

## Glendale Temple Sunday Lecture Notes

Bramachari Lynn July 5, 2009

### “The Spiritual Foundation of World Peace”

- first we must find peace within ourselves
- True perfect peace can only be found in God –AnandamoyMa
- We’re the self the soul (as is everyone else) that’s how spiritual discipline leads to forgiveness
- We all have things to work on –this is what real introspection brings us—and allows us to see that we shouldn’t judge others
- We’re all clueless and complete fools at times as well as being children of God
- We’re all bozos on the bus (a metaphor for the human condition) bozos can be a mantra for when we feel like judging
- We won’t be as frustrated with others when we first find self-acceptance
- We don’t need to bolster self-worth by outside means or by being outwardly assertive and aggressive with others
- Remember that we are the spirit
- Qualities to develop in our daily lives: forgiveness and empathy**
- with empathy we can feel someone’s joy and pain—with real empathy we can feel and are less likely to start wars and cause others pain
- Being able to feel what others feel will help bring inner and world peace
- if we had real empathy it would be hard to hurt another person, even by mistake
- through meditation we can become receptive and feel what others feel—but it’s not overwhelming; it’s love and joy and pain because it expands the heart
- sit and have a meditation where you concentrate on the human cost of war—this will change how you think of war—war is human tragedy—it’s not about taking sides
- we can only involve our small spot
- if we are not satisfied with our leaders then we have more work to do on ourselves because leaders are the result of a collective conscious