

**Sunday, February 7, 2010 – Brother Satyananda**

**Character, Part II – Developing Noble Character, How to Read Character in Others**

Gandhi – truth-based convictions

Importance of virtue in developing character.

A noble character can be built on one virtue.

How to recognize good virtues in others?

There are risks in bringing people into our lives – so make good choices in people we choose to trust.

Romantic relationships are like Velcro!

Choose your friends wisely.

Discernment – keen insight and discrimination. Understand that which is obscure.

It's human nature to hide ourselves. Maybe we're afraid of people who disguise themselves.

Master's eyes were amazing. He could look right through people – he loved and understood.

Have insight without threatening people or frightening them away.

Honestly evaluate without passing judgment.

It's important to know the people around you.

3 Concepts of Discovering Virtue in Others:

1. Joy of seeing the virtue
2. Testing the virtue by watching for integrity
3. Intimacy

Virtue has its own reward.

If we cultivate virtue, we gain inner powers. We earn certain gifts.

Discover virtue in others and you'll be surrounded by friends.

Virtue – Integrity/self-honesty – in thoughts, words, and actions. Harmony in thoughts, words, and actions.

Integrity is the gold standard. It's the virtue where all virtues are tested.

Be true to yourself. Cultivate honesty within yourself.

“To believe in something and not act on it is not honest.” Gandhi

We first capture an idea, then think about it, and then put it in action.

When you see virtue expressed, you feel love. It’s a wonderful thing to fall in love with someone who has a virtue.

Words reveal what’s going on in the mind, but also watch the actions. Then you’ll understand thoughts and character.

Actions speak louder than words.

Intimacy: ultimately, we’re seeking intimacy with God. It’s hard to discover and sustain.

Dr. John Gray’s book “Mars and Venus on a Date”

5 Stages of Dating: Attraction, Uncertainty, Exclusivity, Intimacy, Engagement

Brother’s 4 Stages of Intimacy

1. Attraction – an emotional attraction, an impulse we can’t get away from. You can’t control it. Impulse is blinding, though.

2. Evaluation – get to know a person. Look for a virtue in action. Be a character detective. Be calm. Is there integrity?

3. Exclusivity – Commitment. Explore mutual compatibility.

4. Intimacy – A natural outgrowth of trust and commitment. Be honest and virtuous. If the other person is of equal quality and is worthy of you, it will work.

Acknowledge the transitions between the 4 stages. Move thru these stages together.

Master follows these 4 stages. Truth seekers attracted to teachings. Impulse of a seeker. Follow for one year – take time to evaluate. Exclusivity – Kriya Yoga – commitment to the guru, loyalty to the guru.

Intimacy – growing relationship with the guru after the commitment. You are safe.

“Now I can begin to love.” – Brother said to himself after he was initiated into Kriya Yoga.

4 Steps – lead us to quality relationships.

HW for February: Discover a virtue within yourself and discover the virtues in others.