

Br. Allen – Sunday, June 13, 2010

“How Even-Mindedness Leads to God Realization”

Don't acquire sin – don't acquire cosmic bonds that keep us here, tie us to creation.

Cause and effect – universal energies that we set in motion must return to us.

Perform actions from a state of even-mindedness. Then perform actions with the thought of God – this will free us and give us liberation.

Even-mindedness makes us free.

Mental equilibrium neutralizes the effect of delusion.

Without the involvement of the emotions of the dreamer, we are free.

Cosmic dream of life loses its power if the yogi views the dream of life without emotional involvement.

God is found in stillness.

Even-mindedness is stillness in action. Carry it with you through the day.

Hold on to the after effects of meditation and carry them with you. This state leads us directly to God.

If we remain even-minded, we will become aware of God within.

Be even-minded, be calm.

How to practice during the day:

- 1) Meditate – use techniques. We want to retain the peace and calmness from meditation. Hold on to your peace, hold on to aftereffects of meditation.
- 2) Let's not take life so seriously. Look at life as a movie or dream, or God's thoughts. Laugh a little. Practice the consciousness of life as a dream.
- 3) Think and act in a positive way. Don't become upset mentally. Be unruffled in everything you do.
- 4) See everything as coming to you from God. Accept everything as coming to you from God. There is no other source of what comes into our lives. Seeing God as the source of all things, you will put your attention always on God during the day. Everything that comes to us has a purpose.
- 5) To perform all actions as a service to God. Do your duty the best you can, but leave the results to God. Remain cheerful, happy, and enthusiastic. Don't let failure affect your happiness. If you think about

God during your action, if you succeed or fail is the same in Divine Mother's eyes. What's important is that we think of God when we perform our actions. Keep relaxed and unattached. Have the utmost interest in doing everything for God. Do not let adversity disturb your calmness. To live for self is the source of all misery.

6) Law of karma works perfectly. We get upset at "seeming injustices." God set up the law of karma. Understanding the law of karma frees us from resentment.

Swami Shankara – "Only spirit exists." "You are dreaming; it is delusion."

Even-mindedness helps us to choose our actions better. When we do that, we are tuning in with God's will.

Evenness of mind and disposition must be practiced. Practice calmness. Without even-mindedness, one can never find God.