

Brother Santoshananda
Sunday, August 22, 2010 – Lake Shrine
“The Source of Unlimited Healing Power”

Love and joy to all

Master says environment is stronger than willpower. It's important to be in the right environment and to attune ourselves.

Om vibration is God's presence within each one of us. It is part of creation and we can know God in the chambers of silence. Be still. The essence of yoga. The silence. The stillness. Only in the stillness will we have this realization, this knowing. We need to realize in our own consciousness within. Raise up your eyes to superconsciousness (spiritual eye).

We want to know God in the depths of silence – that's why we meditate. We have this knowing that makes it a Divine reality – it's an inner realization.

Affirmation: Peace like a river flows through me. They peace O Father, like a river flows through me. Flows through me. Om, Peace, Amen.

Jesus: “Man shall not live by bread alone but by every word that comes from the mouth of God.”

Master: We are like living batteries that need to be charged.

Subtle electricity of good thoughts and cosmic energy are needed to recharge our batteries. We think all the time. Our thoughts either recharge us or deplete us – we need to be aware of the frequency. Subtle vibration and frequency of thought effects our bodies. We need to attune with cosmic energy.

Mind over matter; of course, if you don't mind it doesn't matter!

The physical body is a battery that is charged by mind and soul. The body needs to be charged by right eating, right thinking, and spiritual thoughts.

Charged outwardly – eating right foods, thinking right thoughts

Charged inwardly – pure life energy, pure mind

The spirit recharges the mind and body. Spiritual thoughts energize the body/mind. The body/mind ego consciousness causes our separation from God.

From the Gita, regarding Offerings: Life is an offering. God offers life to us and we should give all back to Him. Offer: proper diet and food. Different kinds of Prana we offer to God – Kriya Yoga meditation.

Move energy toward God consciousness. Fire ceremony to consume karmic sins. We need attunement and practice – to follow the Guru’s guidelines.

Yogic Diet was advanced by ancient yogis. Food – electrons – protons – currents. Master says, “So eat food that agrees with you and which does not talk back to you!” When we are eating food, we are not eating we are consuming currents... so chew!

Food prayer: spirit in food joins the spirit within us. Spirit to spirit goes. Spiritualizing food by using food prayer:

Heavenly Father, receive this food; make it holy.
Let no impurity of greed defile it.
The food comes from Thee; it is for Thy temple.
Spiritualize it. Spirit to spirit goes.
We are the petals of Thy manifestation;
But Thou are the Flower, Its life, beauty, and loveliness.
Permeate our souls with the fragrance of Thy presence.
Aum, Peace, Amen.

Other healing techniques: Deep inhalation and exhalation exercises and Meditation (lifting currents up through the spiritual centers). When Thy Song Flows Through Me – when the currents flow through the spine. Then we can say, “Oh life is sweet, and death a dream!”

Feelings, the heart, the emotions, mind can lift our soul. An awakening in realization that we are one with God. We learn how to heal ourselves. We heal the obstacles (karma) which create pain and suffering. Yoga is also a process of healing. When we connect with the source, healing happens in the body, mind and soul.

Attaining realization as we heal ourselves. The quickest way to be healed is by contacting the great Om vibration of the Holy Spirit. Awareness of the Om vibration within us. The Om presence is God’s creation in us – it is in us all the time. But we’ve disconnected from it and have become more connected with what is outside us.

In the Gita, God says, “I am the source of creation. Everything emanates from me. Nothing is separate from me.” We have to connect to this vibration to become more aware of it. To come back to the source to be healed.

In the beginning was God... when we’re not aware of this, we separate ourselves. We’re so identified with the form that we forget the formless spirit that we are. The Holy Spirit is formless and is always guiding us. The Om vibration is constantly vibrating within you.

No one can escape a constant communion with the Om vibration, for it is in every fiber of every being. We are constantly permeated, yet we have to create attunement.

We are like a fish in the water who is always thirsty. Those who have become constantly attuned with cosmic vibration receive constant healing.

Holy vibration cleanses us, renews us, heals us, washes away our karma. We are born again – to vibrate in the Om vibration – in the Holy Spirit. Twice born – once by human parents, second by Om vibration.

Moses was transfigured – anchored and transformed by the Holy Spirit.

St. Paul was persecuting Christians; then a great light came over him and he was transformed.

Not by work of righteousness are we changed, but by the renewing of the Holy Spirit. When we touch the vibration it renews us, transforms us.

Awareness changes our consciousness.

In Genesis, God said “let there be light” and there was light. If thy eye is single, thy whole body will be filled with light. You become aware. We need to bring more light into our lives.

It’s when we are unconscious that we do not know what we do. When you open the spiritual eye, you know what you are. You are conscious. Consciously aware – that is the healing process.

Instant healing can happen when we contact the Om vibration, but we need to get rid of all obstructions. Where there is light, there is no darkness.

Matter is frozen divine energy. A whirlpool of divine energy. A crystallization of divine energy. Brother reads a cartoon conversation between God and a scientist:

The scientist is talking to God. God is sitting in Heaven.

Scientist: “God, we don’t need you anymore. Science has found a way to create life.”

God, very intensely: “Tell me how?”

Scientist: “We can take dirt and form it into a man and breathe life into it.”

God: “Show me.”

The scientist bends down to get dirt.

God: “No, no, no, no... get your own dirt!”

The trumpet sound (from the Bible) is the sound within – the sound of the Om vibration. “Behold, a door was open to Heaven and the first voice I heard was a trumpet talking to me.” God is waiting for us. Behold. I stand at the door and knock. God will come to us if we open ourselves to His presence.

Open the door and find a connection with Him. Joy, bliss. It comes naturally to you. God is waiting for us. The spiritual eye is the door to heaven. Open your spiritual eye and God will come – you will hear the Om sound. All we have to do is open ourselves to receive God's presence. Then we can say, Om sweet Om. Then we will be home where we belong!

Rajarsi: Master's teachings bring us up to God's door. We have to receive God's presence and light.

It's there waiting for us to contact. Watching for us our whole life. Waiting for us. Fill yourself with Om!

The Om vibration brings us back home. Through Om we go back home.

Master, "Say your prayers after contacting Om. Fill yourself with Om, the great comforter and great spiritual powers will manifest in you. Help others everyday as you would help yourself. The whole world is your bigger self."