

Bro. Achalananda Lake Shrine Temple April 17, 2011

Palm Sunday "The Deeper Teachings of Christ"

Meditation means to contemplate upon God, meditate upon God.

How can we deepen our concentration upon God so it has meaning and strengthens us so we can live the life we should?

Creation is very tricky. It is full of noise, restlessness, excitement.

God is full of peace, love, light, silence and stillness.

One is an outer expression and the other an inner.

Our senses become involved with creation. We get caught up in it, completely engrossed in the drama of creation. We have suffering, pain, and misery. We don't have time to think about God.

The nature of creation is a paradox: love/hate, light/dark, pain/happiness. No matter how much happiness we have we know pain will come. There will always be a duality. You cannot separate the good from the bad.

Change. This too shall pass away. One thing we can be sure about in creation is change.

We need to find stability in this unstable universe. We need to find God. God's light and love upholding us. Then we can go through the ups and downs of creation. Once we have that we can safely ride the waves of emotions.

The more we meditate, the more the roller coaster of life smooths out.

How can the restless monkey mind become steady? The mind will become steady by connecting it with the source: God alone. Meditation will bring us into this state. Practice the techniques consistently and sincerely.

This is what we are all seeking. The consciousness of contentment. If we are content, that means nothing is bothering us. This is not an easy state to attain. We have to find the contentment right within ourselves. Disconnecting our senses and going within.

God is within; creation is without.

We want to detach our senses from outer emotions. This takes a long time, but even in the beginning of meditation we can feel the bliss of God. Go on meditating with sincerity and the time will come when you feel connected to the great bliss of God. It's all there waiting for us to discover.

If you don't have a technique then focus on the spiritual eye and focus on a thought: beloved God reveal thyself.

Focus on the words—"Beloved God, Reveal Thyself"—make it a call from your heart.

Approach God with intensity of effort, yearning and love and God will come.

On a talk given the week before Easter on the deeper teachings of Christ, Master talked about the victory of life over death.

Christ Consciousness—Christ didn't die, he came back replete with God to show that we are all immortal. What Christ achieved, we too can achieve. The Son of God achieved victory over death.

Life is full of miracles, but most people ignore them.

Power of life comes from God, comes from the Divine. The one eternal substance. That which is and always has been.

“God is the one eternal substance that cannot die.” Sri Yukteswar

In creation things come and go. Our souls are changeless, formless, eternal, one with God. God's nature is blissful.

The body dies and we go onto a new existence because the soul lives on.

Earth->astral->causal, but if we don't pass earth's life test we don't go to the causal we go back to earth after spending time in the astral.

Resurrect yourself while you are living in this body. We have an unconscious resurrection while we sleep. Resurrect yourself consciously in meditation.

We sleep to escape this lousy world.

Resurrection releases the soul from ignorance. Make the effort to meditate and experience the higher states.

Old Testament—Elijah leaving the body.

Miracles happen all the time. The greatest miracle is when we can overcome material skepticism.

Master once said “if you believe you are wicked today then you can have a new birth.”

Bro. Achalananda read a letter from Mrinalini Mata thanking the Lake Shrine Temple for their gift. She wrote: “being a true disciple of beloved God is the most important role one can fulfill in the organization.”