

Brother Sarvananda – Sunday, October 10, 2010, Glendale Temple

“Seeking God in Today’s World”

In the ultimate sense, seeking God is the same all the time, regardless of the time we live. If we want God bad enough, we’ll overcome obstacles.

Nurture the yearning for God.

When Master was alive, the pace of life was slower. Today, life is more complex. We are in the age of multitasking. When thought is concentrated, it becomes real. When we think of one thing, we have no delusion, but when we think of many things, delusion is created. If you’re absorbed in one thing, your mind is not going all over the place.

Krishna – example of living in complexity. He was a prince, involved in politics. His life was complex. If Krishna thought of all the possible consequences of all his actions, he could not survive. He survived by focusing on concentrated thought – living in the present. Finding happiness in the present.

Most people are living in thoughts of the past and future. Most of us think we are powerless standing in a circle of worries and problems. We see ourselves as overburdened and overwhelmed.

But this is a false concept. Our lives are like an hourglass – only one grain of sand can pass at a time. Moments can only come one at a time. Remember the hour glass. Live in the present and take the tasks one by one.

Inward simplicity and outward simplicity. Mother Teresa was an example of simplicity. We need to simplify our meals, our wardrobes.

We have too many choices. In India, it is so simple and its much easier on the mind not having to make a lot of choices.

Outward simplicity can lead us to inward simplicity.

Focus on what interests you – then the rest of the world fades away. When you are done with the one thing, then you go on to the next.

Ma – we have to cut out the filler in our lives. Some of the filler is social convention.

Great men are full of “no’s.” They want to focus on certain things and they have the capacity to say no to fillers.

Cut out that which diverts us from God.

When you are struggling financially today, life can get complicated.

We need to appoint God as our financial advisor. Develop a personal relationship with God through your problems. God looks after us.

AY – Master talks about when we become receptive to God if it is acceptable to call on God's overwhelming generosity. This is something God can manifest at any time and we don't know when it will come. We should also take the opportunity to be generous with others. Demonstrate generosity. Find joy in being generous.

You should learn to be happy with what you have. The Father knows what you need. We need to be patient and have faith and watch things unfold. Like jumping off a cliff and you wait for God to catch you.

What do we do if we feel we have a need and God seems to be taking things away from us? Sometimes God takes away so we will seek Him in surrender. God is trying to cure us of our worldliness.

Why did God make this universe so cruel? One time Master was writing a letter to a lady who lost her son in a car accident. Master told her that there was a part of his letter she wouldn't understand at the moment. Master asked God three times – why so much suffering? Each time God said, "I created this world as a temporary place and I never intended people to become so attached." Master told her that she has to give herself time to overcome, but there is the ultimate truth. The purpose of all these tests – the purpose of loss prepares us to better be able to let go of our own bodies at death.

Very few of us can differentiate between desire-bound and God-bound duties. We confuse our desire with God's duties.

Sanskrit – If one duty contradicts another it is not a true duty. What is essential? What is important? It is not what we do. It's what diverts us from our goal of God attainment.

You can have no excuses for not offering God deep whispers of love. This is the surest way to contact Him in the mad rush of present day life.