

Brother Anilananda

Thoughts on Sri Daya Mata

Just to share some notes from today's service by Brother Anilanandaji, who is now the minister here.

After the Bible and Bhagwad Gita reading, he went on to talk about beloved Daya Ma and said the best way to honour Ma is to follow her example:

[1] Ma was always "leaning on God."

[2] Whenever the monastics asked Ma any question, her consciousness would go straight to God.

[3] Ma wants each one of us to realize the Spirit of God within us and to perfect our relationship with the Divine.

[4] Guruji: True practice of religion is to sit still in meditation and talk to God - few words are best.

[5] A story about the caretaker of San Diego Temple and Milton [Coordinator of Chicago group], who were close friends. The devotee who was the caretaker of the Temple was ailing and Milton came down to say goodbye to him and was staying at the Encinitas hermitage. Swami Anilananda and Milton spent an hour in conversation, where Milton talked and shared his thoughts. He had faced 3 major difficulties in a row:

[a] lost his job

[b] his mother passed on

[c] he had a major heart attack. He was very subdued and could not feel God's presence and talked to monastics about it. All through it, he never gave up and persevered.

The 3 things he learnt:

[a] God loves us anyway and all the time.

[b] A need to be thankful always.

[c] We should love

God at all times too.

[6] On a recent visit to South America, Swami Anilananda asked the Sunday School kids how to go from feeling sad to happy. One child answered, "by being thankful!"

[7] Ma would like us to keep up with meditation practice twice a day. As often as possible, to have a silent, steady flow of thought: "My Lord, My God, I love You."

[8] 45 years ago at a satsang for monastics, Ma said that God is the common denominator in her life.

[9] Some years ago, Swami Bhaktanandaji was at Encinitas to talk with the monastics and give the Sunday Service. When he was leaving, Swami Anilananda went upstairs to help carry his luggage. Swami Bhaktanandaji put the bags down and pointedly said: Practicing the presence of God is the most important thing. Ma always emphasized the same principle and said that this is the secret. Ma: Practice resting the mind in thoughts of God at all times and we can learn to do this wherever we are. Guruji: "Where are You, Lord? Let me feel Your love."

[10] Ma: Thinking of God constantly, enabled her to know what God wanted. For example: If Ma were to walk in a certain direction and the feeling of God's presence decreased and that feeling increased if she were go in another direction, that was the way He wanted her to go.

[11] Ma: Desire to please God gives rise to love for God.

[12] Ma prayed all the time for ALL souls, everyone - without exception. And gave love to everyone too.

[13] Sri Yukteswarji: Creation is made up of vibrations, one which pushes away and the other which pulls. Matter came into being with the concentrated Light of God. The vibration of "push" = ignorance and that of "pull" =love. So, we should send vibrations of love to Ma. Ma must be in extreme joy as she has gone home at Christmas time. To honour Ma, we can be more understanding and compassionate. A recording of Ma's talk was played at the very end.

[focal points: "keep thinking of God and tell Him you love Him;...think of Him when you first awaken, throughout the day and right when you go to sleep;.. let me try to manifest You at all times, when I'm happy or sad, when the body is healthy or not well....."]

Jai Guru, Jai Ma,