

Brother Satyananda – “Deepening Meditation”

Sunday, December 6, 2009

Chapter Two – Verse 19 of Gita – Unflickering flame of light – a yogi who practices meditation.

Brother lights a candle. The candle is the body. The wick is the spine. Top wick is the cerebrum. Flame is spark of God consciousness.

Burning light of the soul. When it burns steady and steadfast it is the soul, but is vulnerable to chitta – feeling.

Mind is affected and disturbed by outer circumstances and disturbs the flame. Manas affected by chitta.

Learn to protect the flame from sense storms. Protect the consciousness for God. The flame consciousness for God. Then it will burn true and bright.

Gita – A candle sheltered from the world. Unwavering light of inner concentration and consciousness.

Patanjali – Pat means from above; Anjali means a prayer from uplifted palms.

Raja Yoga – Royal Yoga – Ascending 8-fold Path and Yoga Sutras

Master pays homage to Patanjali. Gita’s first chapter gives a lot of credit to Patanjali.

Devotee must meditate deeper and deeper.

Realize you are formless during meditation. Protect the steadfast flame!

Patanjali’s 3 Middle Steps – Asana, Pranayama, Pratyahara

Secret to daily deep meditation: implementing these 3 steps of Patanjali with attention and care in the order they are given. The magic of deeper meditation is in the process. We perfect meditation and the process of meditation is to practice the process.

Asana – 3rd Step – Posture

Pose of meditation – 3 simple elements: provides platform

Relaxation – sit straight and still – and focus on 3rd eye.

Brother puts a card on his meditation chair: “Relax, be still, spiritual eye.” He read this before he meditated.

1. Relax by deep inhalation – tense and relax. Then several deep breaths with relaxation. It’s important to let go. Done at very beginning.
2. Be still in a state of relaxation. Have body perfectly relaxed. Then you’ll feel stillness.
3. Third Eye – direct will and mind to spiritual eye. This is an act of both mind and will.

We will become centered at this spiritual point. You’ll be amazed at the effect this has on the mind. A psycho-physical experience.

Conscious relaxation: release prana from the body and raise it to higher chakras in the spine.

You can do these three steps in 3 minutes – you’ll be amazed how this works!!!

Lessons 70 & 72

Pranayama – Life Force Control – 4th Step - Governing your life force.

1. Sit down and disengage. Secret – consciousness follows the flow of energy. (described in Kriya lessons)
2. If we lift our consciousness up, we need to lift up the energy. We need to liberate our energy and raise it up the spine to higher centers of perceptions.

Pratyahara – withdrawal of consciousness from the senses.

Ihara – nourishment, nourishment from within
Draws from inner resource.

1. Sitting in the state of relaxed stillness.

2. Steps of meditation lead to next steps.
3. We begin to feel the body boundaries dissolving.
4. We feel a sense of expansion taking place.
5. We feel we are expanding within... expanding to surrounding space.
6. Heart slows down.
7. Breath slows down.
8. No sensation of body.
9. Breath stops.
10. We realize we have no need to breathe.

Realization – beyond this body “I am” – beyond the life of this body “I am!”

We have to experience this – step by step.

Buddhi – consciousness of soul. We are experiencing God.

Everything is in Pratyahara – to experience God – our true communion.

Complete transcendence of body and mind.

1. Focus on stillness.
2. Dive into motionlessness.
3. Receive whatever God gives.
4. We need to receive whatever God is giving to us.
5. Receive with reverence.

This begins to grow.

The taper of meditation. Make the flame grow by our reverent attention.

As it grows, surrender to it!

Absorb and pay attention to the changes taking place. When we become aware, it begins to grow. Then we can surrender to it.