

Brother Balananda – Farewell Lecture

Lake Shrine Temple - June 26, 2011

The following notes represent the combined efforts of Nancy and Pat. If you choose to share them with others, please do so by providing them with a link back to this site. We are working diligently to provide a place where devotees can create a dialogue about the notes presented here, so we ask that people respect our efforts.

Please visit our image gallery for photos from the fellowship and farewell gathering:
<http://www.devotee2devotee.com/imagegallery/>

Thank you and Jai Guru!

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Meditation is the missing link between religion and realization.

Be still and know that I am God. Once we keep the body still, the heart starts to slow down, the mind will slow down, and we will start to feel boundless peace. Then the energy will make its way to the highest center of realization.

It's more of a challenge to keep the mind still. When thoughts come in throw them out

It all begins by watching the breath. Don't control it -- with meditation just watch it. Then take the mind from the worldly consciousness to a more spiritual one by chanting.

For Brother's lecture today he told stories, some of which he told while he was at the Boys Youth Camp for the past seven days. At the boys camp there were 140 boys, 10 monks, and 50 lay members. Brother would tell stories at night.

What makes us love an avatar more and more as we tune in with him or her? There's something that creates a feeling that grows and grows.

What makes us love Guruji more and more? Master has given us the teachings, guidance, and blessings. Guruji spoon feeds us our karma in doses we can handle. He gave us temples and grounds, Sri Daya Mata, Mrinalini Mata. The core reason we love him more and more? His inconceivable love for his disciples.

How do we walk in Guruji's footsteps until we reach self-realization? Guruji always showed people how holy they were—he didn't focus on his holiness. He would always show devotees the divine qualities they had. He didn't focus on his own divine qualities.

But we tend to look at our negative qualities. Master can't wait to see us as He sees us. Spaceless and tireless—He sees us as endless bliss. Master sees us as children of God, just as we are: "My own, my own, can't you see you are perfect?"

See that you are perfect. You are the eternal sphere of light and joy. The one light that shines in all creation. That's why we love the Guru so much – because of his great and inconceivable love for each of us.

Master—"I'm only master of myself. I'm a royal servant to you."

Jesus said, "You can do greater things than I can."

Guruji doesn't want us to worship him. He wants us to become like him. That's why he said, "I came as the wind of heaven, bearing the fragrance of the Father. What I give to you, I want you to realize for yourself. Nothing can match that understanding."

Guruji started Sunday school in Hollywood in 1942. Every once in awhile he'd show up and be the Sunday School teacher. Master would share with the children the keys of heaven: how to be happy at will, how to control life force. This is what you learn in Guru's "how to live" camps. One day SRF will have "how to live" schools. For now our focus is on kriya.

The Guru protects the disciple with a jealous hand. A former Sunday School student was serving in North Korea and Master said to him: "Though you are far away, you are with me always." Master pointed to his heart.

We are protected and guided. The Guru whispers to us. How many times have we felt that? Many times we were protected and didn't realize it. As we deepen our meditations and develop our intuition, we can see how the Guru has guided our lives.

Between 50 and 60 people were interviewed for Glimpses. Everyone said they were Guruji's favorite. The Guru made you feel so special.

Herb Jeffries would always say "dig." "I'm digging it." Herb Jeffries use Master's technique of Kriya yoga to heal his broken back.

Herb once asked Master if he could still drink, smoke, party and go hang with Master, and Master said yes. Master also said "if you keep hanging with us you might lose your desire for the old bad habits!"

Surround yourself with Temples, meditation and you will become a yogi!

Environment is stronger than will power. Bad habits fell off of Herb Jeffries as he spent more time with Master at Mt. Washington.

Everything is a miracle. Every roadside flower, every blade of grass, the birth of a baby, 100 boys learning meditation on a mountain. Digestion is a miracle. Try to digest your food sometime. Intelligent life force is a miracle.

Master used to perform miracles on stage. He showed the power of his life force or Chi. He stopped performing miracles because of the curiosity seekers. So he started teaching the miracles of meditation.

Herb Jeffries at the age of 8, saw a vision of the Guru. On the streets of London in 1936, he was walking when he saw a dark-skinned man in an orange robe—a man he referred to a mahogany Christ. He said to himself, “I have to meet him.” So, as Guruji got in a cab, Herb got in a cab to follow him. When Guruji’s cab stopped, Herb got out and met him and the rest is history.

Guruji pulls all these strings behind the scenes when we’re ready.

Stories of lady devotees. A woman by the name of Maryann Linfeld used to be a devotee at Lake Shrine. She was interviewed for Glimpses of a Life Divine. She told stories for over 5 and ½ hours. Stories that had the monks in tears. Stories are powerful messages.

When she was young, Guruji was her spiritual father and her worldly father. He would check their report cards. One nun could only earn B’s. One day Guru told the nun, “I know you’re doing your best.”

God watches the heart. He knows when you are doing your best. Never compare yourself to others. “Always remember this: God doesn’t expect you to be perfect. He just wants you to do your best.” ~ Master

“If you love God to the best of your abilities, your love is already perfect in his eyes.” Mrinalini Mata in a thank you letter to the Lake Shrine. Make a steady, sincere effort. Your love is perfect.

When Maryann was haunted by a Christian hymn, “And He Walks with Me.” During a Christmas meditation, she entered the temple and heard this song. She wondered if God would walk with her and she prayed during the meditation.

One day she passed the Guru in the Mother Center hallway. The Guru looked into her eyes and softly said, “He walks with me, and He talks with me, and He tells me I am His own.”

The Guru asked her, “Do you accept me as your Guru? It’s an unconditional relationship. Do you promise to pick me up when I fall?” She replied, “But you are the Guru.” The Guru said, “It’s unconditional and goes both ways. You must pick me up if I fall.” He then gave her an symbolic sign of his hands being locked together – a sign of the Guru/disciple relationship. Master joined hands with her and symbolically threw away the key. The promise of kriya—we will be there for the Guru just as he is there for us—that is unconditional love—locked in the Guru/disciple relationship for all eternity.

Until we have this bond, we will always feel lonely. When the time is right and when it’s for our highest good, Guru will answer all our prayers. We’re all going home—that’s the goal of life—oneness with God. Until we have that we will feel incomplete. Nothing can fill that emptiness but the infinite.

Anything in life becomes easy when you practice. It's the same with meditation. Meditation seems hard in the beginning, but it gets easier with practice. Anything we want to excel at takes time and practice. Like it takes practice for the all-day Christmas meditation.

Devotee Berniece Brown from San Diego Temple was interviewed for Glimpses. She saw Jesus in her first all day Christmas meditation. She started to feel waves of love go through her. She opened her eyes to see Guruji walk past her. The vibration of Masters stay for lifetimes.

She said when Guru prayed at the beginning of meditation it was like he was talking to God. A blue light came down from the ceiling – in the middle was white. Then Jesus appeared and looked into her eyes. Jesus talked to her with his eyes—not with his words: “Fear not, for lo, I shall be with you always.” She realized, “this is the real me.”

Afterward, the end Guru said to her, “you saw Jesus, didn't you?” He gave her a cookie and said, “Now you eat this cookie. We need you to get back into your body. You have 3 hours to drive to San Diego!”

Whether we see him or not it doesn't matter because Guru wants us to experience Christ consciousness. That's what's important. That's how we will see Christ.

“I will love until every star and atom is lodged in my heart....I am the ever living spirit, undying, and I shall be watching over you with a million eyes.” ~ Master