

Sunday, August 16, 2009

Brother Satyananda – “Drink Deeply the Nectar of God”

God imparts a great joy. We must learn how to drink deeply. Meditation and prayer is this “art” of drinking deeply.

Krishna’s peacock feather story: Shiva’s son rode into battle riding a peacock – Krishna was fascinated by this. Peacocks were drawn to Krishna when he played his flute. Krishna plucked a tail feather from the plume of a large peacock. He rode on this particular peacock’s back. At this moment his step-mother had a vision of Krishna, her little boy, as the Lord himself.

The peacock in India is a symbol of victory. Krishna’s mission – to teach us to be victorious.

There’s a Krishna peacock butterfly – “popilio Krishna.”

After Convocation, Brother S likes to do a post-convocation Satsanga... here goes:

1. Affirm “Yes, you can do it!” This phrase, these words, speak to the soul. It is an encouragement that stays with you. This gives fuel to dreams. Ultimately this becomes a supreme encouragement to seeking God. “Yes, you can do it!!!”
2. Advice to Young People on Dating – Like hearts and minds attract. Personal enthusiasm is a net for attracting other people. Enthusiasm brings out the best of your personality and it attracts people to you. Then exercise your personality. Don’t play games. Be authentic and enthusiastic. Be charming. Charm is warm, gentle, and caring. Don’t flirt. Flirting is insecure... it’s game-playing.

How to be receptive to true friends? Those who you find an immediate intimacy with are friends from past lives. Love between souls draws souls to you from life to life. You can’t be friends unless you’ve been friends with them in previous lives. Respond to this “something” that is deeper. Not to physical appearance. Go deeper.

3. Finding time for meditation. We always find time for things we enjoy. We’re never too busy to do things we enjoy. So --- learn to enjoy meditation. The biggest problem IS SITTING DOWN!!! Sit down by an act of willpower. Then the victory is there. Make up your mind that you will enjoy meditation. That it will be a source of joy and happiness.

Tell the ego – “I’m just going to sit down for a few minutes.” LIE to the ego! The ego is always lying to you!!!

4. Chapter 2, Verse 15 of GITA – Calm & Even-Mindedness

Man must practice a neutral attitude toward earthly dualities. Strive to carry meditation’s joy with you in all life. This can supersede the dualities in the world.

Your “castle of peace” – it will protect you thru life.

The world is not taking our lives and events seriously, so why take the world seriously?
Gain your happiness in meditation. (see Rubiyat Commentary)

Intuitive perception of truth grows gradually.