

## **Br. Allen's 10/11/2009 Service: "What is Truth?"**

### **Guidelines for Meditation:**

Suck in your stomach when you meditate.

Concentrate fully on each task you are doing and then you'll find you have more time to meditate.

### **The Service:**

Bible Reading: John 8:44

Satan promises us happiness through the things of the world but things do not provide us lasting happiness.

Satanic forces do us a favor because we get tired of living in the delusion and turn to God.  
Bhagavad Gita reference Chap. 2 verses 62/63

End result is that if we don't get the things we want we get angry.

Master asks "how can we grasp truth?" Intuition

Truth is God.

God is infinite bliss and we are part of God so we are infinite bliss.

Anything that contradicts true happiness is not true.

Is what I'm trying to accomplish pointing me towards God?

We are sparks of the Infinite Being.

Live in truth by developing power of intuition.

Liberate power of intuition by meditation.

Truth is anything that gets us back to God.

We can know all the truth we want but if it doesn't affect our actions it's useless intellect.

With intuition we learn from interactions that cause dishonesty and we learn to act in the right way.

Our minds are fallible so we may not realize the full truth.

Master's story of 6 blind boys and the elephant: "you're all right, but you're all wrong."

We need to be more careful and not always assume we are right.

**Here are Truths that Br. Allen Lives By:**

- 1) We have to make ourselves enthusiastic for loving God.
- 2) Life is a dream; this world is not real; don't identify too much with trauma; this world is not a safe place.
- 3) Nothing; absolutely nothing in this world can make us happy; only the joy of God's presence can make us happy; don't spend your life seeking things you must forsake at death; when you find God everything we've gone through will fall away as if it never happened; stillness and ego cannot exist together; we are in an ocean of bliss but we don't know it; that's why we have to seek the stillness.
- 4) There is only one purpose of life—to find God; you can know God by continually seeking God.
- 5) One of our biggest distractions is that we don't think the law of karma works; we need to let go of resentments because karma doesn't work as fast as we would like it too; understanding is the most precious possession of each soul.       IT'S NOT GOING TO BE EASY!