

Br. Allen – “Satsanga”

Glendale Temple, Thursday, May 19, 2011

Q1 – How do I enter Samadhi?

Samadhi:

- Identity of the Soul
- Oneness with all things
- Consciousness expands into infinity
- Infinite joy, wisdom and peace

Our natural state is bliss.

He who has become one with God is aware of the coursing of a planet in the near distant galaxy as well as the movement of the sparrow.

In the metaphysical sense, our consciousness goes up the spine.

Those who have a near-death experience feel the consciousness traveling up the spine and out through the spiritual eye. This is the tunnel that is described in near-death experiences.

We cannot withdraw into infinite bliss because we're bound to our body and the world.

You have to work to earn Samadhi. There's no easy way. You have to develop good karma and improve yourself. You have to work for realization. Find your Guru and follow the teachings to the best of your ability. That is the fastest way back to God.

Q2 – Love is born of unselfishness

Best explained in the talk, “Spiritual selfishness vs. Evil Selfishness” in Journey to Self Realization.

Spiritual selfishness – making God a priority in our lives. Doing our best to be at service to others.

Meditate and seek God each and every day. First call to duty is to seek God wholeheartedly.

Friends have expectations, but our priorities change when we get on the spiritual path. Be as kind and sympathetic as you can be, but sometimes it's time to just move on.

It's not healthy to need to be needed. Never love anything so much that it possesses you.

Co-dependency – putting one's needs below others.

Don't look for happiness where it can't be found.

You need time to seek God. You do what you need to do. Don't waste your time. You can't reach God by anyone else's assurance. You have to find God yourself.

Find a balance between doing for yourself and doing for others. We need to find the balance between selfishness and unselfishness. Use your imagination to gain that balance, but strive for spiritual selfishness.

Through intuition, you'll be able to modify your relationships.

We can always be of service to those who cross our path each day simply by being kind and sympathetic. We have no excuse – we can take the time to be kind to people and be sympathetic to them. When you're kind to people, harmony will come to your life. Meditation will become better. We have no idea how disharmony affects us. Always serve people who cross your path.

Make the effort every day to meditate and practice the presence of God. Effort is all that God expects of us. We can all make that effort. Keep the consciousness with God. Just keep trying.

Make the effort to change. Make the effort to serve.

The soul is the true self. The ego is the pseudo self.

Don't go against the interest of the true self, anything that takes us away from God. Is what we're doing reminding us of God, leading us to God? If yes, then it is a spiritual selfishness. If what we're doing keeps us tied to ego, body, or earth, then it is a bad form of selfishness.

If you live for God, you will find your consciousness of brotherhood expanding.

Look for ways to avoid drama. Maybe it's better to keep quiet. Draw the line. Don't accept others' desire to keep you the way you were.

Affirmation:

"As I radiate love and good will to others, I open a channel for God's love to come to me."