

Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare  
Hare Rama, Hare Rama, Rama Rama, Hare Hare

Our purpose, as we stated in the beginning, was how to be a better lover, and I'm *Dr. Love*. If you want to go from a Bachelor's Degree in love to a Master's Degree, sometimes your love is going to be tested. There are unloved people out there, and because they are unloved, they are unlovely. It's easy to love those that love you but it's very difficult to love those who are unloved and are unlovely - but if you can, you will go from a Bachelor's Degree to a Master's Degree in love. So our title today is called "Love Lets It Go." The Bhagavad gita tells us about four types of people that are especially difficult to love. In the Seventh Chapter, 15<sup>th</sup> verse, it says that those who are<sup>1</sup>,

- 1.) grossly foolish
- 2.) those who are uncultured
- 3.) whose knowledge is stolen by illusion
- 4.) those who are envious

It's very difficult for these types of people to feel love and to surrender in love to the Supreme Personality of Godhead. Now we divide them into the four "D's" just so we can remember them more easily. These people are very draining. You've all had them in your life, you've had them in your past, you have them in the present and you're going to have them in the future. They're a part of your life, there's nothing you can do about it so you need to learn how to love them, how to recognize them coming down the street and how to deal with them in a way that is best for you and it's best for them as well.

- 1.) They are difficult people.

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<sup>1</sup> Those miscreants who are grossly foolish, who are lowest among mankind, whose knowledge is stolen by illusion, and who partake of the atheistic nature of demons do not surrender unto Me [BG 7.15]

- 2.) They're demanding people.
- 3.) They're disappointing people.
- 4.) And they are people that are just downright destructive.

Now who is a saintly person wants everyone to go back home, back to Godhead. Certain types of transcendentalists try only for their own salvation. Other transcendentalists are only interested in their sect, or their secular denomination as those eligible for going back home, back to Godhead and everyone else falls short of the mark. A genuine saint in the Vedic tradition is not going to be satisfied until every single soul on the planet goes back to home, back to Godhead. He'll be the last one – he or she will be the last one to leave the ship. One time in the Intercontinental hotel in Hong Kong, Prabhupada was sitting with one of his devotees, Bhurijana<sup>2</sup>. The date was 1972 and they were just sitting in the lobby waiting for a ride to go somewhere where Prabhupada was going to lecture. So Prabhupada turns to Bhurijana and says, “My desire is that all living beings in the universe go back to Godhead. You please help me in this desire.” There was no one else there – he was not talking to 10,000 people, he was not showing off. This is a genuinely saintly person. From our own tradition, the American transcendentalist, in the course of helping others, one does the best good for one's self. It is one of the most beautiful compensations in life that no man can sincerely try helping another man without helping himself.

So let's talk about the four special people. I'm going to give a brief rundown of their characteristics.

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<sup>2</sup> Narrated in My Glorious Master, authored by Bhurijana.

### Difficult People

A difficult person is: hard to work with; hard to get along with; they're immature; they may be totally irresponsible; they may suffer from personality defects... these are the kind of people about whom we say "all the dots aren't on the domino." "All the lights aren't on." "Both oars aren't in the water." "A couple of fries short of a happy meal." They can be very, very obnoxious. Now, do you agree that it's hard to get along with obnoxious people? Don't look at them, just look at me and agree. So above and beyond everything else, one thing that you can say about obnoxious people is that they're just rude. They're just plain rude. So keep that in mind as a characteristic and we'll get back to that.

### Demanding People

Demanding people have their own agenda. There's no way you can satisfy them because they have their own agenda and things have to be done their way. It doesn't matter whether their way is better than your way. Their way is better than your way because it's their way. There's no way you can please them, because they want your job. They don't have a concept of teamwork or cooperation. From the minute they hit the ground, they hit the ground targeting you. If you're in a position that they covet, then you're the target. You can bend over backwards; you can exercise Christian principles; you can use all the psychology in the world; you can turn the other cheek, but you will not satisfy them because they want you out and them in. They will demean you. Your confidence will suffer, nothing you do is right, everything you do is wrong and these are obviously very, very draining people.

### Disappointing People

They may be well intentioned, but they're just a little weak in character and they're just going to disappoint you. They may say they are going to do something and they don't do it. They may say they're going to go to the grocery store and they come back saying "oh, I forgot to go to the grocery store," or it might be something very serious. They may break a vow. They may break a vow of

fidelity to you, they may hurt you very, very deeply and it's not like they intend to do it, but they haven't got the strength of character to realize the consequences of their commissions and of their omissions as well. We all are in this category. We're all going to disappoint somebody at some time. We can't live up to everybody's expectations because we're not perfect. We fall short of the mark. Your teachers will disappoint you, your brothers will disappoint you, your sisters will disappoint you, your politicians will disappoint you (that's a given), you're spouse will disappoint you; I will disappoint you - because we are not perfect. We're not perfect, nor do we have an obligation to live up to another's standards. I'm me, take it or leave it, this is what I am. I don't have to conform to your standard of perfection, and nobody does, so everybody disappoints somebody, disappoints some people some of the time, all of the people some of the time and so on and so forth. That's something that's quite common.

### Destructive People

Now the last type of people you really have to watch out for. Krishna gives a preview in the Bhagavad gita that destructive people taking shelter of insatiable lust, pride and false prestige, being thus illusioned are engaged in unclean work attracted by the impermanent. These sound like pretty heavy duty people, right? They're intentional, they're double dealing, they're hateful, they're debilitating, they are dangerous and they can even be deadly and we all have them in our lives.

So above and beyond anything else, difficult people are rude people. Have you noticed the world is getting ruder? People are not as courteous and polite as they once were and if there's a trend, there's a trend toward more rudeness and more offensiveness. Have you noticed that? I'd like you to think of one rude behavior – one rude behavior that ticks you off, ok? I'd like you to think of one rude behavior. And to get you in the mood, I put down 8 things that tick me off, in list of importance.

#8 on Caru's list of things that irritate him

Computer generated calls. When sales people used to call you, and you'd come running in, tripping over five things, bumping your shins just to get to the phone before the third ring and the answering machine comes on – you used to get a person wanting to sell you something and you could say “put me on your do not call list” and they were legally obligated to do that and you would never heard from them again. So someone in the telemarketing industry got the brilliant idea of making computer generated calls. So now after you run the 100 yard sweat, you bump your knee, you get “hi this is Howe. May I speak with Christopher Warden?” You know that they're going to do it again and again, because you can't tell the computer to put you on the do not call list.

#7 on Caru's list

Cheating on the 10 item express grocery lane! I counted buddy, I counted buddy – take a hike!

#6 Talking on a cell phone when they drive.

I don't like the attitude that driving is something I do while I'm talking on the cell phone. I believe these people are endangering their own lives and they endanger my life and I take it personally. Does that bother you?

#5 Driving in the passing lane

They don't pass in the passing lane; they pass in the slow lane. They drive in the passing lane all the time. They say “well I'm going the speed limit, everyone should be going the speed limit.” The thing is, when you pass, sometimes you have to go faster. That's the point of the passing lane, but they're going to make darn sure that no one can go faster. And if they pass, they won't even look. Someone might be driving very safely, very sanely and they're just going to cut in front of them so I don't like that.

#4 on the list, are those people that talk on cell phones in the passing lane

They may be going the speed limit holding up traffic or they may be going faster and that bothers me even more. Someone's passing you like you're standing still, "yackity yak, yak yak – aren't we having fun out here." I don't know about you, I don't go on the freeways for fun. I'll go to go carts or bumper cars for fun. I don't go out of the freeway driving a machine for fun.

#3 that ticks Caru off is the buffet down stairs

It's open all week long. People come in; they have a wonderful vegetarian healthy meal that's prepared with love and devotion. We have people on staff to do that one service and they don't give a donation. They put in change and if they don't have money, they don't offer to do any service. That kind of ticks me off.

#2 is the same thing

It's the same thing.

#1 parking lot mayhem

Have you ever been sitting in a parking lot with your blinker on – you can see the tail light, someone's coming out. It's the only parking spot within 3 miles, Christmas shopping or something like that, so you see the taillights and you wait, and wait. The Person is putting their gifts in the back, closing it, going around unlocking things, checking the tires and so forth – finally they get in the car and for some reason the engine doesn't start for the longest time and finally the engine starts up and they start backing up and they are coming in your direction – they're backing toward you and another person comes around the corner and goes right in the parking space. Does that bother you? Does that ever happen to you? So that's Caru's list of 8 things that bother him.

Now, when you deal with difficult people it's very, very important to speak lovingly and understandably. Maybe obnoxious rude people have a point. They might actually be worth listening to, they might actually have a point they just don't know how to get it across. They don't know how to

exercise diplomacy and restraint and tact and so you can do that – you can take the initiative and exercise diplomacy and restrain and tact and maybe learn something very valuable. They say that gold is still gold even if it's found in a filthy place. You may get some nuggets of wisdom from an obnoxious person. Krishna went to plead for peace in a very volatile situation as described in the Mahabharata. Duryodhana was just inciting and provoking and conspiring and he wanted war with the Pandavas – he wanted to usurp their kingdom and he had gone to any means to do it. So much aggravation, and yet the Pandavas and Krishna still wanted to try for peace. Before they went to war, they wanted to exhaust every effort for peace. Krishna, the Supreme Personality of Godhead descended on the earth, went as a messenger in a humble mood and that's what we need to do also. When there's someone obnoxious, you can't go tit for tat. If you are offensive, people will get defensive. You'll never be persuasive if you're abrasive. So Krishna went there and when he spoke in favor of peace, the description of the Mahabharata is that the sound of his voice reminded everyone of the soft thunder of the autumnal rain clouds. You know what a pressure cooker is, right? Steam builds up and the old style used to just blow – boing, boing, boing, boing, it was quite dangerous actually. So this happens almost daily to us. We notice something that irritates us, and we start getting steamed about it. In spite of our best intentions, when we open our mouth we're like "HEY", not like "hey." When you read the Mahabharata and the characters address each other – they all address each other with respect. The first words out of their mouth are not getting right to it. They'll say "my dear Arjuna," "My dear Krishna," "My dear Kunti." Krishna here is obviously steamed up about Duryodhana trying to kill his friends and kidnap them and burn them. It's obviously plenty of aggravation but when Krishna speaks to the evil minded Duryodhana, he says "I speak only for your good" and he says "O best of the Bharat race." He's not the best of the Bharat race - he's like the burnt dregs, but Krishna knows that if you've come all that way to plead for peace, you don't want to be

counterproductive – you don't want to shoot yourself in the foot. You want to give them a chance, and so you better be careful about what the first words to come out of your mouth are because that's what's going to determine whether the person's willing to dance with you or whether they're just going to dig in their heels and tense up. And so Krishna addresses Duryodhana, the provocateur, the criminal, the tyrant, as "O best of the Bharat" and then he assures him "I desire your prosperity and happiness as much as you do. What you're contemplating will make you suffer." So if someone in the work place or someone in family and school is steaming you up, first of all, try it; "my dear so-and- so. " If you notice any good qualities about them, express those good qualities and speak to them in an appreciative way. You will be surprised how this will defuse the situation instead of aggravating it and make it worse. If you want to be below someone, you attack them. If you want to be equal to someone you get even with them. If you want to be above them, you treat them with kindness and courtesy. This is called austerity of speech, not just saying what's on your mind. Some people, they're proud to be rough, beer drinking Budweiser kind of guys "Well I just tell it like it is. I tell the truth." But Krishna says austerity of speech consists of speaking truthfully and beneficially. You can speak truthfully but if you speak rudely there will be no benefit – not to you and not to anyone else. So you need to speak truthfully and beneficially, and what is it to speak beneficially? It is to speak kindly with the person's best interests in mind and being very careful about how you modulate the tone of your voice. Let's take a word like hello. How many different ways can you say the word "hello"? When we come into the temple in the morning, and Yasoda's cooking and Rakiv's doing the dishes, I'm doing my office work and Vaibhavi's doing her painting – it's very important... "Hello. Hello I'm glad to see you. I appreciate what you're doing." It's the way to start the whole day. But an alternative "Hello (negative intonation) means someone's bothering me so I'm making sure all you guys are going to suffer for it."

“Heelllooo (calling out), “Hello (attracted)”. There’s probably 40 different ways you could say hello but you say it when you are approaching a difficult person in such a way that that person is mollified.

Krishna here is speaking to Arjuna. Arjuna was being a little difficult. He was putting forward his own theories, his own agenda, and his own program – and Krishna didn’t interrupt him. He listened to him. He offered him courtesy and respect and finally when Arjuna’s mind got done spinning and weighing all the alternatives, he realized “I’m between a rock and a hard spot.” Then Arjuna said to Krishna “I surrender.”

śiṣyas te 'haṁ śādhi mām tvām prapannam<sup>3</sup>

[BG 2.7]

“I’m out of options. I’ve reached the end of my rope. Now let us stop talking as friends and you be my śiṣyas, you be my Guru. You instruct me.” And then, and only then, did Krishna speak. Over the course of the next 700 verses of the Bhagavad gita, he very sweetly enlightened Arjuna and brought him to a point of freedom from confusion and misery. To love is above all, not rude. You don’t match rudeness for rudeness. You meet rudeness with kindness and courtesy. That’s how you show your love.

What is the most common form of rudeness that we all do every day? Interrupting! Is there anyone who doesn’t do that, and if you raise your hand, you’ve compounded the rudeness of interrupting with the sin of lying. It is stupid and rude to speak without listening. We assume that we are smarter than the other person, that we know what they’re going to say, and that we can say it better than they do. We don’t give them a chance to finish their sentence and probably 85 % of the time, we are completely off base. It is stupid and rude to interrupt. The more patient and pleasant you are, the

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<sup>3</sup>Translated “Now I am Your disciple, and a soul surrendered unto You. Please instruct me.”

more you listen to the person the more the person will be persuaded. They're only going to be persuaded by the fact that you're their friend - that you're on their side. Then they will listen to you and they will be persuaded. So we must speak, not only truthfully, but we have to speak tactfully also. People who don't have any tact, they have more to retract.

The demanding people, I gave their characteristics before. Love does not demand. When Krishna wanted Arjuna to fight, it was for the good of the whole world and Krishna saw the big picture. He saw how ultimate good was going to come from this conflict. You're going to remove the stumbling blocks to peace and prosperity and piety on the planet. You're going to remove that and people are going to be free to pursue their paths of spiritual perfection. Krishna saw that, but Arjuna didn't see it. Just like we give the example – we say “the clouds have covered the sun.” The clouds have covered the sun? That's not possible. The sun is so many hundreds of times bigger than the earth. A cloud doesn't even cover a small portion of the earth, how can it cover the sun? But from where we're standing, we say “the cloud has covered the sun.” That means from our limited perspective, we see things that way. So Arjuna had limited perspective. Krishna was like one standing on the sun that could see everything in its perspective and proportion. But when Arjuna was hemming and hawing, “O Govinda I cannot fight” and so forth... Krishna didn't interrupt him. Krishna didn't demand His rights... “hey look Arjuna, you're wasting my time” “I came all the way from the kingdom of Godhead to sort things out here, you're wasting my time. Get with the program. Get your butt in gear. I'm God,” “Because I'm God and I say so.” That wasn't Krishna's attitude – that wasn't his attitude at all. He listened to Arjuna, he waited until Arjuna invited him to speak and then he spoke very gently and enlightening.

How many people do we treat with respect? We treat our peers, we treat our superiors, but actually love is not rude to anybody: waitresses, ushers, flight attendants, the mail person. In our

community in Los Angeles we pretty much take up a whole street there in Culver City and I remember when I lived there through the 80's; there was a mailman, a Japanese-American man named Ernie. He came and delivered the mail. Everybody knew his name, not having a heart to heart with him, but everyone said "Ernie, how are you today?" "Ernie" "Ernie" "Ernie" and it was maybe 20% of his route so everyone knew him by name and everyone talked to him and everybody noticed him. When he retired, he went to live in Alachua, our biggest Krishna community in Alachua. If you travel and you want first class service, you don't do it for that reason, but this is the secret to first class service: the people that take your ticket - look at their name tag and call them by name. You'll make their whole day, because not many people will do that. People don't notice them. If you notice their nametag, "Bruce thank you very much, I appreciate you" and look at them, they will appreciate that.

Love is not rude. I was at Sam's Club the other day and I had a long day and I was bone weary. There's two days a week I start by going to the BYU gym and running 5 miles on the clock and then I go and do some other aerobics and stuff like that and then I go and do all this stuff and by 4 or 5 o'clock I'm just ready to say "give me that. No I asked for two of those and one of those, not one of those and two of those." I mean that is what I would do if I was not being conscious of what it means to be a devotee and to love people. But I was there and I was tired and I just called her by her name. I said "Thank you very much Madison" and she just lit up. She just lit up like the sun, and I felt no longer tired. All the aches and pains and complaints - they disappeared in the sun of her smile. You have 50 opportunities every day to do that - to make someone's day as well as to make your own day. You help someone else and you help yourself. Does it bother you that we are sometimes more polite to strangers than the people who love us? It bothers me. It bothers me that we are so scrupulous about dealing with strangers and when we come home to our spouse or family we're just short and we're snappy. Love is not rude to anybody. It's not rude to people in the service industry, it's not rude to

strangers and especially it's not rude to your family members – the people who love you. As I mentioned, courtesy comes from perspective. If you're ready to write off a demanding person and you say "oh man, has he or she got a long way to go," stop for a minute and think "ok, they've got a long way to go" but do you ever wonder how far they've come? Do you know their background? Do you know their battles? Do you know the burdens they are carrying? Do you know those things? How far have they come, not how far they have to go? Who knows what situation they took birth in? Who knows what lack of educational opportunities or lack of employment opportunities or who knows if they were born in a house there was no love, a dysfunctional family. Who knows if whether they were abused? I shudder to think of it. And here they are today. They may have come 10,000 miles and all you can think about it how far they have to go. So if you know their background, you might just cut them a little bit of slack. You know, we all get grumpy and irritable. 3 or 4 o'clock in the afternoon, it's a real rough time before you get your second wind – if you get your second wind. I mean in my I need to take a nap and then I'm good for the second half of the day. But most days I don't get to take my nap and they've actually proven that, in Europe people take naps. Even in big corporations they take a nap. They have a place on site where they take a nap and they are much more productive. Their overall productivity are better than those people that work a straight 8 hours what to speak of when you get into you 7<sup>th</sup> decade of your life, you need a nap. When you don't get a nap, you get very grumpy. So maybe the person that's a little short with you is tired, they're irritable. Maybe they've been standing on a concrete floor and their ankles hurt, maybe they've got arthritis, maybe they've got back pain. Maybe they've got a surgery scheduled that's been put off because of some quibble with the health insurance programmer or something like that. You don't know what burdens they have or what battles they are carrying. So if you understand that, it will then give way to courtesy and you'll let it go, which is the subject of our lecture.

It is a glory to overlook an offense. One time a snake came to Narada muni, the great sage. A cobra came to Narada muni and he said “Narada muni, I’m tired of striking fear in the hearts of people. I’m tired of people running away when they see me. I want to be amicable. I want to turn a new leaf. I want to create some deep and meaningful relationships. I don’t want to just scare the bejesus out of everybody that sees me.” And Narada muni said “well, don’t bite anyone and after a while, you’ll get a reputation for a cobra but not biting anyone.” So he went around and he didn’t bite anyone, didn’t bite anyone, didn’t bit anyone – his reputation got around and after a while he met Narada muni again. Narada muni said “well, how’s it going” and the snake said “well some things are good, I have some deep relationships that I never had before, I’m trying for my Bachelor’s Degree in love, but there are some people that take it as a sign of weakness. They say a cobra that doesn’t bite, and they kick me and they throw dirt on me and they spit on me and so that’s a down side. What should I do about that?” Narada muni said “I told you not to bite anyone but I didn’t say that you couldn’t show your hood. “ So sometimes when people want to steamroll us and they want to have their own way and they want to manipulate us, we can be tender without surrender. We need to set boundaries – not in a sharp way but in a tender way and in a firm way. We need to set boundaries with certain types of people. So be tender without surrender.

And here’s the third type of people, the disappointing people. Be gentle, not judgmental. What’s the difference between being judging and judgmental? We have to judge. We’ve been given God-given discretion and we need to use it. If we don’t use it, that’s not right. We need to use the facilities that God has given us and its one of the facilities to be able to judge good and bad. We need to know what’s good and what’s bad. But when we notice that someone is doing something that is not in their best interest, then we don’t just go and hit them over the head with it. We don’t just label them “oh, you’re messed up.” That doesn’t help anyone. If someone thinks “I’m messed up” – it doesn’t

help them change, it doesn't give them a vision of what they could be or what they should be or what they can be. Instead of saying they are messed up, you could be a great man of God – you could be a great woman of God. God has great things already laid out for you to do and the nice thing is... you don't have to do it – He'll do them. All you have to do is get through this and let Him do wonderful things through you. Why not approach it that way instead of just saying “you're messed up?” God has a plan for everybody and it's not going to help them to just go and label them but you need to open up, you need to open them up and make them aware of what the possibilities are; and they are endless and they are exciting and they are unlimited. So judging we need to do, but we can't be judgmental. We can't beat people over the head with it.

Now what do you think of the state this marriage? You think there's too much tenderness with too little surrender on the part of the wife? Is there too much abrasiveness on the part of the husband, perhaps very little persuasiveness? This picture says “100% cotton, machine-wash warm inside out with like colors. Use only non-chlorine bleach, tumble dry, medium hot iron, do not iron print or give it to your wife, it's her job.” People wonder “why has the pizzazz gone out of my marriage? We are two people living in the same house but we don't love each other anymore.” Remember the things that made you love each other in the first place – the courtesies “here, let me get that honey” “can I do this, can I do that” “can I cut up the potatoes while you're cooking” “can I hold the door for you?” Those are the things that created love in the first place and when you stop doing them and just take your wife or husband for granted, then you wonder “where did love go?” You let it go. There are difficult times – of course there are. There are difficult times, but it's temporary. Sometimes in the morning there's thunder and the threat of a storm but in the afternoon the clouds have dispersed and it becomes a beautiful day. Don't you feel silly in the cloudless beautiful afternoon, that you were all worried and uptight about the morning clouds “oh these clouds might spoil my whole day, it might rain and the road

will be slick. I can't go here and there" and then the clouds disperse and it's a beautiful sun-filled cloudless sky. Aren't you a little ashamed about all the worry and anxiety you put yourself through and maybe you snapped at other people in the morning? It was simply unnecessary. Considering the benefits of a wonderful loving life-long relationship, any differences of opinion are insignificant and you should not blow them out of proportion. Sometimes goats make a big show. They make a show, like "grunt, grunt, grunt" and they're pawing and they're just kidding. They're not actually going to hurt each other – they're just making a show. We should take things with a grain of salt because this to, shall pass away.

Once in India reigned a king, who upon his signet ring  
Engraved a maxim true and wise, which if held before the eyes,  
Gave him counsel at a glance fit for every change and chance.  
Solemn words, and these are they, "Even this shall pass away

[Poem by Theodore Tilton ]

At work you make a mistake and your boss comes up to you and says "you made a mistake." What do you do? You admit it – readily, happily. He may just be testing you; the mistake doesn't matter, but he wants to see what kind of a person you are – whether you can learn, and whether you are trainable, whether you're malleable and if you just say "yeah, I made a mistake, I'm sorry" then you score... you hit it out of the park. Has that ever occurred to us? By just not making a big deal of it, then you hit it out of the park. How many people come up to you, provoking you just to see how you will react, in the workplace, in school, with teachers and stuff like that? If you just say "yeah, I made a mistake" then you pass the test. You go to the top of the list. But if you get your back up and say "well, it's so and so's fault, you know – how many times have you had a humble mood in the right tone and said "this and this and this" and by their reaction they made it twice as bad. They made it 10 times

as bad. They made it go ballistic. Has that ever happened to you? They made a little thing into a huge thing by the way they didn't take your criticism and you weren't even criticizing "I didn't mean to criticize, I'm trying to help you, trying to point something out, that we need to work as a team, that we need to get this worked out so we can all be more effective and more loving" and by their reaction the whole thing became an issue. It went stratospheric. When you admit you are wrong, you invoke mercy. People will love you, they will love you because if you just humbly say "I'm wrong" then they can show mercy on you and that's the highest quality of which a living being is capable – mercy. You did wrong, but I'm not going to censor you. In fact, I'm going to promote you. That's entirely a possibility.

So what about the destructive people that actually intend to do harm? Well, don't remember what they've done to you. We've all had people that have harmed us - sociopathic people who had no more concern for our rights or even our very existence than an ant they would squash on the floor. For them, we only existed as objects of manipulation and if they had to cause us injury or debilitation or even death to get their way they would have done that. We carry those memories around. Once there were two Buddhists and they went to cross a river and there was a young lady there who was too weak. They were stout and strong, maybe from Shaolin Monastery and so the young pretty lady said "can one of you carry me across the river" and one monk said "I'm a celibate monk, I don't touch women" and the other monk said "sure, I'll carry you across." So he picked her up and carried her across the river and set her down. As they were walking, the one monk said to the other "I can't believe you did that – you're supposed to be celibate, we have a very strict Buddhist order - don't look at women, don't talk about women – and you carried her. You picked her up and you held her in your arms. You carried her in your arms, you held her for at least 90 seconds, and you felt her form, her shape and everything." After a while, the other guy said "hold on a second. I carried her for 90 seconds. You've carried her

for 2 hours. Give it up buddy.” People hurt you in the past but why don’t you just leave it there. They hurt you in the past but if you remember that and you bring it up, then that bile and acid comes up to you and then you’re giving them control of your life. 5 years, 1 year, 2 years, 10 years later – you’re still letting them hurt you. Is that good for you? Is that very intelligent? Love lets it go.

Gandhi said “if we have to get back for every injury that’s been perpetrated upon us, an eye for an eye makes the whole world blind.” Love keeps no record and don’t repeat it, delete it. How do we repeat it? Three ways: mentally, and in fights, and by gossip. That’s how we keep the pain alive. Mentally we rehearse it. We go over and over and over it again and again “Oh I should have done this, I should have done that” or “if I get another chance I’m not doing to get rolled over” and above all we say “I’m never going to become like that person.” But what’s your meditation? What are you thinking about all the time? You’re thinking about that person “my father did this to me; my father did that to me... I’m never going to be like that.” Well guess what – you’re becoming like that because you’re living in the past. You’re living in the past and you’re allowing the past to drag you down. That kind of behavior repeats itself because you can’t let it go. You want to live for the future and not the past.

And then fights... whenever I hear of fights the husband says “my wife gets historical.” Don’t you mean hysterical? “No, historical!” “She brings up every single thing I’ve ever done wrong in our marriage.” If someone does wrong and they go to you and say “please forgive me, I feel contrite, I won’t do it again” and if you forgive them, then do it. Then do it and let it go. Don’t harbor it. Don’t bring it up every time there’s a fight because you will kill that marriage. You have every chance of success, no matter what the transgression, what the mistake, if forgiveness is asked for sincerely and you put it behind you; you have every chance of that marriage being completely successful and fulfilling. But if you won’t let it go, if you keep a record of it then you will kill that marriage. You will be two people living in the same house without love.

And then the last way we repeat it, is through gossip. You know, we are thinking of making up a membership program for this Temple and there are some membership criteria and a membership covenant which are the things that we want to adhere to, the principles that we want members and people that are interested in being members, which we want to rise to. And the #1 thing that we would like not to enter the doors of this building or the grounds of this property is gossip. When you are talking demeaning about a person who is not present; when you are running down a second or third party who is not present before you, that is criminal. That is wicked. Have any of us ever gossiped? If we have, we have been wicked because gossip is nothing more than ego, arrogance and pride. If you have an issue with someone, talk to God. Talk to God and ask “how can I best...” and then you go and talk to that person. You hate the person so you go and gossip and say all these things about that person so that then you will get other people to hate that person; brilliant, congratulations, great, simply a hateful wicked thing – gossip. When we come to the Temple, we ask “Don’t gossip.” If you have an issue with someone, talk to them. Talk to them. Don’t talk to someone else about them, talk to *them*. Take it up with them. Otherwise you are just repeating it. Otherwise you are just working it over and over and over in your mind. Those who are lovers, see everyone with equal vision. We divide people into friends, enemies, and neutral parties according to our sense gratification. We look at someone – can this person promote my sense gratification, if they can they are a friend. Can this person promote my sense gratification? If they impede it they are an enemy, I must eliminate them. Can this person promote my sense gratification? Well I’m not sure yet, so they’re neutral parties. We are always dividing friends, enemies or neutral parties based on whether they can promote my sense gratification. But one who gives up sense gratification, personal egotistical sense gratification and works on behalf of the Lord: cooks for the Lord, talks for the Lord, builds for the Lord, celebrates for the Lord, sings for the Lord, dances for the Lord, cleans for the Lord, has given up all personal desires for sense

gratification so all people are equal. All people are equally lovable. A person is said to be advance in love when he regards the honest well-wisher, friends and enemies, the envious, the pious, the sinner, and those who are different with an impartial and with an equal mind. People revile Jai Bharat, but why? What has he done to them? He's not going to buy from the merchant. He's not going to put money in the merchant's hand so the merchant is spitting on him. He's not part of society; he's not paying taxes so the governing official looks down on him. He's not giving the kids candy so the kids are spitting on him. He's not satisfying their desires for sense gratification so they are reviling him but does he care? No. He can accept any sort of abuse and disrespect because he has given up his desire for sense gratification. He's completely serene and indifferent.

Love keeps no records. When we talk about letting it go and forgiving, we're not asking to forget it. Sometimes people say "well if we don't remember the past, we are bound to repeat it." That's not entirely true. If you remember the past, if you dwell on the past you will repeat it. So it means that when you remember the past, don't bring up the pain. When it comes to you, and it may come to you a thousand times a day, just say "oh, wait a minute; I'm not going to go there. I already decided to let it go." You don't forget, but you forgive. When it says honor your father and mother. Let's say you've been hurt. Let's say you've been abused even. Let's take a worst case scenario: an uncle, a teacher, a parent. Let's say that that's happened. We're not asking you to forget it, to gloss over it, to put on a happy face. When it says honor your father and mother it doesn't mean honor their sins, honor their selfishness, honor their neglect, honor their abuse, honor their poor decisions – it doesn't say honor that. If there is a child abuser, he's going to get taken care of by God. The severest types of punishment await those who abuse or molest or endanger children. They're going to get what's coming to them. It says the mills of God grind slowly yet they grind exceedingly small. Though with patience He stands and waits with exactness grinds He all. So don't worry about that

aspect of it, but worry about you – whether you’re going to carry that around with you. In order to get over it, you can’t fake it – you have to face it. You have to face it straight on and make a decision “I’m not going to let that affect me” and just let it go.

The Yogis abandon attachment with body, mind, intelligence and even the senses only for the purpose of purification. Katie’s got a little message for us here about letting it go:

Goodness gracious. Alright, so I was talking with Caru Prabhu and he asked me to stand up and talk about some revelations I’ve had throughout the year.

Krishna Consciousness has made me more aware about my spiritual self and what I am. I find that being aware of my spiritual self gives my life much more meaning and such abundant happiness. In Krishna Consciousness we believe that we are not our bodies. It is all about being aware of our souls. We can get caught up in the illusion that naturally comes with this body. We have our body so that God, or Krishna, can utilize us for a higher good. Before Krishna Consciousness, I had an unhealthy relationship where it was destructive and full of hate. When it ended, I couldn’t let go. I went through depression, anger, and I didn’t know who I was. Krishna Consciousness helped me let go of that festering anger. Through Krishna I have learned to truly love and to truly be loved. Instead of feeling hate, I now feel love – God like love. Krishna helps us to find and know real love. Krishna Consciousness has helped me to let go and find real love in all relationships, whether it be friends, family or co-workers. If you’re on the path of loving God, you can see and love others in the proper way. Hare Krishna.

We're all taking baby steps from our Bachelor's Degree to our Master's Degree. The Bhagavad gita tells us this: "a realize soul, a soul who's a loving soul is not disturbed by the incessant flow of desires that enter like rivers in the ocean which is ever being filled, but is always still."<sup>4</sup> I'm going to say this and anyone who wants to read it and say it with me is welcome to do so. "Lord I want to let go of the people who have hurt me in my life. I want to be able to love others and not be stuck. Today I am letting go. If it takes me a thousand times to do this until the pain goes away, I'm going to keep remembering and every time I recall the hurt I'm going to remember to say "I'm letting them go," "I'm letting them off the hook." Help me to be tactful, not just truthful. Help me to be gentle, not judgmental. Help me be understanding not demanding. When people hurt me, help me not to repeat it but to delete it; to be tender without surrender to the people that I need to set boundaries with in my life. I want to move to higher levels of love." And then, you've already done it, so once more.

Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare

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4 [BG 2.70]