

# Kartik Inspirations 2016

Kartik Inspiration Day 23 . 7 NOVEMBER, 2016

## KRISHNA'S SELF-CONTROL

A person who has full control over his senses is called *vashi*, or self-controlled.

An example from the *Srimad-Bhagavatam* (1.11.36) tells us about this quality of Krishna:  
*»Although the queens' beautiful smiles and furtive glances were all spotless and exciting, and although these queens could conquer Cupid himself by making him give up his bow in frustration [it slipped out of his hand], and although even the tolerant Siva could fall victim to them, still, despite all their magical feats and attractions, they could not agitate the senses of the Lord.«*

It is said one symptom of falling prey to lust is becoming angry, especially towards those who are subordinate. Someone who is able to control their senses, especially lust, will never become angry at subordinates, but will always wish them well, no matter what they do.

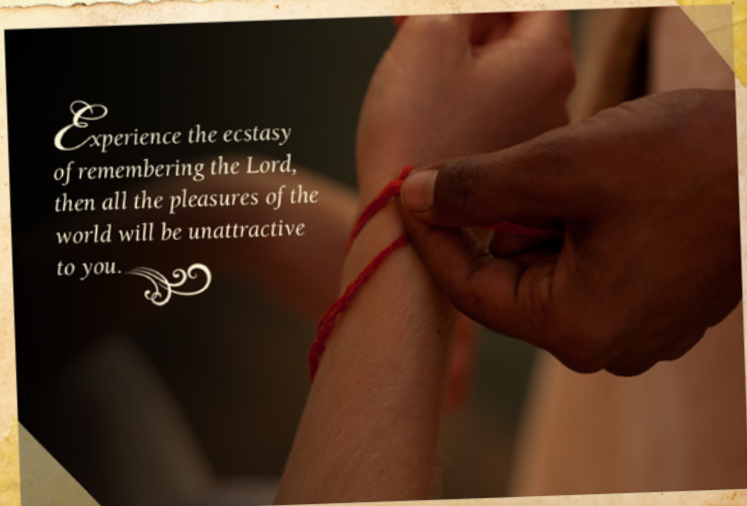
So Krishna is like this – He doesn't get angry because anger is always a child of lust. Krishna is free from lust, so it doesn't happen to Him that He loses Himself.

Now, a question for us devotees is: how can we become self-controlled?

Narada Muni teaches one practical formula that works. He says: *»When you are tempted, always think about the negative consequences of following those impulses.«*

A second great piece of advice is: *»Be filled to the brim with thoughts of Krishna. Experience the ecstasy of remembering the Lord and associating with Him, then all the pleasures of the world will be trivial and unattractive to you.«*

Hare Krishna.



Experience the ecstasy  
of remembering the Lord,  
then all the pleasures of the  
world will be unattractive  
to you.

ŚACĪNANDANA  
Swami