

Brother Achalananda: "Why We Suffer"

Lake Shrine Temple July 24, 2011

If we want to have spiritual development that will make us a happier and better person then we need to meditate. It's not enough to read about God, we need to commune with God. We shouldn't feel we don't deserve this. We are all God's children and we have to ask and be answered.

Fearlessness means trust in God, trust in his protection. Meditation helps us develop fearlessness and to connect with God whether God be sound or light—with meditation we being to connect with the eternal source.

When you begin to feel a communion with God you no longer feel like you are standing on an abyss—you'll realize you are connected with a power great than any human source.

The biggest thing about life is not to feel overwhelmed. Things will happen. Do we have the foundation or are we hoping? What are we doing to make it happen? Master says if we want to be happy we can. We have to convince ourselves, our minds. That's what meditation does—it takes us out of the lower realm of the mind. If we want to be a happier person we can.

We all want to be loved, but people misuse that. Where is the source of all love? God is. Love and and love the God in people. People aren't always loveable but their souls are, so love the person's soul.

Practice Master's techniques to see if they work, but you have to practice and apply the techniques. Don't just read them and put them on a shelf. If you really want it you can do it.

God is stillness and peace. Creation is noise and restlessness. When you say "reveal thyself" put your concentration and devotion into it. Don't be mechanical.

When we are suffering don't we say "why is this happening to me?" We don't see the connection—that this is a question that has been around forever. We don't see the cause because it must go back to past lives or if it's this life you've buried it so deep in the subconscious that you go to therapy, you go to psychologists. But there is another solution. You can meditate.

We always look for the problem outside ourselves. We need to ask ourselves what is it in me that is attracting this situation? With meditation sooner or later we'll see the trait or reaction that we need to change. Then we can avoid suffering.

If we know something is coming we can handle it. Read the Science of Religion for ideas on how to cope with life.

Our ego consciousness is our sense of separation. We are living in a state of delusion which keeps us from knowing what is really going on.

Ma decided to spend this incarnation putting God first to see what really makes a difference.

If we go deep into God consciousness we become more attractive to people, more capable of communicating soul to soul.

Inside each of us is a kingdom of God-peace, of stillness. Outside is a kingdom of a wild ride. You have to achieve a state of interiorization for a long time.

With a materialistic existence we become blind to God, we become blind to sunsets, to the beauty in nature.

If we say there's no enjoyment ask have you done anything to cultivate devotion, to cultivate love? Don't put God in 2nd place. 2nd place is no place.

Things only satisfy the senses. You can satisfy the senses until "hell freezes over" and you won't be happy.

The spiritual path is difficult.

As we get older we engage in what Master calls patchwork living—we're always fixing something. We want to change this.

Why are we having all this difficulty? There's a superior joy behind the senses. We cling to this life and we think this life is so wonderful and then we keep getting beaten down until we realize there is something greater within.

Be content with what God brings. Spend every moment doing good and being good.

This doesn't mean you have to accept things. You can always try to make things better. If you can't change it, then accept it and move on.

Man has to learn how to receive. Even when God tries to give us something we need to believe we are worthy and accept it.

Sometimes we want material things and we them and that's when we realize that things don't matter. When we don't want things it means our desires change. Because the joy was in getting it, not in having it.

Nothing is ever as much fun as you thought it was going to be, except God.

Daya Ma would go through her closet and get rid of things she hadn't used in a year.

Why hang onto our wants? First we create a want and then we satisfy it. But there's a better way of

doing it. Practice self-control.

Bro. Achlananda's dad bought a car with cash and the salesman said he'd never seen that much cash.

Bro. Achlananda's dad asked the salesman: "how many credit cards do you have?" Paying with cash changes your consciousness and makes you more careful.

We will never be satisfied with our material desires. Go after freedom from delusion because that's the only thing that will ever satisfy us. We need to get in tune with the truth and then we will get happy. But we have to prove it to ourselves.