

7 January 2010

Br. Augusto

“Cultivating Spiritual Zeal and Enthusiasm”

aka

Be on Fire for God

First there's a newness and then after awhile years go by and then the enthusiasm wears off and that's where commitment comes in

A lot of people have spiritual experiences in the beginning and then experience “dead” spots

We promise our Guru we will follow him so we need to develop enthusiasm

The urgent need for God must be cultivated!

Cry for God constantly

God wants to know if you will persist

Sometimes we feel guilty or bad and don't put ourselves in the consciousness of meditation but we have to remember that we are not our mistakes

If we love God, God will come to us no matter what

We need to introspect when we feel a lack of desire for meditation—because when this happens we are being carried away by materialism

Sri Yuketswar—if you make the spiritual effort now your life will improve

The Five Parts of meditation:

- 1) Prayer
- 2) Chanting
- 3) Techniques
- 4) Stillness**
- 5) Devotion

Of those #4 is the most important as this really brings you into contact with God.

Sometimes when we meditate we feel like it's all work—we have to cultivate our enthusiasm for God

If you are married hopefully you kiss your spouse before you leave for the day—hopefully you want to kiss your spouse! Look at meditation this way—as kissing God.

Br. Augusto feels bad if he can't meditate—if you can't meditate keep God in mind, keep Master in mind and ask for forgiveness!

The point is to feel like you missed something, to feel like you feel sorry for missing God—this shows devotion and introspection.

If you find you're not meditating introspect and do what you need to do to get it back.

Be excited about meditation

Develop a passion for meditation

Quote from Edward Butler:

“Every man is enthusiastic at times. One man has enthusiasm for thirty minutes, another man has it for thirty days. But it is the man who has it for thirty years who makes a success in life.”

Be this passionate about meditation!

Everyone is on a spiritual path whether they know it or not

You can take a horse to water but you can't make him or her drink!

That's how spirituality works: we have to want it; we have to work for it.

We have to develop our spirituality.

Daya Ma will be 96 on her birthday.

Gives her spiritual joy to see people on fire for God, but we have to cultivate that yearning.

If you don't cultivate that yearning it's a waste.

You won't know the bliss of God unless you meditate.

If something is important in our life we make time for it.