

Sunday, July 4, 2010 – Brother Ishtananda  
Hollywood Temple – “Freedom”

Without God realization you have little freedom. Freedom means the power to act by soul guidance. Obeying the ego leads to soul bondage. Obeying the soul leads to freedom. Acting from soul guidance brings liberation.

Liberation as defined by Sri Yukteswar in “The Holy Science” – Liberation is giving up the vain idea of separate existence.

Vain – excessive pride in our individuality – this is a false concept. Egotistical idea of individuality makes us suffer for lifetimes.

There’s only one substance. First sutra of Holy Science – spirit of God is complete without beginning or end. God is all, in all, in the universe. Everything else that follows in the Holy Science follows this idea – there’s only one substance. It is Divine consciousness. There can be nothing else.

Things appear different, but in essence they are the same. Everything is all in our consciousness.

Freedom – we have a deep desire for freedom because on a particular level there is this knowing that we are a part of that one substance.

We all have an innate desire for freedom. This implies that we are bound. This implies that we were free before we were bound. Now we’re in this imprisoned house of flesh.

Freedom through ego consciousness manifests in basic ways. All this stems from our innate craving to be unbounded in pure consciousness. It’s the inner freedom we are really seeking. This is why it is important to live the spiritual life and to meditate. We get glimpses of freedom, Divine freedom.

Why aren’t we free? What binds us? Freedom in this highest level – at its very root we have a concept of separate existence and this binds us. Earthly dislikes and likes are entirely responsible for the bondage to the soul and earthly environment. Are you willing to give these up? Do you want to be free?

The Father cannot free us unless we want freedom; He cannot bind us unless we want to be bound. He will not go against our free will.

This can be very subtle. Desires can be good desires, but we have to be careful. We need to expand our consciousness into God’s consciousness. Our individuality is always there, so we don’t cease to exist. We are expanded into the greatest existence there is.

Don't affirm our separation from God. "I" voice can separate us. We are as a part of God as we always will be.

In the creative process, we are free from ego, we merge as a greater soul consciousness. We have to avoid letting the ego subtly get into this process.

Final freedom is beyond this illusion/dream of God.

3 Innate Qualities – Gunas

Sattva, Rajas, and Tamas– present in everything in creation.

Story of the Three Bandits: A pilgrim in India on his way back home and was accosted by these three bandits. The bandits tied him up in the forest. The third bandit came back, untied him and led him home. The pilgrim became friends with the bandit. The bandit pointed out the road back home for the pilgrim. The pilgrim invited him back home, but the bandit said, "no, I belong in the forest."

Tamas – kill desire for freedom

Rajas – ties you up and wants to keep you in the forest.

Sattva – leads you out of the forest to freedom.

Sattva is still a bandit... he stays in creation, so we shouldn't identify with the third bandit. We must move in the right direction but not be complacent. Move out of the forest through sattva activities, but don't identify with the activities.

A child's riddle: Imagine your inner room with no door, no windows, furniture, no nothing. How would you get out? Answer: Stop imagining!

How do we stop imagining? The imagination is so strong. How to free yourself? By total renunciation. Renounce everything. Renunciation of the mind is total renunciation. Those who know the mind say the mind is the eye, the ego sense within us. Close your eyes and what is illusion disappears.

There is only one reality. Forget everything else. The catch? How do you attain this knowledge? Kriya Yoga. Master has given us the tools.

"Attaining Freedom" – Metaphysical Meditations: Feel that you are the real life that shines through all creation.

What ties the consciousness to the body? The breath creates the consciousness.

In Kriya Yoga, we utilize the breath to draw the attention inward toward Divine energy. The energy is mind and thoughts of God, the pure soul consciousness. Intelligent cosmic energy and spirit.

Withdrawal of life and consciousness into life force, mind, soul, spirit through Kriya Yoga. The principles of Kriya Yoga have been there since creation. God put the means of getting back to cosmic creation. Sit in breathless silence.

Kriya is not enough. Get rid of the sense of "I do." After the techniques there needs to be a forgetfulness of "I." Sit in stillness and forgetfulness of self.

Practice of concentration and devotion and realizing Master is blessing our efforts to return to that source.