

## **Brother Santoshananda – “Creating a Better World and Building World Unity”**

**July 3, 2011 – Lake Shrine Temple**

Meditation is to learn to be still. Be still and know that I am God. This is pure yoga. This is the teaching of the great ones.

We need to realize and experience meditation for ourselves. If we want peace, love, joy, happiness – it is to be found within ourselves. It's found when we learn to calm the body, emotions, and the “monkey” mind. We need to find peace in between thoughts. We want to go deeper and deeper in that experience. God always gives us a “free sample” so we'll go deeper.

God is a living reality. It is something we don't believe in, but we experience.

Through chanting we attune ourselves with the higher vibrations. We offer and acknowledge our love to God. Thou art my life, Thou are the sweetness which I do seek.

Matthew: All who believe in the power of the sword shall perish by the sword.

The sword often defeats the purpose from which it is used. It's not good to react, but to act. Ask for Divine guidance and act rightly.

Krishna – righteous battle is protecting ourselves. Blessed and fortunate are the warriors who are asked to fight in a righteous battle. Not provoked, but in defense. You open your soul to heaven. To resist a slap with love is more difficult than slapping someone who has slapped you.

Create an attunement of Divine laws within and act righteously.

In creating a better world – and having peace and harmony on earth. Is it possible?

Master would give lectures on the United Nations of the world. He would stop and look at the audience and then would ask, “Is it possible?” Yes! But not right now. We still have karma. We behave according to our karma. We are still moving upward, but are still in the lower level. This is why there is so much pain in the world. When there is an awakening inside us, then we start to become aware of a higher reality of life. We can realize and practice this in our everyday life.

Virtue needs to be re-established. Avatars come to teach us how to live our lives, how to re-align our lives so we move in the right direction.

Ours is a world of nuclear giants with infant understanding.

We need to practice the spirit of religion – not to just know and follow. We must do for ourselves and others at the same time.

We must follow higher commands and principles. We are all under order of a higher command, but are we aware of it? We must awaken ourselves to higher principles. We are all from a higher source and to act according to this higher principle is the highest principle in our lives.

Nothing is outside of the Divine higher source. Delusion will make us think we are separate.

If you look at the fingers of your hand, you feel the same about all of them. If one is hurt, you take care of the finger. All of our nations, which seem separate, are a part of one hand.

We need to get rid of the barriers we have set up in our mind. All comes from the Divine source. Some nations are still sleeping, but they will awaken and seek freedom and awakening.

In the process, there is pain and suffering. Change is painful.

“We are blessed as a family made up of many nations, faces, and religions. May we realize Thy one life is flowing through all races and all religions.” ~ Master

If we think this way, we expand and include all. We need to realize our oneness with all life. What would be possible if the heads of all nations would meditate? They would realize there is one God, one race, one religion of love.

You open your heart center and there is an awakening when you meditate.

Brother recited the Prayer of Saint Francis

*Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness, joy.*

*O Divine Master,  
grant that I may not so much seek to be consoled, as to console;  
to be understood, as to understand;  
to be loved, as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.  
Amen.*

“Only spiritual consciousness and the realization of God’s presence in yourself and in every other being can save the world.” ~ Master

We don't listen to God's guidance. We pray, pray, pray, pray – but praying is talk, talk, talk, talk. We don't listen.

Listening is very important. That's what meditation is – to learn to listen. Then we make mistakes and complain about our mistakes, but we don't listen!

Do we listen to God talking to us? Are you listening to the silent speaking voice of God?

God talks through His love, His peace, His joy.

God expresses Himself all the time through His attributes. This is why we need to be still and know God.

Master didn't come to America to create a new religion. He came to remind us of what we were – a country with freedom of religion, one nation under God.

Our souls are born free, but we don't realize the freedom that is within us. We have the freedom to come and meditate in our temples.

Life, liberty and the pursuit of happiness. But what is life? "I came so you might have life. So you might live more abundantly." ~ Jesus

To realize what life is all about. That life is flowing through us. To be consciously aware of that. To find this freedom in our own lives.

Freedom to seek the truth. The truth shall make you free.

What is happiness? The happiness, which we so desire, is nothing else than who we really are. Our soul is happiness. The God within us is happiness. This is the goal of life.

The kingdom is waiting.