

Br. Martin – “Feeling the Presence of God”

Thursday, June 30, 2011 – Lake Shrine Temple

People are looking at science. Science of happiness – positive psychology. They’re looking at it in the laboratory. Positive emotions: cheerfulness, happiness, right attitude and gratitude. But this is not the complete picture because these feelings can be superficial.

What is needed is a meaning to life, a purpose, and a framework to life, so when you’re not happy, the framework will support you. “I’m doing this for a purpose.” This will get us through unhappy periods.

God is within. Delusion and maya is outside. The more you concentrate within, the more happiness you will have.

Revere the life force where the spirit is supporting us. In yoga we contact this. This is the science of reversing the life force through the techniques of meditation.

Practice an affirmation of Master’s – “reveal Thyself.”

In the stillness, feel the deeper happiness which surpasses all understanding. This peace goes beyond meaning. It is who we really are. Man’s eternal quest. The personal element is more important than the whole science of yoga.

You have the techniques of meditation and that’s all you need. You don’t need more words and books.

When you read the words of Guruji, practice the presence of God.

Bro. Anandamoy was very excited about the booklet by Ma, “Enter the Quiet Heart.” It is all about the relationship with God. Anandamoy felt this is all that it’s about. Just be with Divine Mother. Just love Divine Mother.

If anyone wants an easy path to God, develop devotion. The path is simple but it’s not easy. Practicing the presence doesn’t automatically give us a relationship with God.

Br. Martin was doing all the things he needed to do, yet he felt empty. His counselor told him to do everything for God. You can’t grasp God. You can’t force the relationship. Same dynamic as having a relationship with a friend.

You come, you show up, you do the techniques and eventually God will say, “who is this guy who keeps showing up?” Then you feel Divine Mother is in your life. You feel her response.

Bro. Premamoy was like a spiritual football coach. He hammered Br. Martin all the time. He tried to do what Brother said. He tried to show him respect. He kept on and suddenly something changed. Suddenly Brother became Br. Martin’s biggest champion.

One day Br. Martin told him he was just going to keep trying. He knew he made a lot of mistakes, but he was going to just keep showing up and trying. This touched Brother and Brother became his champion.

Ways to Feel the Presence of God

If all else fails, give God your failures.

Think aloud to Divine Mother. Om Guru, Om Guru. We are not separate. We think we are, but we are not.

Bro. Bhaktananda – stop your work and say, “For God and Guru, for God and Guru.”

Talk a walk in nature.

Be silent for half a day. No work, no tv, no phone, no computer.

Build the relationship with God.

Read Master’s words. Whispers from Eternity.

Meditate

Practice the presence of God, but don’t make it an intellectual thing. It has to come from the spine. This gives you the thought of God. Practice the presence of God by making meditation deep.

Do something for someone else.

“The Holy Man” story from the SRF Magazine:

Thousands of people went to see the holy man. They went to the palace, but could not see the holy man. So they walked down the hall and went out the back door. They didn’t think they were in the presence of the holy man. They wanted to ask questions. Then they realized every man they met was “the holy man.” The moral of the story: other people are God. When we serve other people, we are serving God.

Unconditional love. Our Mother loves us for who we are. If we realized that, we wouldn’t be able to get God out of our minds. We want acceptance, but we have shame and feel, “well, if God really knew me...”

Keep knocking on the door. God and Jesus will open the door if we don’t go away.

Be sincere. If you have deep devotion to God, He will answer you. Schedule a counseling session with Divine Mother. Be in Divine Mother’s presence.

God is never offended by anything we say.

“I think He feels very bad for us.” ~ Master

The Lord of the universe will not speak for fear of interfering in our free will. You learn by doing – you learn when you make mistakes and correct them.

The talking we do with God is essential. We have to do the heavy lifting. We have to prove our unconditional love for God to know Him. We are His children. He has to listen to us.

Delusion is removed by associating with those who are attuned with God.

Think day and night of God. Even the most worldly duties should be done with the thought of God. When you think of God when carrying a lot of duties, God will love you more.

The householder path is a more direct path to God because you have to be in the world and you have a lot of duties. You have to find time for God.

“All men are always praying, and all prayers are answered.” ~ Ralph Waldo Emerson

Whatever our thoughts are on, that’s what we attract to ourselves.

The desires in your mind keep going after death. What is your thought? Success and money? God? What do you want? Your desires will manifest.

Our desires can be whatever we want them to be.

Night and day, night and day, I look for Thee night and day.

I love you Lord.

I love Thee Lord.