

Brother Ishtananda – Satsanga – August 2010

Q1 – Tell us more stories of Brother Bimalananda.

1948 – met Master here at Hollywood Temple. Master spoke to Brother B in Bengali as he greeted him after his first service. After he became a monastic, they were driving out to the desert and Bro. B wanted to ask why Master spoke to him in Bengali. Master welcomed them and told them all that they were Bengali mates. Brother B. jumped out of the car and asked Master why he was talking to him in Bengali... he was obsessed with it the whole drive and didn't hear Master tell them.

Bro. B spent the whole day crying to God during a meditation.

A couple of months before Bro. B passed, a former monk went to see Bro. B at Hidden Valley. He had lunch with Bro. B and one other monk. The other monk was taking pictures. The former monk was talking to Bro. B – telling him what was wrong with the other monk and the organization. Bro. B kept saying, "Om Guru, Om Guru, Om Guru, Om Guru." Gave the guy a simple way to turn his mind away from the negative and onto the Guru.

How many of us make our inner life as simple as Bro. B did? Om Guru, Om Guru, Om Guru

Q2 – What does lotus feet mean?

Lotus is a beautiful, pure blossom. Symbol of purity and the soul's blossoming.

The feet is the lower part of the body. Taking the dust of a Guru's feet. One particle of dust from the Guru's feet can... ?

When we bow at the lotus feet, it puts us in touch with the purity. It's a symbol and sign of devotion and humility. It's a symbol of openness to the teachings of the Guru.

The Master is a living temple of God whose doors are open by devotion.

Law of magnetism – devotion draws us to the Guru.

Another monk visualizes the Guru's forehead touching his forehead to draw his presence. When the presence is strong, he opens his heart and allows all the love to come up.

It's not just physically touching the feet of the Guru, it's mentally touching the feet of the Guru.

By thinking of the Guru, the law of magnetism brings the Guru close. In meditation, think of Him in the Christ center and heart. He is your own.

For us, contact happens in the spiritual plane, but there's no difference because everything happens in the spiritual eye.

Q3 – Choosing our parents/children. Good or bad karma?

Why do we choose our particular parents? Everything is vibration. Everything in a person or environment we are drawn to there is a sympathetic vibration. Parents are drawn together by vibration and an infinity.

By looking at a person's eyes and shaking hands, there's an exchange of energy and vibration.

When sperm and ovum unite – then there's a flash of astral light – souls with like vibrations with these parents will fight to be born into the body. These parents will provide a like experience. Many souls are striving to get into the flash of light so they can get a body again. Not only do we choose our parents, we fight to get them! That's how strong delusion is. We fight to get back here!

Those we have a deep relationship with, we do lifetime to lifetime reincarnate together. We are drawn to others. We are drawn for one or two reasons: 1. Love OR 2. Hate These forces provide the next step in our evolution. We get to expand our love to get back into the Divine consciousness. Hate also gives us the opportunity to get rid of this strong quality.

Crux of the matter – it's up to the person as to whether it's good or bad karma. If you provide a child with spiritual background and love, then it is good karma.

Q4 – Different religious backgrounds and raising a child.

Both parents need to be receptive to other religion. Live according to Master's teachings, then your child will see a good example. This is what will win the child toward a meaningful spiritual path. There's no guarantee of God consciousness because you have an affiliation with an organization. Teach reverence for all religions and all the saints. Greatest way to effect a child – if the child is impressed by how you live your life. Be a shining example of your Guru's teachings.

Most important – teach him to have a personal relationship with God. Teach him truth. Teach him God consciousness. You want to raise a child who has a deep quest for truth.

Q5 – Spiritual purpose of the EEs

Visualizing energy coming into the medulla. The will pulls in the energy. It begins to create an awareness of these two centers – an awareness of that energy. Getting an awareness of the energy coming into the body through the medulla. Energy is the gross manifestation of will and will is the power of consciousness.

We have to have tremendous will power on this path. Brother Anandamoy talks about the primary spiritual purpose of the EEs. To unlock and unblock energy so you can meditate.

Kriya – energy control.

Master told disciples that they should be so adept at the EEs that when they sit to meditate they can pull the energy up the spine and go into samadhi.

EE – a spiritual technique for life force control.

Don't complicate the techniques. Be aware of how the energy is flowing into the body.

Q6 – Freedom – Nancy's question (you can reword it here!)

To establish my own identity apart and yet not separate from others.

Missing link – concept of their own identity.

Brother Satyananda – self-esteem books – used a new phrase:

“soul esteem” – big “S” – individuality that God has given each one of us as a part of Himself.

“self-esteem” – little “s” – ego-esteem

Ego-esteem is based on the concept “I do.” That's why it's hard to meditate. I, I, I. The ego exists as “I” am doing something.

In meditation, there is no doing, there's only soul awareness and surrender to God. Being connected with everyone else. Awareness of God within us. That's not the ultimate goal – the goal is union – union of God and spirit.

Communion is not our goal – it's union.

Meditation, Process of meditation, Object of meditation. When we reach our goal all these disappear. There's only absorption. There is no “I.” There is no “I” or “we.” There's only the one substance. That's all that exists.

Liberation is giving up the vain idea of individual existence. ~ Sri Yukteswar

If you're dreaming you create John and Jane in the dreams... then you wake up and realize that John and Jane were only a part of your consciousness. Everything always remains in the consciousness of God. That thought of God is always there. Even the Avatars, who have completely merged into God, can go back if God wants them to incarnate.

When there is a sense of losing a sense of individuality, many withdraw. But it's not an obliteration – it's an expansion. You become part of the greater consciousness who created John and Jane. It just expands. You can only know this by experiencing it. This is the great goal.

Master says, "forget the body and all perceptions." "I am infinite" – affirm only this until you feel you are everything and beyond everything.