

Thursday, September 17, 2009
Satsanga – Bro. Satyananda

Consciously, willfully share your burdens with God. In this way, we won't feel alone. We can face anything as long as we don't feel we're carrying it alone.

Q1 – Possessions & Attachments

Get rid of things that don't have a purpose. Give things away that can help others. You can keep meaningful possessions. Bro. has a box with special stuff: stuff Daya Ma gave him, the last letter his mother wrote before she succumbed to Alzheimer's.

Keep mementos that have meaning. Appreciate and value things but don't be attached to them. To understand personal attachment you need to examine your personal identification. Do your things identify you? Detach yourself from your identification to your things.

Your sense of well-being is detached and whole without your possessions.

Chapter 3, Verse 27 – Gita

Man identifies with soul rather than ego.

Your sense of identification shifts toward God. You tend to transcend things thru meditation and devotion. Don't personally identify and be attached by things. Be able to walk away.

Q2 – Astral Plane – Work

It's easier in the astral world because we don't have a physical body to deal with. The more we rise, the less we focus on our own needs... and the more we focus on serving others. Our order of needs in the astral change. We become more interested in the needs of others. A reciprocal relationship. This is the work of angels. Beings of a higher order.

As we grow in understanding, these natural truths reveal themselves.

Q3 – Mental Restlessness and Sleep in Meditation

Don't burn yourself out. Give yourself a 24 hour break: exercise, quiet space, meditation, reading. Exercise vigorously at the end of the day. Do something aerobic. Then sit down and read Master's works. Let go and have a good night's sleep. Sleep in. Next day you'll find your meditation better. Introspect then about your exhaustion. Re-establish a sense of balance.

Q4 – Introspection during Meditation

Keep meditation time sacred for techniques and devotion. At end of meditation you can introspect. Feel that you are asking Master and inwardly you'll feel your attuned thoughts/answers will come from within. You can trust answers that come at this time... when you are attuned from meditation.

Q5 – How do you handle negative conversations when someone goes on and on in negativity? You may need to avoid the person. Be honest with the person – “When you talk this way, it causes me pain.” Tell the person you don't want to have negative conversations. Instead of blame, take it on yourself and say, “I'm uncomfortable with this... I love you, but I feel uncomfortable with this.”

Be frank with diplomacy. Be honest and non-confrontational. Don't heap blame on another person. Don't gossip or be critical. Tell critical people positive things about other people.

Q6 – Bro. Bhaktananda's Peace & Harmony Prayer

Repeat 5 times a day, visualizing the other person with God's light and repeat: “Fill them with God's peace and harmony.” Then shift it to yourself – “God, fill me with peace and light, peace and harmony.” Before meals and during meditation.