

Brother Ishtananda

Satsanga

September 16th, 2010

Question #1: Explain the spiritual nature and function of the cervical chakra

Master give extra attention to the heart, medulla, and Christ chakras.

All chakras are important but Master focuses on those most important to spiritual progress: the heart and Christ chakras where a magnet is created.

Medulla is point of entry for cosmic energy—and also the point of exit.

All chakras are important because the om vibration comes down the spine.

Defining chakras helps to understand the difference between the physical and spiritual ethers.

If we feel a vibration at one of the chakras we need to focus on that; ultimately we need to be more aware of all the chakras. All chakras have special functions because there is divinity in each one. The cervical chakra is the center of divine calmness. Practice OM on each of the chakras. This is a powerful technique Master gives us. Chant OM plus the name of each chakra as you go up and down the spine.

Question #2: An SRF devotee who grew up Roman Catholic wants to know if it's okay to take Holy Communion when visiting parents.

When you've accepted the guru disciple relationship you've accepted that the Guru has everything you need to get back to God. Look at your motivation. Are you taking communion for your family or are you doing it because you feel Kriya isn't working for you?

God the father is transcendental creation beyond consciousness.

When we eat the flesh we absorb universal Christ Consciousness. When we drink the blood we drink cosmic vitality.

Some people think they can be saved by drinking the wine and eating the bread but these are only symbols of the work that needs to be done.

Look up Communion in the Second Coming of Christ.

Question #3: Why can't we do more than 6 kriyas in the middle of the day.

There's a powerful principle involved here. Master had to create guidelines to give kriya to the masses. The most important thing is the quality of the kriyas. People get caught up in the quantity. If you go deep enough with kriyas—that's what matters. Concentrate on depth.

What did Master mean when he talked about deep practice of the kriyas? Keep the mind on the spine.

Everything changes when the consciousness changes. The bliss begins to bubble up when you practice kriya slowly and deeply. Have unbroken continuity when practicing kriya. When the kriya is effortless that's when it's deeper.

The Hymn to Brahma—shows the real purpose of Kriya (transcendence)

Question #4: How is science part of the Yogic Path?

What does Master mean by science? From the latin science means knowledge gained by experience
With yoga we need to let go of the mundane experiences.