

Brother Ishtananda –Satsanga – October 21, 2010

Q 1 – Euthanasia for Pets, Animals evolving into human form.

Animals don't have individual karma because they don't have the discriminating faculty of man. They are guided by instinct and operate according to mass karma.

We are bonded to our pets. We are given stewardship of the pet. Our animals totally accept our stewardship. There are no clear cut decisions. Things are not black and white. We are helping our animals' consciousness to be uplifted by our loving relationships.

How long before dogs and cats can reincarnate as humans? Evolution is speeded up by the relationship with humans. Mother Center had a golden retriever named Shyam or Cheyenne?

Q2 – Convo talk – Sri Daya Mata told us to keep our consciousness from the heart center to the Christ Center. How?

Pray from your heart. Put your attention there. Feel behind the words what you are saying. Pray from the heart. If we do this, our awareness is from the higher centers.

Practice the presence of God. Mentally chant from the heart. Om, Guru, Om Guru... I love thee God, I love thee God.

Offer up to God. Keep consciousness uplifted to higher center.

Feel divine love for others. Compassion for others.

Always keep attention at the spiritual eye. Master would tell Ma to keep her mind and attention at the third eye. Cultivate the habit – particularly when you aren't doing anything else. Keep the attention there. Cultivate the good habit. Get the consciousness there in meditation. For all the techniques, Master stressed keeping gaze between the eyebrows.

Where the energy is is the consciousness. Pull it to the higher centers. Localize or lock energy in higher centers.

Cultivate the habit. Have that strong intent. Consciousness from heart center to Christ center.

Q3 – Master says “The greater your troubles, the greater the chance you have to show the Lord that you are a spiritual Napoleon or a spiritual Genghis Khan—a conqueror of your self. There are so many imperfections within us to be surmounted! He who becomes master of himself is a real conqueror.” I used to find Master's quote to be inspiring; however, lately I'm finding myself overwhelmed with conquering my imperfections. I feel like I'm always fighting to improve my spirituality to be closer to God and Master. How can I still work towards bettering myself while not feeling like I'm always in a battle?

We all experience battle fatigue at times. It's natural at times. On one sense it is a battle and as spiritual warriors we have to accept the fact that we are here to do battle. All of us who are serious about spirituality experience battle fatigue.

Master is trying to awaken the spiritual warrior within us. Become a conqueror of that little self. Take time to regroup. Don't do battle 24/7. We need to accept that there are these two opposing forces. We are trying to move away from darkness and to the light. Life is a battle of joy all the way. Just don't battle all the time.

Wise elderly native American said: "within me are a black and a white wolf always fighting. The children asked which one wins. The answer: the one I feed the most."

It is very subtle. Trying not to feed the black wolf. We are facing him because we are putting our attention onto him. Battles are won by cutting off the food supply to the enemy. This is a more effective way at doing battle.

By not putting attention on the bad habit, it's very subtle.

Master said, "Just concentrate in the opposite direction. If you have the habit of anger, focus on kindness. Figure out the opposite of the bad habit and then cultivate that you have it. Then we're doing something positive. We're cultivating rather than eliminating. The bad habit will fall away."

Hamlet: "Assume a virtue if you have it not."

Be sincere – you want to have that good quality.

Better yourself without battling yourself.

Battle fatigue – when we concentrate on all the imperfections, we identify with the imperfections. That's the danger. And concentrating on the imperfections leads to battle fatigue.

"Love yourself for what you're striving to become." ~ Ma

We should love and appreciate ourselves. Accept that you want to be one with the Divine.

Eventually we need to love ourselves for what we actually are.

We are not our good and bad habits. We are untouched by creation. That is what we should be in touch with – what we should strive for. We are children of God. The temple of God is within us. It's always right there behind the restless mind.

So long as you question whether you will win or lose, you will go on losing. But when you become intoxicated with the joy of God within you, you will win. Be intoxicated with Divine joy. Divine nonchalantness!

Master's standards are so high and he gives so much for us to practice. We have this mindset that we have to get rid of all the bad habits. This will take a long time. The Divine consciousness is right there –

sit quietly. Surrender into it. You don't have to do anything. It's right there. God wants us back home before we want to go home. The door is always open. We have to stop being the prodigal son.

Inherit the kingdom of eternal bliss which has been intended for you from the very beginning of creation.

Let's not focus too much on getting rid of all the bad habits, but focus on the bliss consciousness that is right there inside.

You are all gods.

You must look within.

Look beneath and see the vast omnipresence within you.

God is the source of all our joys.

You must look within.

Don't focus on your little weaknesses.

Focus on the divine bliss consciousness within you.