

Satsanga
Brahmachari Allen
Glendale Temple
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Tonight is a *satsanga* and there are four questions. The most that have been submitted in a long time.

First question: *There are so many singles in SRF. How about a singles fellowship?*

Br. Allen commented that he wasn't sure whether the person who submitted this question was interested in marriage or just in meeting like minded people. He mentioned that there is a teen group and that Bro. Nakulananda is working with some of the devotees who are hoping to have a young adults' group. That would not be just limited to singles but for everyone between the ages of 18 - 39. Although it's a rather large age range it would mean there will be extra activities.

The focus of SRF is to encourage devotees to seek God and to get the scientific techniques of seeking God and also to increase the speed in which we can evolve back to God. That will always be the focus; it was main Master's focus.

We have to decide, just as in our personal lives, where are we going to put our energy as we go through the day. Master really encouraged us to remain focused by giving these techniques to help us find God. We may not be able to have social activities as other churches do or SRF may not be able branch out in other things. There are a million places we can focus but the purpose of life is to find God and we need to stay there. That being said, there are social activities in SRF, right? They just may not be focused on singles but it is an opportunity to get to know other people.

Br. Allen went on to say that he was thinking this person was interested in getting married, so he would be addressing the question from that perspective.

First, if an individual is really interested in finding a soul mate there are two Lessons, 58 and 59, that focus on the subject. Master entitled them: "How to Select Your Life Companion." There are a lot of tips on how to attract a life companion into our lives. There are tips on how to behave in a relationship and all the important things in every aspect in relationships. Br. Allen encouraged anyone interested to read Lessons 58 and 59. Also, to read the Lessons on "Magnetism" and how we develop those soul qualities of peace, love, joy, in our lives that attracts the type of people that we'd like to have.

If we do develop ourselves from the inside, the soul qualities, we won't be as eager to find somebody that we think is supposed to be in our lives, okay? Don't limit God in that way. God is very creative; God is very resourceful and if there is someone that is supposed to be in our lives, they will be there, especially if we develop our own magnetism and soul qualities. It does not matter if our soul mate is in Antarctica, somehow or another we will drawn together. It's just not a problem.

Our Guru said: “Men and women are born with the soul qualities of purity, sweet speech, wisdom and unending, unconditional love, exercise a lasting magnetic hold on their mates.” Besides having a lasting, magnetic hold on our mates, we will attract those mates into our lives. We will also attract friends into our lives.

Concerning getting married, we need to keep God foremost in our lives. If we’re thinking or looking to getting married because it will make us happy, we will probably be disappointed. Nothing in this world, Master told us, can make us happy...no person, no thing, no amount of money, no anything provides that lasting happiness. Besides it would be unfair to the person we draw into our lives to expect them to make us happy because they are not capable of it. It will cause conflict.

Any relationship we have really needs to be based on God if it’s going to be lasting, happy and fulfilling. God has to be brought in and when Master counseled devotees...you can read about it in *Man’s Eternal Quest*...on personal things, he would talk about other things but in the end he always pointed their minds back to God. We need to do that for ourselves, too. Master gave examples of what we need to do in our lives.

Br. Allen went on to read a “lovely” story about soul mates and the influence on our lives from *The Second Coming of Christ*. He said that before he read this story he did not believe in soul mates and that after he’s read this, none of us will doubt anymore.

Our Guru in *The Second Coming of Christ* said: “As the fulfillment of the union between soul mates is spiritual and not physical, consummation does not necessarily require the coming together in a marriage partnership on the material plane. Sometimes even a chance meeting between soul mates fills one with a sense of completeness and pure love that wholly vanquishes all sense of need for physical union. This is true of relationships that have evolved through past lives as soul helpmates. One such instance was brought about by the intercession of my guru, Sri Yuktswarji. A man tormented with debauched desires sought the help of Master. He told the man, ‘When you find your soul companion you will lose all consciousness of lust.’ One day he was with Master at the railroad station. There was a train on the siding in which a beautiful girl was sitting at one of the windows. Master exclaimed to the man, ‘There she is, the one you have been seeking. Look at her!’ The man was transfixed in an emotion of joy. From that time on, he led a saintly life devoted to God.”

He never met the woman. It just took that one sighting of his soul mate to change his life completely. So even if we don’t find our soul mate in this life maybe there’s a reason we’re not going to be together, like the man in the story, but they can still have a positive influence in our lives. So there is a purpose behind it; they do exist. There is nothing wrong with this desire but, again, it may not always be fulfilled in every life. We may not be with a soul mate every single lifetime. Imagine if a soul mate can have that kind of influence, what is the influence of our gurus in our lives.

In summary, seek God wholeheartedly and Br. Allen said that he feels that all these things will fall in to place, whether we have single events or not.

Second questions: *How is it that mankind descends after reaching higher ages.*

We have to keep a separation here between mankind and individual souls. Mankind is made up of the individual souls. Just because mankind goes to a higher age doesn't necessary mean that all the souls follow suit, okay? It seems like these may be being slightly mixed up. If souls do advance to that high state of God consciousness, they are not coming back down. It doesn't matter what this earth does in its evolution, once you get to God, you're there.

We all know that creation does cycle up and down from Master's teachings. However, an individual's soul evolution is not a constant cycling up and down. It is more or less linear. As we all know, we have our ups and we do have our downs, too. We're progressing towards God with our ups and downs in a more or less linear growth.

We probably all know about the *yugas* and how this earth cycle works. We have lower ages, which is called the *Kali Yuga*. Let's say we're at the bottom and we just got out of the bottom age fairly recently, by the way, a few hundred years ago. There is a 1,200 year cycle of the lower age, known as the Dark Ages and we've just seen it in our history and it's called the *Kali Yuga*.

Then we come the 2,400 cycle, which is where we are now, known as the *Dwapara Yuga*, the Electrical Age. We've seen the advancement during this time, so we understand why it's called the Electrical Age.

Then the 3,600 of *Treta Yuga* during which there is even more advancement. That's the Age of Magnetism. By that Br. Allen said he didn't necessarily mean just the magnetism in physical properties of things. It is a time when we become more magnetic, being able to draw things into our lives. Our minds become more powerful.

The last cycle is the *Satya Yuga*, which is 4,800 years. That's the pinnacle. Mankind is at the highest and predominant point at this time in their lives. We are aware of God and feel God's joy and bliss. Then we go descending in the reverse order: *Satya, Treta, Dwapara* and then *Kali Yuga*.

Depending on the soul's development, we incarnate during some of those *yugas*. We don't necessarily think that a very old soul is going to incarnate in a *Satya Yuga* and even if it did or if it incarnated in a higher *yuga* or during any *yuga* or time period, there are lower areas in any environment that we're in. A lower soul in a higher area is not automatically pulled into God-consciousness in the *Satya Yuga*. If it incarnated at all it would probably be in an area that had a lower vibration.

In this whole universe there's this constant revolving of everything, so while our area may be in a Golden Age or Lower Age, there are other realms in the universe that are in higher ages. So who's to say that we always reincarnate on earth. We are not just limited to this earth. Master didn't get into all of these things because he didn't want to distract us again from seeking God. There is always a possibility that this isn't where we always are. We can incarnate in other places.

Consider looking at the universe as an environment. Master said that environment is important. When we live in a good environment we have a tendency to get better. When we're in a bad environment it may pull us down. Souls do incarnate during different *yugas* and that may mean they are pushed more toward God or pulled away from God, and maybe have to fight some battles.

All of us came here in this *Dwapara Yuga* and it's not an easy time. We came here to learn something. It is not easy. Our environment does not always pull us toward God, does it? It's more of a distraction right now than anything. We came here for a reason, so we have the strength to handle it. We need to learn from this environment.

Br. Allen wanted to make sure there's clear delineation, that we're not just puppets, of the *yugas* -- up and down, up and down. We choose and we have to make the effort to know God. We don't have to give up just because we got into an unfavorable environment. It was our choice.

Third questions: *How to give it to God?* [Br. Allen said that he figured the question was referring to surrender.] *How does one actually give everything or anything to God? At times I've had the feeling it's an attachment, which was wonderful, but how can I practice complete trust that all is according to His will. Also, how to practice giving my worries, mistakes, bad and good habits, joy, love and efforts to God?*

Br. Allen started off by saying if we want to be nonattached he wanted to remind everybody that we are always attached to something. That's the danger of the beast! The whole purpose of SRF is to turn our attachment to God. If we don't have that attachment to God, we'll become attached to the things of this earth. That is just the way it is. We need to be attached to something. If we want to be unattached and surrender, we have to be attached to God.

The questioner is talking about two main things here -- faith and surrender -- right? Having the trust that everything is going to according to His will and being able to surrender the things that come into our lives and accept them. There may be things we don't want in our lives and we do our best to overcome them. In the end we have faith and surrender them. Those are difficult things to do. Those are deeply spiritual qualities. If we have full faith and surrender, we'd know God, right now. We wouldn't be playing around here on planet Earth; we'd be gone. Those are important qualities to concentrate on. Again, don't expect to have perfect faith and surrender instantly because that's something we have to work for.

Our Guru in *Journey to Self-Realization* said that the *sanskrit* word for faith is wonderfully expressive. It is *biswas*. Master said that the common rural rendering is to breath easy, have trust and be free from fears. He said that does not convey it's full meaning. He said that the *sanskrit* "swas" refers to the motion of the breathe and mind, there by life and feeling. So we get control of the breath. It sounds like our meditation techniques, doesn't it? When peace and calm come into our lives, faith will manifest automatically because God is manifesting in our lives, even if we're aware of it.

Master goes on to say that "bi" conveys the meaning of the opposite effect. So we're talking about the breathe...meditation techniques. That is, "He whose breath, life and feeling are calm,

he can have faith born of intuition.” That inner knowledge that knows...when there’s no question about it.

“It cannot be possessed by persons who are emotionally restless. The cultivation of intuitive calmness requires the unfoldment of the inner life. When developed sufficiently, intuition brings an immediate comprehension of truth. You can have this marvelous realization. Meditation is the way.”

The following are some of the things we might want to look are at. First, if we have trouble having faith in God, how’s our self-image? How do we feel about ourselves? We need to have a good self-image. We are a spark of God, which mean we are pure wisdom and pure love inside and that will never, ever change. No matter what we’re going through, no matter what we’ve done in our lives, we are perfect on the inside. Remember that!

Swami Vivekananda said: “Our first duty is not to hate ourselves...” On the Self-Realization path we are set a high ideal. Master has given us a lot of guidelines on proper behavior, etc. It is easy to see our flaws and that’s okay as long as we don’t get down on ourselves. Remember those flaws we see are not us. They are a part of this little ego that we’ve allowed to take over our lives. **It is not us!** We are so perfect inside that you wouldn’t believe it!

Vivekananda goes on to say: “...because to advance we must have faith in ourselves first and then in God. He who has no faith in himself can never have faith in God.” So let’s look at our self image and keep it positive because it should be.

Our Guru said: “My guru, Sri Yukteswarji, used to say, ‘Remember this: if you have within you that faith, which is truly divine, and there is something that you desire that is not in the universe, it shall be created for you. I had that indomitable faith and indomitable belief in an inner strength and in the spiritual strength of my will and I always found that some new opportunities were created to give me the things I wanted.’”

Master is telling us the importance of developing that faith. It will bring into our lives the things that we need and maybe the things that we want that we don’t necessarily need. So let’s develop that faith.

The question also included how to know that what is going on in our lives is God’s will. How do we know? It would be great if intuition would tell us everything and say, “Oh, you’re supposed to do this now; you’re suppose to do that now” but it doesn’t work that way, does it? Life would be a little too easy. Mostly, we find out God’s will by actually doing something, right?

Br. Allen went to tell a story that he’s told before because if the same type of questions are asked the same kind of answers apply.

When Br. Allen was a little kid he used to love watching a TV series called *Kung Fu*. He’d sit in lotus posture and watch that for a solid hour every Friday night it came on. It was the one night in the week his mom would let him stay up late. He remembers that even as a kid it kind of hit home. The young king in the show and his master were standing by a stream and the young king

asked: "Master, if I have a choice to make, how do I know in life whether I should be like the rock and stand against the current or be like the leaf and go with the flow of the stream?" He's asking how will I know what the right thing to do is; what the will of the Divine is. The master's answer was very simple: "When you don't know, the doing will surely teach you."

Why is that? When we're faced with a choice but don't know what choice to make and when we finally decide to do something, don't we instantly get feed back inside whether something is right or wrong. Either we get feed back externally because something was really wrong or on the inside because we don't feel really good about the choice. So what do we do? We come back and go in the other direction and now that's the right one or may be that ones wrong too. So we come back and do it again. If we're willing to take that chance, we will accomplish a lot more in our lives.

We all seen people who are afraid to made a choice, who just stand back and won't decide. They often don't move forward in their lives. Don't be afraid to make mistakes. It's no big deal. Be afraid if you're not willing to admit the mistake or go back and make the correction. That is a problem. Don't be afraid to do, to learn "...the doing will surely teach you." Try it, it works!

We don't have to be like the gunslinger, afraid of never making any mistakes ever or throwing things out there. We are supposed to discriminate a little bit and when we make a mistake come back; learn the lesson. Let's not repeat them again and again. Do positive thinking too.

As far as surrender Brother Anandamoy said: "Struggle ceases in surrender." It sounds as if we can learn to surrender, we will have a pretty harmonious life. We won't be stressed out all the time. A lot of our struggles are simply caused because we are not willing to surrender to God's will. When we do, it makes are life more harmonious and peaceful.

Br. Allen went on to say that he's given full talks on surrender so there are a lot of material to cover here. The simplest way to learn to surrender is to try it. If there is something in our lives that is really bugging us and we don't want it in our lives, or we want to accomplish something that we are not really supposed to be accomplishing, what happens? We don't like it and our minds are constantly churning: "I don't like this. I don't want this thing in my life or I want this thing to be in my life and I can't seem to get it." The best thing to do is to take the mind and put it on something else...put it on meditation; on helping a friend; on your work. Master said to concentrate 100% on whatever we do. He's encouraging us to put our minds on the important things and forget those other things. If we can simply take our minds and put it on something else there won't be that struggle because of lack of surrender. It's such a simple thing.

Another simple, little things that Br. Allen said helps him to surrender this simple reminder. We have to remember that anything that comes into our lives, there are no exceptions, is for our highest good. Anything that comes into our lives, either comes to teach us, meaning it gives us wisdom and helps us grow and learn from it, or it comes to make us stronger. There's a reason for any test or trial that comes into our lives. Through them we can grow and become stronger. All these things help us to get back to God and lastly, anything that comes into our lives, even the bad things, help us to burn off karma. If we stand back and look at all the things in our lives that come to us and see them as the best us, it sort of helps us surrender a bit, right?

Br. Allen explained that he was not saying that there are things in our lives that we do not work to overcome. Also, that we may battle something our entire lives that feel it isn't supposed to be there or need to change in that regard. At the same time, we're surrendered to the fact that maybe we don't overcome it as fast as we want to or whatever. Just think about those things as having come to us for a reason. There is good behind everything. It helps us get back to God and there is no greater good than that. Our Guru said: "Only by complete surrender can you make God answer you. He is very humble. Only in humbleness can you find him."

There is humility in surrender, isn't there? If we're not surrendered, Br. Allen guaranteed, that our ego is alive and well and very active at the time. Our ego wants to get what it wants. Our ego will pull us around looking for happiness on this earth for the rest of our lives. It's part of this creation. Keep an eye on the ego. Remember, the ego pushes God away; humility attracts God.

Master said: "...the mercy rains of God cannot gather; but they readily collect in the valley of humbleness." As we make ourselves less, God comes into our lives. It does not mean we have low self-esteem, by any means. When we do keep the words of God uppermost, it helps to take us away from our ego. It helps us to be humble.

Question four: *What advice can be given to someone afraid of death? Can you suggest some of Master's readings?*

What do they say about life? "Nobody gets out alive." Right? Death is going to come to all of us. Remember that and know there is no avoiding it no matter what we do, so what's the point of worrying about it. Br. Allen said that he was not saying that if he was dying right now, he'd be happy about it. If we just take the overall perspective it might change how we look at things.

Master said that death is not the final experience. That we go on to better things when we die. Let's remind ourselves of that. We go on to a better place. The best thing about death is that whenever any creature dies, including us, they go on to a better place. That's the law of creation. We know we belong in the astral world... that world of light where there is no injury, no suffering, no nothing. It's a beautiful place. If you want to worry about something, worry about being born, because we're going from a better place to a worse place. That's why we want to end this cycle. We want to find God and escape from this.

Jesus said: "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out..." We need to meditate and let go of this world so we're not born here again. Birth is the things that's rough. Death is actually a good thing.

Our Guru said: "Convince yourself that death will not deprive you of anything. That you're going home to God." That's a beautiful way to look at it...we're "going home to God." That is something to look forward to.

Another simple thing that is nice to look forward to is the guru-disciple relationship. Our Guru said: "The relationship between disciple and guru is the most beautiful because it is

unconditional and everlasting. Through all incarnations, they are in touch with one another. And at the time of death, the guru comes to guide the disciple to the transition from the physical body to the astral heaven.” Death is not going to be unpleasant. Can you imagine having the Master and the other Gurus there waiting for us. They are helping us in the transition because they know it’s not easy. It will be a pleasant time for us.

The Christian all have Christ waiting for them; the Buddhist have Buddha waiting for them; the Gurus, no matter who they are, are waiting for us and helping us in that transition. It is probably a very, very beautiful experience. We’ve all heard about the stories of people who have had near death experiences. They go through that tunnel of light and they feel that love and joy. They see people they knew, family members, from this life. Virtually every person that ever survives and comes back into their body leads a totally different life because they had that connection there with God. They understand better what’s going. There is no reason to fear death.

Our Guru said: “Be afraid of nothing. If death comes all right. What is going to happen will happen? Refuse to be intimidated by this dream. Affirm: I will not be frightened by ill health, poverty and accidents. Bless me O, Lord, that when you put me through trials, I realize their delusive nature and become victorious over them by positive action and by remaining inwardly united with You.”

If we had any idea how many time throughout our evolution we have died, we would laugh at death. We’ve probably died hundreds of thousands of time from the beginning of our evolution to now and it hasn’t killed us yet. We’re here again. Let’s not worry about it.

One of the reason we’re afraid of death is because we’re attached to the things of this world; we’re attached to people; we’re attached to whatever it is and all of a sudden death becomes unpleasant in our minds because we don’t want to give those things up. Again, this bring us back to meditation...making that contact with God. That is the way we lose attachment to this world because we find something better. Once we find that better things, those attachments fall away, death will no longer have that ability to keep us in form.