

Br. Allen – Thursday Evening Satsanga

Glendale Temple, March 17, 2011

Q1 - Can we assume natural catastrophes are acts of God? If so, what can we gain from prayer?

Everything does happen because of God. Br. Allen doesn't look at acts of catastrophes as acts of punishment. God created the law of karma. As you sow, so shall you reap. Natural disasters are a result of that law. God created the law, but our actions create the events.

God creates opportunities, but it's we who partake in the law of karma. Master asked God why he permitted suffering. "Creation is light and shadow both; hence, no creation." If joy was ceaseless in the world, would man seek to leave it? Suffering makes us turn to God. This is how we learn. The way of escape is through wisdom. God has assured us that we won't always sleep in delusion.

Master prayed for people all the time. We should pray for those who are suffering. "No sin is unforgivable, for the world of relativity has no absolutes." ~ Gita

The Guru takes 25% of our karma; God takes 50%. Our 25% requires all of our effort.

The relativity in the world makes prayer work. There's flexibility in our karma. That's why prayer works.

God can lighten our load. Prayer is just as much for the person who prays. Prayer is essential to help strengthen faith and opens the door for our own selves. Our consciousness expands in prayer. Not only does prayer expand our consciousness, it helps us to get out of ourselves.

Meditate first. Calm yourself first. Then prayer will be more powerful. The power of your attention and peace can affect the whole world.

Constantly thinking of yourself is a root cause of failure. When we pray, we think of others.

The yogi strives to be one with others, to forget the little self. Sympathy is a door to all hearts.

Expand your consciousness and bring God into it. Every act of service brings you closer to God. Give your love equally to all. Prayer is a way of serving others.

Q2 – On Anger – Nancy's Question!

How do you stop the pattern? Simply think of something else! Find something that attracts your attention - get your attention off of it.

Don't brood! If you brood, you won't be able to meditate. We need to break this. Put things out of your mind immediately.

There's no point in holding a grudge. Everything that happens to us is because of our karma.

Resolve not to become angry today.

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Resolve not to become angry today.

You will conquer if you persist. If you make the effort now, you will start to improve.

Ultimately, you don't want to react, you don't want to take things personally.

Have good self-esteem. See God behind all things. There really is no injustice. Things are usually our karma, to teach us something, to make us grow.

If we get upset, we can get angry and mean – then we make things worse! Never let anger turn to hatred.

Remain silent. Say, I'm sorry if I've offended you. How can a person fight you if you won't fight? Don't give people the pleasure of fighting. Don't let people get your goat.

Never retaliate. Behold all humanity as little children – they don't know what they are doing.

Figure out a way that works for you. There's a way for you if you choose to work on your problems.

After Kriya, visualize a white light coming into your brain, curing your anger, calming your emotions.

Q3 – Anger and Meditation

(see pg. 977 in the Gita)

Don't dwell on anger. Anger comes up because we're focused on what causes it. Put your attention, your mind on something other than what caused you the anger.

Talk to Master about things. Ask him to help you to overcome things. Master and God love it when we talk specifically about our lives.

Avoid people who make you angry. Our peace of mind is important. Don't soil your soul by being around people who are mischief makers. Don't let them draw you down to their level. Suffer silently.

Before meditation, prepare your mind so it will be calm. Keep your mind constantly pointed to God's consciousness. Be with God every minute.

Enjoy everything with the consciousness that you are sharing it with the infinite... with God.

Put your mind on God and everything else will fall into place.