

Brother Satyananda - "How to Protect Your Bliss While Sharing It With Others"  
Phoenix Temple, February 13, 2011

Change your mental affirmation – we have a perfect soul that is blissful and one with God.

Prayer: “Open my eyes that I may realize my blissful oneness with Thee.”

Proactively affirm yourself with God. Try to do this every day for a week.

Ma – The key to effective prayer: “Remember always that God is dealing directly with what is in your heart.”

A true connection needs to have a willful resolve, and it needs to be positive.

Introspect first. Review feelings and thoughts. Try to discover what is within your heart. Then go to God in prayer.

Align what is truly in your heart with your prayer and your prayer will become more powerful.

Lord, I need a clear sign from you that gives me strength and comfort.

Healing prayers on three levels – mental, physical, spiritual. Offer prayers for the person’s greatest area of need.

We don’t always understand our most urgent need. The initial prayer doesn’t always seem to work the way we think it should. But something happens and we are completely changed because God addresses all levels of need.

A truthseeker needs to turn up the voice of quiet introspection and turn down the volume of restless thoughts—Don’t let your restless thoughts drown out the truth.

When you have restless thoughts just stop. When you’re tormented by a mind you can’t control, use an act of will power. Count to 10. Let the voice of silence speak. Stop and listen to the silence within, feel the vibrations of peace. Discipline yourself for 10 seconds, and you will feel peace. Make the thoughts of ascendant thinking louder than the ramblings of the ego.

Master describes meditation as being at the ocean, as swimming in the ocean. You come walking on the beach and hear the thunder of the waves and you feel joy and bliss.

Bliss flows like an ocean within us. You can know your greatest potential.

Bliss is at the heart of all human experiences.

The expression of God comes from technique. Technique takes us transcending into the flow of God. If we concentrate on the flow it becomes stronger.

Bliss is the transforming experience with us.

Bliss – a flow, a vibration of God's joy. Absorption it in samadhi.

Bliss comes and goes like the tide. As you meditate more and more the tide will stay in more.

Bliss is God. This is our goal.

Protect your bliss. Don't desecrate it. Let it grow by concentrating on it.

Learn to express bliss. You spread bliss to others with how you communicate. Master and Ma radiated and expressed bliss.