

# 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**



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**Social Media makes you Anti-Social**



What Kind of Memories  
Are we Creating

**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



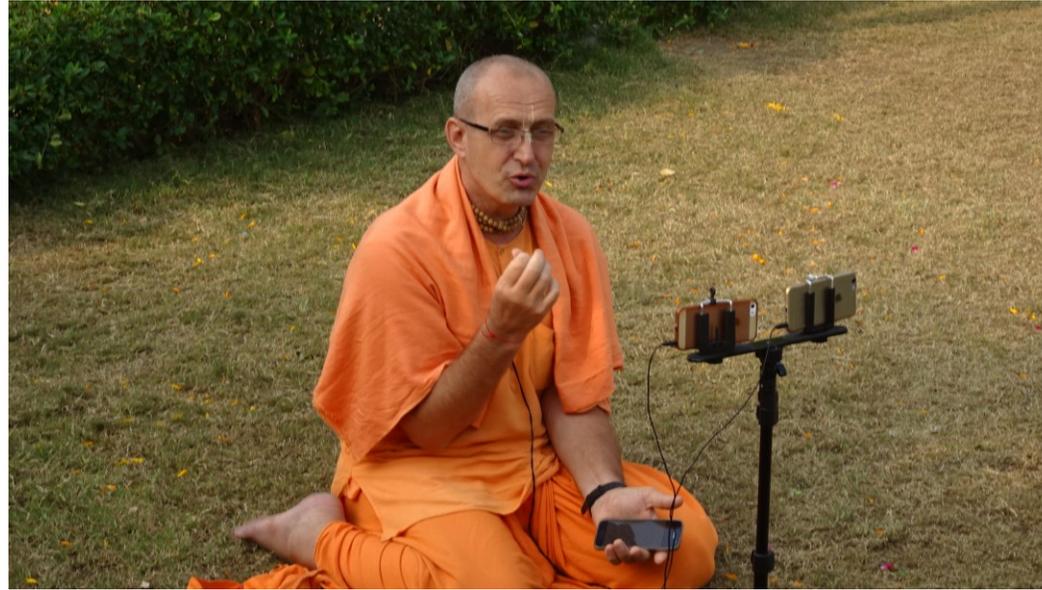
Seeing with your eyes live is Not the same as  
seeing via a camera later

Devotees must set good examples for others to follow.

“Whatever action a great man performs, common men follow. And whatever standards he sets by exemplary acts, all the world pursues.”

(Lord Krishna, Bhagavad-Gita 3.21)

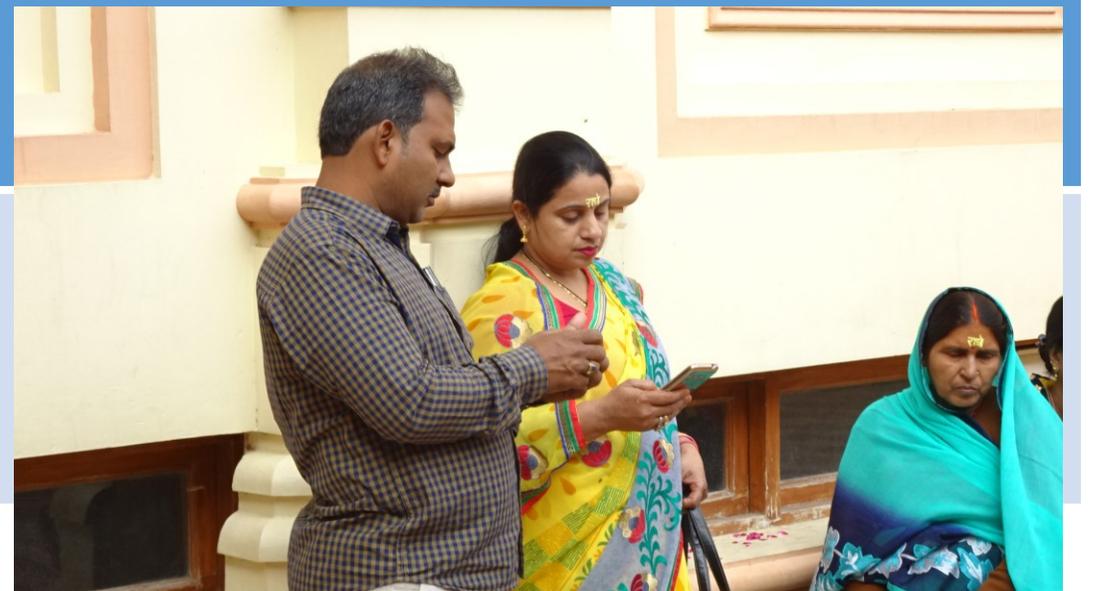
# Devotee Giving Class



Is he focused on Krishna and His teachings  
or his cell phone?

Is he setting a good example for others to follow?

# At Temples, 'Man-manah cell phone' instead of 'Man-manah Krishna'





**The purpose of going to Temples is to take Darshan of Krishna and think of Him. Not take darshan of social media messages and think of worldly affairs.**

## Bhagavad-Gita Teachings

**“Engage your mind always in thinking of Me..” (Lord Krishna, Bhagavad-Gita 9.34)**

**“Always think of Me..” (Lord Krishna, Bhagavad-Gita 18.65).**

- 1. If one carries a cell phone he/she is thinking of worldly affairs and not Krishna. This can be proven by the fact that if the phone rings or dings, it will be immediately picked up, because the consciousness is on the phone and not on Krishna.**
- 2. Never touch a cell phone when giving class.**
- 3. Don't take the cell phone to Temples and Kathas.**
- 3. Don't touch the cell phone in between rounds and never during a round.**
- 4. It is an offence to chant inattentively. Attentive means doing only one thing and nothing else. Touching the cell phone and chanting is inattentive chanting.**
- 5. It is an offence to the holy name and the holy Katha, to chant and listen to Katha at the same time.**
- 6. It is a great offence to the holy name to use any digital device during chanting.**

## **Advice Based on Realization of Vedic Knowledge**

**Going to the Temple without taking a bath is far better than going to the Temple after taking a bath with the cell phone.**

**The purity of the consciousness is million times more important than the purity of the material body.**

**Advice: Take a bath, leave the cell phone at home and then go to the Temple.**

**The cell phone and social media is advancement of digital communication but complete degradation of human communication (no personal touch).**

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?

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**

**“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**