

If we watch the news about what is happening around and keep us updated with new rules n regulations set by government, does it lead to karmbandhan?

1- Our goal is to purify our hearts and go back to Krishna. We have very very limited time in this life (we don't know how much - it could be one day or one week!) and we have a heart that is charcoal black that we need to purify and make it white. So we should be careful to not waste time.

2- Since we are living in this world we must know basics and for that we can scan Google News once (this is how I have been reading news since many years and i am pretty much updated on what is happening).

3- If your Job requires you to read news or watch news (e.g. UPSC/MPSC aspirant or Journalist) then do it and keep it to the minimum - don't get carried away and start reading three news papers daily.

4- Most News is interesting but not relevant to our lives - Materia reality ultimately is temporary, distressing and entangling. And these days it is provocative, explicit and sensual to say the least!

5- Lastly, do not forget the EK NAZAR class!

With this in mind, Watching news can cause Karma Bandhan if you are not careful as to how much you are watching, what you are watching and why you are watching. If you are bored and watch TV for two hours surely it will cause Karma Bandhan (because you did not watch TV to satisfy VISHNU).

