

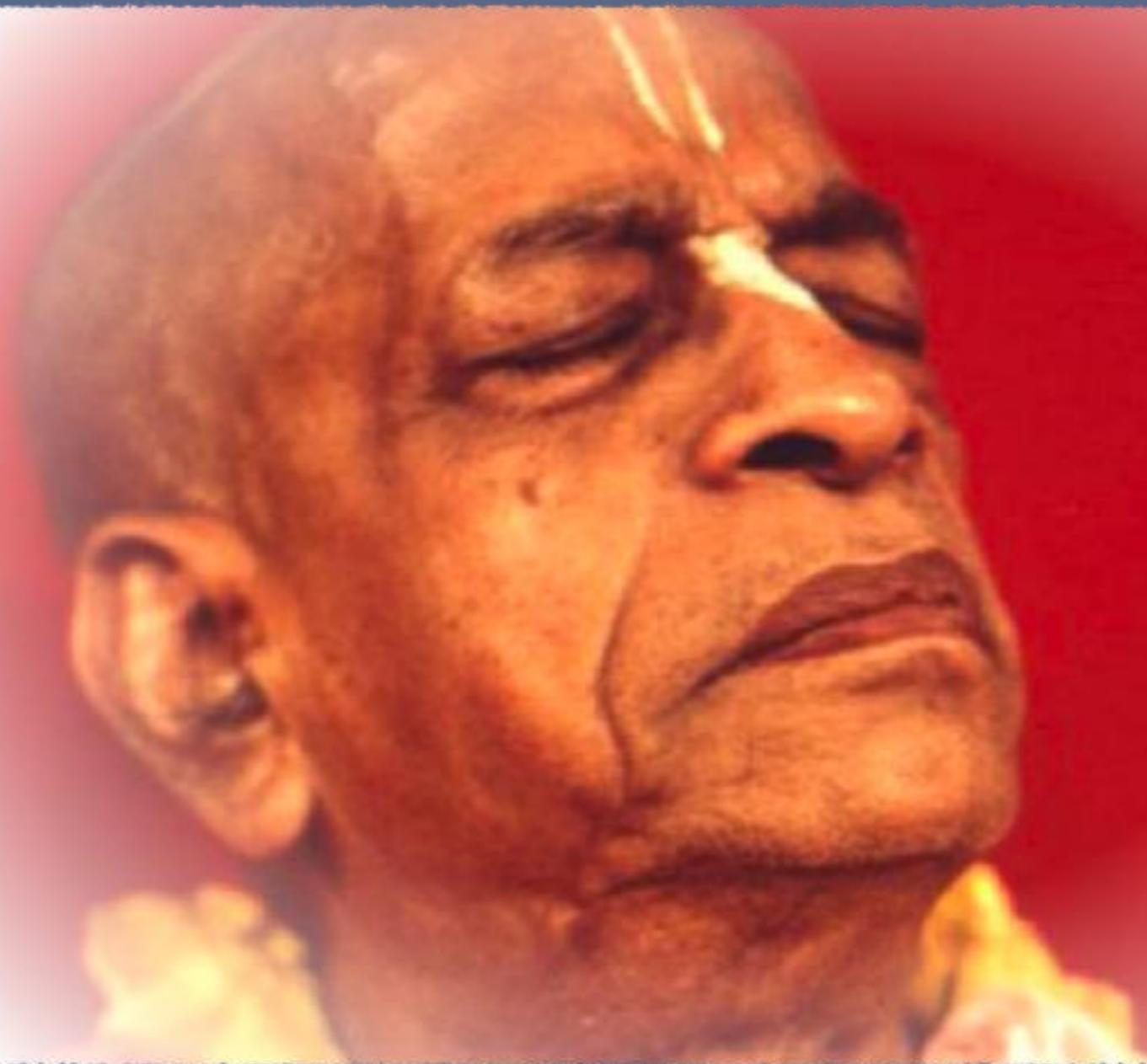
We welcome comments and feedback from these powerpoints to

utahkrishnas@gmail.com.

If you would like our membership powerpoint and accompanying membership class

mp3, please write to the same address. Visit our website at

[**www.utahkrishnas.org**](http://www.utahkrishnas.org)



Based on the divine teachings of

**A.C. Bhaktivedanta Swami
Prabhupada**

International Society of Krishna Consciousness



Keep Yourself Happy

Sri Sri Radha
Kṛṣṇa Temple



Two Extremes

*Absorb the teachings,
memorize verses, attend
regularly,*

PUT INTO PRACTICE



important to
be the
individual
Krishna
made us to
be

*not just trying to please
everybody*

*Joy is the flag which is flown from the castle of the
heart when the King is in residence there*



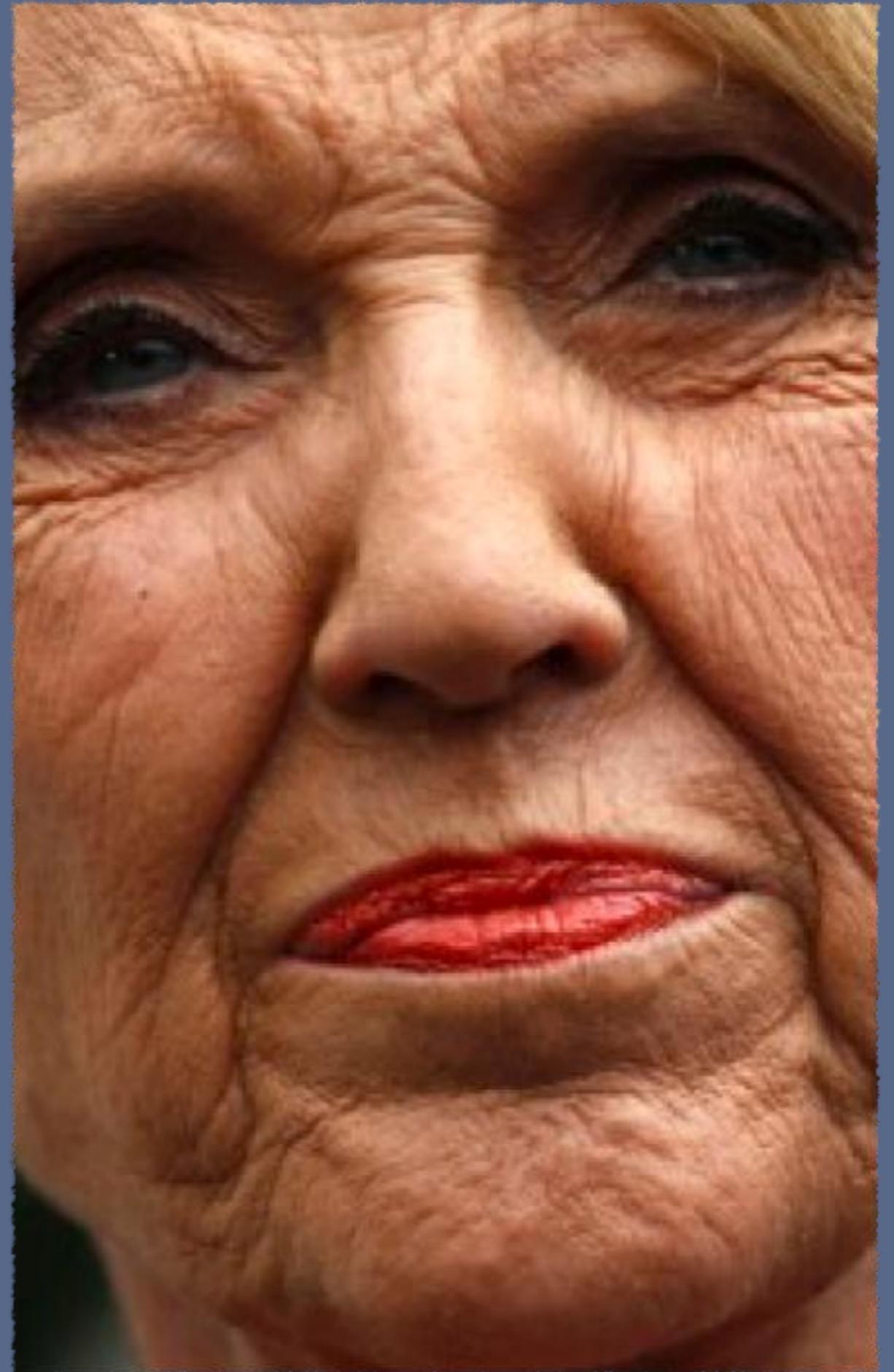
Try to meet
everybody's
else's needs

*shouldn't have to sacrifice our
happiness to keep someone
else happy.*



Allowing
another to keep
you unhappy

*spouse, teenager, friend,
neighbor*

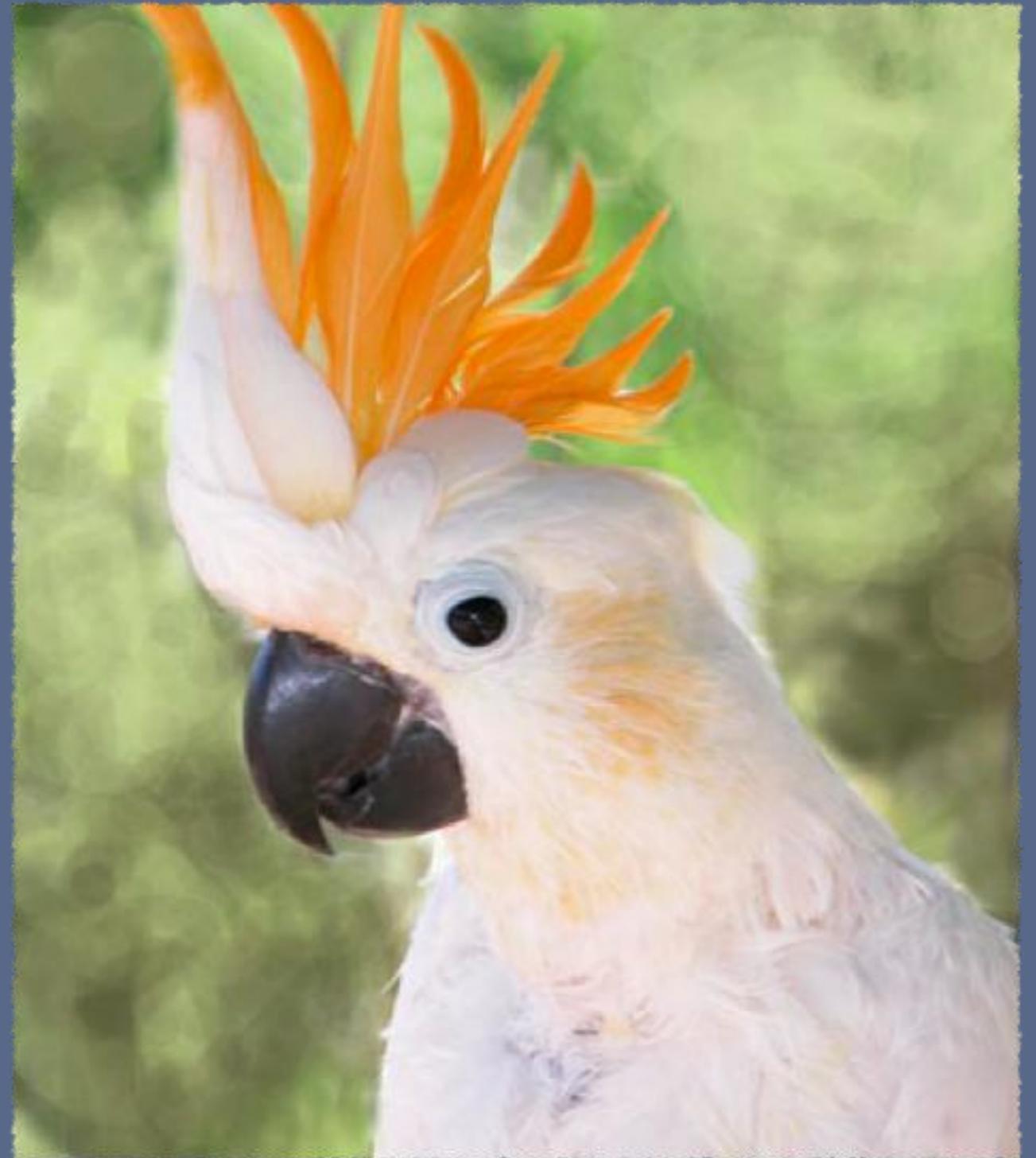


Don't want change

They like the attention it
brings

sometimes best thing is to not
help

Duryodhane & Dhritrarastra



Kali Yuga

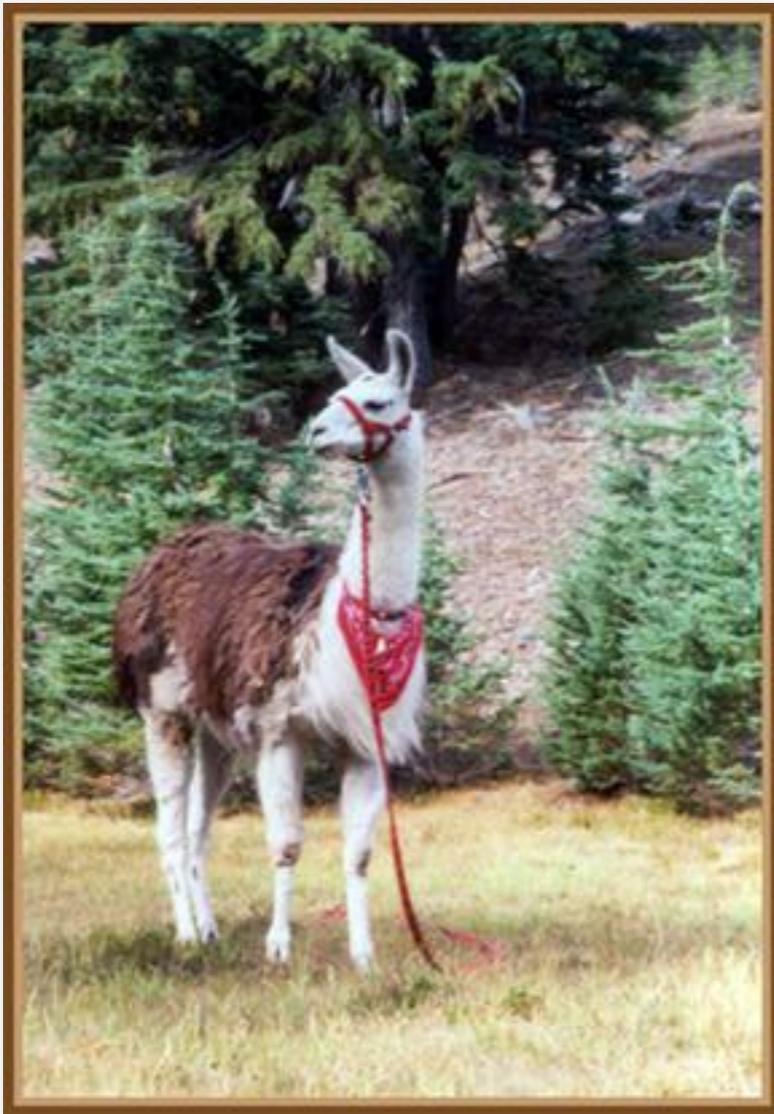


- “Kali-yuga is very strong. Nobody is interested to **save themselves**, That is the aim of life: How I shall become immortal. How I shall not become subjected to the four principles of distressed condition—birth, death, disease and old age. Nobody is serious. They are so dull.” Gita 2/17 lecture

Boundaries

- Don't allow to call all hours & dump problems, quit caving to them when they throw a fit, quit loaning them \$ every time they make poor choices.
- If you'll learn to put your foot down both yours & their life will be better. Doesn't help to become a crutch. Misery loves company, but if you refuse to keep them company, have to be miserable alone - no more center of attention.

In the Pits



Ticks in Idaho

- Don't make mistake of living your life unhappily. If others make poor choices, if they are living down & depressed in the pits, be kind, be courteous but don't get in the pits with them

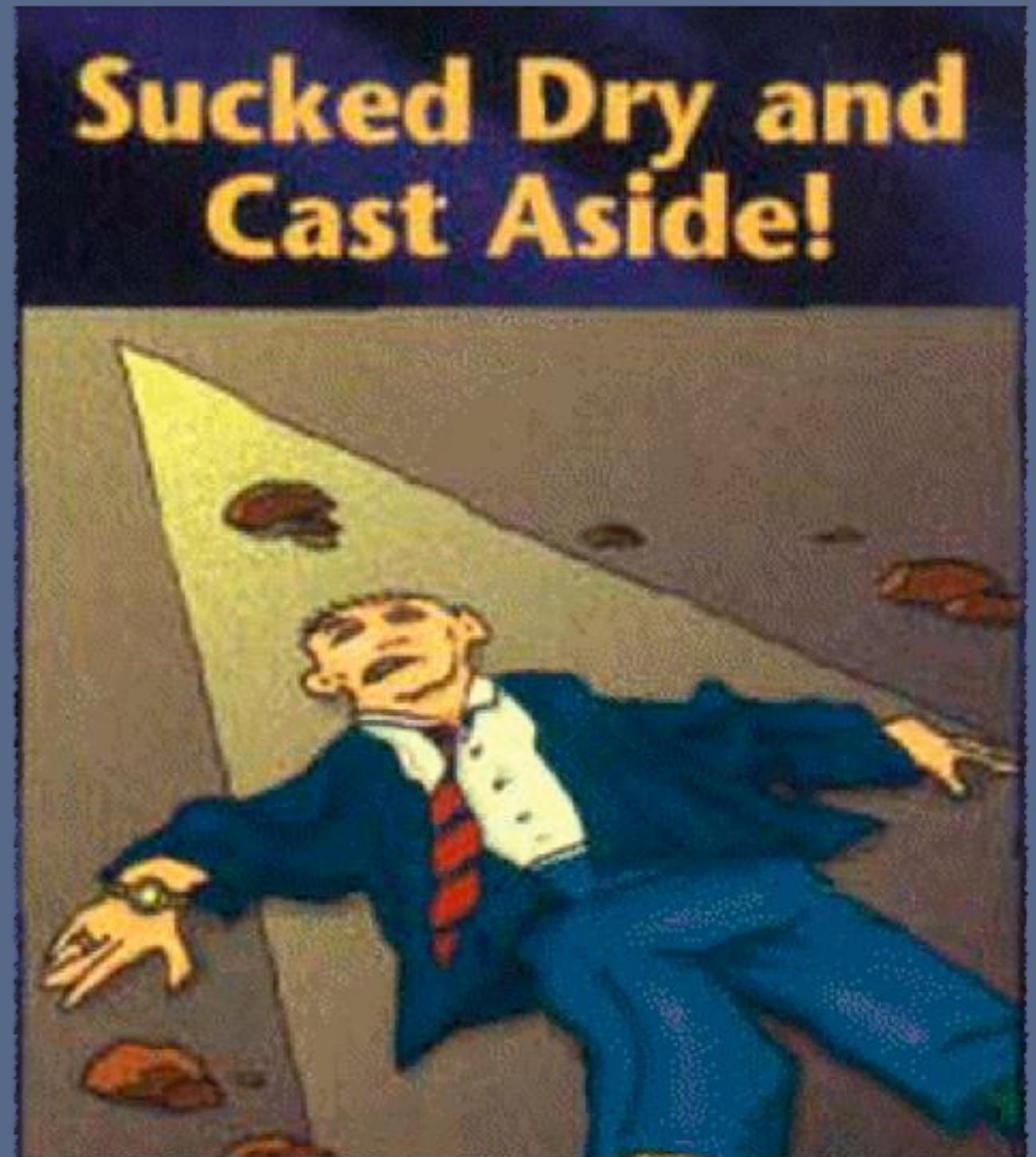
If you don't take control..



- ...of your life somebody else will control it for you.
- Learn to set boundaries. Be secure enough to tell people “No”

If you're in a relationship...

where you are always doing the encouraging, the giving, good sign things are out of balance. You've become a crutch.



Grateful & Eager



- Not grateful take everything for granted.
- Eager to learn, to serve, to achieve



Geese in Formation



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