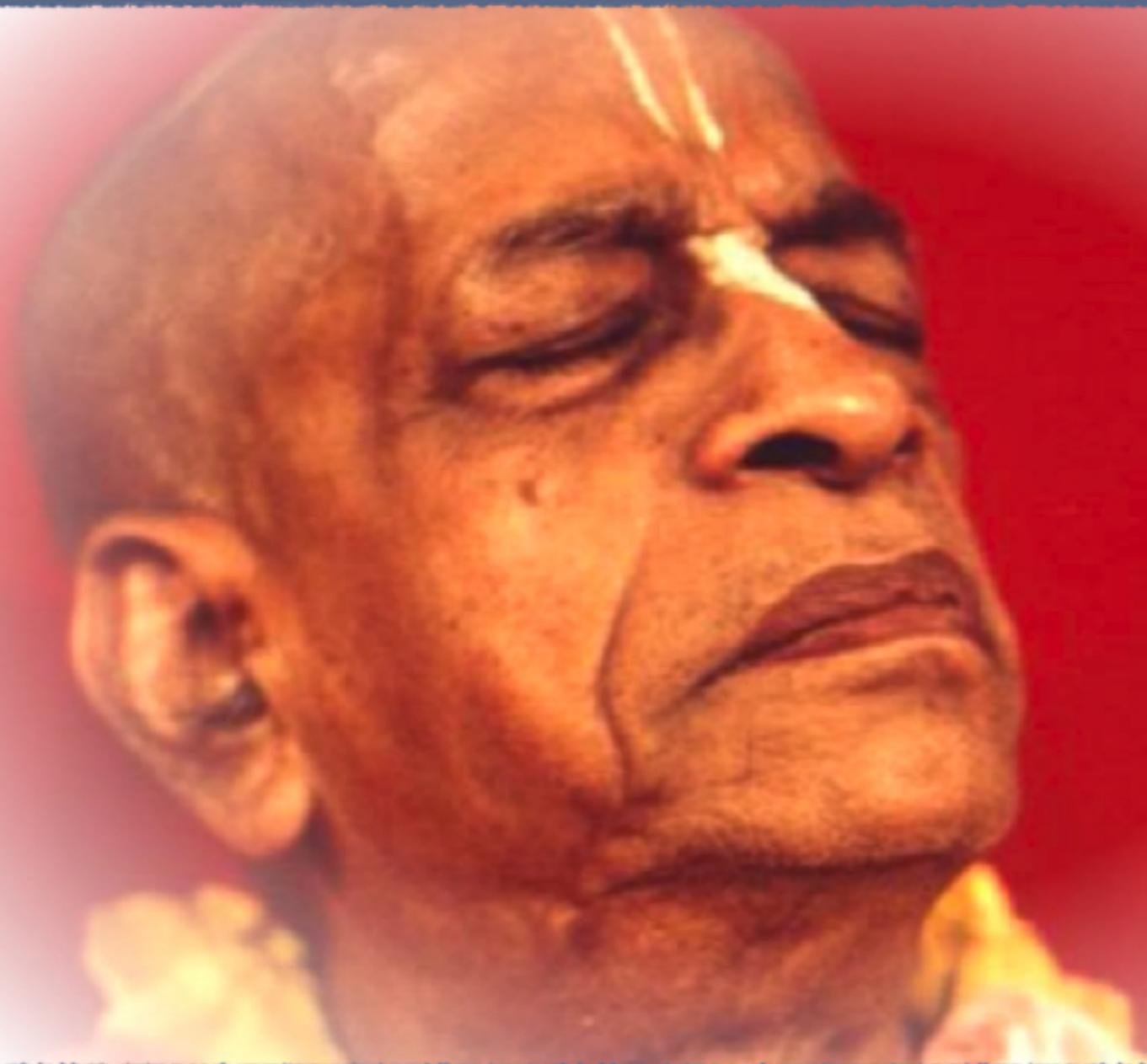




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Inspired by the divine teachings of

**A.C. Bhaktivedanta Swami  
Prabhupada**

International Society of Krishna Consciousness



# Gates to the Soul

Sri.Sri.Radha  
Kṛṣṇa Temple



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# You Are What You Eat

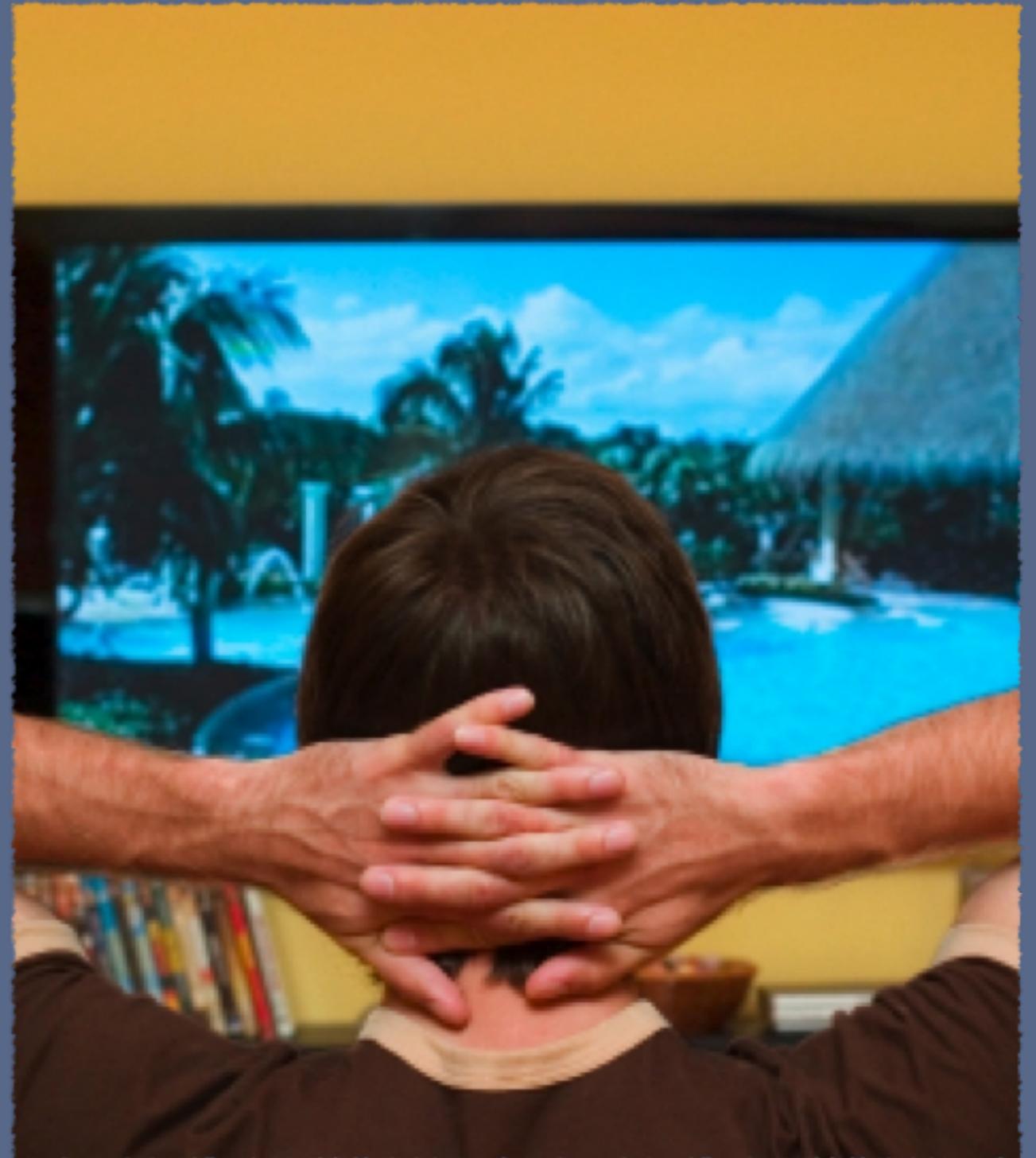
Twinkies, sodas,  
candy bars, not  
going to be  
healthy



# Be careful what you take in

Today more opportunity to  
feed on wrong things

500 channels on TV, internet,  
smart phones, magazines,  
billboards



# Shock Value



**Keeps getting turned Higher & Higher**

**What thought was far out & bizarre 20 years ago is no big deal now**

**Can entertain, get your attention, but also filling mind with trash, poisons your spirit, trash in > trash out**

A few years after I was born, my Dad met a stranger who was new to our small Texas town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger...he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave?)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home... not from us, our friends or any visitors. Our longtime visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad didn't permit the liberal use of alcohol. But the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked... and NEVER asked to leave.

More than 50 years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures. His name?

We just call him, "TV."

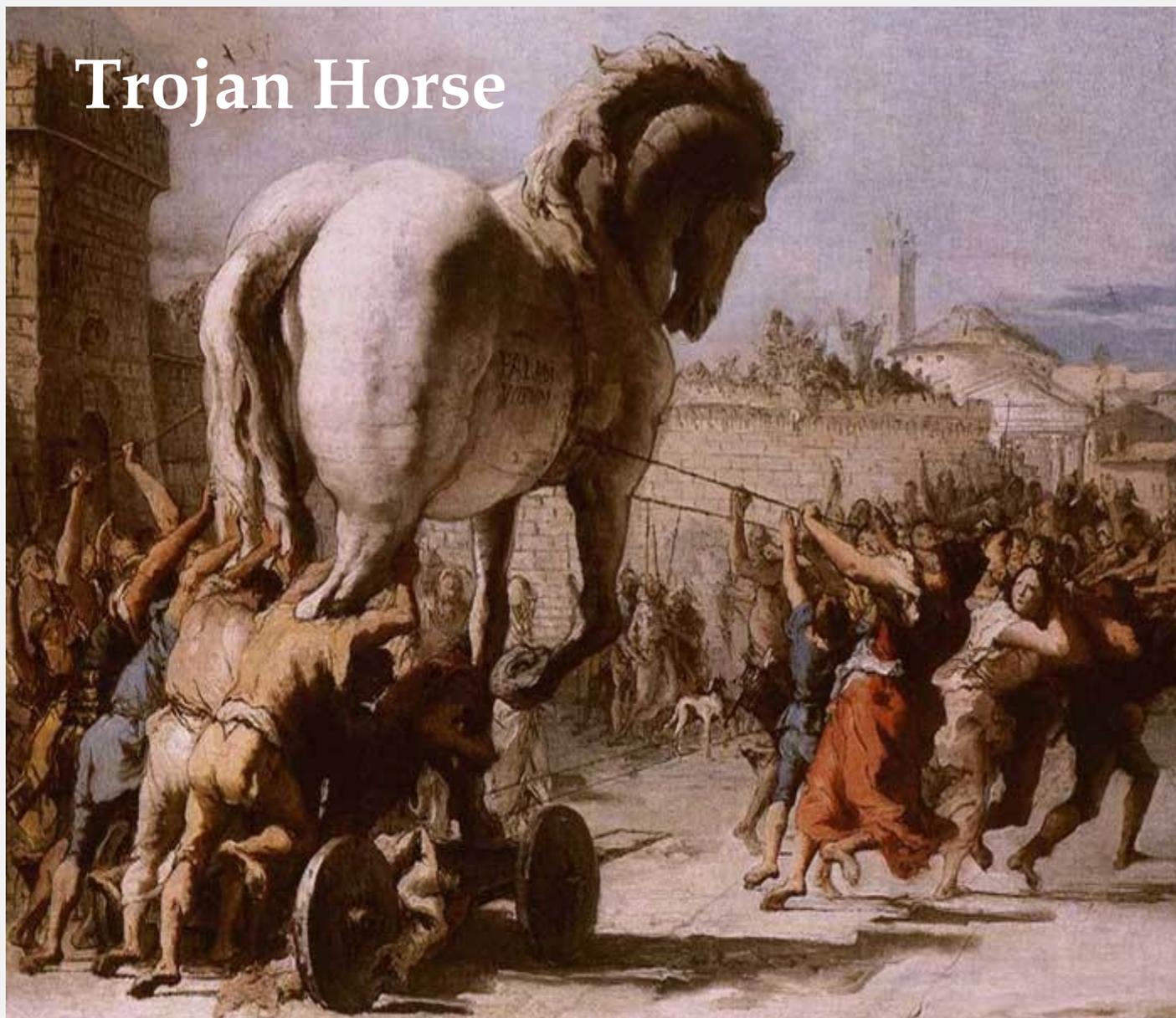
And the stranger has a wife now. We call her "Internet."

# Compromise

- ◆ People unfaithful, dishonest, stabbing people in the back
- ◆ All going in to sub conscious mind, desensitizing
- ◆ Don't be surprised to find your self doing the same



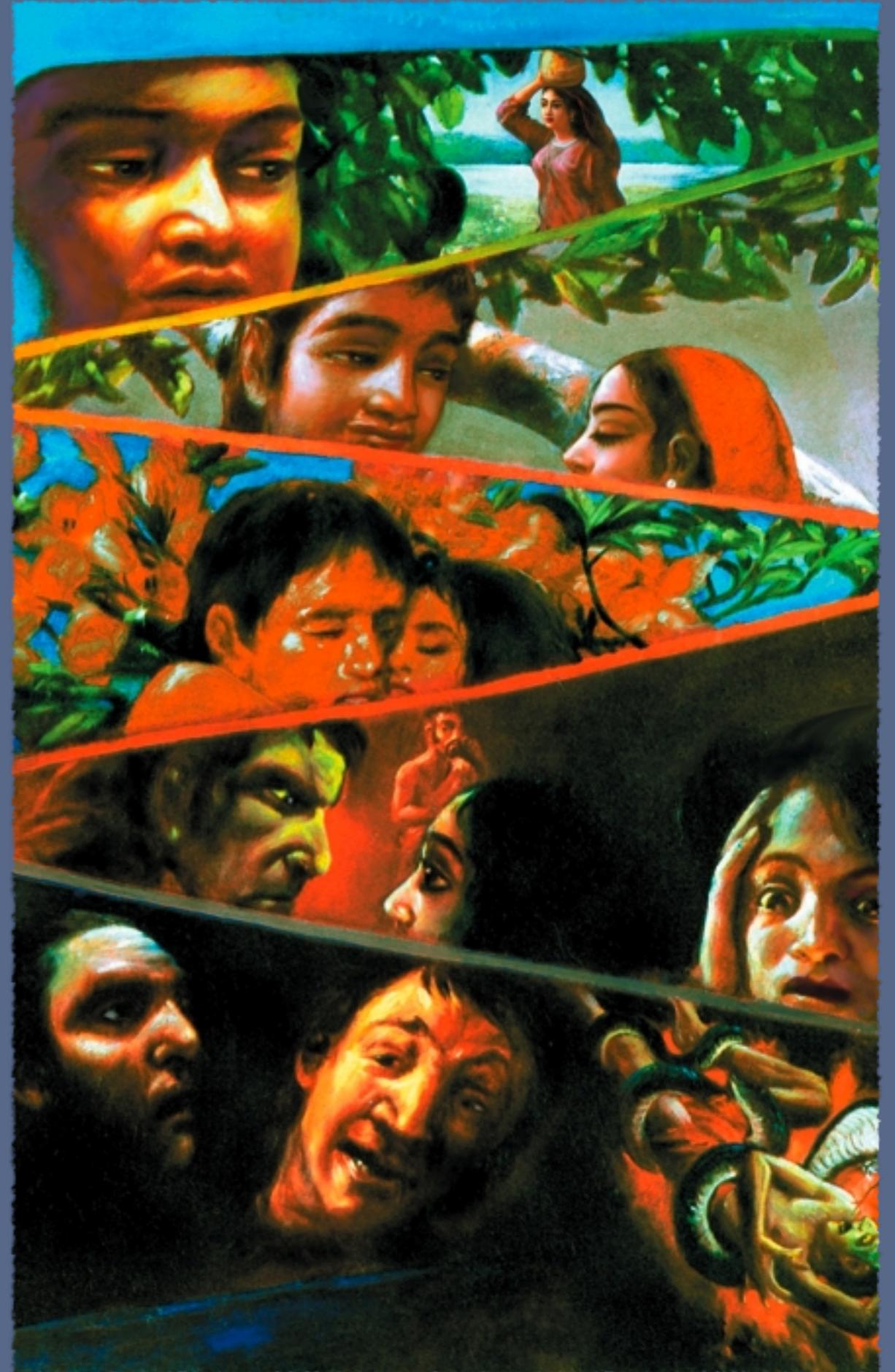
# Foothold



- ◆ Enemy can't force the way in, we open the door
- ◆ Kama Esa Krodha  
Esa..Rajaguna  
Samudbhava...

# Eyes are the gate

- ◆ Contemplating the objects of the senses
- ◆ Take inventory of what you are feeding yourself



# Headlines

*Two headed man in a love triangle with an alien from outer space, details inside..*



# Babysitter

*Number violent acts  
during prime time is  
12 per hour*

*Cartoons is 42 per  
hour*



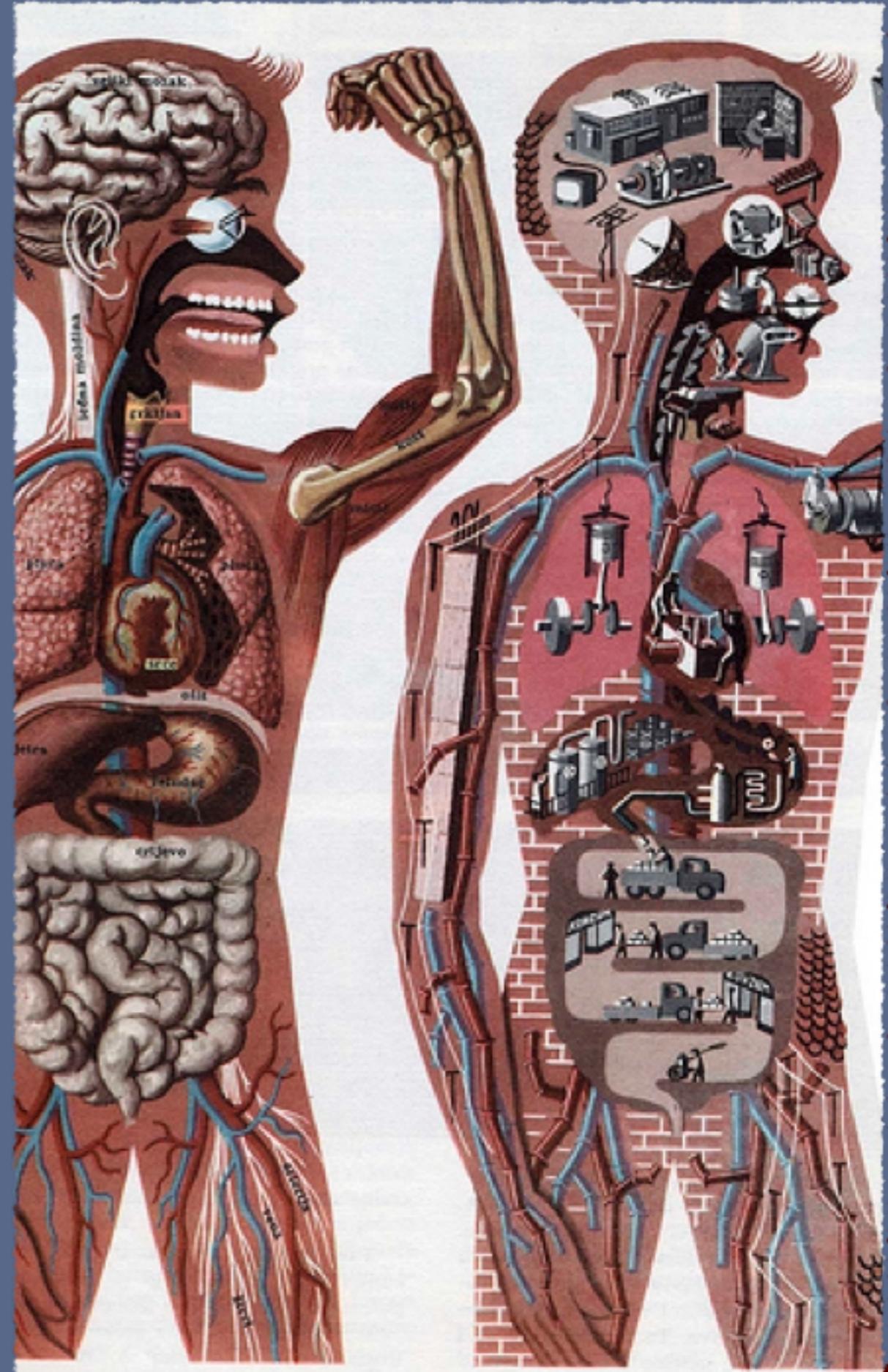
# Enough we can't avoid

Let's not make life more  
difficult by putting  
unwholesome things in.

Enough problems here, don't  
have to create more.



High performance car. Not “getting by” How much faster, fuller will your life be if you can be selective in what you put in your engine.



# Warning

- ◆ Never be tempted beyond what you can handle.
- ◆ Krishna will make a way of escape
- ◆ Alarm will go off, little voice, tension, “Change the channel.”

*Krishna not trying  
to get us **FROM**  
something, trying to  
get us **TO**  
something*



**Crows and swans are not birds of the same feather because of their different mental attitudes. The crows take pleasure in a place where garbage is thrown out, just as the passionate fruitive workers take pleasure in wine and woman and places for gross sense pleasure. The swans do not take pleasure in the places where crows are assembled for conferences and meetings. They are instead seen in the atmosphere of natural scenic beauty where there are transparent reservoirs of water nicely decorated with stems of lotus flowers in variegated colors of natural beauty. That is the difference between the two classes of birds. SB 1/5/10**

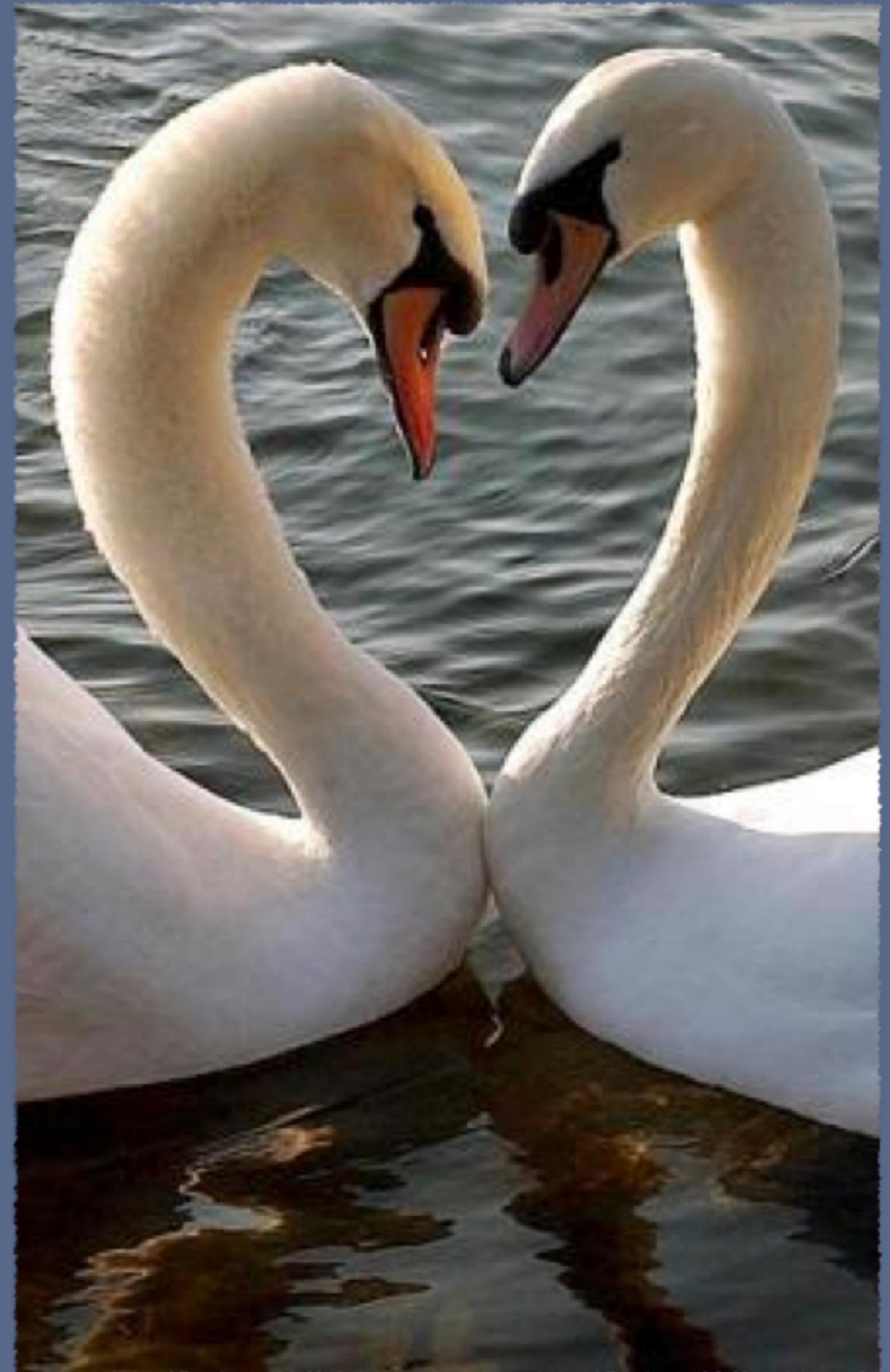
# Birds NOT of a Feather

*Essence of Lotus Flower*  
*Separate Milk from Water*



**When the inferior swan is separated from the other swan, he is attracted to material enjoyment. This is the cause of his falldown.  
SB 4/28/64**

**The material world is the world where swans have become crows. In the material world the living entity is encaged in a material body, and he tries to gratify his senses in one body after another. But the reestablishment of dharma will gradually turn crows into swans. Teachings of Queen Kunti**



# People Pleaser or God Pleaser



*Maybe friends going to a movie  
but there's an alarm going off*

*Will they think I'm old  
fashioned, make fun of me? get  
upset?*

*Not everyone is willing to pay  
the price to be a swan.*



# Sometimes your thoughts will present you with dead food

*Pick up scripture, rechannel, your thinking, don't be inactive, fill your self with wholesome*

*Accessibilty of Mp3s, when jogging, walking, waiting for an appointment*





**HARE KRISHNA HARE KRISHNA  
KRISHNA KRISHNA HARE HARE  
HARE RAMA HARE RAMA  
RAMA RAMA HARE HARE**