

Brother Satyananda
“Disciplined Calm Awareness”
Sunday, June 21, 2009

It is wisdom to ask for guidance and to know your limitations.

Master had a strong adventurous spirit. He was courageous and loved to investigate – a man on a mission. He was fearless. He had full faith in God. Whatever he was doing, there was always a calm peace about him.

Skill for the Millenium Warrior: Disciplined Calm Awareness

Calm centered awareness. We can fulfill demands and also be aware.

Have a sense of God’s will. Calm, focus, awareness in every situation in life. There’s a unity of heart and mind. A sense of peace and righteousness.

The best leader can intuitively apply the skill he needs in every situation. You will be in tune with the universe and your environment.

Natural poise. Meditation is the art that builds this awareness.

Psycho-Physical connection. Body effects mind. When body is still then mind is relaxed and at peace.

Find the sense of purpose flowing from within.

Gita – Arjuna finds it difficult to control the mind. He who has self control can control mind. Act slowly and quickly without losing your peace and balance.

Calmly active and actively calm. Our environment is very responsive to a calm dedicated mind. Add this discipline into your daily life. The world responds to your energy. It is like a mirror reflecting back to you. Apply this cosmic law.