

Brother Santoshananda

The Nature of the Soul

November 28th, 2010

The presence is within. All we have to do is realize it. Feel devotion when we meditate. We want to realize the sweetness of God. Use the following affirmation: "Peace like a river flows through me."

Bro. quoted from the classic St. Matthew Bible passage: "Jesus said the light of the body is the eye." The light of the body comes from the spiritual eye. Raise the consciousness in meditation to the spiritual eye.

If a light is brought in years of darkness are dispelled at once. If you touch the light you see only the light. This is what happened to St. Paul. Live only on the conscious level of life.

The self is the real soul—it is birthless and changeless. "Our soul nature is remembered through meditation" –Master

"Meditation is not what you think it is."—bumper sticker

Meditation is remembering our souls, our true nature. Remember that you are a soul. Meditation helps us relate to our soul—gradually our divine memory will be awakened, so we better meditate and it out for ourselves.

It's very important to be grateful for what we have. Acknowledge that this divine creation comes from a divine source. That's what we really need to be grateful for.

Everything emanates from God—this is what we should be grateful for all the time.

How can we be grateful when we see so much pain inflicted on others? Bro. Santoshananda said "you will have tribulations but show good cheer. Show that you have overcome."

"As long as we behold this cosmic dream of God.....we are bound to pain and suffering...." But when we transfer our consciousness to the soul we will see through the eyes of God.

We meditate to transfer ourselves from human consciousness to God consciousness. We have SRF to realize who we really are. It's a tragedy on the human level to not really know who we are. We are the soul made in the image of God.

Our ego consciousness keeps us from knowing who we are. We are all mixed up because we live in the shadows. All we have to do is turn to the light, the divine light. It's up to us to turn toward the divine light.

The ego is the impostor. It's the pseudo soul. Don't pretend to be who you are not. Don't prevent yourself from being who you are.

Descartes: "the essential nature of the soul is rational thinking." "I think; therefore, I am."

The yogi says "au contraire" "I am; therefore, I don't need to think."

Our ego makes us a puppet of our ego consciousness. The soul is existence itself. We meditate to remove the false consciousness.

The soul is a divine reflection of God. We need to reconnect our selves with the light. We are the wave on the ocean of God and God creates the waves.

God gives us free samples of his presence when we meditate.

What you are looking for is who is looking

But we have to look in the right place

The soul is within.

Master says "Within your soul lies the greatest treasure of all—your self."