

Brother Ishtananda - "How to Eliminate Suffering"
San Diego Temple, January 2011

During his talk Bro. Ishtananda gave advice on how to eliminate and/or overcome suffering. He also gave personal examples to illustrate his point. He started off by saying that, according to Master, The goal of life has two aspects:

- 1) the elimination of suffering
- 2) the attainment of bliss consciousness

Bro. Ishtananda spoke of his own evolution in realizing the importance of eliminating suffering. In November of 2009 his 89 year old mother passed and Bro. Ishtananda felt the suffering when talking to his sister and feeling her grief. His experience with his sister made him more aware of the suffering of others.

In speaking on how to eliminate suffering Bro. told the story of Siddhartha and used a quote from Uma Mata. Uma Mata once said that "life is not user friendly." If we study the life of Siddhartha we will learn that we don't have to suffer. The great ones came so that we don't have to suffer. Life will have unpleasant experiences, but we don't have to suffer. We suffer because of mistaken identity. The more we identify with the soul the less suffering there will

Brother Ishtananda also told the story about an occasion he spent at Hidden Valley visiting with Brother Dharmananda in his later years. When Brother Ishtananda entered the room, he saw Brother Dharmananda sitting in his recliner. He found himself feeling sorry for Brother Dharmananda because of his ill health. As the two were visiting, Brother Dharmananda proclaimed that he could feel the OM vibration in every cell of his body! In that moment, Brother Ishtananda found himself feeling a little less sorry for his fellow brother!

In addition, he also quoted Brother Dharmananda as saying, "You can have pain and still feel joy!"

A quote from Brother Anandamoy: "Total surrender to God is a lesson every devotee has to learn."

The soul does not suffer.
The ego suffers.

The goal of life is oneness with spirit -- the positive aspect of life. We do not have to suffer. We suffer because we do not understand our true identity.

The soul does not participate in the workings of cosmic nature - it is not involved in the suffering. It is the witness.

When you are deep in Hong Sau, you are the witness. Then you can become more aware of the quality

of the soul.

The supreme quality of the soul is bliss.

The Lord has done great things for us, creating us in His image. The joy of God is boundless, unlimited. Such is the grace and glory of the Lord.

What is the indescribable bliss like? Well, it's indescribable!

When we have that bliss consciousness, we have risen above ordinary consciousness. We feel an expansive awareness and compassion for all things. We are transported to another region.

We've all experienced the peace, but we must go beyond to feel the bliss.

Dual consciousness: as long as we are in this body, we'll have interaction with this world. But as Brother Dharmananda said, "you can have pain and still feel joy."

Master's teachings are there - the teachings work. What do you want?

Man minus mind = God

This is why Master gives us the meditation techniques... to eliminate the mind!

You will tire of everything else but God's joy. If you can realize God is with you every minute, the bliss is yours.