

Mahaveer Jayanti

Kaka & Obstructions

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Kaka went to his teacher with some questions....
feeling frustrated, disappointed, sad, helpless, confused & tired.

Kaka: Teacher they say to sit in meditation for 30 minutes,
but mere se toh 1 minute bhi nhi baittha jaata....

Teacher: Kyun kya hota hai, Body pains?

Kaka: No teacher, voh toh maine kisi tareh overcome kar li....
Lekin ab jo ho rha hai, main use nahi overcome kar pa raha....

Teacher: Kya hota hai kaka...

Kaka: Yeh mind, ye idhar udhar daudta rehta hai....

Teacher: Oh achha, kya thoughts aate hai mind mein, can you explain
& classify them into categories....

Kaka: Yes I can....

Kaka: mainly they are of 5 types:

1. Of Fight & Anger & Revenge
2. Of Lying & Cleverness
3. Of Cheating & Stealing & Grabbing
4. Of Pleasure & Happiness
5. Of Love & Attachment

1. Of Fight & Anger & Revenge

1. *Usne mere saath bahut galat kiya...*
2. *Main usse badla lekar rahunga....*
3. *Ek baar mauka mile do fir btaata hun...*
4. *Usko main kabhi maaf nahi kar sakta*
5. *Main uski besti karke rahunga...*
6. *Mera mann karta hai use chott pahunchaun...*

2. Of Lying & Cleverness

1. *Agar main thoda sa cleverly act karun... toh mera fayda ho jayega...*
2. *Thoda sa jhooth toh chalta hai...*
3. *Main konsa kisi ko Nuksaan pahuncha raha hun jhooth bolkar...*
4. *Agar maine jhootha bill na diya toh paise company mein waste ho jayenge...*
5. *Kya karun k office mein kam time and kam kaam karna pade...*
6. *Konsa koi dekh rha hai.... I can cheat safely..*

3. Of Cheating & Stealing & Grabbing

1. *What to do under the table k ye promotion or contract usko na mile aur mujhe mil jaaye*
2. *Uski girl friend kitni sunder hai... main use apni girl friend kaise banaun...*
3. *Ye competitor shop/company ke customers kaise tod k apne banaun...*
4. *Ye service ka trial version lekar use kar leta hun... fir subscription cancel kar dunga...*
5. *Online stores se clothes mangva k function mein use karke return karva dunga....*
6. *Isse pehle kisi ko pta chal jaaye ye kis aur ka idea tha... main boss ko apne name se mail kar deta hun...*

4. Of Pleasure & Happiness

1. *Ek baar ye vali car mil jaaye.. Toh mazza aajayega...*
2. *Aaj khaane ko ye tasty food order karunga....*
3. *Meditation ka time kab khatam hoga... I want to scroll the reels*
4. *I love my partner so much, mann karta hai bass sab kaam chhod k uske saath hi rahun...*
5. *I keep calculating & finding excuses to get drunk...*
6. *Is it necessary to live your life with one partner only can't we have more...?*

5. Of Love & Attachment

1. *My nephew is my jaan, and to stop him crying, I have to keep fulfilling his demands... is it ok?*
2. *Meri favorite car pe us din scratch lag gya, abse car ko kisi aur ko hath lgaane nahi dunga...*
3. *Mere mobile k cover pe kitne scratch lag gye hain, ab cover k liye ek aur cover lena hoga...*
 4. *Mujhe har koi respect se Kakaji kehke bulata hai, but us din, us ne, mujhe Ji nahi kaha....*
 5. *Mere 2 Rs us din fruit vale bhaiya k paas hi reh gaye... pta nahi ab vo denge bhi ya nahi...*
 6. *Mere favorite Kapde hain, maana mere nahi aate, lekin main kisi aur ko kyun dun...*

While listening to this description by Kaka,
Teacher's eyes filled with tears of gratitude & lips with smile of blessings.....

And Teacher said:

“Do you know Kaka these 5 categories of thoughts you just described
are not only obstructive to meditation but to progress in life too.
And by overcoming these obstructions, one can not only succeed in meditation
but a person's whole life would become as if he is forever meditative.

By overcoming these a person can attain the highest stage,
the highest potential of one's life.

And you know the way to overcome these 5 type of challenges
were very well defined & taught by a person more than 2600 years back...

That legend call the solution to these 5 challenges is
5 Mahavratas (5 Vows)

5 Types of Challenges:

1. Of Fight & Anger & Revenge
2. Of Lying & Cleverness
3. Of Cheating & Stealing & Grabbing
4. Of Pleasure & Happiness
5. Of Love & Attachment

5 Corresponding Mahavrats:

1. Ahimsa (Non-violence)
2. Satya (Truthfulness)
3. Asteya (Non-stealing)
4. Brahmacharya (Chastity)
5. Aparigraha (Non-attachment)

Kaka feeling amazed, hopeful, excited & happy... asked his teacher that who was that person, who classified these solutions so simply & clearly...

Teacher: Kaka, you must have heard about many Veers - “The ones who conquers outer enemies” but you know there are just two Legends who the learned ones call as Mahaveers - “The ones who conquer inner enemies.”

Kaka: Wow, who are they?

Teacher: One is your favorite Mahaveer Hanuman & The other is the one who gave us these 5 Mahavrats, The one whose birthday is being celebrated today, The 24th Tirthankar & founder of Jainism:
“Bhagwaan Mahaveer”

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