain and the grain and man eat the grain but what if ladies eat grain?

Not always. There is a description given in Mahabharata about the living entities falling from the heavenly planet how do they come? When the good karma is over then he loses his right to stay there then he falls. When he falls, lower than the heavenly planet is where the *rakshasas* live and the *rakshasas* start to eat him and due to pain he cries and the soul leaves through the tears and those tears come down to the earth in the form of raindrops, then that soul enters into grain and the grain one eats and a soul enters into the semen and sperm activates the ovum. That's one description but the general understanding is that souls are coming from the spiritual sky we all originally came from the spiritual sky. The first covering of false ego is thinking that I am the enjoyer. The material nature is inferior and the moment we exposed to the material nature we develop a tendency to exploit the material energy. The second covering of intelligence we start to think how we are going to enjoy this material energy. Then through the mind our consciousness flows to the material nature. In this way the soul gets the first three coverings of false ego, intelligence and mind and then accordingly, Mother nature gives him a gross body.

↓ Can God write off all our karma if I pray to Krishna in this way?

Very nice question. May I ask whose question this is? Did you read Bhagavad Gita? Did you remember what is the last instruction Krishna gave? The last instruction in Bhagavad Gita Krishna gave is:

*sarva-dharmān parityajya
mām ekaṁ śaraṇāṁ vraja
ahaṁ tvāṁ sarva-pāpēbhyo
mokṣayiṣyāmi mā śucau*

Give up all your so called responsibilities just take shelter of Me. I will deliver you. As you are asking can God free us from our karma, Krishna is giving us the assurance. You surrender unto me all your karma will be immediately written off. To the extent you surrender to Krishna to that extent He will free you, so to what extent are you going to surrender to Krishna? To the fullest extent right. Yes Krishna can write off all your karma.

↓ How long does it take for a soul to reincarnate to the next body?

Very nice question. This depends upon your karma. The more sinful you are the longer time it will take why because it will take a longer time to clean you up. The more clean you are the less time it takes. There is no specific time limit. The Garuda purana states that it takes one year for a human being generally. Hiranyakasipu and Hiranyaksa are two demons and were killed by the Lord and were in a kind of deep sleep of one yuga, almost two million years until their next body. They came as Ravan and Kumbakaran and were killed by the Lord and it took them about one million years to get another body then they came as Shishupal and Dandavakra . No specific time. Nature makes arrangements. Whereas when one is very pious then straight away he is elevated to the heavenly planets without any delay.

↓ Can I meet my deceased relatives when I die and go to heaven?

Chances are very little. Our coming together in this world is described like dry pieces of grass floating in the river and in course of time brings some of the grass together and it stays together for a short time then separated. In the stream of time we are all flowing and by some arrangement we may come together then separate forever but due to our attachment we want to be together. There is a way to be together lead your life with Krishna in the centre and you develop your relationship with those who are also leading their lives with Krishna in the centre and then they will become united forever.

↓ Sometimes the soul does not want to leave the body at the time of death is this true?

Not only true that's the case of most of the people. If someone tells you, "you have to die" how many of you will say I am ready? Those who are situated in knowledge are ready but in most cases they will say no I don't want to die. There is a wonderful arrangement a demi-god called Yamaraja is the supreme judge. As in the legal system you have the police there are Yamaduttas. When the time is up then the Yamaduttas come. If you resist then the Yamaduttas force living entity to leave the body and he will be judged in the court and rewarded according to your action for the next body.

↓ What can we do to change past and present karma ?

Surrender to Krishna and be free from all your karmic reaction.

↓ If we commit sin in dream state do we get karma and if we chant in dream state do we get good karma?

In the age of Kali there is one advantage. Mental action don't bear any reaction. Good actions in the mind result reaction. If you do good even in your mind you have the resultant reaction but the bad action won't so sin has reaction but that does not mean you have a license to commit sin. The tendency it gets grosser and grosser. Thinking, feeling, willing and acting. Wrong thought dwell in your mind ultimately it will result in gross action.

↓ Does harinaam sankirtan remove all bad karma in previous birth and purify the soul?

Yes. The way to pray to the Lord in this age is to chant the holy name that is why we chant all the time and ask others to chant the holy name. Not only will it purify us when someone hears they will also get benefit. Loud chanting and inviting everyone to come and participate and up to the extent the sound vibration goes to that extent sins will get purified. The atmosphere gets purified of adverse effects.

↓ I am trying to chant and my mind troubles me so much what can I do to improve chanting?

Chanting has three phases namely:

- ↓ Practising;
- ↓ Tasting; and
- ↓ Perfecting.

Firstly we are not perfect so we have difficulties. It is like riding a bike you have to practice and you fall and thought of giving up but one fine morning you were riding perfectly. By practice only you get perfection. Even if you not chanting perfectly keep on chanting.

When the mind drifts and you are concerned about it bring the mind back. Where should the mind be when chanting? Chanting is the sound and the Lord is present in the sound and you receive sound by hearing so mind should be in hearing. Sravanam, kirtanam. Hear and chant, chant and hear. Make it a point to hear attentively and bring the mind back. Attentive hearing.

↓ I read that the Vaishnavas Madhava acharya and Balava acharya accused Caitanites of apparadha of accepting Lord Caitanya as Vishnu?

Who wrote this I will not blast I want to verify authenticity I never heard of this Balava acharya was a close associate of Lord Caitanya. In Madhava sampradaya Sri Caitanya Mahaprabhu appeared therefore whoever wrote this question is not properly informed.

↓ Sankirtan movement is 10 000 years golden age. Kaliyuga is 432 000 years what will sankirtan movement be after 10 000 years?

There is a thing called *Yuga sanda* it is a conjunction of two yugas. This is a *Yuga sanda*, Kaliyuga only 5000 years have passed is it a significant time no but in the *Yuga sanda* the effect of the yuga becomes prominent and that's what has happened. Kaliyuga has began only 5 000 years ago but the effect has become very prominent. Caitanya Mahaprabhu came 500 years ago and He predicted the Krishna Consciousness movement would spread all over the world and for 10 000 years Satyuga would be perfectly established for 10 000 years. There will be a decline and will continue for a long time and the whole situation will become extremely critical and at that time Kalki avatar will come and annihilate the miscreants and re-establish the Satyuga at the end of the cycle.

↓ As a nurse I perform abortion as part of my job will I get bad karma?

The problem is whether you are committing sin knowingly or unknowingly bad karma will have a reaction. For example if you put your hand in fire unknowingly, fire burns even a baby. It will have reaction therefore try not to indulge in such actions. I can understand your situation you are a nurse you working have to do certain activities. Maybe you can make a condition when taking up the job like no abortions, no serving non vegetarian food. I have to tell you the facts not to entertain you and I have to impart knowledge to you so that you know what needs to be done and avoided.

↓ Does the cycle of re-incarnation end when someone commits suicide?

What happens when someone commits suicide? The suicide is a grievous offense. To get a human form of life is the most precious gift of Mother Nature. If we squander that gift how will Mother Nature react? She is a conscious personality and consciously rewards and punishes. When one commits suicide they have no gross body they become ghosts therefore a very serious appeal to all of you don't ever think of committing suicide no matter what happens. Human form develop relationship with the Supreme Personality of Godhead. Prerogative take full advantage of this opportunity be a devotee and go back to the world of endless joy.

↓ My brother passed away in a car accident and my mum went to a crossing over to bring closure.

Again don't fall for all that. Somebody has the power to communicate with a ghost! Come to Krishna to deliver him.

↓ If you don't want to be re-incarnated what do you do? Thank you.

No I must thank you. Surrender unto Krishna and become His devotee then no birth and no death you go home in a spiritual body.

↓ How is it possible for people to sacrifice...

Don't worry about cross over this is just Hodge podge.

↓ How to become free from re-incarnation?

Yes. When someone follows our path then you'll be free from re-incarnation.

↓ Which correct rituals to do when the soul leaves the body?

Cremate the body while tulasi leaves and branches are in contact with the body. Preserve remains and offer to Ganges or Yamuna to create good fortune.

3. Srila Prabhupada appreciation

The more we recognize and appreciate the glory of Srila Prabhupada the more we will be able to appreciate of the activities of Supreme Personality of Godhead, because Srila Prabhupada came to give the Supreme Personality of Godhead. The mercy of the Lord flows through Srila Prabhupada, the most bona fide representative of the Lord.

(Excerpt from "Prabhupada Realisations" by HH Bhakti Charu Swami)

4. Guru Maharaja's Instructions:

- ↓ To the extent you surrender to Krishna to that extent He will free you, so to what extent are you going to surrender to Krishna? To the fullest extent right. Yes Krishna can write off all your karma;
- ↓ Surrender to Krishna and be free from all your karmic reaction.
- ↓ The way to pray to the Lord in this age is to chant the holy name that is why we chant all the time and ask others to chant the holy name;
- ↓ Even if you not chanting perfectly keep on chanting. When the mind drifts and you are concerned about it bring the mind back. Where should the mind be when chanting? Chanting is the sound and the Lord is present in the sound and you receive sound by hearing so mind should be in hearing. Sravanam, kirtanam. Hear and chant, chant and hear. Make it a point to hear attentively and bring the mind back. Attentive hearing;
- ↓ When one commits suicide they have no gross body they become ghosts therefore a very serious appeal to all of you don't ever think of committing suicide no matter what happens; and
- ↓ Surrender unto Krishna and become His devotee then no birth and no death you go home in a spiritual body.

(The content of this E-magazine was based on a lecture given by His Holiness Bhakti Charu Swami at Durban Ratha Yatra on 4 April 2015)

(Compilation & editing by Hemavati Radhika dasi)

