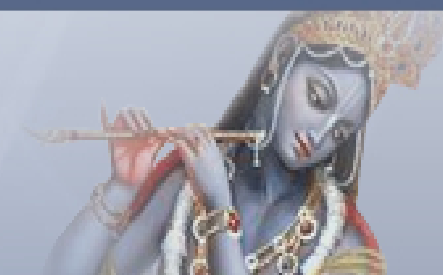




# Self Control

Sri Sri Radha  
Kṛṣṇa Temple



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Inspired by the divine teachings of

# **A.C. Bhaktivedanta Swami Prabhupada**

International Society of Krishna Consciousness  
International Society of Krishna Consciousness  
International Society of Krishna Consciousness





**Senses Want  
To Go As They  
Feel, Run Wild**

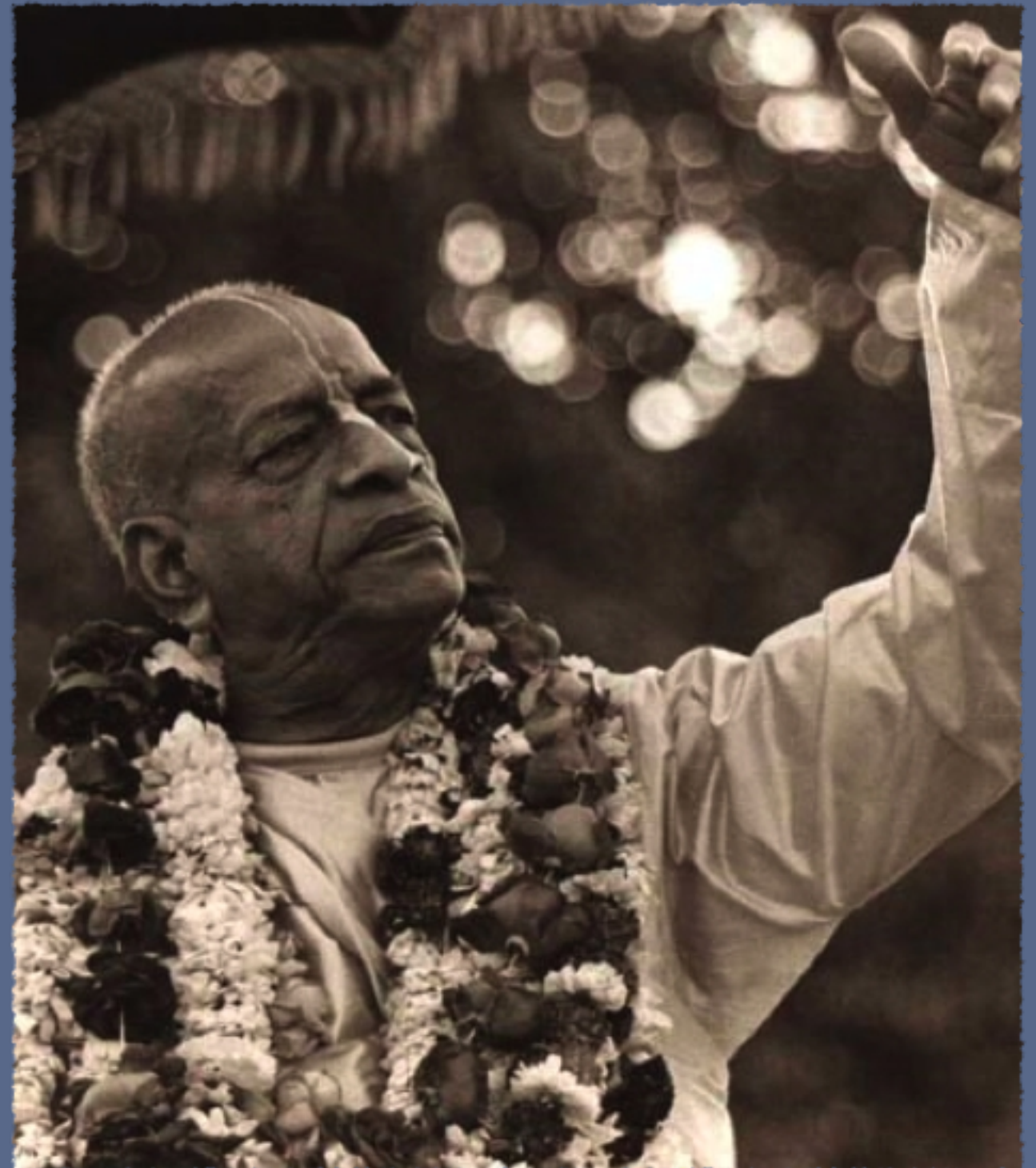


# Decision

**Whether**

Ruled by the Senses &  
live like Animals

Or be Disciplined so we  
can Live a Life of  
Excellence



# Out of Control

We must decide whether to choose God and to love Him, or not; and this is the choice of our lives. Krishna gives us the power to concentrate upon Him. If we choose not to think of Him, our minds continue out of control, lost in the impermanent flux of our desires.

BTG Rupanuaga Das





# Flesh will have a fit

Flesh will protest, “I can’t take this, I’m going to die. Let me have just one more hot fudge sundae, watch one more episode of my favorite TV show on my lazy boy with a big gulp and chips.””



American Idle

# Practise

These European and American boys were not accustomed to such a life, but because Krishna consciousness is present in everyone's heart, simply by a little **practise** it develops.

Lecture

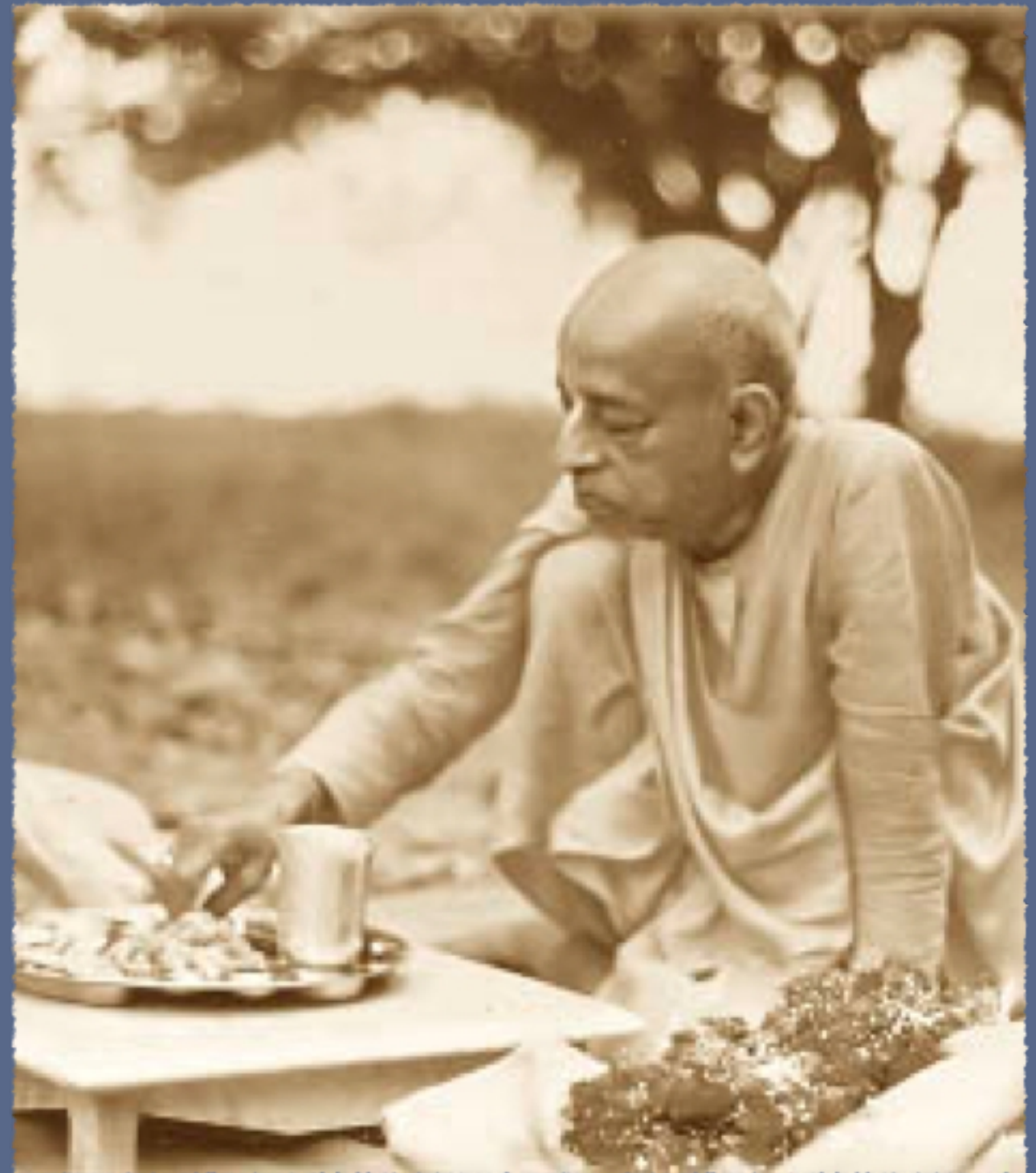




# The Tongue

And self-control means that one should not accept anything which is detrimental to the path of spiritual progress. The senses are so strong that they are always anxious to have sense gratification. The most important and uncontrollable sense is the tongue.

Gita 13/8





# Higher Taste

Self-control is achieved not by artificially stopping the senses from material enjoyment, but by engaging one's senses in the transcendental service of the Lord. The senses cannot be forcibly curbed, but they can be given proper engagement. SB 1/18/22

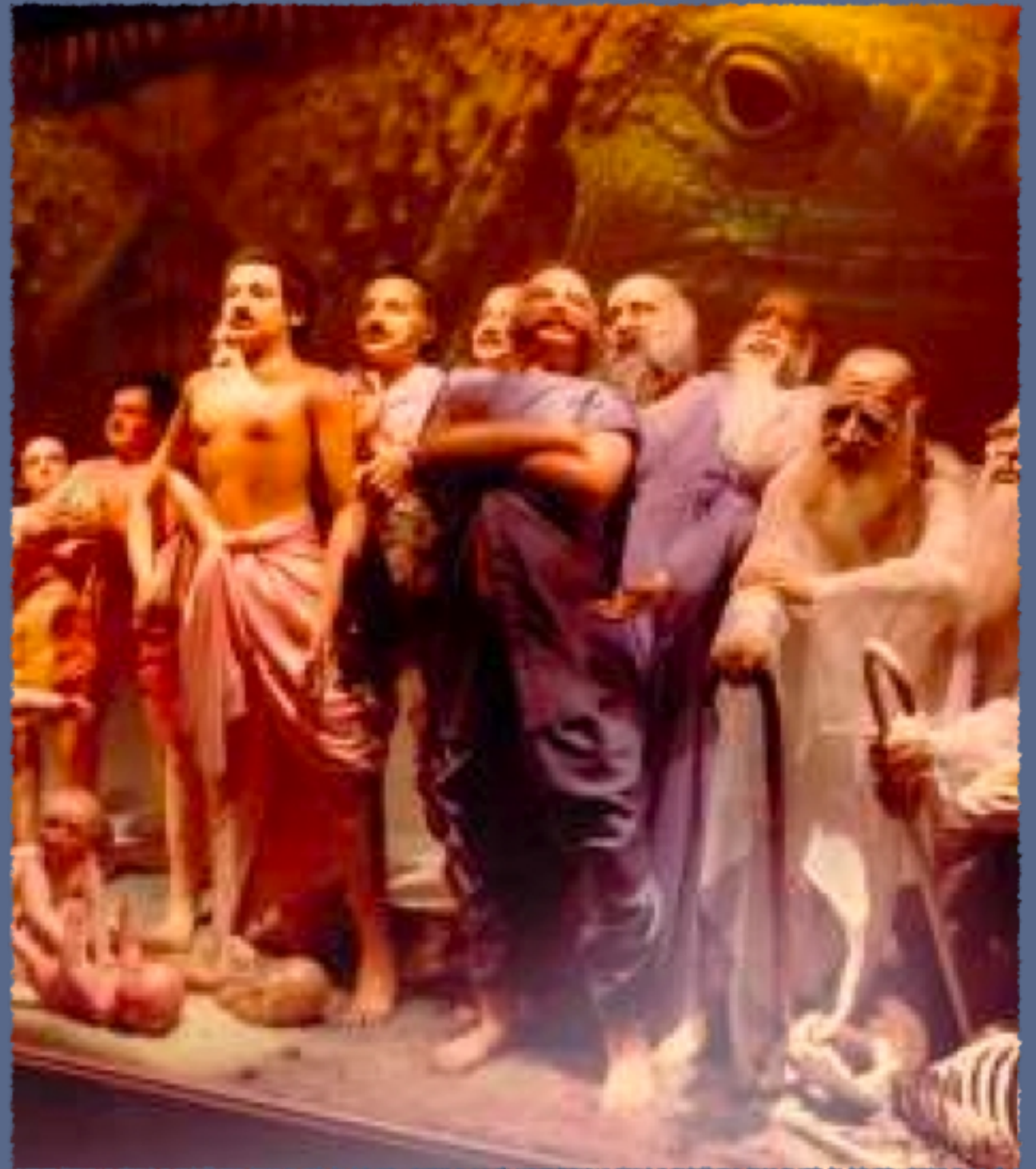




# Two Kinds of Pain

Pain of Discipline

Pain of Regret





# Supernatural Power

Thus being fixed, one must render service unto the Supersoul situated in one's own heart by His omnipotency.

Because He is the Almighty Personality of Godhead, eternal and unlimited, He is the ultimate goal of life, and by worshiping Him one can end the cause of the conditioned state of existence.

SB 2/2/6





# Stop making excuses

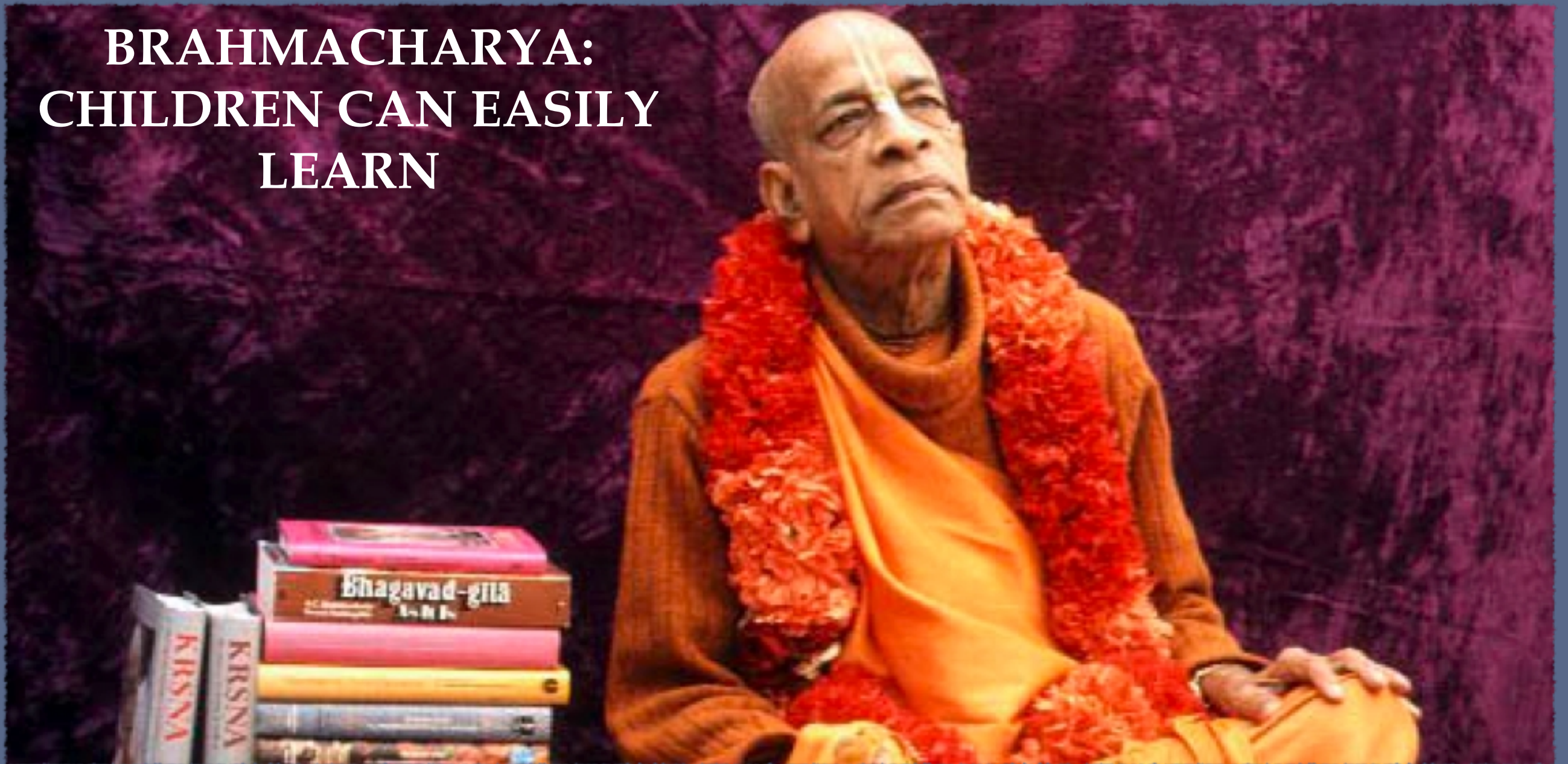
For us to go higher, our flesh  
has to go lower.

We know this message is right  
but “not now” It’s not a  
convenient time. Selling  
cookies, “best day to start a  
diet is tomorrow.”





**BRAHMACHARYA:  
CHILDREN CAN EASILY  
LEARN**



# Sisya, Disciple

Means voluntarily accepting a great personality whose rules and regulations he must abide by.

Means voluntarily accepting a great personality whose rules and regulations he must abide by.









# Bhakti-Lata

Creeper Plant of Devotion to The Supreme Lord

*Radhekrishna*

## Tend Your Garden



# Fruit of the Spirit - Self control

*Example - more one eats, hunger goes away*

*Apuryamanam acala  
pratistham Gita 2/72*

Text





# Freedom

*A wretched **enslaved** person is one who cannot control his senses, whereas one who is not attached to sense gratification is a real controller.*

*SB 11/19/40*





**Challenge you today to start exercising self  
control**

**No more convenient time than now, you're  
being spoken to now**

**May be little difficult, painful at first**

**Pain of discipline nothing compared to pain of  
regret**

**You are the gardener of your own life. Krishna  
wants to take you to a higher level. Self  
discipline is the dividing line between excellence  
& mediocrity**

**If you'll take charge & be disciplined in your  
thoughts, words, emotions, Krishna will take  
you to a place you never dreamed of.**





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