

WITNESS

All of us are at peace in our constitutional position, in our natural position. We are all at peace. All of us are souls, in our natural position. Give an example, an ocean is calm and suddenly the waves start appearing on it. The waves are compared to, with material desires, in the ocean of our peaceful state of being. How many waves of ocean are there? Infinite, they are countless. And what do people think? This material desire, which is here now..., if I fulfil I will be happy... And the moment this thing comes in our mind, we start trying to fulfil this, fulfil the desire and then we get agitated by the desire. We were peaceful, calmly situated..., one desire to do certain thing makes us agitated, by looking at some person we get agitated. We get actually agitated by the thoughts, which are promising to give us happiness after their fulfilment. **Actually we don't feel happiness by fulfilling our material desires, why? Because all our desires are anti-material.** Our desires like we want love, is an anti-material desire; we want perfect relationship is an anti-material desire, it is not a worldly desire. Word- love, perfect relationship, they belong to the Spiritual Realm, of the Spiritual World. So, all our desires are actually anti-material.

So what happens here in this material world is, we come into Bhakti and we don't do it properly, so we don't get happiness. And because we are not getting happiness in bhakti, then we again try to squeeze happiness from the dead material world..., by food, sex, emotions etc. It becomes an endless vicious circle. We get agitated by looking at something, at a piece of cloth, jeans..., boy gets agitated by looking at a girl, you become agitated by looking at a plate of eatables. It is such a fallen state one becomes agitated by merely looking at a piece of curtain, "Oh if I put this piece of curtain in my house, I will be happy." Such a weird desire! Where is this dead curtain and where am I, a spiritual being..., totally spiritual being!!

A material desire comes in the mind and the person who tries to fulfil that material desires for getting happiness, is making a common sense into ashes. Haan!! If you try to fulfil material desires, you actually don't even have common sense, what to talk of achieving happiness after fulfilling the desire!! Even the common sense evaporates if we try to fulfil our desires in our quest for happiness. One is not even left with common sense, then how can one get happiness, when..., is not even having common sense? This is a common sense that I am anti-material, I am spiritual, I am transcendental..., so all my desires are spiritual, transcendental and anti-material. What are our desires? Happiness that is Kṛṣṇa; perfect relationship that is relationship with Kṛṣṇa, other than that everything else is just a mere hallucination of the mind, which makes us just run, run and run without achieving anything.

Material desires are just like waves in an ocean. A wave comes, you try to fulfil it, then where are you now? Again back at the same point from where you started...,

at the start of fulfilling that material desire. You are right there again after fulfilling the desire. Actually nothing happened, only the wave subsided and you just went inside the wave... That's all!! You are where you were before the material desire came and then you fruitlessly tried to fulfil that desire. The material desires instead of making us happy, instead of giving us peace, they just make us restless for the time being. That's all!! Desire to have sex, desire to eat food - particular food, they just make us restless for the time being and after that we are back to square one..., where we were earlier..., before those desires arose, peacefully situated any way in our natural position..., as a soul!!

Like, desire to earn 10 million dollars came in your mind and you waste your 10 years of life for achieving that. And even after you achieve that..., after 10 years..., you are going to remain as spirit soul..., after 10 years!!..., even after achieving 10 million..., zillion billion dollars. And in this affair, you wasted so much of your time! And after that, again more frustration... Actually we get endlessly frustrated. Though we want infinite happiness by fulfilling desires, we become endlessly frustrated because even after spending so much time, let's say 10 years for perceiving 10 million dollars or having a happy married life or children or whatever, we are actually back to square one... **We are spirit soul, we want Kṛṣṇa - Happiness, we want relationship with Kṛṣṇa - perfect relation..., that's all we want, that's all we want and THAT'S ALL WE CAN EVER WANT...!!**

Initially..., initially we were thinking that we can get happiness out of this, now we have undergone all this, family, getting money, but still we are where we started. That is why we become more frustrated than ever before. So this is a vicious cycle- you try to fulfil, you don't get happiness, and you don't know how to do bhakti - then you again try to go into the same rotten cycle! See if we are not practising bhakti properly then we are going to be agitated by looking at material things or people. After getting this, after eating food, after having sex, I will be happy..., this is called 'agitation'. Otherwise you are peacefully situated being. We think these material desires give us happiness or peace. Actually these material desires, ALL material desires are nothing else other than self imposed torture... TORTURE TO YOURSELF in reality. And they are imposed by no one else, we impose this torture on ourselves. We are very much at peace, calm..., simple!! And this material desire comes and unsteadies our life. They never make us reach anywhere..., the material desires, they just make us run, run and run. With material desires, we don't get anything other than restlessness and anxieties. A male is agitated with a desire to get married. Ok, even if one does get..., you get Vaikuṇṭha Prema, Goloka Prema by that? No!! Then after that there will be more agitation, I should have nice home, this is another agitation..., then you try to fulfil that agitation. Then there will be another agitation, I should have children... Ohh!!..., then they should have nice clothes, branded, this that. And when anyone who is having all this, ask them- is everyone happy, is everyone having all these

things or not? This Māyā..., how it makes a fool out of us, we can see. **We are just peacefully situated, calm and then the DESIRE JUST COMES and RUINS OUR LIFE and gallons of blood, Guru has spent on us!!!**

So what's the solution? Solution is, that we should think that by doing anything I will be not happy. We should know how I can be happy. Whatever I am doing, is it making me happy or I am trying to make my body happy or I am trying to make my mind happy? **We should take a conscious pause in our life, before doing anything. We should Stop, Pause! and Think!!**. For example this Jasmine Mataji thinks that she wants to be happy while being in this Jasmine machine. This body is a machine. Name of this machine is Jasmine. But actually she, the soul, is sitting inside this machine called Jasmine. I ask you, "are you jasmine?" No! This Jasmine is your name and she is Jasmine's mother, not your mother. Your mother, father is the Supreme Lord, Kṛṣṇa. She is Jasmine's mother, Jasmine is the name of the body. That is not the name of the soul..., your name. It cannot be satisfied by any means from Jasmine's mother..., because you are not Jasmine, it cannot be satisfied with Jasmine's husband, Jasmine's brother. Someone is the brother of this machine called Jasmine. Kṛṣṇa says that human body is like a machine.

*“īśvaraḥ sarva-bhūtānāṃ hṛd-deśe ’rjuna tiṣṭhati
bhrāmayan sarva-bhūtāni yantrārūḍhāni māyayā”*

(Bhagavad Gītā -18.61)

This body is just like a machine, in which we are sitting and just think, what all we are desiring? All those things which can give satisfaction to Jasmine can never give satisfaction to you, the spirit soul, because you are not Jasmine from any angle. Jasmine may get satisfaction from husband or children but you will not because you are soul, you are not Jasmine. Jasmine's children may do MBA, may become Prime Minister of US, but it has got nothing to do with you! Because they are Jasmine's children, they are not your children and you are not anyone's mother, you are soul..., you will remain a soul..., remain the same. All this is happening in relation to Jasmine, whereas you are not Jasmine from any angle. Even the name Jasmine was decided much later when you were born..., when you were in the womb of your mother you existed for so many months. But Jasmine was not there! You were there! Even after you were being born, after so many days, the priest came and told, from “J” your name should start. Then after so many months, you became Jasmine. So you actually are not Jasmine..., you are what you are, a spirit soul and nothing else. Like there is one car called Mercedes, there is another car called Corolla, so there is another car called Jasmine. The car is a machine, this body is a machine, human body is a machine, Kṛṣṇa is saying, *yantra*. This machine is called Ravi. This machine is called Jasmine. There is no relationship between my satisfaction and Jasmine's satisfaction. You understand? You must understand! Where is spirit soul..., you, and where is Jasmine? Yes...,

what is your father's name? Nishyant and Chandra..., Chandra Prakash..., ok. They are the parents of Ravi, they are not your parents, they are parents of Ravi. Some concept called Ravi. For example, we will talk later... Another thing, our parents! Are they serving us? No! The parents are serving their sons, their daughter, they are not serving you. You happen to be their daughter, actually they are serving their daughter, whosoever she is. If you were not there, someone else would have been, and they would have served with same intensity that girl as well. They are serving that machine which came out from their machine, from their body, who is known as their daughter. Whosoever came from their body, they are serving that, they are not serving you..., the spirit soul. Nothing to do with you! You are inside it somehow. You are also there in the Party, then its, ok. You also be there.

Try to understand very clearly that we are all alone, in this extremely huge world. There are lots of planets in this world but we are all alone, we don't have any relationship with any person! You may say, "this is very strange, I don't have any relation with my mother?" Forget about your mother, you don't even have any relation even with your body, which you think is you. Forget body, you don't have any relationship with your mind, with your heart, with your senses too. You may ask then, "what am I doing?" You are just sitting inside trapped among these gross, subtle bodies. That's all! We are sitting idle in a machine, trapped. So when we are eating something what should we think, that Jasmine is eating, I am not eating, I, the spirit soul sitting inside Jasmine, is not eating. When I am walking then I should think that Jasmine's body is walking, I am not walking. These clothes have been worn by Jasmine..., the body of Jasmine, they have not being worn by me, I am sitting inside the body..., just sitting, nothing else!! You are just a Witness, an Observer, nothing more..., a witness to ALLLLL the things happening with your body. **We are not doing anything, body alone is doing. You are JUST OBSERVING, DOING NOTHING, besides that.**

In material world, we cannot do anything other than observing. Neither can we eat, nor can we wear clothes, nor can we have sex, nor can we roam in London, nor can we touch anything nor anyone can touch us, nor we can..., there is nothing we can do. Only

*“tattva-vit tu mahā-bāho guṇa-karma-vibhāgayoḥ
guṇā guṇeṣu vartanta iti matvā na sajjate”*

(Bhagavad Gītā -3.28)

The senses are acting with their sense objects, the sense organs, and I am not a sense organ, physical sense organ. Who has eaten food? This body! You haven't eaten. You don't know, but reality is you really have not eaten food. And I think I will become happy by putting on air conditioner, How can you be happy, tell

Me? AC was on... Yes! Who felt coolness? The body, so how can you become happy? You were burning inside from ādhyātmika, ādibhautika, ādidaivika tāpas-threefold miseries. How were you happy? Burning even while sitting in the AC... You will always remain burning, even in heaven, how can we be happy? After indulging in sex, tell me how can you be? Just see these are 2 mobiles and you are just like a sim card inside the mobile and this one mobile is put over another mobile, and there is just a little bit of rubbing, and nothing is happening to the sim card, you know! So we cannot have sex in past, present or future in this material world. We are just an observer while having physical indulgence of any sort. Just sitting inside, just fantasizing that, "I am doing"... YOU ARE NOT DOING! You are just watching the movements of your body and someone else's body. That's all! You are just an observer. A machine needs to work, for that petrol is needed to move. Similarly food..., little food, 2 rotis and little sabzi is needed to make the machine run. The machine can run on simple food. It doesn't run on pizza.

So when one gets agitated by looking at a girl or a women or food, there is no common sense, what to talk of getting happiness after that. The food was just to make the machine run. That's all! When something is put inside the car and you are sitting inside the car and you think something has been put inside you, it is going in the car... Are you a car? Kṛṣṇa is saying this body is like a car, a machine. It is weird thinking. We are sitting in a car and just imagine we have very limited control on the car and car is moving continuously..., non-stop, then what would happen? In that condition? Dhum...!! Accident 1, then one accident after another then again what will happen? Again accident, because you don't have the control..., limited control. But the car has to move continuously..., till you die, it will move on. Again and again dhum...!! Accident..., accident..., one accident after another, if we have limited control. What is an accident like? Slaps, miseries, exploitation in the form of husband, children, depression...!! You are sitting inside the human body – Car, and Tongue is saying, "You go into that direction", Eye is saying, "You go into that direction", Nose is saying, "You go to that direction", the Touch sensation is saying, "Go to that direction" and You are just running! One driver..., running in all 4 directions, what will happen? Accidents! What else? Accident means "Duḥkha". That is why we are constantly in miseries, because we have gone mad.

We were a witness and now we are trying to become an enjoyer. **Bhakti is nothing else other than solving the complexities of the mind.** Nothing else! *Uttiṣṭha..!!* That is why Scriptures are saying, "GET UP! WAKE UP! Why are you sleeping?" You may say I am awake, but actually we are sleeping with open eyes and that too for life long, from the first to the last breath. Even the Demigods are sleeping. We really need to GET UP.

Let's say mother is dead, so this mother kind of machine is finish now, is dead. Alright...? Can hang a garland or flowers on the photo but don't be sad. One more machine..., another machine..., I mean she went to another machine. That's all! You were a witness, you are just a witness..., only observing, witnessing things. You are witnessing eating food, you are witnessing people dying, you are witnessing getting diseased. You are just watching, you are not getting diseased. Your mother is not dying..., you are spirit soul, how can you have a mother in this material world? Are you getting My point? When we hear Viśuddha Kāṭhā, when you get the Darśana of the Deities and you know..., read a Scripture, then we get the real taste. We do Darśana, then we go to Dhāma, we get our diet by these things. These are spiritual activities, meant for us..., me the soul.

Nothing of this material world can satisfy, can give me happiness because even if I become President of the country..., tell Me- can a soul become President?? Even if you have more money than Bill Gates or richer than Microsoft, who can have all this? Can a spirit soul has all this? You are wearing levis jeans..., Acchā? Unbelievable! We are so foolish, how can one by ten thousandth of a tip of the hair can wear such a huge jeans? The body is wearing, you are just witnessing!! Can't you understand this simple truth? This body can be perished at any moment. The association of saints we are getting right now, can we ever get such association? If I am not improving in this association, I am 100 % sure, I just cannot improve! Can never understand things! If we are not accepting things as they truly are after hearing so much, then there is no scope, no scope for happiness. Lord wants us to understand, that's why He sends Spiritual Master, to make us understand. You, the soul, you don't have a sister, you really truly don't have a mother... *Kṛṣṇa Mātā, Kṛṣṇa Pitā, Kṛṣṇa Dhana Prāṇa*. He is mother, father, sister, brother, everything. He is our life and soul.

We must understand that the material desires, they are just ruining me up, eating me up! Bhakti can only be practised properly by that person, who can differentiate between what is my desire and what are these material desires. One needs to differentiate..., these material desires are ruining my life because they are eating me up. Certain thought, certain kind of a wave comes in our mind, this is all..., this is what material desire actually is, just a wave, just a thought, nothing more. It comes and goes. We don't have to go inside the thought. What is the meaning of indulging in sex? It is just a wave of thought. After that you are not going to get satisfaction by having sex. It is just that desires subsided and you are back to the square one, where you were earlier – calm. We think by eating particular food I will be happy... No! You are observing the activity of the body taking food, you are not eating food! Can't you understand? We fight, see fights amongst husbands wives, "Did you ask me before cooking this thing?" "Oh! You are the royal highness? Are the king of some place?" Even if you were, then even

if you eat 56 (Chappana) Bhoga everyday, are you going to be happy? You are just observing, you eat 1 thing or you eat Chappana Bhoga, you are just the observer.

One must understand that Guru is my only saviour, only Guru can save me..., rest everyone and everything is just eating me up! My relatives are eating me up, my father is eating me up, my mother is eating me up, my friends are eating me up, my body is eating me up, my material desires are eating me up, etc etc. Everything is just..., everyone and everything is just ruining my life. They have just one goal, to ruin my life and **my only saviour is Guru. He gives a right knowledge, AS IT IS, by which ignorance goes away.** We should always become a witness, REMAIN A WITNESS. **We don't even have to become a witness, we are a witness!** Witness means, a “Dṛṣṭā” means a person who just observes, just watches. An Observer means, Witness means, a scene comes in front of you in the form of a mother, in the form of a son, wife..., you are not a scene!..., you are the witness of the scene! You are not a scene. Like in the movie hall you see, you are the witness of the movie happening. Similarly, you are the witness of this movie called “Jasmine”. What is this material world? Change over of the scenes..., and what are we doing? We are not changing, we are the same..., rest everything is just changing! We are just sitting and until we see this from the point of view I am telling you, we will get affected from the things and from the people around us. “He didn't talk nicely with me.” So what? Did you become a small soul after that? “Oh I was glorified a lot!” Acchā?? Then did you become a very fat soul, very healthy soul, muscular soul, after that..., after your glorification? This never happens! Did you become an ‘A’ grade soul by you being glorified? And you become an ‘E’ grade soul, when you were being chastised? It is not like that. You were a soul! Just one by ten thousandth of the tip of the hair, just a pure witness to the activities of this material world.

All of us want to look beautiful, become beautiful!! Go to beauty parlour. Are we going to the beauty parlour? NO!! We are taking this machine to the beauty parlour, to become beautiful. Whatever activities are we doing..., we don't know!! Acchā..., ok, who wants to look beautiful? Me..., you the soul, Isn't it? But if you think you are body, then you will try to make the body look beautiful and think that you are looking beautiful. **If soul wants to become beautiful, he has to remove the coverings of lust, anger, jealousy, then you become beautiful...**, not with this garbage on yourself, this is worse than stool. So how can I become beautiful? When all things will be removed from me. What is happening and what drama I am doing to look beautiful? Put clothes, go to beauty parlour, what else?? Even people chanting, they also want to look beautiful, they want to make the body beautiful..., why?? Devotees want to look beautiful for Kṛṣṇa, that is selflessness. And the people of this material world want to look beautiful for their own material enjoyment. Understand this!

The role of ours has become life of ours but we are not aware of the life itself! This drama, dramatization that I am someone's mother, sister, these are just roles..., daughter in law, daughter..., and what all has this become? Our life! **Acting has become our life, and we are not even aware about..., about what is real life.** Example, when a traffic policeman works from morning to evening, he gives directions and suppose when he comes home, he does the same stuff, what would you say? "Are you crazy?" And just imagine he becomes a..., just a traffic policeman non-stop 24 hours a day, 365 days a year, then what you will say? "He is fully crazy!" And what his entire life he spends like this? "He is super duper crazy!" So what are we doing? Just playing the role of Mr. Jasmine..., Jasmine or Ravi or whatever and spending our..., not even our full 24 hours or not even 365 days..., our entire life! This acting on this role has become our entire life and we are not even aware of what life is! Life is so small, and we are not stopping to enact this, some particular role.

We should have at least this much intelligence, we should at least write our name properly when you give me realisations. Your name is Jenny Hawkins..., ok!! At least stop writing, at least get rid of your surname..., this anartha, and gradually the name will also be removed. You are not Hawkins, and then you are certainly..., you are not..., when you are not Jenny Hawkins..., you will be Jenny Hawkins? Remove the surname at least. Start believing yourself as spirit soul... And you!! Ravi Ahuja, stop thinking yourself as a Punjabi or a Christian or a Muslim. You are not a Christian soul or Punjabi soul or a South Indian soul. This is really crazy. Get rid of all these identifications. It really needs lot of endeavour to get rid of the misconceptions we have put ourselves in..., and that too always...

I see relatives talking, even amongst Devotees..., "You listen to me! Are you not my niece? Listen to me niece!!" "You don't listen to Kṛṣṇa and I listen to you? You are ruining my life Mr. Uncle!!" "You listen to me! Are you not my daughter?" "Oh! I am not your daughter, I am God's daughter!" We must all understand this..., we are chanting Hare Kṛṣṇa. Listen! The meeting and separation, sañyoga and viyoga will always happen in this material world. We will meet people, we will get things and we will be separated from people and we will be separated from things, by our Karmas. And actually what we are, when we are meeting people or things, we are just a witness. With meeting, I think I am getting happiness and with separation, I think I am getting sadness. If you think this way, then you are endlessly going to be distressful because there will always be meeting and separation of different things and people..., endless be so called happy and so called sad. The soul is not getting anything, we are just a witness to the all the things happening of the meeting and separation of people and things around you. There is absolutely no need to feel happy on meeting someone and feel sorrow on separating from someone because it has got nothing to do with you, the spirit soul. **To feel happiness or sadness is a symptom of ignorance.** In a way,

tamogunāḥ, lamentation and so called happiness, they are symptoms of *tamogunāḥ*, mode of ignorance.

So you..? We always identify ourselves with the bodies. So Martin, male body! What desire - female body? ok! Now before sometime back, when this Martin was in a frock, may be in the previous..., previous birth, but he doesn't know this? Last birth, wherever you were, may be you were a girl..., then you desired someone, a male and now you are so called male in the body of a male, then desiring some girl. So, earlier we were desiring someone wearing pants, now we are desiring someone wearing skirt! So, the gist of our life is..., that we are just desiring as better dress..., you are desiring some dress..., that's all! Earlier I had a dress of 4 legs sometime I had a dress of 8 legs, you know different species body we had. Now dress of a girl, dress of a boy..., and then we are running after this opposite genders as per the dress we accumulating. Why you are making life so complex for getting happiness? Life is so simple. Kṛṣṇa is Happiness, go get Him!! Yes you Mataji..., Jasmine!! May be you had very big..., you are very tiny now. May be you had very big muscles earlier, in the previous body. May be you were a cow, in some body... So we have changed so many bodies. When you were a donkey, then you desired a she-donkey. And then when you are a male donkey, you desire to have female donkey..., then female..., as a male donkey. You had desires to have monkeys also when you were a she-monkey. What all we are doing, the same things we are doing which we did in the activities of animals.

If you can get opportunity to rewind, to go back in your lives, then you will see, "how crazy I was! Acchā?? I used to think that by eating pizza I will become really happy. I, the soul will become happy..., I used to think like this in that life?? And acchā..., in the third life back, I used to think that if my daughter talks nicely with me, I the soul will feel happy! Acchā, this way I ruined my life. Oh..., I became jealous of that person, because he didn't offer me garland properly? I ruined my life like this way. Achhā, 10 lives back, how did I ruined my life? Oh...! I was busy doing muscle building, taking iron, Achhā? I thought that by this muscle building, I will become happy? By pumping iron, I thought I will become happy? I was so crazy..., isn't it?" All of us if will be given a chance, we rewind and see, we will think that we were so stupid and crazy. At least we should not do this in this lifetime. **Go get Kṛṣṇa... simple!! Keep it simple! Dear Saint! K.I.S.S. – "Keep It Simple Saint" Go get Kṛṣṇa.. Go get Happiness...** "How did I ruin my life 20 years back? Oh., I thought if I have this much amount of money, I will be happy. Acchā! I thought I will have three houses, I will be happy. I didn't do Bhakti..., I knew..., but I did not!!" "And how did you ruin your life, Mr. X?" "Oh..., actually..., few lives back my father told me to just stop doing Bhakti..., for this is why I stopped because for the pleasure of my father". Acchā? So you ruined your life for this reason! Can you believe how stupid we were?

We will meet people and things..., we should not get gelled. We are 'nirlipta', anyway we are not really involved, we are just a witness. We don't have to become a witness, we are a witness. We should become sad only for one reason, Rāmānanda Rāya says, 'if we don't get association of the real, genuine devotees of The Lord.' Other than that there is no reason to be unhappy in this material world. We are so attached with our body, this machine, and from this machine if some other machine is born, we assume it as mine..., "my son, my daughter". The machine produces the machine, and we think it is mine. Don't take it for yourself. You say "No! She is my daughter," you prove Me how she is your daughter? If she is your daughter then all the Scriptures, all the Śāstras have to be proved wrong by you, then only someone will become your son or a daughter or a wife or a husband, otherwise impossible! We are just a witness, it is not that we have to become or we have to think that I am a witness, we have to assume. No...! We are witness, we have just forgotten this thing. We are just sitting and watching things. Some food being put in the body, some water being put, people coming, people dying, that's all! I will give you an example, we are sleeping and whatever dream we see during sleep, let's say you dreamt and have a very big Mercedes car and a bungalow and a very beautiful wife and obedient children...! And everyone is following you and you are giving a beautiful lecture! You will feel that I am so happy! But what is the reality? There is no reality in this because whatever you are in all those dreams, you were actually a witness. You are just seeing the dream. You are a witness that you are this, that. All this is not actually happening with you in dreams, but you feel it is happening. So merely by appearing things don't truly happen.

In the same way this life, we are thinking ourselves as this body..., this one dream is going on. You dream that, "I am a male" and...! Earlier you thought to be a female, before that you thought that you are a she-monkey, before that you thought you are a tree. So in dreams same thing comes, some things come for a while and we enter into it and we think that I am so happy, actually we are not! In dreams also we cry and we laugh, are we happy or are we truly distressed? Similarly, this material world is just like a very big prolonged dream. A poor person may dream that he has become The Prime Minister of India for a short period of time, after that he wakes up in his one room set and gets back to reality, "I am just a witness of that dream, of that scene, that just came and went by". That's all! Similarly this thing, whatever picture we are seeing of this family etc, this will just come and after dying this will just go away..., will go away. Some crazy people think that I can do suicide. Oh..., it is just not possible. You are just a witness to the activity of suicide happening with your body. If you assume yourself as a male, you have just killed yourself. If you have assumed yourself as a female, you have killed yourself. This is called *ātmahā* in Bhāgavatam, a person who kills himself. In spite of getting Spiritual Master, The Pravacana, The Holy

name, The Mantras, The Dīkṣā, if you are trying to have happiness in family, sex, food..., we are killing ourselves.

Actually what is happening, *guṇā guṇeṣu vartanta...*, Bhagavad Gītā says. The senses..., sense organs are dealing with sense objects. That's all! We are, spirit souls, is “*asaṅgo'yaṁ puruṣaḥ*”, It never associates with anyone, even with the body it doesn't associate. How can I associate with other people? I truly am not an active doer, the body is doing all these things, and

*“prakṛteḥ kriyamāṇāni guṇaiḥ karmāṇi sarvaśaḥ
ahaṅkāra-vimūḍhātmā kartāham iti manyate”*

(Bhagavad Gītā -3.27)

The foolish egoistic person thinks that he is doing, actually he is not. Actually the soul is sitting inside the body and nothing else is happening to him, everything is happening to the body. Whatever he thinks, is just his mental concoction. “I am happy, I am sad”, this is all mental concoction. We need to always think that, “I am just a witness” We desperately need to get training to be a witness. We will get training to be a witness, then we will understand that I am a spirit soul. When any agitation comes in the mind, that you are getting attracted to a male, the female gets attracted..., and the males get attracted to female, what should you think? You should think that..., what should you think? Very simple solution, you should think that you are a Gauḍīya Vaiṣṇava. You have got two Svarūpas..., two forms, one as a female in Vraja and another as a male in Māyāpur, in Lord Gaurāṅga's Dhāma. When we get agitated to a female, we should think “I am also a female, I belong to Igf, this girls' forum. I belong to that place!” If you think yourself as a girl, you will not get agitated to a girl, think yourself as a mañjarī. And if you are trying to get agitated to a boy, you think yourselves you are also a young brāhmaṇa boy in Navadvīpa. So we are both, a male and a female, so there is no point getting agitated by any of the genders. By this we can solve so much of our confusion. Just remain witness to all the things you are doing and be eternally happy.

Hare Kṛṣṇa!