

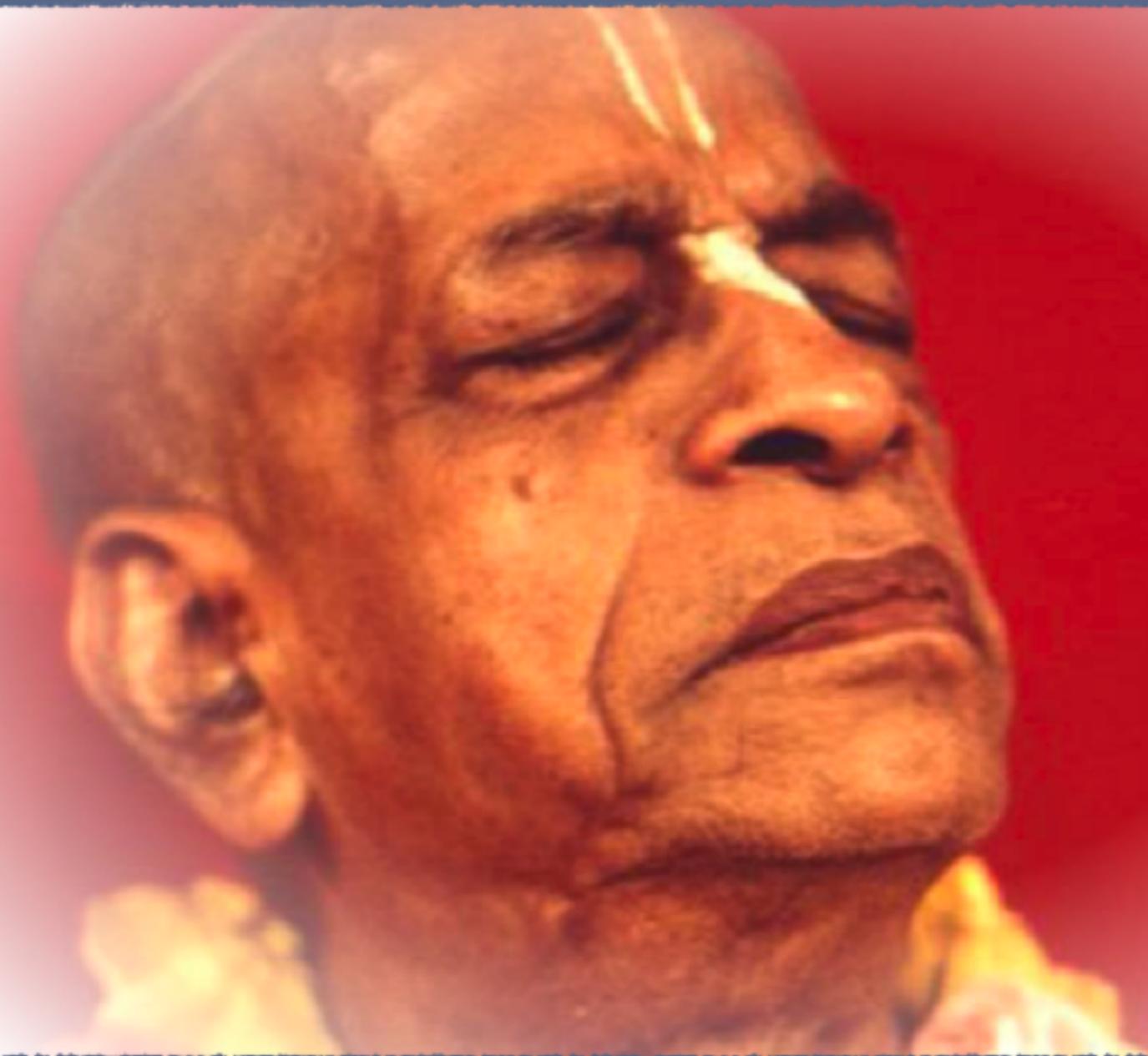


**HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA HARE HARE
HARE RAMA HARE RAMA
RAMA RAMA HARE HARE**



We welcome comments and feedback from these power points to
utahkrishnas@gmail.com.

If you would like take our membership class with power point,
please visit our website at **www.utahkrishnas.org**



Based on the divine teachings of

A.C. Bhaktivedanta Swami Prabhupada

International Society of Krishna Consciousness



Change Your Habits, Change Your Life

Sri.Sri.Radha
Kṛṣṇa Temple



Do without thinking about it

*Done so long it becomes
involuntary*

*Studies say 90 % of our normal
behavior is based on our
habits.*



good habits
ARE AS
ADDICTIVE
as bad habits
BUT MUCH MORE REWARDING.

getfitordietumblr.com

IF YOU WANT TO CHANGE YOUR LIFE,
PLACE TO START..CHANGE YOUR HABITS.
HABITS DETERMINE YOUR DESTINY,
BECOME A PART OF WHO YOU ARE



Easy to develop, difficult to live with

- ie: Once you begin to gossip, the words scatter to the wind and can never be retrieved. You don't know where they are going to go, where they will land, or whom they will hurt.
- Easy to be rude, say what you feel, make cutting sarcastic remarks. Difficult to live in a home filled with strife & tension.
- Easy to spend \$ we don't have & charge on our credit cards. Hard to live with the pressure of not being able to pay our bills.
- Easy to surrender to temptation and do what we feel. Difficult to live in bondage, go around feeling guilty & condemned

Hard to develop, easy to live with

That which in the beginning may be just like poison but at the end is just like nectar and which awakens one to self-realization is said to be happiness in the mode of goodness.

[BG 18.37](#)

[Cure for Jaundice..](#)

Clara Barton, founder of Red Cross, never held resentment. Don't you remember the wrong done against you? "I distinctly remember forgetting that."



Rocket Ship

first few minutes take the majority of the energy.



Krishna made us...

Pure Soul



Contacts Matter

- to be free, not bound by addictions, hot tempered, laziness, unorganized, frustrated, negative.
- Made each of us as a person of excellence, to be healthy, happy, whole.

Practicing the wrong things...

- What I want to do, I don't..
- What I don't want to do, I do...

*pravrttim ca nivrttim ca
karyakarye bhayabhaye
bandham moksham ca ya vetti
buddhih sa partha sattviki*



"O son of Pritha, that understanding of what ought to be done and what ought not to be done, what is to be feared and what is not to be feared, what is binding and what is liberating, is in the mode of goodness."

Only way you're
going to get good
at it..

*Practice being kind, patient,
practice being disciplined in
spending.*

*Lot of people out of balance
cause they keep practicing the
wrong things*

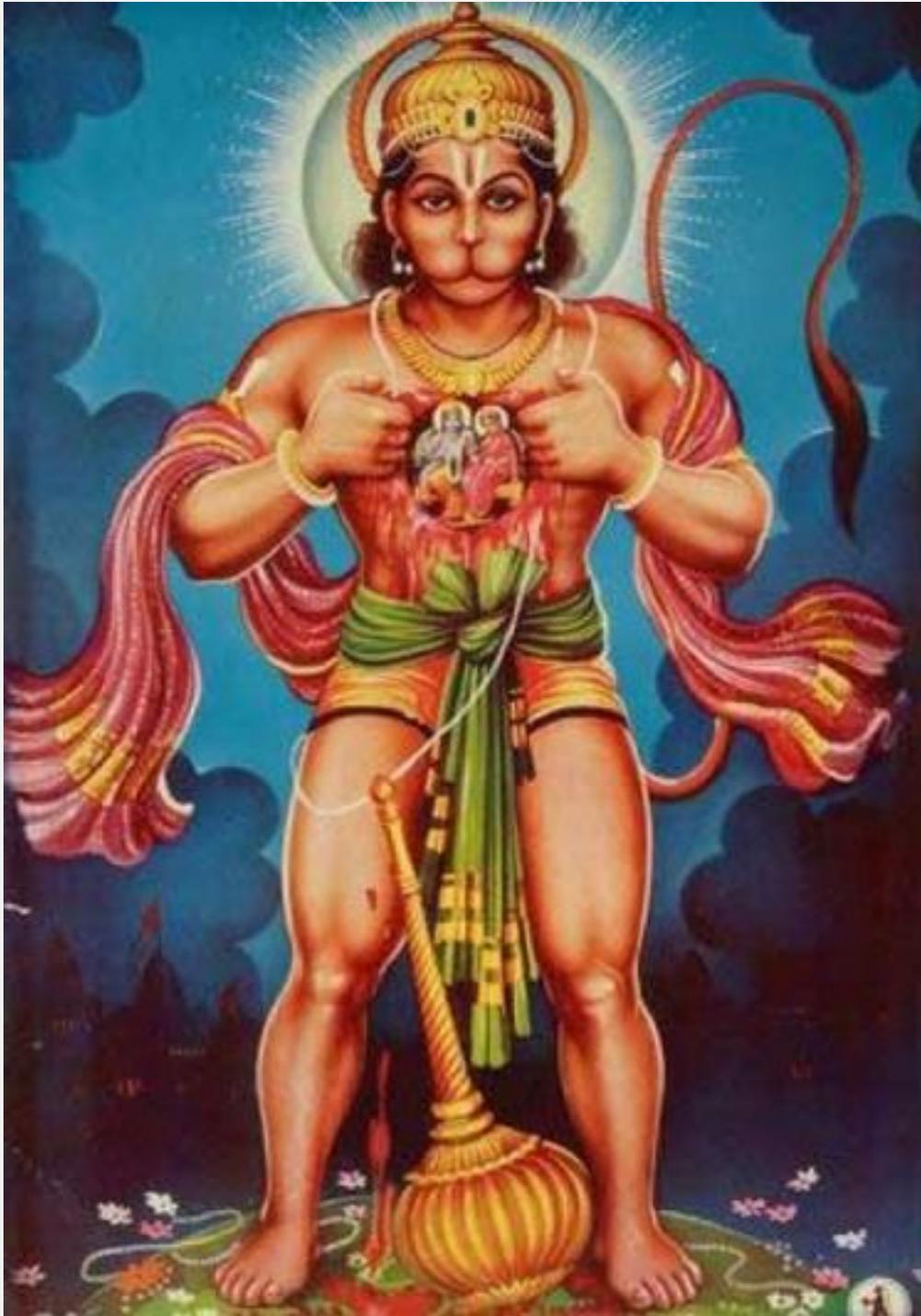


Vidura to Dhritarashtra



“The Supreme, can only be known by one who has attained the same spiritual nature as Him. That nature is attained by the practice of serving the spiritual master, studying the Vedas, observing continence, practicing asceticism, and abstaining from violence toward others. Gradually one will become free of the material nature’s influence and become situated in his original spiritual nature. Then by meditation, one can know the Supreme.”

Nothing you cannot conquer



- GREAT OR SMALL
- POWER WITHIN YOU
GREATER THAN POWER
TRYING TO HOLD YOU BACK
- OUR ATTITUDE SHOULD BE “I
KNOW I’M BETTER THAN
THIS, NOT STAYING DOWN,
COMING UP HIGHER.”

Today



- if you start now & stick with it, a year from now you'll not be the same person.
- you'll be free from addiction, free from bad attitudes, free from so much bondage which is trying to hold you back.



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