

Br. Allen Satsanga Glendale Temple August 18, 2011

- 1) In the lessons, it says to practice Hong Sau for 10-30 minutes, but how long do we practice Om?

It's the intensity of mental effort that counts. There's lots of flexibility in the teachings. If you have a few techniques, practice it more. 10 minutes is good. There's room for flexibility. If you have a longer meditation, then spend more time on the techniques.

- 2) How can I make decisions without making mistakes?

Why wouldn't you want to make mistakes? You learn from mistakes. Br. Allen wouldn't know 1/10th of what he knows if it weren't for mistakes. Master said "Don't be discouraged by mistakes. Nothing in this world can paralyze us like fear. Don't be afraid. When you can't decide, make a decision and go for it. Don't try to find the perfect solution. You can go back and fix something many times before the person who can't make a decision decides.

Someone once said "You have to accept that you might fail."

We're capable of a lot and we can't limit ourselves without our fear of making mistakes. If we think about our mistakes too much we're just going to make more mistakes. Try living in the present.

This isn't an excuse to be careless. Don't try to do too many things at a time. Do everything you do with 100% attention. Full attention, not in a haphazard way.

You have to know God to not make mistakes. Until this happens, you make mistakes and move on. Be satisfied that you tried. If you don't try and take risks, then that's not a good way to live. Mistakes are simply a part of life. They can do us good if we learn from them. But if they prevent us from living, that's not good.

- 2a) How do you make decisions on the spot when you don't have time to think?

Maybe you have to rely on your feeling a little more. Use your heart more. When you make a mistake it's no big deal. We'll make better decisions when we're calm, so keep meditating. Make a decision, act, and then learn. Simply do the best you can and be satisfied with that. If you don't know, the doing will surely teach you.

Sri Yukteswar said that often the mind is cleared by Kriya. Meditation gives us ever-new joy and guidance (an adequate response to every difficulty). Intuition will subtly direct you.

- 2b) How can I use my time more effectively?

What makes you not use your time effectively? We get caught up in things that aren't important. We get caught up in the drama of the world. Do you get home and spend 5 hours on the computer and find it's time for bed? Break old habits and change how you use time.

Don't make unimportant things important. Spiritual habits will bring you peace.

Master said, "Life is too short to waste time." Do everything to please God – don't seek personal ambition.

It's a difficult thing Master is asking us to do, but we have to fight these battles sooner or later. "A lazy person never finds God." Let's not let ourselves get lazy. Have the energy to do things, to make an effort. Then put your energy and effort into meditation.

Ma said, "Spiritual discrimination keeps our thoughts one-pointed." Say to yourself, "Will this action give me a greater understanding of God?"

We need to turn away from the things of this world and turn our minds to God. Right now we're mainly fighting our habits – habits from past incarnations. If we fight against them we'll win. Delusion makes unimportant things seem important. Master said "Perform the most important duties of life first." When you get home meditate first and then play.

3) What do you do when someone says something rude or insulting to you. In a metaphysical sense is it better not to react and ignore the person or is it healthier to be assertive and stand up for yourself? Master said "don't be a doormat" but he also said "don't let anybody get your goat". It seems there are metaphysical psychological and emotional implications associated with each option.

Being a doormat and not letting someone get your goat are not your only two options! In a metaphysical sense you and that person are one. A doormat on this physical level is if we let it happen over and over again. A doormat is a state of mind—if people are rude to us but we stay calm we are not a doormat. The rude person gets bad karma. It doesn't matter what someone else thinks.

What does it require? It's about attitude of mind. If we're hurt, that's not good. We have to have a healthy self-respect and self-love. When we start losing self-respect and self-love all hell breaks loose. When we lose self-respect, we don't care about ourselves.

We don't have to let people get our goat. Master would never be emotional. We may have to hiss once in a while. Don't bite, but hiss. Br. Allen then told the story of the snake who almost died.

We can stick up for ourselves. We can say back-off, but do it out of calmness without anger. The person who is rude gets bad karma, but we get bad karma if we react. When people are rude to us they are looking for a reaction because they want to feel better about themselves. Don't play that game. Don't give people the pleasure of making you mad. If someone calls you a devil, that doesn't make you one.

When someone is rude to us the best thing can be to remain quiet. If you fight back they'll still want to strike you 12 times harder. If you are slapped, that slap burns in his palm forever.

Who are you dealing with? A stranger or someone you only see once in a while? A family member?

When someone is being rude to us it's not helping them. If it's someone you're around a lot then you have to do something.

We can't let a co-worker or family member be rude to us all the time. You may have to put a wall around yourself: try to send love out, let some love in, but don't let bad stuff in. No matter what do your best to keep sending them love. It can change people. Take a spiritual approach to your relationships. You can help people – you can change people – if you give them love. When we keep the relationship on a higher level it will make a difference.

- 4) I am in the midst of a life-changing project that will take me some time to complete. Lately I find myself at a loss because I pray daily for help from Master, from God, from Divine Mother but I don't feel like they're listening. I feel as though I'm all alone in my efforts to improve myself. I serve my Guru and my God every day with unceasing love in my heart, but these days I just don't feel like the love is reciprocated. What do I do to feel Master's love with me in every waking moment as I strive to better myself through practicing the teachings and doing my kriyas with devotion?

All of God's creatures get the exact same amount of God's love at all times – a full 100%. Saints are more receptive – that's the only difference. Don't get caught up in this world. If we are constantly looking at God outside of us, we are constantly going out. We need to go within. Feel the love of God. We need to take responsibility. Increase receptivity. Meditation in time will help you feel God's love. Become calm in meditation and it will help you to feel God's love. Put your mind on God.

God is never out of sight of a child who loves Him and thinks of Him all the time.

There isn't a sparrow or a bug that God isn't aware of. God will take care of us. Don't think you're not getting God's love. You just need to increase your receptivity.