

Thursday, January 21, 2010 – Bro. Satyananda – Satsanga

Q 1 from Gita

Stanza 3, Chapter 7

“Out of 1000, 1 seeks me. Out of 1000 who seek me, 1 knows me.”

This is a statement of cosmic law and cosmic proportions.

Master’s commentary – how powerful maya is. We need sustained effort for release into God. As a result, people aren’t as interested in a sustained effort because it is hard. Cosmic plan – all souls will return to God.

Master quotes this verse frequently.

Ma told Brother to always think of himself as “one in million.”

Q 2 Earthquake in Haiti – Why do these things have to happen?

We all get our turn. Science of metaphysics says there is an energetic vibration to every human thought. They are cumulative – and they have force and influence over natural influences of nature. Negative thought can create destructive forces.

Healing Technique – rubbing hands – transmits vibrations into the ether. They can help offset negative influences. Sending vibration energy is superior to prayer.

Q 3 – Use of Tarot – Divination

SRF has no formal views on tarot. But they have teachings on seeking guidance. It boils down to insight of each individual. Better to develop this gift yourself through your own inner insight and intuition. Pose questions within to your higher self. Consult within. Personal relationship with God.

Q 4 – Diet for Children

Kids eat junk 70% of the time. Need nutritious meals and structured snacks.

Q 5 – Consistency in Meditation – Hard to meditate every day...one week on, one week off.

Solution to staying with it: resolve that you are going to meditate first thing every morning. First thing you do is meditate. Sit up in bed, sit in a chair. First thing is to meditate.

If you make this resolve, you will establish the habit of meditating every day.

First thing of the day!!! Don't be distracted by stuff to do!!!

Establish this strong spiritual habit! Form the habit. Have it set in your day.