

Bro. Balananda February 20th, 2011 “The Cosmic Motion Picture

The universe as materialization of God. To realize it, one needs to attain the state of cosmic consciousness. (see AY chapter on cosmic consciousness)

4 Powerful keys to deepening meditation

- 1) Keep in mind that time flies: We won't live forever in this life. This life with its special circumstances will only last so long and we will end up back in the astral world. If we don't make the effort we will end up in maya's storms and in the storms we will be cut up, so don't be lazy. If we don't make the effort, maybe the Guru will think we're not serious about this path.

Maybe we'll have a couple of lifetimes without the techniques. Don't procrastinate. You don't have endless time to work on your meditations.

Make up our minds to meditate longer and deeper. We need to have urgency.

Manana doesn't mean tomorrow—it means not today. Mrinalini Mata says love God now. Life is short and time of death is uncertain, so you need to get busy with God now. Your search for God cannot wait. This is the only attitude to have.

How do we get busy with God?

- Go to a longer meditation—try it once a month and you will feel the peace well up within you. Then the river of joy will be with you all day long. The techniques really work. Practicing yoga is half the battle.
- Start having longer meditations at home. You will begin to feel the tremendous yearning for God which is necessary.

Someone once asked Ma at a Satsanga “What would you do if in this life you knew you would die?” Ma said “You would think I'm going to die and you'd feel an urgent need to connect with spirit.”

Nothing but spirit is important. When we die we lose everything. Everything goes except our state of consciousness and our love for God. When we leave this world our connection with God is all that will stay with us.

Thoughts are our number one enemy in meditation. If we strive to deepen our meditation the thoughts will diminish.

Kriya yoga is like a liquid light moving up and down the spine.

Remember: Tempis Fugit—life is short/time flies

- 2) The second key to deepening meditation: Yama/Niyama
Introspection: Am I behaving morally & spiritually? Control all your habits and learn how to behave.

Like attracts like. Whenever we're immoderate, we're throwing pebbles into the lake of our mind. Don't have a restless consciousness.

Someone once asked Ma "how do I get Divine Mother to respond?" Ma replied "Become more divine."

3) The third key to deepening meditation: Posture

Never meditate alone—take at least one Guru into each meditation with you. The Gurus are always there, even if you can't see them—you just have to feel them. To those who think me near, I am near!

God loves us 100 times more than our earthly parent—God will respond but we have to make the effort. If you call to God, He will respond. A thousand Christs incarnating on earth can not save us if we don't make the effort.

Every time you practice the presence the Gurus are there. If you visualize the gurus near, you will receive a blessing.

Brother ran out of time and didn't get to the 4th key to deepening meditation – which is pranayama. (see Gita for a thorough discussion on pranayam).