

#2 - Root Cause of Jealousy


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SPEAKERS


Balakhilya, Ruben


 **Balakhilya** 00:00
You're jealous so you respond very harshly or very forcefully or whatever.

 **Ruben** 00:11
But why? Why are we responding in that way?

 **Balakhilya** 00:17
Because we want to be the enjoyer and this is threatening my enjoyment. I don't really have a true internal enjoyment that is just solid. I don't have that.

 **Ruben** 00:41
Alright, happy to have you here. Welcome to the Breaking Trail podcast. We are going to discuss jealousy and thankfulness today—the root cause of jealousy, what we can do about it, if it's natural or not. And the importance of humility to feel thankfulness. We will also hear how Balakhilya met this philosophy and he'll teach us how to "levitate", in the real meaning of the word. And we'll discuss how mantra meditation can bring a divided world together. How is staying at the same place now, as a contrast to that living on the road?

 **Balakhilya** 01:25
The exact opposite! How is it? Exactly the opposite.

 **Ruben** 01:31
You do get enough sleep.

B

Balakhilya 01:34

Yeah, I get enough sleep and regularâ€¦ Well, I always ate at regular times, but the times were always different, like six hours or eight hours or four hours or two hours. So four o'clock was usually the time we had dinner, for instance, or nine or 9:30 in the morning for breakfast, but which nine o'clock? When it's nine o'clock at one place, it is three in the morning in another place, or noon at another place. I had a regulated schedule for the place I was at, but it wasn't regulated overall. Couldn't be. It was impossible.

R

Ruben 02:17

But I was always impressed for the retreats that I've been at with you, that you were just arriving in a flight from across the ocean, like from the US, and the next morning, you'd be at the morning program, and you'd be holding classes, etc.

B

Balakhilya 02:31

Well, I just had to do it, and I could do it. But the point is; if I sat down, I'd go to sleep.

R

Ruben 02:42

Sometimes when I do Gauranga breathing at class, if I haven't slept enoughâ€¦ I've actually fallen asleep during teaching Gauranga breathing.

B

Balakhilya 02:51

Yeah, I've done that myself on a regular basis. Long periods of time between Gaurangas.

R

Ruben 02:59

Exactly. Exactly.

B

Balakhilya 03:02

You're just off in some dreamland and then you come to and realize you got to continue on.

R

Ruben 03:10

Yeah, I recognize this. And then you think that, "Oh, but it wasn't so long," and then suddenlyâ€¦for the people that were thereâ€¦it's been a minute, but for you it's been like two seconds.



—

B

Balakhilya 03:23

We used to do Gauranga breathing always with Gauranga and then the second breath would be Nitai Gaur. So it would be Gauranga and then Nitai Gaur, Gauranga, Nitai Gaur. But I just went back to just only Gauranga because sometimes in those moments we were just referring to, I couldn't remember if the next thing was Gauranga or Nitai Gaur. Did we just do Gauranga or did we just finish with Nitai Gaur, what is it time for? It was too confusing, too uncertain, so it had to be Gauranga always. You couldn't make a mistake.

R

Ruben 04:06

Yeah, exactly. Simple, simple, simple. It's said in scripture that in the end of this time period, Kali Yuga, then people will barely even be able to remember the mahamantra. You will have to write it down for us to remember the Hare Krishna mantra.

B

Balakhilya 04:21

Oh, yeah, sometimes people can't now. They really struggle with just that mantra because it's a little bit too much.

R

Ruben 04:35

And it's three words.

B

Balakhilya 04:37

Three words, sixteen different sounds. But anyway.

R

Ruben 04:45

Could you maybe "one small thing" pull down your shirt a little bit, Balakhilya? Just flatten it out?

B

Balakhilya 04:51

Which one? This one?

R

Ruben 04:52

The blue one, yeah. So we can see it.

B

Balakhilya 04:55

My new Icebreaker.

B

R

Ruben 04:56

Icebreaker. Yeah, I see it. Wow.

B

Balakhilya 04:58

Brand new. First day I ever wore it.

R

Ruben 05:01

They sell it in Almaty?

B

Balakhilya 05:04

No. Radharaman dasi sent it from Moscow.

R

Ruben 05:06

Oh, wow. Those are cool things.

B

Balakhilya 05:09

They have everything in Moscow. I don't care what you want, they got it. I won't say everything, but many, many things you wouldn't think they would have, but they do.

R

Ruben 05:21

Yeah. I could imagine.

B

Balakhilya 05:23

Yeah. Big city so they got it.

R

Ruben 05:28

It's thin, yeah?

B

Balakhilya 05:30

Yeah.

R

Ruben 05:32

That's cool. Did you find the definition of jealousy?

B

Balakhilya 05:39

Yes.

R

Ruben 05:40

Go for it. Can you read us?

B

Balakhilya 05:43

Jealousy? Can I read it? Oh, you mean will I read it?

R

Ruben 05:50

Will you please read?

B

Balakhilya 05:52

Okay. Jealousy; which is the enemy, really, of our well-being. Jealousyâ€”the thoughts or feelings of insecurity, fear and concern over a relative lack of possessions or safety.

R

Ruben 06:14

Possessions or safety. Concern.

B

Balakhilya 06:17

Yeah. Like you're jealous of someone looking at your girlfriend or your wife because that's a possession that you think you have, and you're feeling you're losing it somehow. She's responding or whatever. Or safety. Maybe safety in the relationship. I think jealousy is basically always connected with relationships. Envy would be more what you'd experience if you had a feeling that, "They've got a new car, and I don't. They got to go on a trip that I didn't get to go on because I didn't have the money." You're envious of them. Or it could be relationships as well. But usually jealousy is more about feelings about a relationship being insecure; fear that you're going to lose it, concern that you don't have that complete control that you want to have. Yeah. And I think that's something that everyone can relate to at one point or other in life. Yeah. We've all been there.

R

Ruben 07:51

When we speak about these things, you come back to the idea ofâ€”and I've always heard people sayingâ€”"It's

natural for us to do this. You just need to learn to deal with it." So is it natural?

B

Balakhilya 08:07

Well, it depends on whether you understand what is truly natural, or whether you're dealing with what is normal in material life. So we always have to come back to the truth that we are spirit soul, we're not our material bodies. The soul level of understanding; the bottom line. So there's what is normal or natural for the soul in its pure condition, and then there's what is normal and natural for the soul who's materially contaminated in the material world. And they're very different.

R

Ruben 08:57

And we only know what's normal for one of them, I think. We don't know anything about what's normal for the spirit soul.

B

Balakhilya 09:04

Yeah, we don't have experience of what is normal for the pure soul in the spiritual world. Everything in the material world is a perverted reflection of the spiritual world. Whatever you see here is in the spiritual world. It's like a reflection in a mirror; it can't be different than the object that's being reflected. But it's turned around, it's backwards. So in the spiritual world, everything is as it should be. So relationships are perfect in the spiritual world—I mean, they don't cause pain, they don't cause suffering. There is real love, not temporary attractions and lusty desires and so on.

R

Ruben 10:00

And possessiveness.

B

Balakhilya 10:02

Possessiveness and jealousy, for instance. You are secure in your relationship, whereas in the material world everything is the opposite of that. As we've discussed before, our main scripture that we study in bhakti yoga is Bhagavad Gita. And in the Bhagavad Gita, in chapter 16 it is describing two different natures that people have: a divine nature—which is basically the true nature of the person, the soul—and then there's the demoniac nature, which is the perverted, contaminated nature.

R

Ruben 10:48

That word sounds so harsh—demoniac. People would think that that's someone with horns on them.

B

Balakhilya 10:57

Yeah, demoniac has all kinds of meanings for different people. And some people embrace that. People worship demons on some level, or whatever you want to call it. But anyway, these demoniac qualities are certainly

undesirable, unfavorable, against the well-being of the individual that is having those qualitiesâ€”or others that are affected by these qualities. I mean, there's no good that come from a demoniac nature. But one of the main symptoms or qualities is jealousy. So there's lustâ€”that's one of those qualitiesâ€”there's anger, there's greed, there's envy, there's jealousy. There's lack of compassion, lack of concern, self-centeredness, etc. You can take any one of those qualities or all of those qualities and understand that's not a good quality to have. It's not certainly going to make you happy. It gets in the way of what you're trying to achieve, which is happiness.

R

Ruben 12:22

And that's the key, I think. How to put it? That's something that we don't normally think about, perhaps, when we think about how to act in life; Will this actually, in the long term, make me happy? Or will it create suffering for me? We don't really consider that, I think.

B

Balakhilya 12:41

No. More than likely people just react spontaneously to their immediate needs, their immediate desires, their immediate impulses. So like jealousy, you don't contemplate thinking, "Okay, I'm gonna work on my jealousy now. When that situation arises, I'm going to be an expert jealous person. I'm going to cultivate this skill." No. You just experience it when your main squeeze, your girlfriend, walks into the dance where you are, unexpectedly. She doesn't know you're going to be there and she walks in with another guy and you experience all those things immediatelyâ€”jealousy, anger, and so on. The worst comes out very quick.

R

Ruben 13:43

Has that ever happened to you?

B

Balakhilya 13:45

Of course. Has it not happened to you? Whether it was one scenario or another one, it's the same thing. You're jealous. Or somebody's approaching the one that you're trying to possess and you're jealous so you respond very harshly or very forcefully or whatever.

R

Ruben 14:19

But why? Why are we responding in that way?

B

Balakhilya 14:26

Because we want to be the enjoyer and this is threatening my enjoyment. I don't really have a true internal enjoyment that is just solid and I'm enjoying regardless of what happens externally; "I'm okay. I'm not dependent on any external set of circumstances for that security and enjoyment and fulfillment." I don't have that. So yeah, I'm clutching at straws, so to speak. "Okay, I'm the enjoyer, this is my possession. I want to own this person. I want to control this person," and anything that jeopardizes that brings forth this immediate reaction of jealousy and envy and anger. And usually, it's not just one of those things. It's not so selective. "I'm just only jealous." I'm jealous and at

the same time, I'm upset and frustrated and angry, and I'm bummed. I want to get revenge and whatever. So it's all connected; it's all a combination of reactions due to a contaminated condition of heart, of consciousness. Whereas the sage, for instance, the self-realized sage, that person who is not on that platform but is actually the full possessor of divine qualities—Godliness and truthfulness and honesty and compassion and mercy and freedom from anger and averse to criticism and all these amazing wonderful qualities—number one: he doesn't need anybody or anything. He's already self-sufficient. In the Vedas he is called an atmarama. Atma means soul; rama means that which gives pleasure or enjoyment. So he's enjoying. Atmarama—the self-satisfied person. And his enjoyment is not coming from a material source, which is always so temporary and unstable and fragile. It disappears so quickly. But it's coming from his relationship with the Supreme Lord, his awareness of who he is, his spiritual life—which is his life. It's not like just a temporary period of time on Sunday morning, or something where he goes and has some spiritual life. And the rest of the time he's buried in the world of material illusions. No; this is his life. That is who he is. So he's not envious. He's not jealous of anybody. He's not controlled by lust; his controlling factor is love. His heart is filled with love. Love controls him. And it is stated in our Vedic scriptures; this is very wonderful—that God is above everyone and everything, and He is the Supreme Controller. But yet, love is so strong, that love controls God. He's the source of love. He is love personified. But yet love controls Him.

R

Ruben 18:18

That's a difficult concept, I think.

B

Balakhilya 18:21

Well, if you know the nature of love, it's not. Because love is the all-powerful force. I mean, people will do anything for love; they will risk their life in an instant for someone they love. They'll sacrifice whatever they need to sacrifice, if they really love, etc. So that's just a glimpse of how powerful love is. And what we call love is not even love; it's lust. It's a powerful force turned upside down. That's why lust is so strong.

R

Ruben 18:58

And lust comes out in the form of jealousy, yeah?

B

Balakhilya 19:01

And jealousy comes from lust, and anger comes from lust, and loss of intelligence, and bewilderment of memory, and burning up inside with envy, and all that.

R

Ruben 19:22

I read some evolutionary psychologists say that jealousy has a role, because it's a trigger or it's a wake up call that a valid relationship is in danger, and that steps need to be taken to regain the affection of a mate or a friend.

B

Balakhilya 19:43

Well, that's like I say, this is a modern understanding—or a material understanding—of the word. But really, there's guidelines in a relationship that both parties should follow if the relationship is as it should be—which, of course,

again, due to the contamination of lust and so on, it's notâ€"but let's say if it was, then that person is not going to be putting themselves in a position to create jealousy in you. They're not going to be acting in such a way that you're jealous of that. You know that you can trust them; that they are not going to do those things that we've discussed. So you're not insecure and you don't have to be in a state of fear and concern, etc. But again, this is the material world and things are as they are. So therefore, we get the ill fruit.

R

Ruben 20:58

I think in today's societyâ€" I mean, I know for my own sake, after I started living the yoga lifestyle, I really started taking a step back and observed and became aware of how I interact with the opposite sex and with other people, to know what kind ofâ€" Put it like this: before, when I was in relationship, the things that you consider normal in today's society, they would trigger jealousy in someone else. And that's normal in a relationship. You can be quite intimate with someone else and still it's somehow okay. You can flirt with someone else, mildly, and that's just how you are, basically, in today's society.

B

Balakhilya 21:40

Yeah, that's normal.

R

Ruben 21:44

That's normal, again.

B

Balakhilya 21:46

Yeah. So it causes all these problems. How many relationships have been destroyed because the other person is just so overly jealous that they criticize you of things you didn't even do? They criticize you of thinking things you didn't even think? "I know what you're thinking, I saw the way you looked." So this person is so insecure that they fabricateâ€"it's not even a reality, perhapsâ€"but they're fabricating it because they're so insecure and so fearful of losing what they have, what they need, what is so crucial to them, that there's no way you can have a "normal" relationship; a relaxed enjoying relationship. Because that other person's fear and jealousy and insecurity and so on, doesn't allow for you to ever be just relaxed, and, "Let's just have a nice relationship." It destroys that.

R

Ruben 23:01

Regardless of how cautious you are, or what you don't do.

B

Balakhilya 23:04

Yeah. Right. So that's why it takes both sides to be a little more evolved in their internal security and happiness and so on. Dependency on another person, other than God, is not good. It's not good. And it's described in all yoga teachings that being so dependent and attached to anyone or anythingâ€"but now we're on the idea of relationshipâ€"is an obstacle to your well-being, to your happiness, to your journey forward in life. Because this world is so fluctuating. And then the dualities are so common and always, you know, one side of the coin, the other side of

the coin that you're just putting all yourâ€”it's a terrible sayingâ€”putting all your eggs in one basket, and that basket can fall down and all the eggs break in any moment. And that's not a good thing. So this dependency makes it so we can never be happy. We're always agitated. Anxiety is one of the overriding problems with people today. People have anxiety attacks and you ask them, "Well, what are you in anxiety about?" They sometimes don't even know! "Why are you in anxiety?" "I don't know. I'm just in anxiety." Because, again, there's no security here. And that is the real understanding of the material world. That's true. Here's a good story. You know him; Nimai from Sacramento. Young boy, came to the wilderness retreat a couple of times.

R

Ruben 25:05

Yeah, I think lâ€

B

Balakhilya 25:07

Nimai. Cool kid. He's in his early 20s now. Raised in this philosophy so he's got some understanding of what life really is. He's got some moral principles and some respect and etc. I mean, good qualities. Anyway, he was just recently in a car accident. And he wasn't wearing his seatbelt. And maybe in this case, it was a good thing. So he got ejected from the car. And then the car, the crash continued, and it totaled the car. And maybe if he'd had been strapped in, he wouldn't have survived. But who knows? That's an unknown. But anyway, he was taken to the hospital. And in the examâ€”he wasn't really critically injured or anythingâ€”but in the examination of his injuries that he had and so on, they discovered he had an aneurysm in his heart. So immediately, they did open heartâ€”aneurysm is when one of your vessels kind of blows up like a balloon. The walls are too thin and it just becomes like a bubble in your pipe. And so at any moment, when you have an aneurysm in the brain, that's what happens.

R

Ruben 26:22

That's when you get a stroke?

B

Balakhilya 26:25

Yeah, then it breaks. And that bubble bursts, and then you can bleed to death, or whatever happens. And if it's in the brain, of course, it has all kinds of repercussions. His was in his heart. So anyway, they discovered it through this examination for the accident. So they immediately did open heart surgery and repaired it. But they said that if they hadn't caught it then it could have killed him very early in life. So the point is, the stability of this world is just like, not there. You don't know what karma is going to present in a moment. So if somebody is dependent on Nimai for their security, their helpâ€”he is their dependent, and they're attached, their rock, so to speakâ€”and his aneurysm burst, and he's gone; they're left without their security. Their reason to live has been taken away. And so anyway, that's just an example that came to mind. I just learned about this today. So the world is as it is, and if we're using things in this worldâ€”be it relationships, or be it possession of money or fame, or any and all of that, or whatever it is; our skills, our abilities, whatever talents I haveâ€”it can be taken away at any moment. And there's no stability here, there's no shelter here. Everybody wants to feel safe; and you feel safe if you feel really sheltered. But really, if that shelter is from this world somehow, then that shelter is very fragile.

R

Ruben 28:36

Since you know that you're eternal. But some people would say then that gratitude is the solution. And that's one of

the solutions to jealousy, according to our dear friend Google. Gratitudeâ€”just appreciating what you have.

B

Balakhilya 28:53

Well, yeah, I'd have no problem with that, but number one: that's not normal in the world today. People have so much and they're still ungrateful. It's true, it's a nice teaching, it's a nice philosophy, but in reality; who's really grateful for what they have? The world is full of people with good healthâ€”are they grateful for that, or they take it for granted? Some people really have nothing but some people have a lot. Are they grateful for that? Are they grateful for the intelligence that they've been given in this lifetime to do amazing things? Or are they grateful for all the media that makes it so you and I can have this meeting right now?

R

Ruben 29:53

But it seems like gratefulness, real gratefulness seems pretty hard. I mean, we can talk about it and many people talk about it a lot. And it's a really nice thing but seems very hard to achieve. And it seems like you do need to have an understanding about things to actually be grateful. Where things fit.

B

Balakhilya 30:10

Yeah. One of the qualities, if you will, that is necessary for there to be true gratefulness, appreciation, is humility. As long as I'm not humbleâ€”which means I'm arrogantâ€”then I feel basically, "I deserve it." My self ego, my false ego, doesn't really allow me that feeling of real feeling of gratitude that I would have if I was truly humble.

R

Ruben 30:50

Because you feel that you always deserve more than what you're getting, that's what you're saying?

B

Balakhilya 30:54

Yeah. Or if I got it, maybe I don't think I need more. But I think, "Well, yeah, I got it, because I worked hard. I earned it. It's what came to me as a result of my endeavors," and so on. But if a person is really humbleâ€”and this is one of the foremost qualities necessary for true spiritual growth, and spiritual experienceâ€”is humility. And you feel humble, you feel humbled in front of the Supreme Lord. You feel gratitude because you realize everything that I haveâ€”the human form of life, this time aroundâ€”that's an amazing gift. You're so thankful for that. You're grateful that you have now a human form of life to even feel like thisâ€”to even hear the word gratitude, and have some semblance of understanding of what it means. And everything that you have or may have in the future, you feel grateful for because you know it's a gift from the Supreme Lord. And not the material understanding that you mentioned, "I didn't get enough. I should have had more," but the opposite of that, which is always the case in spiritual lifeâ€”is, "I got too much. I got more than I deserved. I really didn't deserve this much. I'm so unworthy of so much mercy here." So that keeps a person in the right consciousness, the right condition of heart, and that translates in relationships with other people. People think, "Oh, you always talk about God, and it's all about God, God, God, this and that," and so on. But all of that relates to how we react with other people.

R

Ruben 33:09

Because it relates to thatâ€¦

B

Balakhilya 33:10

If I am arrogant, that's a barrier between me and God and therefore I relate in that way with other peopleâ€”false prestige, false pride, etc. Or if I am truly humbled in my relationship with the Supreme Lord, that translates in how I relate to other people, too. Look at the greatest teachers that have ever come and tried to help us spirituallyâ€”the great spiritual masters, be it Lord Jesus Christ or be it the many sages and saints in the Vedic history from Lord Gauranga to Haridas Thakur to on and on. The general audience would not be familiar with these personalities but they were all filled with humility and gratitude. Even the Supreme Lord, when He came as the great devotee of the Lord, Lord Gauranga, he wasn't just play acting like, "Okay, I'm just acting a role." He was actually experiencing that role. And he was displaying complete humility. So, there's necessary qualifications to make things as they should be.

R

Ruben 33:37

And it makes things easier in life, isn't it? I mean, if you have the change of heart that comes fromâ€”like you said, again, we may mention it a lotâ€”but if you have a change of heart that comes from a relationship, a close relationship to God, then your heart will change and your response to the things that are around you will change, right? Because you'll never be able to control what your wife is doing and what's happening in the world around you. You can only control what's happening inside.

B

Balakhilya 35:10

Yeah. And if we don't work on the inside with a spiritual solution, do our spiritual exercises, so to speak, get healthy spiritually, then all the external adjustmentsâ€”that includes in the mind, etc.â€”they just don't solve the problem. It's not the root of the problem. "Okay, I'm not going to be jealous." And maybe you really don't want to be jealous. But when it comes, it comes. When you are, you are. And then you feel frustrated, "I failed again," or, "This is really ruining our relationship. But I can't not be jealous. I'm just feeling so jealous."

R

Ruben 36:00

You see that it's not good for you, but you can't get out of it.

B

Balakhilya 36:03

Yeah, you can't just wish it away. Because what is the cause? The cause is lust, anger, jealousy, all that. It's the perverted reflection of love. So the only way to cure that is change lust into love by purifying the heart with our spiritual knowledge and spiritual practice, and so on. It's an individual thing. That's what, againâ€”every teacher has taught the same solution. No teacher came and brought with them the psychiatric couch and all the new ways to look at things and feel about things. They came with one message: "You are spirit soul, you're part and parcel of the Supreme Soul. Your help is in the name of the Lord. Your salvation, your happiness, everything, is in the Lord, and service to the Lord is the goal of life. And if you want to be happy, this is the formula, and there's no other way you can achieve what you're really looking for." And it's so hard to accept because we want to be the Lord.

R

Ruben 37:36

Which comes out in a really early stage as well. I was reading about jealousy and it is said thatâ€”let's see if I can find it hereâ€”"Infants as young as five months has been observed to show jealousy."

B

Balakhilya 37:55

Yeah, because that five-month-old baby body is not a five-month-old kid. That person in that body has lived many, many, many, many lifetimes, covered by many, many different levels of jealousy, anger, and all the things we've been talking about. Well, when it takes that birth in that current body, it's bringing all that in with him because the mental body still covers the soul when it transfers from one body to the next. When the soul transmigrates from one body to the next, the only thing that's left behind is the gross physical body. But the subtle mental body where all this is taken place is stillâ€”

R

Ruben 38:50

All these emotions.

B

Balakhilya 38:51

All the emotions and the attachments and the desires and the arrogance and the false lordshipâ€”all that's taking place on the mental level. It's not taking place on the physical body level. It may manifest certain things. Where's anger? Anger is in the mind. We're in the heart. It's on that subtle level. Now, it may manifest itself externally with a red face, curse words, or a fist in the other guy's face, or whatever. But it all started inside. So when you take your next birth, you've got that in there. So at five months old, it's been there before that but maybe that's the first time it was obviously displayed.

R

Ruben 39:50

In a sense, that's good news, because you have to work with it. You can't escape it.

B

Balakhilya 39:58

Yeah, yeah. It's not going to go away when you die. You don't leave it in the coffin. Open the coffin and there's jealousy sitting there.

R

Ruben 40:11

But my point was; that seems like bad news. But the good news is that you get a chance to do something about it.

B

Balakhilya 40:20

Well, yeah. And here's another point that kind of makes this more proof, if you will, or undeniableâ€”you can see jealousy in dogs, too. A dog is jealous of his master. A dog is jealous of another dogâ€”you get a new dog and the old dog that's been with the master for a long time is jealous of the new dog that just entered the family. Like, "Wait a

dog that's been with the master for a long time is jealous of the new dog that just entered the family. Like, "Wait a minute. Who are you? What gives you the right to be number one here?" And yeah, it's just what's going on inside the body. The soul is covered by these many layers of contamination.

R

Ruben 41:12

And the soul can take on many different bodies, so you can have a dog body, you can have a human body, but it's the same person.

B

Balakhilya 41:22

Same person, just a different body according to the desires and attachments and the karma that that soul had covering it when it left the previous body. Then it'll take birth in a body suitable for those conditions.

R

Ruben 41:45

So let's say I'm "because the first step in jealousy and trying to do something about it must be to have the desire to want to do something about it" so let's say that I'm in a relationship. I see that I have jealousy. I'm listening to this podcast. And I can recognize myself in that. What do I do? What are the practical ways that I can actually do something about this?

B

Balakhilya 42:09

Well, if you just "without any kind of knowledge about what we're talking about" would try to do it through a mental adjustment; "Don't think like that," or "Don't be attached," kind of thing, but you are. "I'm not attached," but I really am. "I don't need you," but I do, and so on. In other words, you can try and maybe you'll have some success, depending on how good you are at these things. But it's not going to really solve the problem. There has to be some inquisition into a solution other than a material solution. And that includes psychiatric help, philosophies of the great thinkers, and whatever, whatever, whatever. There has to be some entrance into a spiritual understanding of life "who we are. See, the things that we talk about all the time, are not known to most people. We think, "Well, a lot of people know this stuff," because we've been studying this and practicing this, and talking about this for years. And maybe we've reached thousands of people's ears with this message, but how many other people's ears have we not reached? And how many people's ears have heard it, and it just bounced off? It didn't even go in. It just bounced off the eardrum before it got past! It just went in one ear and out the other, is the saying. It didn't stick. Or it went into the mind and the head, and to the mental level, and you just philosophize about it. And that's where it ends; it doesn't get to your heart. Or it just goes into the mind and you just reject it. Or pay no attention to it, or, "Yeah, I accept it," but you don't do anything with it. All those things. You don't take it seriously. You don't really pursue it because maybe you're not ready for it. When we're not ready, we're not ready. It's just how it is. And no matter how much a person tells you what you need to know "if you're not ready to hear it, you're not going to hear it, or you hear it in a way you want to hear it. And all those things makes it so you don't really hear it. That's unfortunate for the way we live today because our lifestyles today kill spiritual interest. They really, basically, are poison for the soul, for our spiritual well-being. Just like bad food, terrible junk food, destroys the chances of health. You can't have a healthy body eating absolute poison. I mean, it just doesn't work. But if you like that poison, as weird as it is, and it is "how many articles you read on don't eat that food, it does this and don't eat this, it does that" you still eat it because you're not ready to hear it.

R

Ruben 45:56

And there's this strange attraction to that poison. It's hard to admit.

B

Balakhilya 46:06

So what can be done? I just was reading in the Srimad Bhagavatam that this is a step-by-step progression. So if somehow I just meet somebody who says these things, and I even stop long enough to consider it, that's a step. Maybe I don't do anything with it but I consider, "Hmm, that's interesting." That's a step. And later, something else may appear, and gives me the next step. And one thing builds on the next and the next. And I begin to realize that jealousy not only doesn't feel goodâ€"I mean, nobody can say, "I felt really good because I was jealous. It was an amazing feeling." It's a horrible feeling. It's dark; it's just bad. So you might want to say, "Okay, what can I do about this," and maybe some of those little steps that occurred before start coming back, or you start considering, "Well maybe I should look there for a solution. Maybe I should pursue that idea more; this spiritual life" and on and on it goes. So as we make progress then more and more we're open to the idea of spiritual healthâ€"which means health for me, the spirit soul. Spiritual health is not just some airy-fairy term. It's real health. Maybe it takes a trip to the hospital or open heart surgery or something for a person to realize, "I need to change my diet." But I've known more than one person who had open heart surgery or five bypassesâ€"it was obviously because of their diet. And they learned diet and lack of exercise, lifestyle, we'll say. And they get the bypasses, they feel pretty good, everything is sewn up. And they just continue on doing the same thing they did before. So it didn't really ring any bells in them. It didn't set off an alarm. It was like, "Okay, I got through that crisis. I'm good to go." So those people, what can you do? But there is the person out there somewhere that says, "Wow, what is a real solution here?" And they do have a desire to turn to a spiritual source. Now, one thing that we've discussed previouslyâ€"that there's an expansion of the Lord in our heart known as the Paramatma, the Lord in the heart. The Lord is omnipresent. That means he's present everywhere, therefore, He knows when I have that thought. He's the all-knowing Supreme Person. So when I have that little thought, that little glimpse of, "Wow! Maybe I should try to look into something that will really solve the problem." And He knows that. So then He provides me with something in His own way, perfectly executed, that will help me take the next step or be relevant to my life or whatever it is that kind of perks my interest or kind of convinces me or leads me on. So it just builds and builds and then when I hear "Jealousy," I've always known it's not good, but then I'm thinking, "Oh, yeah, this is due to a contamination that I have from my contact with material energy, from the material world." Each faith based system has a different way to address these issues; they can call it one thing, another thing, call it a sin, call it whatever you want to call it. But the idea is always the same: that we need to ask for divine help to deal with it. So maybe I'm able to humble myself enough to send out a little call for help, a little SOS. Can you help me? And again, that is never missed. That SOS signal is not lost in the cloud somewhere. The Lord hears it, and He responds immediately. And it just builds on that.

R

Ruben 51:19

That's very reassuring.

B

Balakhilya 51:23

So nobody is alone. That is something that very few people knowâ€"we are never alone. The Lord is within our own heart. When we talk about the heart, we are talking about two things. One, the pumpâ€"the red, pumping, muscular organ that circulates the blood. So within the body, the Lord is located, and I am located, there. That's where we are in the body. But even if I recognize or accept, "I'm there," very rare is it that I also will accept, "Well, the Lord is there, too." That's how close we are to each other always. Right there. Housemates in the hearts, so to speak.

R

Ruben 52:17

We can't get rid of this one. I mean, He's always there. We just have to make friends with Him.

B

Balakhilya 52:23

Yeah. Make friends. So therefore, we're never alone. And the more I accept that and turn to the Lord for help, then the more help I get, and the more clarity I have on the subject. And the more I see a bright light at the end of a dark tunnel.

R

Ruben 52:54

So this is based on your sincerity? I mean, that's where this leads to, isn't it?

B

Balakhilya 53:02

Yeah, it is. And some people's sincerity comes from extreme measures, when we're down to such a low level that we got nowhere else to turn. Now, how many stories have I read—and I'm sure you have read, and many people have read—about somebody who was in some dire situation where it looked like death was the only thing that was next. Whether they were lost at sea in some little dinghy boat and there was a storm and big waves were crashing on them, or whether they were buried under an avalanche, or whether they were experiencing some physical condition of the body where they were going to die, whatever. And at that moment of need, they cry out, "God, please help me. If You help me I am Yours. I will give my life to You, I will serve You. I will be for You." And they recover, they get out of their situation, and they do it. They do it. It happens. I have a friend— It's a long story. I'm not going to tell it because it's too long. But anyway, he was in that situation and he cried out just like that. It wasn't some philosophical cry. I mean, this is like, "Help me!" and you're ready to go over the waterfall. You're just screaming for help, "Help me God, please!" His actual commitment was, "If you get me out of this situation, I'm yours. I'll quit my sinful ways"—and he was deeply involved in some unacceptable activities—"I'll quit my sinful ways. I'll do this. I'll be yours. I'm leaving my life to you." And he got out of it and he did it. He did it. One day, he's like this; the next day, he's completely the other way. And he continued. I've lost touch with him. But as long as I was in touch with him, he continued on. Very, very firm and active in his relationship with God, and preaching it and bringing other people in. Tirelessly being about his father's business, so to speak. So, sometimes it takes that extreme measure to make it so we wake up. It doesn't have to; maybe we're just intelligent enough to realize some things by hearing this philosophy of truth. And this is not some sectarian philosophy. This is the message of truth. Just by hearing it, we're intelligent enough to know, "Yeah, this is true. I understand this is true. And this is the best thing I can do. Listen to this. Follow this. Apply it to my life."

R

Ruben 56:17

In my personal experience, only with the people who live a yoga lifestyle, I've just seen so many versions of that, from Frank that I'm living with who has been just full on with all the different kind of intoxications as you can possibly imagine, almost. Just to try to escape from the world. But when I speak to him I realize that's a sense of determination. You got to be really determined—he was really determined—"This world is not making me happy. There's got to be something more."

B

Balakhilya 56:54

Right. So he was really searching. And it wound up where it has to go if you're really searching. "Seek and you shall find," that's what it says in the Bible, right? If you don't seek, you're not going to find. So he was looking, he was searching. Almost killed him. And he's still suffering the repercussion. But he found the answer.

R

Ruben 57:24

But how was your meeting this philosophy? When did it click?

B

Balakhilya 57:37

Well, I've said it many times. I just was always a pleasure seeker and I wanted the best pleasure. Wherever it was to be found, I wanted that. And I also knew that the dark pleasures are notâ€¦ that's not the light. That's not the bright pleasure that's going to make me really happy. And all this darkness, I didn't have attraction for it. I entered into some pretty unacceptable activities. But I didn't think it was dark. It was dark, in the true sense of the word. But it wasn't that really ugly, dark stuff. Because that was obvious to me that that's no good for anybody. I mean, there's nothing there but ugliness. But anyway, I was successful in creating a lifestyle for myself. I had no problems. I wasn't like, "Wow, I wish I had more and more and more of this other thing." No. "I got it, man. I'm on the bubble," and I was satisfied with the bubble. But at the same time I wasn't, because, "Okay, this is so so good, I am really, really glad I'm where I'm at. But what's beyond this?" And like I say in the introduction to the Happy Man videoâ€¦"you know that little thing? "I knew it had to be spiritual," because from where I was at, I had what I wanted materially. I had it. I didn't think I didn't have it, and if I just had something else, it would be better. I had it. And it was like, "Okay. But what's next?" And that's why I say I knew it had to be spiritual. And that really was the attraction for me because there was a spiritual world that I knew nothing about, but I wanted to know a lot about. I wanted to see what it had to offer. I knew what the material world had to offer but I didn't have any idea what the spiritual world had to offer. And I had heard some wonderful things about the spiritual world and spiritual life and spiritual love. But I had no real, concrete experience of that. But I was seeking. I was a journeyer. I was an explorer. I was ready to go there. And when I got more information and had more opportunities to go in that direction, I was ready. I was in, man; "I'm ready to go. Let's go!" That's how it was for me. I didn't hit any low points at allâ€¦no depression, no anxiety, no loneliness, no this, no that, low self-esteem, all these things. I didn't have any of that. No, it was just my karma this time around. I just fell into a very good situation from birth.

R

Ruben 1:01:12

Did you have anything else you wanted to mention on jealousy or say on jealousy?

B

Balakhilya 1:01:22

Well, it's something that is going to tear you apart. There's no good fruit that comes from it. And it is a serious problem, for your happiness, for your well-being, for other people around you. And, therefore, see it as something that needs to be dealt with, not swept under the rug and act like it doesn't exist. It does exist. And if it's not rearing its ugly head now, it will. So change the heart, change the mind through spiritual purification. And the jealousyâ€¦ Even if it comesâ€¦"because until we're pure, we're not. If we're half pure, we're half pure. If we're 5% pure, we're 5% pure. And along the way to perfectionâ€¦and we're all still working on thatâ€¦there'll be times when jealousy will flare up, or envy or anger or whatever. But you can see it in a different light and you can analyze what's going on here and why, whereas before it was just an emotional reaction. Now it is like, "Okay, here's a red flag. Let's look at this red

flag. Let's analyze a little bit. Let's see what causes this and why this situation produced that result." And we gain more and more knowledge of who we are, and what is really good for us. And where real happiness is to be found. See the enemies as enemiesâ€"lust, anger, greed, jealousy, all these things, envy, insecurity. They're all enemies. They are enemies. It declares it in every scripture of truth; they're enemies, they're not friends. It's not okay to live with enemies. It's not okay to let them in your house and just take care of them.

R

Ruben 1:03:40

And just say that it's normal.

B

Balakhilya 1:03:45

Yeah. It's not normal. It's abnormal. This world's normal is not normal for the soul. It's not normal for so many people to be in such anxiety and so agitated mentally. It's not normal to have constant flare-ups in society and constant protest and hate flying every which way it can fly and so much ill feeling toward people because of their bodiesâ€"one race/another race, one sex/another sex, one nation against another, political party against political party, religions against religionsâ€"all this is tearing us apart. It is not normal. It is based on false identity. It is based on arrogance. It is based on lust, and jealousy is a huge part of that. Start calling it as it is, and in that way we can rise above these storms that are ripping people apart. What is that famous quote from our spiritual master Siddhaswarupananda Paramahansa? "As a lotus rises above the contaminated water untouched by its impurity, so we can rise above the contaminated impure world untouched by all these things." That's a spiritual elevation, spiritual rising. The lotus, which is the most fragrant and the most lauded flower of all flowersâ€"the Vedic scriptures always refers to the lotusâ€"something of extreme beauty is described as lotus-like. And the fragrance is just otherworldly. So that can growâ€"that wonderful lotusâ€"can grow in the most contaminated impure conditions. It rises above it. It's not contaminated by it. And that's the analogy, that's the idea. We're not going to make it so this world is pure. Come on! Because we can't. We have to rise above itâ€"we have toâ€"or be a part of it. You have two choices: to be a part of it, and wallow in it, like the pigs wallow in the mud. Nothing against pigs, that's just how they are; that's their lifestyle. But we can either make that choice, or we can make a choice to pursue rising above. There's so much kind of internet hype interest in levitation, "Oh, he can levitate." People are thinking that's the goal in life. But that kind of levitation, what good is that? That's not going to help you. But levitate as far as spiritual purification of consciousness; the consciousness rises up like a butterfly, floating up to the spiritual world. This is the bright light; this is the future that we should be seeking.

R

Ruben 1:07:26

And it's always so easy to seek trying to perfect the world because you think the world is the problem. The people around me are the problem. A person that is triggering this jealousy is the problem.

B

Balakhilya 1:07:38

Yeah, yeah, exactly. See, that's because we don't really have the vision to see the problem. But if we don't have vision, what do we do? We listen to people who have vision. If I can't see, that doesn't mean nobody else can see. If I'm blind, it doesn't mean everybody's blind. So that's why we have our spiritual masters and the scripture to show us what the truth really is; to see through the eyes of the spiritual seers of truth and the eyes of scripture. Then I have that vision. But I have to have a little humility to accept that I'm blind and they're not. That they know and I don't know. That's where we go back to with humility. We can talk about good qualities to the end. But that doesn't mean they're just going to appear. We have to do something. We have to do something. And so the mantras that we're

always chanting and promoting and encouraging other people to chant themselves or listen toâ€”maybe you don't want to actually chant yourself. But if you just listen to itâ€”recordings of meditation with mantras and so onâ€”that purifies, that's purifying. There's where the potency is; there's where the result will come from. And then it makes it so the philosophy becomes more attractive. All these things that we talk about will be more attractive.

R

Ruben 1:09:29

Yeah, we can end with a chant with mantras, by the way. We hear so much about mantras. There are so many different mantras. What does one do if one wants to have the purification and where does one get that from? Many people that I've been in contact with, when you say that, they go to Google and start googling the word "mantras" and find some strange, long, whatever.

B

Balakhilya 1:10:04

Again, you have to have enough humility to accept that there is a true presentation of truth. True presentation of truth. And then there's so many other versions of that so-called truth. Those are other versions of that truth which are not really true. How about that? In other words, there's news and fake news. Very trendy topic right now. So the Vedas that we study are coming through a line of perfect masters; disciplic succession. It's called parampara. Each master is a pure, fully realized master who passes it on to his follower who becomes purified as a result, and passes it on. So the lineage of pure teachers, which starts from the Supreme Lord Himself, makes it so the truth does not become untruth. It doesn't become altered. It doesn't become contaminated or filled with opinions or whatever. The potency is still there, 100%. Those are the mantras. When we talk about mantras, those are the mantras we talk about. If the mantras do not come through a pure line, then the same mantra will not have the same potency. It's just how it works. Argue it, don't argue it. That's just how it works. I'm just telling you what is the truth. And that's why we only teach mantras that we have received from our spiritual masters. And those mantras, we just pass on. We don't in any way try to interfere, contaminate, whatever. That means we have a responsibility to retain some purity ourselves. So it's like water. No matter how pure the water source, anywhere down the pipe, if some contamination enters in, it is still water, it still may look exactly the same, but now it's not the same. The wonderful healing qualities that were there at the spring are now gone and the qualities of impurityâ€”which may even be poison enough to kill youâ€”are what you get. So, anyway, we are not saying just go find any mantra and chant it. Every mantra will do what it does, but they don't all do the same thing, even if it's the same words. So that's why we're saying we know what we're doing is correct. We're not going to be the judge of everything and everybody else, but if it's not coming through a line of perfect teachers, what can I say? I'm just repeating what I know is true. So, that being saidâ€”go ahead.

R

Ruben 1:13:26

Well, I just thought we could have a chant at the end.

B

Balakhilya 1:13:30

That's what I was going to say. That being said, let's chant.

R

Ruben 1:13:34

Okay, so we agree.

B Balakhilya 1:13:40
Ten minutes.

R Ruben 1:13:43
You just froze a little bit there, but that's okay. You just froze a little bit. It's okay, though, now you're back.

B Balakhilya 1:13:51
Am I back? Yeah, we freeze every now and then. It's cold over here.

R Ruben 1:13:58
I also freeze a little bit.

B Balakhilya 1:14:05
So, to make it very easy for people, we'll just have a very simple mantra. The mantra will be Gauranga. And the second mantra will be Haribol. Gauranga Haribol.

R Ruben 1:14:19
Gauranga Haribol.

B Balakhilya 1:14:21
And the process is called sravanam kirtanam—that means the leader chants, which in this case would be me, and everyone will listen. And then everyone responds, and I listen. It's called sravanam kirtanam—hearing and chanting. So I have some friends here with me in the Chintamani studio that will be responding. And you chant with them. And of course, Ruben will be responding.

R Ruben 1:14:52
I'll be chanting back too, I was going to say that.

B Balakhilya 1:14:54
You will be chanting with Ruben. And we always suggest to—as much as you can—meditate on the mantra. Just focus on the mantra. Let that sound capture your mind. Haribol. So that is sankirtan. And it's also known as congregational chanting. The world is so divided today: so many divisions in all societies. But the mantras can bring

congregational chanting. The world is so divided today, so many divisions in all societies. But the mantras can bring us togetherâ€”forget all those causes of division and just come together as one force, coming together to chant the mantras. No arguments. It doesn't matter what you believe in, where you came from, whatever, whatever, whatever. We're all children of God. We're all eternally equal. And this is the common denominator. It can bring us beyond all the conflicts, the jealousy, etc, etc.

R

Ruben 1:22:18

That's the same thing I've heard said about soccer.

B

Balakhilya 1:22:26

Come on, mate. Not even close. People kill each other at soccer matches. That's one of the biggest divisions of all. So don't believe what you hear; believe what you can perceive to be true. So the truth when heard by many people, they don't see it as true. They don't accept the truth as being true. But if we chant the mantras; you don't know if it's true or not, all those things I said about the mantras. You probably don't know if that's true or not, but try it and see. What have you got to lose? Where is there room for any kind of loss? And everybody likes music. Tell me, who doesn't like music? Very rare. Why is that? That's another topic. Why is it we all like music? We can talk about that another time. That's a nice one, too.

R

Ruben 1:23:37

Even my mom. My mom is tone deaf. And she loves it. When we go on the hikes. I started bringing my guitar into my hikes. I started playing in the evening and the evening after I sang her to bedâ€”I sang to her while she was going to sleepâ€”and then the night after she said, "Where's my good night song? I'm missing my good night song."

B

Balakhilya 1:24:01

Right on. That's something we can talk about. That's reality, isn't it?

R

Ruben 1:24:12

That's another topic for another day.

B

Balakhilya 1:24:14

Another topic for another day. Well, Ruben, thank you very much. We got to prepare for our next program.

R

Ruben 1:24:19

Yeah. Always nice to talk to you, Balakhilya.

B

Balakhilya 1:24:24

B Balakhilya 1:24:27
We'll be back again. Let's continue with interesting topics.

R Ruben 1:24:33
Cool. See you soon again. Head out in those mountains behind you.

B Balakhilya 1:24:39
We're going to get out there tomorrow. It's been a little rainy, a little snowy but there is supposed to be some sun tomorrow. So we'll go out and see what's occurred since we were there last week.

R Ruben 1:24:55
Awesome. We have some sun here as well. So I'm going to run out now after we're done here and do some japa meditation, walk in the snowshoes.

B Balakhilya 1:25:05
Right on. The snowy north. It's wonderful.

R Ruben 1:25:12
It's truly wonderful. The wonders of nature. It's just amazing.

B Balakhilya 1:25:16
Okay, we're going to get going. I've got to go. We can just wind it up again, but I think we have to shut it down. Alright, take care. Haribol to all your family thereâ€”Linn and Frank and Janne.

R Ruben 1:25:35
Thanks to all the crew behind you, Slava and everyone chanting there. Thank you.

B Balakhilya 1:25:40
Slava the magician and all the Chintamani choir. Okay, Haribol Ruben. Haribol everybody. Thank you very much for being with us.

R Ruben 1:25:53
Thank you very much for joining today. Remember to stay true to yourself and break trail.

