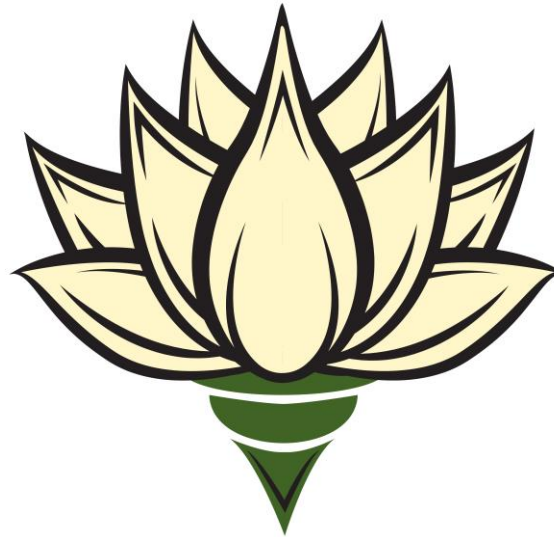


Most Practical Spiritual Advice for Today



Facebook, Twitter,
WhatsApp, Texting, and
other social media sites
and applications have
become very common in
modern day society.

This is Modern Family Life



This is Human Degradation

Physically Connected, but Mentally completely Disconnected



This is Human Degradation

**Unlimited communication with those outside the house,
very little communication with those within the house**



www.shutterstock.com • 773015095

Social Media makes you Anti-Social



What Kind of Memories
Are we Creating

This is Healthy and Civilized Dinning



The floor is anti-septic, the food is cooked on natural fire (not microwaved or gassed or electrified) , all the ingredients are fresh (not frozen or processed), vegetarian and first offered to Lord Krishna, sitting on the floor to eat is healthy for the body and the mind.

Health Benefits of Sitting on the Floor and Eating

1. Signifies humbleness attitude. Devotees should have the “I am lower than the blade of grass” attitude. This attitude can develop fast by regularly sitting on the floor.
2. Improves Good Posture.
3. Lubricates body parts and makes you more flexible.
4. Improves digestion.
5. Improves blood circulation which is very important.
6. Increases family bonding.
7. Relaxes the mind which will reduce the stress of material life.

**No human bonding,
only digital bonding.**



**Kids are supposed to play with Kids, but
instead they play with digital dummies and
social media all day.**

This is Human Degradation



Enjoy the moment live, it won't come back



Seeing with your eyes live is Not the same as
seeing via a camera later

What is the value in gaining all the people in the world as your silly Facebook contact, but you lose contact with your soul?

What is the value in
having 7 billion followers,
but your soul has none?

What is the value in gaining
many connections in the
world, when you are the soul
which has no connection to
the material world?

What is the value in hooking
your body to the material
world, when you are the soul,
which cannot be hooked to
any body for long?

What is the value in talking and
seeing non-sense all day, if your
soul will be forced to come back
in another body to see and
hear the non-sense,
life after life?

People die due to social media and cell phone addiction



Drug and alcohol usage will
harm your body. Social
media and cell phone usage
will harm your soul by
corrupting your mind.

STOP
THE
NON-SENSE

**NO
SOCIAL
MEDIA**



Immediately
Close all the Silly
Social Media
apps

Minimize
the use of
Cell Phones

Robots communicate digitally.

Humans communicate via mouth.

Don't be a Robot, be human.

Robots see digitally.

Humans see via own eyes.

Don't be a Robot, be human.

Robots visit digitally.

Humans visit physically.

Don't be a Robot, be human.

The Message of Lord Krishna on Attachment to Social Media and Cell Phone



**“Engage your mind always in thinking of Me,
become My devotee, offer obeisances to Me and
worship Me. Being completely absorbed in Me,
surely you will come to Me.” (Lord Krishna,
Bhagavad-Gita 9.34)**

Is your mind focused on Social Media or Krishna?

Enquire about the absolute truth, and not about what he/she is doing or has done, eaten, went etc..

“Life’s desires should never be directed toward sense gratification. One should desire only a healthy life, or self-preservation, since a human being is meant for inquiry about the Absolute Truth. Nothing else should be the goal of one’s works.” (Srimad-Bhagavatam 1.2.10)

Practical Alternatives to Digital Media Association

Do Yoga, go walking, and go to the gym to keep the body fit and healthy

Visit spiritual places

Read and/or listen to the Bhagavad-Gita, Srimad-Bhagavatam, and Kathas by devotees

Attend spiritual programs

Associate with those interested in spirituality

Do gardening to grow flowers and fruits

Do some service at a Temple near you (cleaning, car park attendant, Deity service etc..)

Go on book distribution or do some preaching activity

Create and distribute some preaching materials to promote the Bhagavad-Gita

Write a book, especially on spiritual topics

Serve cows

Help to clean rivers and streets, especially in holy places

Visit friends and families in flesh (not digitally)

Do some community service

You have a clear choice, don't waste your life on Social Media and Cell Phone

What Spiritual Lessons can we learn from the Trees?

The trees are calm, peaceful, forgiving, tolerant, and free from anxiety. Basically the trees are not disturbed by anything. This is because they are self-satisfied from within.

**Like the trees. How can
we humans be not
disturbed by anything?**

Look inside instead of outside and you
will not be Disturbed by Anything

**“One whose happiness is within, who is
active and rejoices within, and whose
aim is inward is actually the perfect
mystic. He is liberated in the Supreme,
and ultimately he attains the Supreme.”
(Lord Krishna, Bhagavad-Gita 5.24)**

1. The trees are not disturbed by anything, because they do not read the news online which is full of non-sense events around the world. Seeing and hearing what the materialists are doing around the world only disturbs the mind and increases the anxiety and desires.

2. The trees are not disturbed by anything, because they do not have a cell phone. The cell phone constantly rings and causes the mouth to vibrate and spit out non-sense words (talk). Which only disturbs the mind and increases the attachments to the material world.

3. The trees are not disturbed by anything, because they do not have an email account. So many non-sense emails come and go which only disturbs the mind and thus one is not able to focus on the aim of life (Devotional service unto Lord Krishna).

4. The trees are not disturbed by anything, because they do not have a face book account. Social media accounts are more addictive than drugs. One cannot stand still for a moment without wondering who has said what on their face book account.

5. The trees are not disturbed by anything, because they do not go sight seeing to material places which only disturbs the mind by increasing the attachment to the material world. Material life is full of problems and anxiety. A tinge of attachment qualifies one to take birth again in the material world.

6. The trees are not disturbed by anything, because they are so tolerant. Dogs pee on them, people cut them down, the harsh weather freezes or burns them, but still the trees do not protest. Humans are always protesting because they are full of desires which never get fulfilled.

7. The trees are not disturbed by anything, because they are free from ego, envy, hatred, and desires. The humans are full of ego, envy, hatred, and desires, and thus the mind is always flickering and in anxiety.

8. The trees are not disturbed by anything, because they are self-satisfied from within. The humans are always disturbed because they are looking for satisfaction from outside (material life based on body consciousness) instead of inside (self-realization: spiritual life based on soul consciousness).

“As a strong wind sweeps away a boat on the water, even one of the roaming senses on which the mind focuses can carry away a man’s intelligence.” (Lord Krishna, Bhagavad-Gita 2.67)

“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 2.62-2.63)

“When one dies in the mode of passion, he takes birth among those engaged in fruitive activities; and when one dies in the mode of ignorance, he takes birth in the animal kingdom.” (Lord Krishna, Bhagavad-Gita 14.15)

Don't get addicted to social media and cell phone, get addicted to God. You can only get addicted to one of them.

**Stay Connected to Krishna
and Not Facebook**