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# The Making of a Brahman in the Twenty First Century

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The Brahmans in the past were very intelligent class of people, who possessed the Vedic knowledge and tremendous spiritual power. It was due to that, that even the emperors, and kings used to bow down before them and depend on their guidance in ruling their kingdom. To acquire that spiritual knowledge and spiritual power, a Brahman had to undergo severe austerities for several years. Human life expectancy was a minimum of 100,000 years in Satayuga, 10,000 years in Tretayuga and 1,000 years in Dwaparayuga. One cannot forget the example of Rishi Vishvamitra who performed great austerities for thousands of years to be recognized as a Brahmarshi. In the Rama-Charit-Manas it is said, “Tapabala vipra sadaa bariaaraa, tinke kop na kou rakhawaaraa.” (No one is able to protect from the rage (curse) of a Brahman, because of his power acquired through severe austerities. This position of the Brahmans prevailed throughout the above three yugas. Even when a young Brahman boy of 10 or 12 years cursed Emperor Parikshsit, no one in the universe could avert it, although the king had many great rishis as his supporters. Therefore, tapasya or austerity was the real cause of a Brahman’s supremacy.

With the approach of Kaliyuga, the present age in which we are living, the Brahmans have become deprived of both - the Vedic knowledge and the spiritual power (although the false pride of the Brahmans is intact as before). Yet any one can regain his spiritual potency even in this short life span of hundred or less years. This is possible only through austerities, even though it may not be as vigorous as in previous yugas. Austerity means voluntarily restraining the senses from their indulgence and fixing the mind at the lotus feet of the Lord. One develops a great will power (atmabala) in so doing. In the Vedic scriptures several guidelines are given, e.g.,

- (1) Avoiding adversities in seeing, hearing, and eating.
- (2) Controlling of the dietary habits. (One should not eat each and everything at every place at any time.)
- (3) Offer the food to Almighty Lord before eating anything. (Restrictions are that you should not eat things which can not be offered to the Lord.)
- (4) Getting up at 4-5 o’ clock in the morning so you have enough time for worship and chanting the holy name of the Lord.

- (5) Every Brahman should have a spiritual master and wear the symbol of initiation, that is, the yagnopaveet.
- (6) One should chant at least 108 times the Gayatri mantra once a day. If not daily, then on the weekends at any suitable time the whole family should sit down to gather and recite the Ramayan and/or the Bhagavatam. It is good if everyday one does this reading after bath.

One should observe fast on every Ekadashi and on other auspicious days like Janmashtami and Ramanavami etc., while eating once or without eating, or even without drinking water. Whenever one gets a chance one should have “satsanga”, that is, association of saintly people through TV or video cassettes or in person. One should install the deities of the Supreme Lord in one’s home and should worship them daily. One’s attitude should be to remember the Lord at all the times. One should think that all the good things happening in life, are the gifts of the Lord and bad things as the result of his or her own past karma. One should share his hard earned money in charity for good, religious cause (not political reason or gaining some praise etc). Purity of mind comes by chanting the holy name of the Lord and that itself is equivalent to great opulent material sacrifices performed at other times. One should refrain from drinking alcohol (if possible even from tea and coffee also), gambling, eating meat, meat products, and from illicit sex, simply because the Bhagavatam describes these as sinful activities and root cause of adharma or irreligiosity, (dyutam paanam strio sunaah, yatra adharmah chaturvidha. Bhagavatam.1-17-38)

These may appear, in theory, as multifarious difficult activities but in practice these are not so difficult. All the above have been going on and the writer’s family has been observing and following them for three generations continuously. It is very easy and pleasant to do. One has to actually do that to realize its potency. This makes one a Brahman in true sense, and one can really be proud of it. ■

Ref: “The teachings of Bhagavad Gita by Dr.Laxmi Narayan Chaturvedi.