

Bro. Balananda - "Developing the Invincible Power of the Initiative Dynamic Will Power"

May 1, 2011 - Lake Shrine Temple

Bro. began with a few thoughts on meditation:

Meditation is the missing link between religion and realization.

Sit still. Don't move body. When you move whirlpools of energy go to the muscles instead of the spine.

Watch the breath as you would watch someone else's breath. That will help your body become stiller. The breath will slow down and the mind will slow down. Then you'll feel all the soul qualities of peace, love, ever-new joy.

Throw thoughts out when they come in.

Whatever Master did he always used dynamic will power. Whether he did gardening, created schools, he used dynamic will power. If anything is worth doing, it's worth doing well.

The secret of success is will power. Destiny is what you make it. If you don't like your destiny then change it. Change it by changing your thoughts.

4 Stages to Change Will Power:

- 1) Wish—I wish I could stop. I wish this, I wish that. Intuitively we know the wish won't come true.
- 2) Desire stage—a strong wish with many attempts that don't work.
- 3) Intention stage—Focused and forceful efforts to focus attention.
- 4) Dynamic Will-Power—desire + energy = a series of continuous and unceasing determination and acts revolving around desire until it fulfills that desire. No matter how impossible. Will applied again and again until success is attained. Steady attention towards a definite goal. If you never give up will succeed.

Bro. Balananda eventually he realized he was a yogi who could do anything.

Lesson 2 is on Dynamic Willpower. Each and every one of us needs dynamic willpower to find God.

The savior of man is dynamic willpower. Focused determination.

Find God now! Why wait for the future? God will have to reveal Himself if you sincerely try to see Him.

Desire and energy applied again and again until you will get what you want.

Lord Krishna appeared to our Guru because our Guru used dynamic willpower and he never gave up. He was enthusiastic and he believed it would happen.

To build willpower – try small things. Devote your whole energy and willpower on one thing at a time. To create dynamic will power do some of the things in life you did not think you could do.

Finish what you start.

When you develop dynamic will power—you can heal others from a distance, like Jesus. Use willpower to control your destiny, to move a continent. Undreamed of possibilities.

Each one of us has that latent power within us. Tap into the inexhaustible reservoir right inside of you.

Always ask for God’s guidance with the things you think, say and do toward the tasks you want to accomplish. “Lord, guide Thou my reason, will, and activity.” Barriers will crumble and we will realize we can do anything.

As you think, so it is. Say “I am a yogi and I can do anything.” Don’t limit yourself.

Guruji had monks do everything so they could realize that could do everything.

The number one key is to be willing. Just do it. Jump in with both feet. Be willing and God will help you.

We are divine beings and we can achieve anything. No matter how many times you fail, keep trying.

Dynamic willpower – if used, will help you to feel you can find God in this lifetime.