

Brother Satyananda – Guest Lecture – 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.”

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.

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.

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 ? But something happens and we are completely changed.

A truthseeker needs to turn up the voice of quiet introspection.

Don’t let your restless thoughts drown out the truth.

Just stop. Use an act of will power. Count to 10. Let the voice of silence speak. Stop and listen to the silence within. Discipline yourself for 10 seconds. Make the thoughts of ascendant thinking louder than the ramblings of the ego.

Master describes meditation as being at 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. Our greatest potential.

Bliss is at the heart of all human experiences.

Bliss is the transforming experience with us.

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

Bliss comes and goes like the tide. 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. Master and Ma radiated and expressed bliss.