

Brother Satyananda – “Uncovering Your Hidden Spiritual Strength”

Sunday, August 7, 2011 - Lake Shrine Temple

August is Janmashtami month for Krishna. Janmashtami is held on August 22nd.

Today’s story of Krishna takes place in the city of Dwarka (peninsula of India) at the end of Krishna’s life. Krishna lived over 100 years and was a pure incarnation of God who came to restore righteousness. Krishna was the founder of this city, and soon after he died, the city was consumed by the flood waters of the Arabian Sea.

Narada, a disciple of Krishna, asked for an audience with Krishna. He told Krishna that he heard the angels calling Krishna back to the celestial spheres. Krishna agreed to go back home to the celestial spheres. There were lunar eclipses, flashes of light, powerful electrical storms that portended the departure of Krishna.

Before his passing, Krishna counseled his people to live wise and virtuously. He advised them to make pilgrimages and to reside south to the city of Navasa and near the temple of Soma. When the city of Dwarka perished by flood waters, those who did not go south perished.

Uddhava, a loyal disciple and personal aid and diplomat to Krishna, asked Krishna, “please don’t leave me. Take me with you, Krishna.” Krishna’s response: “The world needs righteous men. The world needs you, Uddhava.”

Krishna walked out of the palace and into his natural forested garden with Uddhava. He comforts him knowing he will be leaving soon and Uddhava will have to carry on alone. This conversation is recorded in the “Uddhava Gita”.

Here are a few of the teachings that come from the “Uddhava Gita”:

1. The world is a dream. Formless cosmic spirit from existence. It is great cosmic consciousness. Sat-Chit-Ananda. Cosmic consciousness manifests illusory dream consciousness.

We as conscious beings are not a part of the dream. We are part of the dreamer. We are eternal existence, consciousness and bliss.

The dreamer – the act of dreaming – the objects of the dream. There is one dream consciousness. We have existence, consciousness and joy. We are eternal and are only dreaming this temporary existence. When we awake in spirit we recognize we are one cosmic consciousness.

The Buddha had radiance in his eyes. When devotees asked him why, he said: “I am awake!”

This radiance is a component of an awakening from a dream to the realization of who we really are.

We don't know what we were before birth or who we will be after death. But meditation helps us to remember experiences, to recollect a greater awareness of who we are in truth. Meditation helps us to clear stuff away.

Our past experiences in this life seem like a dream. Life is a dream.

Uddhava asks Krishna: "How does a spiritual person live in this dream world?" Krishna replies, "Look at me, Uddhava. I have no bondage to the world and its activities. Live a normal life but do not become dependent upon conditions to give you fulfillment. Be detached. Practice non-attachment. Look on the world with non-attachment."

Things are ever-changing. We become attached. We suffer things beyond our control. In this duality we become confined. Do not rely on the conditions of daily life for happiness.

If you want sustainable happiness, it can only come from within.

We will find a flowing peace in meditation. There's only one place to find pure joy and that is within yourself.

We cannot control this world of duality. We have to sweep away fears, doubts and uncertainties in meditation.

2. The Chatak bird lives at the top of the trees. This bird drinks only from the dew from the leaves and the rain from heaven. Krishna tells Uddhava to live like the chatak bird. Live at the top of the tree. Drink the rain that falls from heaven. Live from the sun from heaven. Live a pure life.

The spine is the tree of life. The lower centers have energy that tends to be connected with body and senses. Upper centers are connected with the spiritual centers.

Take your consciousness up. Transmute everything into divinity. Live at the top of the tree. Where your energy is, there your consciousness will be. Live in the higher centers. Live in the high trees.

3. Uddhava asked Krishna, "What kind of devotee is most dear to you, Krishna?" Krishna replied, "Intellectual understanding doesn't please me as much as simple bhakti." (simple, dedicated bhakti = love). Be devotional, not intellectual.

Chapter 18 in the Gita: Absorb thy mind in me. Krishna urges disciples to lift the mind from the plane of the senses. Identify with God in the heart and you will cease to be entangled in the world.

We have hidden spiritual strength. It lurks and waits for our consciousness to clear. Strengths from within. We pray and receive calm and comfort. This is when you are at your best. When you are calm – when you call forth your inner strength. As we absorb ourselves in pure spiritual aspirations, we make spirit available to us.

Oneness is the Divine presence within. Call upon this truth for realization. True spirituality comes from a personal spiritual search.

We are on a personal spiritual quest. Out of the quest comes one who is wiser than we are – the Guru.

View creation as a dream drama. Live high as the chatak bird. Be unattached. Find within yourself strength.

Meditate to clear the consciousness.

Open your heart and mind to feel joy.