

Brother Vratanaanda – "Creating a Spiritual Environment" - July 8, 2010
Hollywood Temple

"O My Saint, Wake Yet Wake" chant describes us. We are a soul, made in God's image. How do we know what that image is and how do we bring it out? Try to discover. We either stay the same or we little by little change. Not for others but for us. Although, others will benefit!

Create an environment that is conducive to positive spiritual living. In a non-spiritual environment others pull us down. We have to make choices. We have to think we are worthy of being a saint. This is a huge issue for many. We need to uncover what is there. Those qualities are there. We are worthy!

Ma: "You're fooling yourself if you think you are a human. you are a saint inside."

Don't think "I am what I am. This is the way I was born." There's always a way out. Don't take habits of oppressed feelings and bad habits with you.

Beware of where you are going because you are taking your habits. The way out is vertical not horizontal. Keep thoughts to yourself and churn the ether. Use affirmations and pray to God. In time, this grabs us out of our situation. We create by our positive thoughts.

In order to get out of a negative situation, change vertically -- change your thoughts.

Master says a hand will reach down and help us.

At the right time and in the right environment, things come into fruition -- under certain conditions. It would be nice if we could help ourselves -- rid ourselves of a bad habit in a healthy environment.

If we have right knowledge, we can make the right moves in life. We know we need to be our brother's keeper.

We need to learn right behavior, to follow the law, the right way. We need to have self-control, and consideration and respect for others, being truthful, never harmful.

We are examples and we affect others. Become an example no matter where you go and what you do. Know the effect you have on others. What we do as an example affects others. We become our own supervisor or teacher.

From Divine Romance: Daily affirm "I am the conqueror of all."

We create our fate and habits. If we think we are free, we are free.

No one is our enemy—the sun shines equally on all. There is a reason for everything in the universe, even though we might not understand it.