

Brother Sarvananda – October 25, 2009
“Your True Self – The Immortal Soul”

Divine Romance – 1942 – Class on Yoga Sutras – “How Feelings Mask the Soul”

“If you can completely calm your body, thoughts and emotions, you would become aware of your soul.”

You don't know God's bliss because you are intoxicated by ego/body consciousness. Remove the screen through meditation.

You must remember that the soul is wonderful. But we put on masks of feelings and then the soul's nature is obscured.

We can lose our soul awareness in an instant. Our ego can grab us – something happens and we lose our peace. We have to train ourselves.

Soul's nature is bliss. Why does man have sorrow? Ignorance.

To the Yogi who worships God with pure devotion, God reveals Himself.

Meditation is very simple and scientific. If we can remove our screens, we can feel God's joy.

The nature of the world can't give us this joy. Train yourself to react comfortably rather than irritably to the ordinary frustrations of life. Train yourself to be even-minded over frustrations that come to you.

I am spirit, what is this trifle to me? Why should I lose this peace of mind over this thing? Habitually become more even-minded. Discipline yourself with your will.

Sometimes we have to “will” ourselves to do the right thing, even if our heart doesn't want to do it.

When you reach the end of the meditation, try to go another ten minutes – will yourself to make more effort. If you feel ready to give up in meditation, keep going. Use your will to overcome the little self.

Self-discipline – one of the foundations of spiritual development.

You are not the controller of the destiny of this world. Master said this in 1942! God never forsakes the righteous. Don't get caught up in the drama of the world.

Bhakti school – you need a little bit of separation to feel the love.

If we have some obstacle in life that is holding us back, take it to the Guru.

Kriya, in a scientific sense, takes us most directly to the soul. Ever-new joy and instant guidance are the result. Develop the magnetism in the soul.

A test comes into our life and we can feel the pull of that thing taking us away from God. You know Kriya is working when we feel these desires less and we're able to conquer these desires and temptations.