

Bro. Nikilananda – Fullerton Temple July 1, 2010

“Self-Discipline”

From Whispers in Eternity: “Mother Divine, banish me without silence... where Thou hast placed me, Thou must come.”

Discipline comes from disciple.

Following the ego leads to bondage.

Following the Guru leads to freedom.

Do the best you can, enjoy what you’re doing, but at the same time don’t become attached and in bondage.

Go within your soul to feel your true identity. We have to call on God -- we have to invite God into our lives.

According to Gururji we have three bodies to take care of:

- 1) Physical
- 2) Mental
- 3) Spiritual/Soul

Our soul is our true self. Our souls cry to us – where is what I am longing for?

No matter what comes from the outside if you don’t have the inner relationship with God you don’t have much security. You will be imprisoned; we are so much more than our physical bodies.

Make Master your companion. Accept everyone and everything as coming from the Guru. Take the Guru by the hand when your life is troubled. Ask him to help you grow.

Only great happiness can come if we turn to the Guru. We have to discipline our lives and know that happiness only comes from the inside. Restlessness takes us away from inner stillness.

When you make it through some difficulties you will feel even more love.

There’s a small place in our heart – this is the space of God – the presence of God. We must make this the large part of our heart. We must fill this space with our love for God. God has to come first. If you don’t give God the first place in your heart you won’t really enjoy life.

Make God a part of every bit of your life. Don’t cut God out of your life. When life becomes difficult, only God can give us security. True shelter is in the infinite. True shelter can only be found with God.

Master: “Since my little self met my big self, I am lonely no more.”

Sannyasi Vows:

- 1) Obedience
- 2) Loyalty
- 3) Simplicity: God is simple; everything else is complex.
- 4) Chastity

Follow the guidance of the Guru – even though it is challenging at times. Loyalty leads into simplicity – mentally and outwardly. The more simple we think, the more simple our lives will be, the more God will be with us.

The more enthusiastic, kind and giving we are the more God is with us.

We can enjoy life more if we are less sensitive. Brother used to be over-sensitive. He was at the mercy of the ups and downs of life. He took comfort that Ma (Sri Daya Mata) had the same over-sensitivity when she first entered the ashram. When he felt more and more the presence of the Guru, his sensitivity became less and less. He realized all he needed was what was inside himself. Out of this came a self-confidence in a humble way.

To be more balanced – to take the ups and downs in life – we must feel God’s presence in a more powerful way. Guruji’s words: “if you inwardly love God nothing in this world can touch you.”

Some things in life we need help for. We need the help of our Guru. To turn to him and say, “Please help me.” It’s made this way that only by the grace of God we can work some of our issues out. Some habits we can only overcome with the help of Guruji.

If you keep believing in the Guru, there’s always hope of healing. We will overcome if we cling to the robe of our Guru. The Guru is all present, all knowing, all loving.

Most important is to have a personal relationship with the Guru. Make it real – take him into your daily life. Inwardly be in the calm presence and consciousness of God. Just be with God—that is the end all and be all.