

Sunday, July 12, 2009

Four Pillars of Sadhana – Brother Satyananda

We need to silence the inner voice of fear. Then in silence, we will hear and feel another voice – the intuition.

First comes a feeling of comfort. Then confidence comes. Solutions will begin to manifest within. This is proof that you have contacted God.

Feel the comfort of God and then the solutions that one desperately needs will come.

It's not our passing inspirations but our habits of thinking and action that form our lives. Habits and routine actions form the foundation of our consciousness and life.

If you perform spiritual actions and thoughts on a daily basis – everything will change. Your life will change.

Yoga is a spiritual path, a lifestyle. A spiritual river toward God.

We take steps on the spiritual path every day.

Sadhana – spiritual actions prescribed by a Guru; when performed with regularity, lead to liberation.

Follow Master's wisdom daily.

4 Pillars of Sadhana (daily practices of monastic and spiritual life)

1. Meditation
2. Spiritual Study
3. Introspection
4. Service

Balance your day. Bookend your day with meditation in morning and evening.

If you meditate with regularity, it will transform your life. Don't have the attitude of all or nothing. A little bit of yoga every day is better than nothing at all. Start with a little bit and do a little bit every day. It will grow, but you need to do it every day.

We need to balance worldly events by reading Master's truth. Study a little bit every day. It will give you a cosmic perspective. Just a tiny bit of Master will offset the world's anxiety.

Master always combines instruction with a promise.

Today's Spiritual Diary –

“See nothing but your goal – accept each day coming to you from God.” Sister Gyanamata

Make introspection a positive experience. It is not meant to reveal all your flaws and make you feel worse!

Motto – “Perfect & Improving”

I am the perfect soul. God loves me. My Guru loves me.

Fears and insecurities will have the loudest voice, so you need to introspect with faith in God.

Allow introspection to provide a non-threatening response.

Be more conscious, be aware – then you will have more control. In your calm awareness, answers come.

Formulate a continuity of awareness.

Introspection empowers prayer. Needs come forth. Formulate a prayer based on a real need. These prayers are answered. The more specific the prayer, the more specific the response.

Seva – good actions performed for God. You are offering and dedicating to God.

Understand your need in doing for others. We often do things for others that we need!

Lord, show me the needs of those around me this day.

You will feel that you are a channel of God. You don't need gratitude, recognition – you will “feel” you are God's channel. This is your reward. This is humility.

There is joy in service.

Seva resolves karma – it is pure. It does not create karma.