

Brother Satyananda – “Father’s Day Lecture”

June 18, 2011 – Lake Shrine Temple

You can trust yourself when you are calm. You can trust your perceptions, feelings and judgments because the best of you comes through when you are calm. You will feel a silent humble sweetness that you can trust in yourself. You set the stage for becoming a channel for God.

Modern spiritual men have a mission in life and have higher spiritual priorities.

On a retreat in the mountains, Brother got to ask Daya Ma and Ananda Mata a question about Master. He asked, “What was Master like as a man?” Their reply: There’s one quality of a man that Master embodied – intrepid. He did not know fear. There was nothing he could not do. He would make up his mind to do anything he wanted to do, especially if someone told him he couldn’t do it.

Ananda Mata told Brother, “You have no idea what it’s like to live with someone who is fearless.”

Intrepid: Latin origin, Intrepidus. Not alarmed or anxious. Not full of fear when facing crisis. Facing crises calmly. Feeling calmness and peace in the face of crisis.

In 1920, Master boarded the ship City of Sparta to come to America. On board, Master agreed to give a talk, but he had never given a lecture in English. (complete story is in AY) His topic: “The Battle of Life and How to Fight It.” Master had to battle life to give his first talk in English. It was intrepid for Master to stand in front of the audience for 10 minutes without speaking. Master prayed to his Guru for help. Sri Yukteswar said, “You can speak!”

Call upon God’s higher power for assistance. Nothing can make you afraid. When you find God, what assurances and fearlessness you will have.

Gita - Chapter 2, Verse 3:

O Arjuna, surrender not to unmanliness. Forsake weak heartedness and arise.

“Look fear in the face and it will cease to trouble you.” ~ Sri Yukteswar

One of the most important things we need to learn is that half the fears we face are imaginary. Sort out the truth and fear will become less. Fear is created in our lives – it has no foundation. Fear is based on ignorance. The father of fear is ignorance. Separate fantasy, then fearlessness becomes possible.

“First give me the facts and then I’ll use my intuition.” ~ Ananda Mata

The truth of a situation distills what is face and not fact. A man’s intuition is based on facts and information. What is real in the situation. Fear feeds an unanswered question. Do a thorough investigation first. Don’t make assumptions or listen to hearsay, but get the facts. Then a picture will form. Then an understanding.

If you understand the truth of a situation, you will be able to sort the real from the unreal. Meditate to acquire calmness. Then trust what you feel that comes out of the calmness. Then you will be able to gain confidence and trust yourself. Through intuition, a calm intrepid attitude. Dispassionate risk assessment combined with prayer.

Men are explorers at heart. They may not know where they are, but they are not lost. They are finding their way! It's more fun to try to figure it out. Men are hard-wired for adventure.

Gather facts, find info, sort out what is real. When you see the truth, see what the risks are. Meditate and be calm. When the view is clear, then you'll feel a sense of calmness. Then your success is assured.

Remain in the attuned state and you'll see the guidance is there. Then you'll be able to deal with the unknown risks that are there. Put human and divine qualities together for an awesome skills set.

Spiritual Homework: A Home Improvement Project

Take on something small in your life that you are afraid of or concerned about. Something that is on your mind to do, but you are uncertain. Start the process we discussed. Go through the process consciously, spiritualize it, start gathering the facts, and do your research.

When you get a clear picture, sit down and meditate on God. Pray to God, "Lord, show me the truth of the situation." Then you will feel. You will hear your intuition. Even if there are risks, you will be positioned to act.

Out of the calmness will come a calmness and strength – you know you'll be able to achieve your goal.

Review yourself and say, "How did this work? How can I refine the process so I can achieve success?"