

Brother Achalananda – Satsanga

June 15, 2011 – Lake Shrine Temple

Before the Satsanga, Bro. Achalananda gave the following pointers for meditation:

Meditation means to concentrate and contemplate upon God. How do we concentrate upon God? How can we most easily contact the omnipresent God?—Go within. If God is omnipresent, He is within you.

The spiritual eye is the easiest place to make contact with God. Make the effort, without straining, to concentrate on God in the Spiritual Eye.

To go deeper into meditation you want to go beyond the senses.

Question #1

How do you explain the death of a loved one if it happens on a day like your birthday?

Sometimes it has a connection with us, sometimes it doesn't. The day of your death has to do with karma. Or maybe it's the time they choose to leave to go. Many times, people leave around the time they were born.

The law of karma is a grand philosophy. We are punished by our sin, not for them.

God gives us a chance to redeem ourselves. No one can save us but ourselves. The power of free choice – the greatest gift of the soul. It is a tremendous freedom.

Our dissatisfaction is the calling from God to bring us back home.

Rubiyat of Omar Khayyam: Feeling the consciousness of meditation, I wonder about the imperfection of consciousness.

It's difficult even for great wise men to know what truth is. Decisions are the result of habits or sensory reactions. Those who stumble are poorly guided. But we all have intuition – which we have to develop. Until our intuition because used, we stumble and fall. But our understanding can grow through mistakes and misery. From darker experience to the joyous state of divine ecstasy.

Soul consciousness has a fully developed intuition. Intelligence is blind and has no connection with realization because it is guided by the senses. Our senses cannot always detect what is right in creation or in finding God.

Question #2

How can I rid myself of the fear of hell and other evil forces?

What is hell? We leave the earth and go to the astral plane. Then we come back to earth, which is a hard place. The constant changing back and forth from earth to astral gave us the concept of heaven and hell.

Earth is hell! But there is also a heaven and hell of consciousness.

There are lower astral planes which don't have the lightness of the better astral planes.

No one can be lost forever. We are all God's children. Realize you are God's child. Sooner or later, you will go back to God. Sooner or later. You can speed it up.

Yogis, saints, and devotees have more freedom in the astral. Good people who don't believe in god are more in a subconscious state in the astral. Yogis are more in a conscious state in the astral.

We have to resist negative forces and make the spiritual effort.

Question #3

How does one develop attunement with God so we know we are doing God's will?

Patanjali's sutras – getting back to God.

Yama – what to avoid

Niyama – what we should do.

The last three qualities are what we need to work on to get connection with God's will:

Self-discipline

Self-study, introspection

Self-surrender

Surrender yourself to God. You can't do it by willpower. God has all the willpower He needs, but He doesn't have our love.

Self-attunement with God. Resignation to God's will. Acceptance of God's will. But we need to turn it into a more positive aspect. Tune your will to God's will. If you do, then your will falls in line with what is coming to you and helping you in the path. It doesn't matter if you like something or not – you recognize it as the right thing for your life. What we should do isn't always what we want to do. The body and mind will always choose the easy path. Become more aware of doing something the right way. Learn what the right way is by meditating and reading scripture.

“Living Fearlessly” booklet contains the 26 qualities necessary for attainment of freedom.

Fearlessness is the number one quality on this list. Fearlessness means faith and trust in God.

Invincible lion of the self. Thou art a lion and not a sheep. Open your eyes and roar! You are a lion of cosmic power.

By meditation and intuition, these forces awaken.

Question #4

Look to yourself for your own happiness.

Make yourself happy first by meditation. We all want to be happy, yet there are very few people in the world who are happy. Why? Because if you are caught up in the drama of life and ego, you will be miserable.

Connect more to the soul’s freedom and joy.

God is peace, stillness, contentment. That is the kingdom of God within. Creation is the noise, conflict and excitement without.

Go within to be a happier and joyous person. Then you will attract to yourself a better person (mate). Don’t have unrealistic expectations in love. Life is not that way. Life is a struggle for joy all the way. You have to seek it and want it.

Pray: “Lord, you are within me and all around me.”

You are made in God’s image. A prince of the universe. What do you have to fear?

Connect with the omnipotent force of love. Refuse to give up. You can succeed. Ask God and Guru for help. Sometimes we feel we’re not getting help – but later we realize we were being helped.

Keep on keeping on!