

SRF Lake Shrine Notes Sunday May 24th

Bramachari Wolfgang

Preceding Meditation:

Concentration is like playing the piano—you have to keep trying.

Don't feel bad when the mind strays in meditation because then you have lost.

Talk to your heart like a child full of trust.

Sunday's Topic: Sacred Literature: A World of Solace

Most sacred literature is written after the lives of those written about.

Master's words: "I don't want you to believe me—I want you to practice for a year and then if you don't like it find what you like"

Master—good books are our friends

Intellectual Indigestion—read too much too fast.

Do you want to mechanically know words or do you want experience?

Book learning has nothing to do with real life.

Follow Master's reading guidelines to really absorb the works:

Read 5 minutes

Write 10 minutes

Think 15 minutes

Meditate all the time

When you read write a P in the margins for what you want to practice and then when done with the chapter put the p's together and practice them for a week and then change because the mind needs change.

It doesn't matter who says it, concentrate on what is being said.

If you don't know ask questions freely.

To be overly cautious when you approach a text is to lose.

Practice what you read.

Don't take scripture seriously –you must practice. If we took Christian scripture seriously then we'd know that technically Heaven is hotter at 525 degrees celcius than Hell is at 445 degrees celcius, the temperature of fire and brimstone.

Faith requires having no doubt.

Test the scriptures. Put them to work and then you will have faith.

The joy of God can't be described—it has to be felt.

Have the experience and then you'll know it.

Avatars can bring us hope.

PY bring the scriptures of east and west together.

We are each a unique child of God. We need our own uniqueness.

Gandhi—knew he was for peace and liberation. He got inspiration from the Baghavad Gita. He stood up. Most people don't stand up.

Power lies in the practice of scripture.

Practice and study just a little.

Live in the eternally happy present.