

# **Overcoming the Problems of Life**

**"Practical Solutions"**

**Based on the Teachings of the Bhagavad-Gita**

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## **1. Overcoming Distractions**

**Distractions are what leads us astray from the right path in many aspects of our life and wastes precious time.**

**“This is your emergency call.”**

**Mobile devices (cell phone, apad to zpad etc..) are the biggest distractions in our life. Most people are completely absorbed on mobile devices. These devices are more dangerous to our spiritual and material health than smoking thousands of cigarettes per day. Smoking only damages the health of the smoker, but mobile devices damage the health of the whole family. People waste so much precious time on their mobile devices daily.**

**The purpose of life is to enquire about spiritual topics and not about material topics like what he/she is doing, eating, going, wondering, passing etc... The bond between humans is completely lost due to humans being bonded to mobile devices instead of humans. There are serious relationship problems, because both are connected to the mobile devices, instead of each other. There are serious road accidents, because people are looking at the phone instead of the road ahead. People have serious health problems, because they are always hooked to the mobile devices, and so they don't move and get enough exercise.**

**Throwing away all the mobile devices in a home will instantly relieve all the family members of a lot of stress and avoid many problems in life for all the family members.**

## 2. Overcoming Anger

**Absorption in sense gratification and attachment lead to anger.**

- **Many times, it's better not to respond or speak out.**
- **Don't argue.**
- **Don't get disturbed when there is misery or happiness.**
- **Give up material desires.**
- **Don't get attached to money, properties, objects, places, and people.**

**“One who is not disturbed in mind even amidst the threefold miseries or elated when there is happiness, and who is free from attachment, fear and anger, is called a sage of steady mind.” (Lord Krishna, Bhagavad-Gita 2.56)**

**“While contemplating the objects of the senses, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises. From anger, complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool.” (Lord Krishna, Bhagavad-Gita 2.62-63)**

**“Those who are free from anger and all material desires, who are self-realized, self-disciplined and constantly endeavoring for perfection, are assured of liberation in the Supreme in the very near future.” (Lord Krishna, Bhagavad-Gita 5.26)**

**“There are three gates leading to this hell – lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul.” (Lord Krishna, Bhagavad-Gita 16.21)**

### 3. Overcoming Fear

Fear is due to worrying about the current situation, uncertainty of the future, and due to taking too seriously commands or statements from egoistic and ignorant people.

- A pure devotee of Krishna accepts whatever happens and is not disturbed by the flickers of happiness and distress that come in life like the waves.
- The only proven and seen God, Lord Krishna. Gives assurance that His devotees will back to the spiritual manifestation and live in complete bliss, at the end of this short life. He also gives assurance that all living entities (all souls) will eventually go back to the spiritual manifestation and nobody suffers eternally. This is because, everyone is His part and parcel, and He cares for all His parts.

“Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear.” (Lord Krishna, Bhagavad-Gita 18.66)

### 4. Overcoming Feeling Down/Depression

- Material existence is a short drama. Don't take things too seriously.
- Eat fresh fruits, vegetables, and freshly cooked foods. Food plays a major role in the health of the body and mind.
- Do Yoga for the health of the body, mind, and the soul.
- Don't look outside for pleasure, look within yourself.
- You have done your part, now leave it to God.
- If it's Saturday, Sunday will come for sure. In a similar way, happiness and distress are waves which will come and go. If one opportunity is lost, another one will come.
- There are plenty of fish in the ocean, don't get too attached to one fish.
- You came with nothing, there is no loss.

- **You will leave with nothing, it wasn't yours.**
- **Live with joy- be joyful with everyone.**

**Lord Krishna is always smiling, and He wants all of us to smile too.**

**“The Lord is always smiling, and the devotee should constantly see the Lord in this form, as He looks very mercifully toward the devotee. In this way the meditator should look toward the Supreme Personality of Godhead, the bestower of all benedictions.” (4.8.51)**

**“Such a liberated person is not attracted to material sense pleasure but is always in trance, enjoying the pleasure within. In this way the self-realized person enjoys unlimited happiness, for he concentrates on the Supreme.” (Lord Krishna, Bhagavad-Gita 5.21)**

## **5. Overcoming Laziness**

**Laziness is negligence. Ignorance and negligence eventually catch up and makes us pay dearly.**

- **One must work to pay the bills.**
- **One must work to maintain the home and family.**
- **One must work to maintain the physical body.**

**“Perform your prescribed duty, for doing so is better than not working. One cannot even maintain one's physical body without work.” (Lord Krishna, Bhagavad-Gita 3.8)**

**“Lazy human beings with paltry intelligence and a short duration of life pass the night sleeping and the day performing activities that are for naught.” (Srimad Bhagavatam 1.16.9)**

## **6. Overcoming Financial Hardship**

**There are many reasons for facing financial hardship or ruin. Negligence is one of them.**

- **Focus on your work or business to maintain your income.**
- **Never over spend.**
- **Always save something from every pay check for rainy days.**
- **Buying and living in your own home is far better than renting or staying with others.**
- **Never gamble.**
- **Be aware of cheaters who will ask you for a loan but will NEVER return it. If you want to give, make it a donation and not a loan.**
- **Be always honest in your dealings, in the long term this will benefit you.**
- **Keep looking and you will get it.**
- **Work hard and you will get the fruits.**
- **You get back what you gave. If you have the money, be charitable, this will save you from hardship in the future.**

**“Vasudeva Datta is very liberal. Every day, whatever income he receives, he spends. He does not keep any balance. Being a householder, Vasudeva Datta needs to save some money. Because he is not doing so, it is very difficult for him to maintain his family.” (CC Madhya 15.94-95)**

## **7. Overcoming Loneliness**

**Loneliness is the result one’s own actions.**

- **You are never alone, because God is everywhere and sitting within everyone.**
- **Be nice to everyone and make friends.**
- **Visit old friends and relatives.**
- **Forgive the mistakes of others.**

**“For one who sees Me everywhere and sees everything in Me, I am never lost, nor is he ever lost to Me.” (Lord Krishna, Bhagavad-Gita 6.30)**

**“The Supreme Truth exists outside and inside of all living beings, the moving and the nonmoving. Because He is subtle, He is beyond the power of the material senses to see or to know. Although far, far away, He is also near to all.” (Bhagavad-Gita 13.16)**

## **8. Overcoming Hopelessness**

- **Never lose hope.**
- **Everything is possible.**
- **There is always a chance.**
- **There is always the possibility.**
- **Time is eternal, it's never too late.**

**“Wherever there is Kṛṣṇa, the master of all mystics, and wherever there is Arjuna, the supreme archer, there will also certainly be opulence, victory, extraordinary power, and morality. That is my opinion.” (Lord Krishna, Bhagavad-Gita 18.78)**

**“Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear.” (Lord Krishna, Bhagavad-Gita 18.66)**

## **9. Overcoming the mind**

**The mind can be your greatest friend if you can control it and your greatest enemy if you do not control it.**

- **Control your mind by slowly becoming detached from wanting material objects.**
- **Perform actions without desiring results.**
- **Reduce the desires.**
- **Live simply by eating simply and wearing simply.**

“One must deliver himself with the help of his mind, and not degrade himself. The mind is the friend of the conditioned soul, and his enemy as well. For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy.” (Lord Krishna, Bhagavad-Gita 6.5-6)

“One who performs his duty without attachment, surrendering the results unto the Supreme Lord, is unaffected by sinful action, as the lotus leaf is untouched by water.” (Lord Krishna, Bhagavad-Gita 5.10)

## **10. Overcoming Temptation**

**We cannot even control our own body which can become diseased at any time.**

- **Confidence is a good quality, but over confidence is not good.**
- **Give up the desire to control.**
- **Restrain the senses.**
- **We can never be satisfied, so stop the wants and desires.**

“The senses are so strong and impetuous, O Arjuna, that they forcibly carry away the mind even of a man of discrimination who is endeavoring to control them.” (Lord Krishna, Bhagavad-Gita 2.60)

“A person who is not disturbed by the incessant flow of desires – that enter like rivers into the ocean, which is ever being filled but is always still – can alone achieve peace, and not the man who strives to satisfy such desires.” (Lord Krishna, Bhagavad-Gita 2.70)

## **11. Overcoming Lust**

**Being a materialist is what causes lust to develop. Lust can be for objects like cars, properties, electronic devices, and for people of opposite gender. We must slowly give up being a materialist by reducing our desires for objects, visiting places, and controlling our senses.**

**Lust for people can be reduced by realizing that the male body and the female body is composed of the same matter. Both bodies contain nasty liquids, gases, stool, bones etc... Beauty is only skin deep, and it does not come alone. Beauty comes with very high false ego which causes the luster to develop donkey mentality to satisfy the false ego in the body which is covered by the illusory beauty. The donkey works very hard all day in the sun so that he can get some grass at the end of the day. He is very happy to do this day after day, all his life, because he is a donkey.**

**The Vedic culture is that except for one's wife, all other females should be seen as mothers and sisters.**

**“The Supreme Personality of Godhead said: It is lust only, Arjuna, which is born of contact with the material mode of passion and later transformed into wrath, and which is the all-devouring sinful enemy of this world.” (Lord Krishna, Bhagavad-Gita 3.37)**

**“Therefore, O Arjuna, best of the Bhāratas, in the very beginning curb this great symbol of sin [lust] by regulating the senses and slay this destroyer of knowledge and self-realization.” (Lord Krishna, Bhagavad-Gita 3.41)**

**“Thus, knowing oneself to be transcendental to the material senses, mind and intelligence, O mighty-armed Arjuna, one should steady the mind by deliberate spiritual intelligence [Kṛṣṇa consciousness] and thus – by spiritual strength – conquer this insatiable enemy known as lust.” (Lord Krishna, Bhagavad-Gita 3.43)**

“There are three gates leading to this hell – lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul.” (Lord Krishna, Bhagavad-Gita 16.21)

## **12. Overcoming Confusion**

**Confusion is caused by lack of proper knowledge and understanding, which results in loss of confidence.**

- **Seek advice and gain knowledge from people with proper knowledge and understanding.**
- **Seek advice in a submissive way and not in a challenging way.**

“Now I am confused about my duty and have lost all composure because of miserly weakness. In this condition I am asking You to tell me for certain what is best for me. Now I am Your disciple, and a soul surrendered unto You. Please instruct me.” (Arjuna to Lord Krishna, Bhagavad-Gita 2.7)

## **13. Overcoming Envy**

**Envy is slowly developed by lack of proper knowledge, misunderstanding, and misguidance.**

- **The first step in overcoming envy is to stop envy of animals by stopping animal killing.**
- **Give up personal ego by respecting and seeing everyone equally.**
- **One should realize that the result of envy is degradation to lower species in the animal kingdom.**

“One who is not envious but is a kind friend to all living entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress, who is tolerant, always satisfied, self-controlled, and engaged in devotional service with determination, his mind and intelligence fixed on Me – such a devotee of Mine is very dear to Me.” (Lord Krishna, Bhagavad-Gita 12.13-14)

“Those who are envious and mischievous, who are the lowest among men, I perpetually cast into the ocean of material existence, into various demoniac species of life.” (Lord Krishna, Bhagavad-Gita 16.19)

“And one who listens with faith and without envy becomes free from sinful reactions and attains to the auspicious planets where the pious dwell.” (Lord Krishna, Bhagavad-Gita 18.71)

#### **14. Overcoming Forgetfulness**

**Forgetfulness is due to negligence on our part or our past activities or the outcome of the activities of others (those who are affected by your forgetfulness). All these factors are managed by God. God is not the doer but simply the overseer, permitter, and implementor.**

“I am seated in everyone’s heart, and from Me come remembrance, knowledge and forgetfulness. By all the Vedas, I am to be known. Indeed, I am the compiler of Vedanta, and I am the knower of the Vedas.” (Lord Krishna, Bhagavad-Gita 15.15)

“The Supreme Lord is situated in everyone’s heart, O Arjuna, and is directing the wanderings of all living entities, who are seated as on a machine, made of the material energy.” (Lord Krishna, Bhagavad-Gita 18.61)

#### **15. Overcoming Greed**

**Greed is wanting more than what you need or desiring anything in excess. Greed develops by being materialistic (the mode of passion).**

- **Be satisfied with what you have.**
- **Live on what you have.**
- **Let go.**
- **Accept what you have.**
- **Think of those who have less than you.**
- **Start giving without expecting anything in return.**
- **Reduce the desires.**
- **Reduce running around from one place to another. The more you see, the more you will become attached and increase being materialist.**

**The result of greed is degradation for the soul.**

“From the mode of goodness, real knowledge develops; from the mode of passion, greed develops; and from the mode of ignorance develop foolishness, madness and illusion.” (Lord Krishna, Bhagavad-Gita 14.17)

“There are three gates leading to this hell – lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul.” (Lord Krishna, Bhagavad-Gita 16.21)

“Without desiring fruitive results, one should perform various kinds of sacrifice, penance and charity with the word tat. The purpose of such transcendental activities is to get free from material entanglement.” (Lord Krishna, Bhagavad-Gita 17.25)

## **16. Overcoming Pride**

**Pride develops when one is over confident or thinks himself/herself to be the best.**

- **The body you have is made of the same stuff as the others, nasty liquids, gases, bacteria, flesh, bones etc... You are in a bag of filth just like the others.**
- **Live at home like a guest, without any sense of ownership.**
- **Knowledge is not limited by what you know.**
- **You know very little compared to many others.**
- **You have nothing compared to many others.**
- **There were many others like you, before you. They are all gone, and you will too.**
- **For how long will your position and opulence last? Not forever.**

“Pride, arrogance, conceit, anger, harshness and ignorance – these qualities belong to those of demoniac nature, O son of Pṛthā.” (Lord Krishna, Bhagavad-Gita 16.4)

“One who performs his duty without association with the modes of material nature, without false ego, with great determination and enthusiasm, and without wavering in success or failure is said to be a worker in the mode of goodness.” (Lord Krishna, Bhagavad-Gita 18.26)

## 17. Overcoming Demotivation

Failure or having no goals leads to demotivation.

- Persistency works.
- Success will come for sure, if you keep trying.
- Nothing was yours before and so you have lost nothing.
- You came with nothing and will leave with nothing, so you have nothing to worry about.
- When you engage in devotional service of the supreme, you have the master on your side. Victory, power, and morality is assured.

“Every endeavor is covered by some fault, just as fire is covered by smoke. Therefore one should not give up the work born of his nature, O son of Kunti, even if such work is full of fault.” (Lord Krishna, Bhagavad-Gita 18.48)

## 18. Overcoming Discrimination

People discriminate due to lack of proper knowledge, feeling insecurity, and very high personal ego.

- You should behave properly and set good examples for others to follow. In this way, the ego of the discriminators will melt.
- Offer your respects to all and expect none in return.
- See everyone as equals.
- Don't react. Just as a disc goes around, accept that your own behavior to others in the past is coming back to you.

“The humble sages, by virtue of true knowledge, see with equal vision a learned and gentle brahmana, a cow, an elephant, a dog and a dog-eater [outcaste].” (Lord Krishna, Bhagavad-Gita 5.18)

“I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am also a friend to him.” (Lord Krishna, Bhagavad-Gita 9.29)

## 19. Overcoming the death of a loved one

Attachment to people eventually leads to lamentation due to their bodily loss (death), and loss of their association.

- It is perfectly natural to lament over the death of a loved one.
- We say he/she has passed away, but the body is front of us. So, the body is not the living entity. The soul is the living entity.
- Death is for the body only, not for the real us, the soul.
- Death means the soul has moved onto another body.
- One life ends another one begins.
- Death is not the end, it's the beginning of another life.
- Every soul is eternal. Our loved ones (the souls) never die.
- The soul can never be cut, burned, withered by the wind, nor moistened.
- Our relationships with others (spouse, children, parents, relatives, friends) are only for this life short life.
- “The association of children, wife, relatives and friends is just like the brief meeting of travelers. With each change of body, one is separated from all such associates, just as one loses the objects one possesses in a dream when the dream is over.” (Srimad-Bhagavatam 11.17.53)
- “Like birds spending a night together on a tree and going their separate directions the next morning. So inevitably the union of all beings ends in parting. As clouds coming together in the sky only to separate again, so do creatures collect together and then disperse.” (Lord Buddha)
- Birth, death, and the activities in life are all due to our own desires, but we forget this and lament when our desires must be satisfied in another body or others have moved on to satisfy their desires in another body.
- All living entities are part of God and He cares for all His parts, more than any of us. Knowing this one should realize that our loved ones are in the best care possible.
- God assures us that every soul belongs to Him and thus eventually everyone goes back to the spiritual manifestation to live eternally in complete bliss.

**“Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. As the embodied soul continuously passes, in this body, from boyhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change.” (Lord Krishna, Bhagavad-Gita 2.12-13)**

**“That which pervades the entire body you should know to be indestructible. No one is able to destroy that imperishable soul.” (Lord Krishna, Bhagavad-Gita 2.17)**

**“For the soul there is neither birth nor death at any time. He has not come into being, does not come into being, and will not come into being. He is unborn, eternal, ever-existing and primeval. He is not slain when the body is slain.” (Lord Krishna, Bhagavad-Gita 2.20)**

**“The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind.” (Lord Krishna, Bhagavad-Gita 2.23)**

**“One who has taken his birth is sure to die, and after death one is sure to take birth again. Therefore, in the unavoidable discharge of your duty, you should not lament. All created beings are unmanifest in their beginning, manifest in their interim state, and unmanifest again when annihilated. So what need is there for lamentation? “ (Lord Krishna, Bhagavad-Gita 2.27-28)**

**“O descendant of Bharata, he who dwells in the body can never be slain. Therefore you need not grieve for any living being.” (Lord Krishna, Bhagavad-Gita 2.30)**

**The solutions for all your life problems are within you.**

**“The life and death of an embodied soul and his destination in the next life are all caused by himself through his own activity. Therefore, O King, no other agent is actually responsible for creating one’s happiness and distress.”**

**(Srimad-Bhagavatam 12.6.25)**