

Brother Santoshananda – “Meditation”

Sunday, August 28, 2011 – Lake Shrine Temple

The same spirit of truth is expressed through Jesus and Krishna.

St. Matthew – He who is not with me is against me.

All human beings who are not in harmony with Me (in touch with My consciousness) act against my laws and suffer.

We are separated from the consciousness and we end up acting against divine principles. Our concentration is scattered and we are distracted by distractions.

Wisdom and bliss are the fruits of meditation.

Gita –with the heart and mind controlled, retire to a quiet place. The yogi should reconnect with his soul. We need to go back to what is essential in us – the soul. Control the mind and go to a quiet place.

Everlasting freedom – he who knows wants to reunited with God.

We don't even know we are divorced from God. We live on automatic pilot. We don't know who we are in this world. Once you experience God and you find everlasting satisfaction, God will never leave you.

Reunite yourself with the Divine Principle. Meditation is the path we are taking. Meditation is to become one with God, but it is also a healing process – the body becomes calm and relaxed, the mind calms down, and we are infused with spiritual energy. We realign the body and mind with the soul so God can express through us.

When we mediate, we relax completely and we become whole. It is a healing process as we become aware of God's presence within us.

We focus on Kriya yoga to magnetize the spine – to move energy up and down the spine. This will heal us and awaken our souls.

Physically – physiologically there are benefits to meditation. Blood pressure is lowered.

The goal of life is to awaken ourselves – to realize who we are – to awaken God's presence within us.

Jesus: “I and My Father are one.”

Meister Eckhart: “Between God and the soul there is no between.”

We have to be completely still and silent. Then we can enter the portal, the light, the gate, the door. We go through this unconsciously when we die.

Dr. Minott Lewis described one occasion when he was meditating with Master in Encinitas in front of the ocean. He saw the spiritual eye, but was unable to go through it. Something was holding him back. Master told him it was his karma that held him back.

We need to die to ego consciousness. We are not the body. When we meditate, we release the body consciousness. Meditate anytime it is possible.

We should not be afraid of death. As long as you are not dead, you are alive. There's nothing more to worry about.

The quickest way to God is to contact the Om vibration. If you contact Om, you contact God. Born again in the holy vibration of God. The holy vibration cleanses us and we are renewed.

This is what Moses received on the mount. When he came down from the mountain, he was transformed and transfigured. He realized God. God gave him instructions.

St. Paul became a new person. He believed strongly in contacting the Om through the Holy Spirit. "Not by work of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Spirit."

It's good to be good, but that's not good enough. We need to contact God.

We need to realize the body is full of light – through the light of the spiritual eye.

Psalms 63:6 – Remembering God – "I remember Thee upon my bed and meditate on Thee on my nightwatch."

Another bible verse: "Commune with your own heart upon your bed and be still."

In Isaiah: "Be still and know that I am God."

St. Paul – "Know ye not that ye are the temple of God and that the spirit of God dwelleth in you?"

We worship God on the altar of our spine. We awaken God on the chakras of the spine. The brain will become magnetized. We will be able to feel that we are the temple of God.

Gita – How to open the heart center. How to raise the energy from the lower centers to the heart. Then to send the energy to the spiritual eye.

Visualize as you inhale the energy from the coccyx in the spine to the heart center. When you arrive at the heart exhale and feel the energy going up to the spiritual eye. Remain without breath as long as possible. Practice anytime.

Meditation is not a process of constant praying. It is a state of sitting in blank absorption on the thought of God. Once you have stilled your thoughts and feelings, you will feel nothing else in life can compare with this ever-new peace, joy, love, kindness – which brings you closer to the blissful realization of God.

This is not just for yourself but for others because we can bring this peaceful vibration to the world.