

Brother Satyananda – January 3, 2010

Fullerton Temple Guest Speaker

(Brother was at Fullerton Temple for 17 years – 12 years as minister-in-charge. He then spent 7 years as minister-in-charge in Phoenix.)

Title of today's talk: "2010 or... how to go thru changes without kicking and screaming!"

Gita – Arjuna's Chariot burns. Krishna tells Arjuna, "It's purpose has been served – it isn't needed anymore." It now returns to ash."

Right attitude toward change – blissful non-attachment.

We need to move forward with hope. Renew our spiritual lives. We need to learn to give up the sorrows of the past. We need to focus on the bliss of God. Don't be limited by tunnelvision attachment. Become united with God.

We are living in a world of constant change. Today's experiences are going to change. When we cling to experiences and don't want them to change, we create sorrow and suffering, and it prevents us from tuning into God.

Life will be what life will be. What will happen tomorrow? We don't know.

Life does not offer stability. We need a spiritual strategy. Rubiyat – leave the wise to wrangle – "while you travel the path of realization hold onto peace of meditation. Life will pursue its own strange course forever. Understand the soul's intuition and the rules that the life plays."

Change is something we cannot control. Brother's advice: "Life is an evolutionary adventure in personal growth. Accept it and let it be an evolutionary experience."

Brother has had a sense of being on a spiritual journey, a personal mission. He always felt he had a mission and purpose. Then he found his guru and found his purpose/mission. Has kept a journal for 30 years... like a mission log. He records his experiences and lessons learned. He charts his course. An adventurer on a mission. Everything is a part of this mission of growth.

Universal intimacy... feeling an experience with the whole universe.

Rumi – Persian Poet – "Set your sights higher than your eyes can see."

Strategy: Relax. Accept all change with full faith in God. Change is a part of life. We can manage and transmute it into a learning experience.

We are being drawn back to God. Purpose of change – to bring us back to God.

Change is a plan to bring us back to cosmic consciousness.

Understand the greater purpose and use the force in a better way.

Our consciousness is gradually expanding.

The universe is like a great clock – moving us forward. So we can become the masters of change in our whole life. Harness this resource.

Each season of life has its own provision. Some possessions may be lost, and some gained. People come and go when they are needed or not needed.

Every chapter of life has its own provision. Each has exactly what we need for our growth. We need to let go of the past and go with the change of life. That change is for our own benefit. We have survived so far! We can be proactive knowing that change will occur.

The potential change brings to us the potential to draw closer to God. Focus on that and then the change will be good things.

Have faith that God is guiding your divine goal.

Relax, accept, and embrace all changes.

Ma's letter for the New Year. Season of new beginnings. Go forward with renewed faith.

Spiritual HW for January – study 2nd paragraph of Ma's letter and apply it.