

Brother Satyananda – Satsanga – Glendale Temple, May 21, 2009

Brother started off with the story of the king Rajarsi Janakananda was named after.

King Janaka (Janaka means wise sage)

The King loved to sit and meditate and discuss truth after meditation. One day he asked his guru “Where does the soul go after death?” The guru turned the question back to the King, causing the King to be perplexed. The guru said “the soul goes nowhere it hasn’t been and doesn’t become anything it hasn’t been.” The King was so pleased with the answer he immediately offered to become his guru’s slave and to give his guru all his possessions. As the story goes the guru declined the King’s offer.

Question #1: How does scientific meditation and devotion create love for God?

Brother Started the answer by telling a story (Brother likes to tell stories and we like to hear them 😊)

There was a little bit of sweet water at the bottom of a well and any time you wanted some all you lowered a bucket and were able to get just a bit, just a taste but not more than that. Well what if one day someone came by and showed you how to get as much sweet water as you wanted—this is what scientific meditation does for us. It brings us all we want—an abundance of sweet love for God. Scientific meditation attunes us to soul. It is the method by which we can tap into soul’s love. Kriya yoga is scientific pranyama.

Question #2: How can a person in a marriage not see it’s falling apart until it’s too late?

When we first meet someone we work hard and then we don’t work so hard. Intimacy requires continuous effort. You and your partner are constantly changing—don’t take for granted they’ll stay the same. Distractions in the world draw us away. Be sensitive to quality intimacy—talk to each other. Pray about quality of intimacy—pray about being able to bridge the gap.

Question #3: How does a conservative deal with liberal ideas ministers may mention?

SRF doesn’t take sides. Political ideology is a broad spectrum. Then he went onto the next question which also addressed question #3.

Question #4: How does SRF approach the moral/social issue of abortion? Do abortions create bad karma for the mother?

The soul enters at conception. SRF tells the woman (and hopefully her partner) to make a prayerful decision. A decision made selfishly would bring bad karma.

The person who listens to the above needs to understand their position and ask themselves if a universal principle is being taught—and concentrate on that. Don't see it as political ideology. If you hear something you don't agree with then say to the person: "I don't agree—what principle do you base it on?" That way you get to the heart of the matter or you find out if the person is full of hot air.

Question #5: My mind produces doubts about Master's teachings. What can I do about it?

There is constructive doubt where the truth seeker goes through a period of inquiry. Stop the doubt and investigate. Don't sabotage the spiritual search. Brother Bhaktananda had doubts and Master said "tell them to get out". Don't sabotage yourself with doubts—tell them to get out. Offer prayers to god and guru. "Lord I need help with this". Your doubts may still be there but they'll go away.

Question#6: The more effort I make to meditate the more resistance I get from my environment.

You create the resistance—the environment might be challenging but you can still meditate—you can change your life. Ask the lord to find a way. If you ask the waters will part and the excuses will melt away. These are the miracles of the spiritual life. You all deserve a quality spiritual life but you have to create it. You have to ask god and guru for help.