

Brother Satyananda – “Weaving God into Our Lives”

Lake Shrine Temple - August 21st, 2011

To read the spiritual homework on this topic, please visit our

Brother started off with a brief discussion on meditation: “The whole universe has been structured in a way that God’s presence is a secret. Now this might frustrate us but we have to admit that we like secrets. We like to seek and find. We like to search out. There’s something kind of exciting about seeking something we haven’t yet found. We like that special restaurant we can recommend to friends or hidden beach that nobody knows about.”

Brother then commented: “ And so God has it planted within us a desire to discover and that desire to discover this divine curiosity is a part of the plan that we might seek out this hidden God that is everywhere and right within us and we might discover it and in the discovery have the joy of communion and our Gurus our Masters from India teach that the greatest way we can discover these secrets is through meditation. We are distracted ordinarily throughout the day and we desperately try to bring our minds back to a conscious presence of God. And yet the place we can deeply concentrate and be aware is in meditation. “

We’re given family names, but we can choose our email addresses. Even more secret is our password. How many times do you use your password?

It’s the little things in life that have a powerful influence on us. How we spiritualize the little things in life matters. Turn the little things into God reminders.

A Boston cabbie kept a picture of Paramahansa Yogananda in his cab, and a passenger once asked him if it was his mother, and he replied “yes”. Bengali bus drivers have pictures of saints, of Durga Mata.

Brother has cosmic chants for ringtones on his phone. For six months his ringtone has been “I have made Thee polestar of my life.” To Brother that chant means “No matter how stormy the seas will be I know your light will be there to guide me.”

“It is the little things we think and do every day that shape our destiny.” ~ Master

Life is made up of little things. We have 20,000 to 30,000 thoughts a day. Your mind is always thinking of the things you desire. Until you fulfill your strong desires, your mind will not rest.

Paramahansa Yogananda once said, “When you want to buy a dress or car you have admired is it not true that no matter what else you may be doing your mind should be on God day and night...Transmute petty desires into one great desire.”

It is the little things in life that combined together can create a beautiful radiance, like a tapestry with the threads woven together to create a brilliance. Weave into this tapestry our mistakes—this is what we need to do. We need to weave in all our experiences: good and bad, sorrows and darkness and make it a beautiful tapestry—even with darkness it’s beautiful. Our tapestry is what we make it.

Our feelings, our moods, other people—we can't control. These things happen. Sometimes life is happy and joyful, and sometimes it turns sorrowful. If we just weave it into our lives, it can become a sum total of beauty.

In the tapestry of your life the gold thread is the thought of God. If the Gold represents thoughts of God, they will stand out even when the tapestry is dark at times. When sorrows or tragedy come, the tapestry becomes dark. But the gold thread against the dark cloth shows the greatest contrast. We can create a beautiful tapestry even during dark times of life. Be determined to weave the gold thread of God into the tapestry of your life.

Paramahansa Yogananda once said "Of greatest help in your development is the habit of mental whispering to God. You will see a change in yourself that you will like very much. When your mind is ever whispering to him, mental whispers develop dynamic power to reshape matters into what you want." So think of God, bring God in.

Brother read a poem by Kabir who lived from 1398-1518. Kabir was a weaver by profession. A very devotional man who spoke of God's presence in the common things of life—this is what brought him joy. His poems reflect his efforts

"Oh Lord I am a weaver of thy name

I have firmly strung my loom with ten hundred threads

I endlessly count thy name

While engaged in such weaving I realized my own true self

Sublime and imperishable is the wealth I have earned

And I have gained the state of perfect peace

Oh Lord I am a weaver of thy name."

When he was a young monk, Brother Satyananda wanted his own mantra. He wanted to chant God's name as a constant reminder within himself. He'd tried several mantras and they just didn't feel right. One day while at a satsanga, given by Ma for monastics, he felt Ma's overwhelming presence come to him and say "create a mantra" and that's when he came up with "Om Guru" as his personal mantra. We, too, can create a whispering to God. We don't take our mantra and expect it to work—we have to activate it. When you repeat it you have to mentally repeat it with love. It may take several sessions in meditation to activate it as you deeply invoke your mantra. Put your love and devotion into your mantra.

Choose a mantra that you can connect with, something that has meaning. Activate your mantra first in meditation. Meditate, according to our Guru's instructions, and then being repeating your mantra. Do this for several times until you feel a response, until you feel a loving presence, some tangible response. Then you will know your mantra has been activated.

As you take your mantra with you in daily life, there is a sacred vibration with it that will bring clarity and peace. It's not a mental repetition—there's an energy that goes with it. Link every state of your being with your mantra. Think constantly of your connection with God. Your mantra is an evocation of God's presence now. "Talk to God. You have a conversation going on anyway. Why not talk to God?" ~ Ma

Our Guru is saying link every state of mind with God, even when you are angry, selfish, revengeful, jealous, etc. Your mind does not need to be pure. It's harder at those times because you think God can't bless you. But God is not conditional. God will come and be with us at any time. He is unconditional love. We are the ones setting the restrictions. The way to be free of these moods is to evoke God's presence at those times. When you are tormented, don't postpone the use of your mantra. Link every state of mind with God. Use your mantra. Use your Gold Threads. The transformative power of God will be with you. Don't deny yourself this experience. These are the gold threads of your life.

God is with you—but you might not be with God. The only way we can transcend these dark moments is by linking them with God. Tell God you know he is with you even though you don't feel him with you. By doing this you are weaving God into the fabric of your life. When you are thinking bad thoughts, you think "God is not with me now." But you are wrong. God is with you. You are not with God. Link every state with God. Think constantly of your connection with God and you will realize who you are.

Paramahansa Yogananda said: "Link every state of mind with God."

Brother told the following true story: A businessman was flying on a business trip from LaGuardia. He was very busy and had his business commitments on his mind as he got on the plane. As he sat down on the plane, he noticed a little old lady sitting in the seat next to him. She was wearing a white cotton sari with a white hood and a blue threading around the hood. He was sitting next to Mother Teresa!

Being a devout non-practicing Catholic he started searching his memory for his catechism and tried to figure out what to do. He looked over at Mother Teresa and saw her with her rosary, and he noticed her doing her rosary as the plane took off. Eventually he turned to her and, while trying to figure out what to say, she turned to him and, handing him her rosary, said to him, "now maybe you will practice a little more often."

But that's not the end of the story. The man started using the rosary and he confided that he has a secret illness with an uncertain outcome. But after doing the rosary for several months he was better. Then a friend, with a sick son, told the man about his son, so the businessman gave him the rosary and after a while the sick son was healed.

And so the story goes. There was almost a miracle for every bead on the rosary.

Giving and receiving from higher realms creates these miracles. It's the little things in life that create destiny. Our busy minds are full of doubts. Our insecure hearts are full of fear. We need to take the gold thread and weave it into the tapestry of life. When it's bright and cheerful and dark and sorrowful, we need to think of God—this is within our power.

Jesus said, "Thy faith makes thee whole."

We receive blessings from the Great Ones and our own desires and efforts – our devoted affirmations.

The little things shape our destiny. It's the little things that we inject into the 20,000-30,000 thoughts a day. How much power do we have over the big things? ZERO. But over the little things, the secret things? We have great power to altar our destiny.

From the Bhagavad Gita: "Who seeks me in the hearts of flowers... He who watches me always, he do I watch. He never loses sight of me and I never lose sight of him."

God is reassuring us. He who seeks me everywhere, who searches for me. I am always with him. He never loses sight of me.

In this background of our relationship with God is this beauty. When we invest in the small things in life we get a responding that comes back. When we practice just a bit, it comes back.

God responds. We think that God is non-existent, but we have not tried. But when we do try, we see the beauty of the tapestry. We stitch beauty into the duality of the tapestry. As we invest, so we shall receive.

Ma had one repetitious message: Talk to God. Daya Ma's message—talk to God, bring God into the conversation. When you bring God into the conversation, the conversation always improves. Daya Ma—the sum total of your whispers has an impact with God.

We first need to make the effort with the little things and then we will see God is responding. Paramahansa Yogananda once said "Fill the moments with the thoughts of God and the years will automatically be saturated with His presence."

It is the little things, and the little things are within our control.

Life is a tapestry. Weave God in.

SPIRITUAL HOMEWORK: Think of things that have been brought up during the lecture, "Weaving God into Our Lives." Pick a troubling or dark thought and invite God into the thought. After a week of bringing God into this dark moment, observe how it changes your mind set. Notice the changes you experience by bringing God into the conversation. See if life or even a dark condition can become a little more beautiful as you weave God into the tapestry of your life.