

Brother Ritananda  
*Inner Resources of Health and Energy*  
Lake Shrine Temple  
November 20, 2011

Heavenly Father, Mother, Friend, Beloved God, Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, our guru, Paramahansa Yogananda, saints of all religions, we bow to you all. Divine Mother, teach us to heal the body by recharging it with Thy Cosmic Energy, to heal the mind with concentration and cheerfulness and to heal the soul by meditation born intuition. *Aum*, Peace Amen

One fellow wrote to say that we should only listen to half of what we read. Brother's question is: which half? We are all faced with this dilemma in this world of duality. We have to make peace with imperfection and we have to make peace... There is uncertainty in every decision and yet we are meant to use our good judgment, discrimination and common sense to decide which half to listen to. Yet the only sure fire way to choose that right half to listen to is through meditation born intuition...direct perception of truth.

In these teachings meditation is the foundation to awaken that intuition and to introduce ourselves to God because we can know God. But God isn't known through the senses; God isn't known through the mind...the finite cannot contain the Infinite. God is perceived through intuition.

Intuition increases as our calmness deepens and there is no other perfect way to cultivate that silence, stillness, calmness within than through meditation.

The topic for this morning service is *Inner Resources of Health and Energy* and Brother was glad the topic is on inner resources of health and energy because when one talks about outer resources one can't help talking about diet and since we're right on the threshold of the holidays it's not the best time to talk about diet. Diet is so controversial. He likes Sri Yukteswar's guidance...find a simple diet that works for your constitution and follow it.

Mark Twain once cautioned his readers: "Be careful about reading diet books. You could die of a misprint." Brother went on to say that he'd read about a couple who were 85 years old and in great health and largely because of the wife's insistence on a healthy eating and daily exercise for the last ten years. They went on a vacation and their great health didn't help them then because their plane crashed and they went to heaven. They were met at the Pearly Gates by St. Peter who escorted them to this heavenly mansion. The kitchen was stocked with the finest food; it was furnished with gold and silks and there was a waterfall in the master bathroom. They saw a maid hanging their favorite clothes in the closet. St. Peter said, "Welcome to heaven. This will be your home now." In typical guy fashion the old man asked, "What is this going to cost?" St. Peter answered, "Why, nothing. This is your reward. This is heaven!" The old man looked out the window and he saw finest golf course than he'd ever seen in his life. Far nicer than anything he'd ever seen on earth. He turns to St. Peter and says, "What are the green fees?" St. Peter replies, "This is heaven! You can play for free every day."

Next they went to the clubhouse and saw this lavish buffet of every imaginable cuisine possible...all their favorite foods, exotic foods, flowing beverages, exotic desserts and so forth...and St. Peter anticipated the next question and said, "Don't even ask. This is heaven. It is all free for you to enjoy." The old man glanced around at the buffet table and then looked nervously at his wife and he said, "Where are all the low calorie, low cholesterol foods? Where's the decaffeinated tea?" St. Peter said, "That's the best part. You can eat and drink as much as you want and what ever you like and you will never get fat or sick. This is heaven!"

The old man pushed and said, "You mean no gym to workout at?" St. Peter said, "Not unless you want to." "No more testing my blood sugar and blood pressure." St. Peter said, "Never again. All you do here is enjoy yourself." At which point the old man turned to his wife, glared and said, "You and your darn bran muffins. We could have been here ten years ago."

Brother, again, said that he was glad to be able to stay away from diet today. But in addition to the controversy when it comes inner resources there is always comes down to balance...yoga always comes down to balance...uniform development of body, mind and soul. We need to make use of all of the resources. The inner resources we will talk about today are always at our disposal and they are powerful than any outer resources.

Guruji said in today's Service Reading: "You should know how to rejuvenate the body not only through proper diet but through cosmic energy by developing will power. You can bring energy into the body by will power. Each one of you can rejuvenate yourself. When your body becomes recharged from the Infinite Source, then you will learn to smile from your soul."

Such a beautiful thought! "...then you will learn to smile from your soul." He goes on to say: "Food gives partial rejuvenation, when the energy in it is released in the body; but the vital question is how into tap the cosmic energy from God. A time comes in your life when, no matter what you eat, nothing helps you. Why not learn some of the direct methods of energizing the body from the cosmic source, as taught by the great masters of India who have realized the inexhaustible divine nature of the Soul? You cannot rejuvenate yourself by diet alone. There is always an inner as well as an outer method of rejuvenation that must be employed for success. India has specialized in the inner methods of rejuvenation of body, mind, and soul."

Guruji states that there's a time in our lives that no matter what we eat and there's a time in our lives that no matter how much exercise we get; our karma is such that it won't help us. We shouldn't ignore them but the greatest importance is tapping into those inner resources and draw on that Infinite Power.

That's why Jesus said, "It is written that man should not live by bread alone but by every word that proceedeth out of the mouth of God." "By every word that proceedeth out of the mouth of God" he means that vibration...the *Aum* vibration...the vibration of cosmic energy...that we can bring into the body through the medulla by will power. That is what really sustains us. That's what we want to tap into...that we do tap into when we access the inner resources of health and energy. Those include meditation and concentration. As Guruji talked about will power...cultivating greater will power. We can transmute our human will ultimately into Divine Will, which is limitless in its power. Faith and positive thinking, smiles, cheerfulness, enthusiasm, visualization and affirmations and one unique contribution is the Energization

Exercises [EE's]. In these teachings, you apply for the Lessons. They teach four major techniques. The first one received is the Energization Exercises. Then there's the *Hong Sau* technique of concentration; then the *Aum* technique of meditation; and ultimately *Kriya Yoga* meditation.

The *Hong Sau* technique of concentration is an ancient technique; the *Aum* technique is an ancient technique; and *Kriya* is an ancient technique that were lost through the dark ages and reintroduced to mankind through the cognition of Paramahansa Yogananda.

The EE's are God's unique contribution given through Paramahansa Yogananda. It was in 1916 that he intuited this system of not just physical exercises. It is a *pranayama* technique. One of main benefits is to learn...to cultivate the ability to draw into our body larger than normal amounts of energy.

We are like fish in the ocean. We are surrounded by this cosmic energy but because of the identification of the body...when the soul enters the body there is an intense attachment. An identification that makes it seem that we are separate from God. We've lost that awareness of our oneness with God and that limits the amount of energy we can bring in. Again, through meditation...through all these channels day-by-day...self-effort...we can cultivate the ability to bring larger amounts of energy into the body at any time for health and energy.

Brother then went on to touch on these inner resources of energy.

Firstly, meditation and concentration: Guruji said, "Remember behind your body is the vast oceanic life of God. Behind your mind is His great intelligence. Behind your soul is His wisdom and bliss. By attuning yourself with Him through deep meditation you will know that you are an immortal child of God and that *nothing* can destroy you." Brother said that from his perspective there is this commonly recurring theme throughout Guruji's teachings. That is, we are the soul. We have a body, we have a mind but we are the soul. We live work and operate from that truth. We don't necessarily realize it yet and we shouldn't be impractical and irresponsible but we should be balanced and operate from that truth. That's Truth! That's Reality! We are the Soul!

Guruji said, "God is simple. Everything else is complex." Usually there are simple answers to complex questions in life. It's getting back to that simplicity...those basics...those fundamentals where we will realize the greatest success. This is true when it comes to health and energy.

Most of you are probably familiar with a football coach whose name was Vince Lombardi. He coached the Green Bay Packers, a pro-football team in the 50's and 60's. They won the championship five times. They won the first two super bowls. Today they have the super bowl of pro-football and the winners receive the Lombardi trophy. He was that successful. He was a great leader of men...he could inspire men and lead them. One year they won the championship and it's always hard to repeat because it takes an intense hunger and motivation. You kind of lose that edge after you win a championship. Then one Sunday his team lost to a much lesser opponent. When the coach looked at the film he saw that the team had lost focus on the basics, the fundamentals, which he'd drilled into them day after day after day in practice. He knew they had to get back to the fundamentals...back to the basics. When he walked into the first meeting

the day after that defeat...the whole team was sitting there when he walked in and he held up a football and said, "Gentlemen, this is a football."

That's getting back to the fundamentals...the basics and that's Guruji's approach with us. The message is get back to basics...the very fundamental that all the scriptures state. We are made in the image of God.

Believe it! Work with that. We are the soul! The more we realize that the happier, the healthier, the more successful and energetic we will be.

Brother said he told this story about Vince Lombardi in Phoenix and one of the members, who'd grown up in Wisconsin, came up afterward. She idolized Vince Lombardi and said there was more to the story. There was a player on the team whose name was Paul Horning and his nickname was the Golden Boy. He'd won the Heisman Trophy in college football as the best player; he was an all-pro running back for Green Bay and a wise guy. So when Lombardi got up and said, "Gentlemen, this is a football" there was a moment of silence and then from the back Horning chimed in "coach can you slow it down a little bit".

The fundamental is to realize who we truly are and that we can tap into an unlimited source of energy and health. We've probably experienced in our life in some way. Brother said he came across a devotee who came forward when he gave a service in Fullerton. This was the devotee's experiment. He'd followed the path for many years but he hadn't fully committed. He was having terrible health problem. He made a commitment to live the *sadhana* that Guruji had given us to the best of his ability. And he wrote: "I promised Guruji with all my heart that I would really live by the SRF path for the rest of life. It has now been almost one year since I made that my January 2004 promise to Guruji and much good has come into my life. My health has improved by leaps and bounds. At this time last year my blood pressure was 200/167. My blood pressure today is 120/80. My only medicine has been meditation and Guruji's mercy on me."

Meditation is the ultimate relaxation...the calmness. We have to cultivate that altar of peace within. That's where we perceive God's presence. When we calm down we untie all those knots of stress and tension and worry and fear that are so destructive to our bodies, minds and souls.

It works on many different levels. Our president, Sri Daya Mata explained one of those levels like this: "We can daily accelerate our evolution toward personal resurrection in God by communing with Him as Jesus did. In meditation especially we transcend identification with our limiting mortal encasement and feel unity with our Omnipresent Father. In the sanctuary of inner quietude, God's love steals over the soul bestowing revivifying bliss awakening our higher nature. Intuition is enlivened and we emerge from meditation refreshed, with peace, inspiration and spiritual determination. Love for God then predominates and we see more clearly how to hold Him in our hearts and minds while carrying out our worldly responsibilities. Energy and enthusiasm become optimum for God's presence fills our interior life."

Meditation can work in many ways to help enhance our physical health, mental health and fill us with greater energy. Tapping into that cosmic source is again one of the major purposes of the EE's. They benefit us physically, mentally and spiritually. In Lesson 34 Guruji says, "When you

practice the SRF recharging exercises, you employ the inner life force to heal and revivify the body parts. More than that as you perfect your practice you will realize you are not the body. The body is only your servant. You are the immortal life energy that lights the bulb of flesh.”

When we make the effort we can realize who we truly are! We can tap into unlimited divine heritage. And again there are many examples...many of you know of them or have had them. There is one monk who was in the army. This was back in the ‘60’s. He had a bad knee injury. It was immobilized in a cast for months and months as was done back then. When the cast was taken off he had terrible arthritis in that knee. On the X-ray the doctors said it looked like an arthritic spike right through the knee. He only had 15% flexion with that knee. The doctors told him that they couldn’t treat the arthritis, that they could only treat the pain. They were telling him that he would have to live with it for the rest of his life.

Shortly after that he found the *Autobiography of a Yogi*; applied for the Lessons and started practicing the EE’s. Week after week the flexion in that knee improved and a year later he had another X-ray and there was no trace left of the arthritis. He was discharged from the army shortly after that.

He went to his first Convocation and went to the EE review class and watched the review. He said later that he’d done the EE’s every day but that he’d done them all wrong. Brother went on to say that he’d done them to the best of his ability and that God filled in the rest. He was blessed with this healing. There are many stories like that.

During our Summer Youth Program the kids at the end of the week are often asked to share their recollections, their remembrances, their highlights or something about their week in summer camp. One boy wrote about the EE’s. He wrote this: “Even though I only know four exercises, it’s really relaxing. And my mom, for instance, is not very energetic at all but the EE’s seem to spark her up and make her ungrumpy.” That’s worth doing them itself.

Guruji said, “The Energization Exercises have physical benefits. They promote physical health and they strengthen the muscles. They purify the blood stream; they exercise the body but there are far better systems to develop muscle mass. They benefit us physically but they are a *pranayama* technique. A technique of life force control and as such they recharge every cell...they don’t just recharge the body...but every cell with cosmic energy because they tap into that inexhaustible source through will power, concentration, visualization, tension and relaxation.”

They can heal the body and they can instill us with great vitality. Will power, again, is the potent force. Guruji wrote in *Divine Romance*: “Will is the potent force in maintaining youth and vigor. If you convince yourself that you are old the will becomes paralyzed and then you do become old. Never say you are tired. It paralyzes the will and then you are tired. Say my body needs rest. The body must not be allowed to dictate its limitations to your soul. The soul must rule the body because the soul is neither caused by nor dependent on the body. In the soul’s will lies all power.”

That's why these simple exercises can be so potent because through will power we tap into the cosmic source. Again, Guruji emphasis that we are the soul and that one of our aims and ideals is to demonstrate mind over matter and greater than that soul over mind. So the EE's recharge the body with cosmic energy because it's working with that life force...*prana*...and that energy has no limitations...it has no obstacles. That is why it can recharge every cell. They help us to gain conscious control over the live force because they are a *pranayama* technique.

And how do they do that. First we have to ask, what is prana? One of Guruji's definitions is: "*Prana* is condensed energy thoughts of God." ...condensed thoughts of energy. As we said, we are all children of God. And, again, we've forgotten that due to the influence of *maya*...the great divider. It makes us seem separate from God. But the truth is we are one with God, we always have been one with God, we always will be one with God and we don't have to acquire anything from outside ourselves to make that truth. We simply have to improve our knowing, as Guruji said.

Another way of looking at it...Brother said he read a story about a starry-eyed young spiritual novice. He was a very emotional fellow. Many of us can relate to this. When we found these teaching and we found what the purpose of life was...realize God, eliminate suffering permanently, attain ever-existing, ever-conscious, ever-new joy...and that through our own personal efforts we can make that a reality in our lives. We don't have to depend on anybody else; anything outside of us. We can accomplish that! We were filled with that initial enthusiasm and wanted to share with everybody.

The young spiritual novice was like that and he was so emotional that his constant sharing of his enthusiasm was not only starting to grate on not only his fellow disciples but his guru. After his guru gave a talk on the true nature of the soul...our oneness with God...he came right up to his guru and said, "Isn't it fantastic to think that I have a divine soul slumbering within me." And the guru had had it. He said, "Shhh, if you listen carefully you can hear it snoring."

Whether we look at it as improving who we truly are or awakening the Divine Soul slumbering within us, it is true, we are one with God...made in His image. Ultimately whatever God has, we have. The divine qualities God manifests, we can and will manifest. It is not a matter of if; it is a matter of when.

If God can work with thoughts of energy, we, too, can work with thoughts of energy. You can see the potential there. Ultimately in the higher age when we get tired we can just lift the gaze to the higher...the point between the eyebrows...the seat of will in man and just visualize and draw in the cosmic energy from the unlimited source all around us.

As a child of God we can do that and the EE's are a tremendous tool in helping us to cultivate this realization...this ability. It's like a cosmic rental if you've experience it. The EE's seem so simple and again, God isn't trying to trick us.

The techniques seem to be very simple, difficult, but simple. EE's are like training wheels. They will eventually allow us to consciously control the life force into the body and throughout the body through the operation and working with those thoughts of energy.

Right now we need the tension and relaxation and the visualization but in the higher ages just through mental will power...concentration...we will be able to access that energy. It's like a rechargeable battery that most of us have used. They run down and we pop them into the recharger and they recharge. We can use them again hundreds of times. Doesn't it follow that if we can recharge batteries, we as God's highest and greatest creation can recharge ourselves with energy. And we can through will and concentration...tapping in to that unlimited source all around us. Again, the EE's, again, are a great way to cultivate that ability.

The EE's harmonize the flow of life force in the body. As we go through our days, at work and problems come up, difficulties with others we can get tense. We can get angry, resentful, worried, fearful, and so forth and it builds stress and tension. All those harmful emotions can create knot points of energy in the body and prevent the harmonious flow of life energy through the body.

Guruji states in the Lessons that ultimately we peel away every layer. The source of all man's illness and disease can be traced back to one things: Either too much *prana* or lifeenergy flowing to a body part or too little *prana* or life energy flowing to a body part. We get too much or too little because of these knot points of energy. The EE's when we want health help to harmonize the flow of energy. So it is important to health but it is important to what we are trying to accomplish in meditation... *pranayama* working with energy.

We feel so separate from God because right now our energy is going down the spine and out through the lower chakras where we perceive matter. Through meditation we are trying...we are striving to reverse that flow...draw that energy back into the spine and then up the spine to the higher chakras where we perceive God. Where we perceive Spirit.

And, again, with the EE's harmonizing the flow, it is conducive to calmness, health and deep states of meditation. *Kriya*...all the techniques...but *Kriya*, working with the energy up and down the spine. There are these knot points that compromise the flow of energy. It compromises the effectiveness of our practice of that technique. Brother reiterated that practicing the EE's could maximize the effectiveness of our meditation efforts.

In working with will power, visualization, tension and relaxation, concentration the EE's help to awaken in us the conscious awareness of our subtle spiritual nature. They introduce us every day, in a greater way, to the fact that we are the soul. We are not these bodies. We have a body, we have a mind but we are the soul.

The EE's are particularly effective in awakening that realization because in working with will power, which is a divine quality and visualizing the energy and directing to a body part. We are not so conscious of the body; we are concentrating on soul consciousness and these divine powers. Brother reiterated that it helps to introduce us...gets us acquainted...more familiar day by day with who we truly are...our subtle spiritual nature and we concentrate less on the limiting body and mind. The EE's serve daily to awaken that deep realization within us of who we truly are... of tapping into the inner resources of health and energy. Visualization is a very powerful

tool...visualization...affirmation, also...repeating a truth again and again and tying it to positive thinking. That is incredibly important.

Brother told a story about some weight lifters from Russia who had dominated at the Olympics year after year. He said they'd dedicated 50% of their training time not to just pumping iron but 50% of their training time to visualization. That was one reason they were so successful.

Then went on to tell a story about a man...a prisoner of war...a soldier in Vietnam. He was a prisoner of war for seven years. The prisoners were totally isolated in tiny little cells...no human contact. He'd had to come up with something to maintain his sanity. One thing he came up with was every day he would visualize 18-holes of golf...he'd enjoyed golf before the war...from the grip of the club, to the swing, to every blade grass as he walked every step to the ball on the green. Every detail! It took several hours every day just like a real round of 18-holes of golf.

When the war ended and returned home the first time he played golf, he shot his career best by about twelve strokes. If you've every played golf that doesn't happen. But that is the power of visualization. He'd visualized it for seven years and it came to pass. So it can help us.

Then Brother went on to tell another story about a man he'd read about who was in a major city. He had multiple appointments and was using commuter trains to get from one appointment to the next. This was in the olden days. There was no recording. A tiny, fragile women conductor would come into the car after each stop and in a booming voice she would announce the next stop...the next station. He couldn't believe that such a booming voice was coming from such a small, fragile woman. He overheard one of the passengers complement her on her voice asked: "How do you manage to speak so forcefully?" She said, "It's easy. I just visualize my kids sitting in the car doing something they shouldn't." Another example of the power of visualization.

Divine Mother and the saints are telling us this truth again and again and again and how often don't we still fall prey to discouragement, negative thought, doubt and so forth. In this awakening age, not only through the saints and the prophets is this truth coming to us but also through our peers. There are these people who have these near death experiences. Divine Mother wants us to get it...get this truth!

A lady, Betty Edie, had a very comprehensive experience a long these linest...visualization, positive thinking and how it affects our health and vitality. She said, "I understood that positive self-talk begins the healing process. Once we have identified the illness or problem, we need to start verbalizing its remedy. We need to remove thoughts of illness from our minds and begin concentrating on its cure."

Guruji says the same thing. It doesn't matter what's going on in the body, visualize perfect health, affirm perfect health. Always concentrate and affirm the opposite good habit of the bad habit we are trying to overcome. Don't obsess about the bad habit; don't concentrate on it. It's the same thing with health.



Betty Edie goes on to say, “Then we need to verbalize our cure and letting the words add to our thoughts. This creates an excitement in the intelligence, the energies, around us and they then go into motion working to heal us.”

It is right that we be healed. God will then assist us in the healing process. That is a key point: If it is right; if it is our karma. The purpose of life is to reclaim our divine birthright. That’s what Divine Mother’s concentrated on. Not us having a perfectly smooth life here. It’s all about soul realization...soul evolution.

Brother said he wished it wasn’t true but that it is. We make our greatest progress when we’re out of our comfort zone. God often pushes us there so that we develop the spiritual qualities and muscles that we need.

Brother shared another story that he had read about a situation in the life of a husband and wife. She had cancer, was in the hospital and the husband was praying every day for her healing. However, one day she passed away.

You could look on the surface and say the prayers didn’t do any good. That God didn’t hear them. Fortunately, the day before she passed she talked to her husband. He explained that all her life she was religious but she was assailed with these doubts. It is understandable when we see all the seeming cruelties, injustices and in harmonies in the world, we wonder how can this be rooted in love. How can there be a harmonious, loving plan to all of this? How can a loving God allow this? The wife always had these doubts that caused much pain in her life.

The day before she passed she was blessed with a divine experience. An experience of God and she said she understood. She realized and experienced that it was rooted in love. She understood God’s harmonious plan and that God was with us every step of the way. It brought total comfort to her...peace. So when she passed she’d had that realization and reached that great state of peace.

The husband said, “God could have healed her but God knows what’s best. God has our back.” If we don’t get the results we are expecting. Guruji says, “Keep visualizing perfect health regardless, even if your body is being ravaged by disease.”

Again, it’s like overcoming habits. Lord Krishna said that if we keep struggling against that bad habit and keep trying to cultivate the good habit, even if we’re unsuccessful, we take that struggle to the end of life and we will be free of that habit in our next life. It is the same thing with health. We always look at it in terms of years, decades, lifetimes. Divine Mother’s got eternity and as long as we’re concentrating on that which is right...positive thinking, visualizing health, visualizing energy and vitality and so forth...regardless of what’s happening in the body. Even if we pass away fighting that good fight with that struggle we will have that health in a future life.

So it important to take that bigger picture...the cosmic perspective. Betty Edie, just as Master has said, realized from her experience and wrote: “We are not to deny the presence illness or

problem, we are simply to deny its power over our divine right to remove it. We are to live by faith.”

That’s what Guruji is encouraging no matter if you see contradictory conditions in the body or in a loved one you are praying for, have faith. God has our back! God knows what’s best. And for that woman it wasn’t a physical healing. It was the realization that God has a harmonious, loving plan and is with us and loves us every step of the way.

We are to live by faith, not by sight. Sight is involved with the cognitive, analytical mind. It rationalizes and justifies. Faith is governed by the soul.

Back to basics...we are the soul...live, work, have our being...operate from that truth and we will realize greater health, greater energy, greater happiness and contentment regardless of what happens outwardly.

The last point Brother touched on was cheerfulness and enthusiasm. It is so vital. Science has been able to quantify its benefits with regard to health and vitality. The following is an excerpt from a scientific journal from a study: “When laughter bursts forth the metabolism picks up, muscles get massaged and neurochemicals stream into the blood. You feel relaxed and you’ve raised your guard against depression, heart disease and pain. Now researchers think that laughter may empower the immune system, as well. Volunteers in a study at the Western New England College in Massachusetts watched either a comedy film or an educational film. Psychologist, Kathleen Dillon, found that concentrations salivary immunoglobulin A (IgA), an antibody linked to upper respiratory illnesses jumped in the humor group. IgA are normally already higher in subjects who regularly battle adversity with humor.

Another doctor, Dr. Lee Berk, from Loma Linda University School of Medicine wrote: “Negative emotions can manipulate the immune systems and now it seems positive ones can do something similar. Cortisol, which is an immune suppresser, has a tremendous influence on the immune system.” Laughter decreases cortisol, which allows the immune boosters to express themselves.”

So there is great power in cheerfulness, enthusiasm. These are inner resources we can access at any time. Cheerfulness and enthusiasm are not passing mood. They are a daily choice. If one studies the lives of great men and women, ones finds that they exhibit great energy and enthusiasm.

Guruji was such and our late president, Sri Daya Mata, wrote: “When I think of the many divine qualities expressed by our guru, Paramahansa Yogananda, the one that immediately comes to mind is enthusiasm. When Guruji spoke at the Temples he often began by asking the congregation, ‘How is everybody?’ The initial response would often be a rather weak awake and ready. Guruji would tell them, ‘You are still asleep. But more spirit into it.’ Then he would say, ‘How feels everybody?’ Having been aroused by him the congregation would respond by **AWAKE AND READY!** ‘Good,’ Master would reply, ‘Now we can begin.’”

No matter what reversals of fortune or adversities he faced, that was his response. If a flat tire on the way to Encinitas it would be “Great! Now we can learn how to fix a flat tire.”

If we want to tap into the inner resources of energy and healing we have to cultivate this habit...this daily choice of enthusiasm and positive thinking.

Brother then told a story about General, George Washington, during the revolutionary war. How the troops were on the banks of the Hudson and planning an attack on Stony Point. It was going to be a very difficult battle and the first assault was going to be particularly dangerous. So General Washington called another general whose nickname was Mad General Anthony Wayne and asked if he would lead the initial assault. General Wayne had a wonderful devotion and loyalty to General Washington and he said, “General Washington, I’ll storm hell if only you will plan the assault.” General Washington replied, “Perhaps my dear General Wayne, maybe we’d better start with Stony Point first.”

That’s the enthusiasm...that’s the energy. Brother said he loved one of Winston Churchill’s definitions of success: “Success is the ability to go from one failure to another with no loss of enthusiasm.” Sometimes that’s how life seems, one failure to another. But yet, just like Guruji with no loss of enthusiasm.

We can only do our best, remain calm and leave the rest to God. That’s all that God expects. That type of enthusiasm will lead to success in all aspects of our life and will be contagious to those around us. That’s all we need to be happy. We don’t need anything from the outside to be happy. As one man said, “We act as though comfort and luxury were the chief requirements of life when all that we really need to make us happy is something to make us enthusiastic about.” There is much truth in that.

Guruji said in *Journey to Self-Realization*: “Everyone is interested in youthfulness. In one way or another everyone is seeking the fabled fountain of youth. All young people are not necessarily youthful. Some are already old and jaded beyond their years. In contrast, some elderly people remain youthful in spite of their advancing age. They keep their minds young being enthusiastic. Their smiles trickle down from their souls into their bodies and faces. Their very life blood throbs with the joy of being.” Master is explaining how it works...“Their smiles trickle down from their souls into their bodies and faces. Their very life throbs with the joy of being. Then there are those dull and lifeless persons who are as good as dead before they die and they don’t even know it. They are the walking dead. You see many people like that - negative, mood, critical, dispirited. There is no excuse for a wrong state of mind. It is our choice. You must always be positive minded, cheerful, smiling, vibrant. By all means practice this mental youthfulness that comes from the core of your being.”

That’s how yoga works...from the inside out. Realizing that we are the soul operating from the inside out and it does flow down from our souls into our bodies and faces. It influences others. It contributes a light...a vibration...a lifting vibration to the world.

We had a question on Thursday on how to help heal the world. Despite doing our best...Mother Teresa once said, “We can do not great things, only small things with great love.” We don’t have

to do great things, only small things with great love, enthusiasm and cheerfulness. It will make a difference. It will help heal the world.

Like one lady said, “When it comes to stay young, a mind lift beats a facelift any day.”

Brother closed with a quote by Sri Daya Mata commenting on the divine qualities she saw in Guruji day after day for all those twenty years: “Without enthusiasm it is impossible to accomplish much whether in outer achievement or in ones search for God. Enthusiasm stirs up our inner energies and gets us going even in the face of adversity. It’s very much related to positive thinking which was another of Master’s predominant qualities. He never permitted negative thinking in those around him. Sometimes a disciple who was struggling with moods or other personal challenges would be asked by Master, ‘How are you?’ The devotee might reply in a halfhearted way, ‘Well, I’m alright, Master,’ with the tone of voice anticipating that Guruji would pursue further that line of questioning. But before that devotee could give him an inventory of their problems Guruji would squelch that indulgence by saying with great strength, “ALWAYS BE POSITIVE!”