

**Sharad Sangam 2009**  
**11a.m. 7<sup>th</sup> November 2009**  
**Closing Satsanga**

**-by Sw. Shuddhanandji**

It has been a wonderful week, and it seemed that heaven came down and delighted us the whole week. Remember Guruji's poem 'When will He come?' This year we were thinking of printing for the complimentary copy to devotees, 'When will She (Divine Mother) come?' How will She come?

The soul's longing is both in the heart and head, for the formless and impersonal and for the one with form and personal. This week we celebrated both Kartik Purnima and Guru Nanak Jayanti. We sang the cosmic chant 'O God Beautiful! (given by Guru Nanak) and remembered the incident of Carnegie Hall. Autobiography of a Yogi, Chap. 48:

*"The occasion had been a public lecture; the time, April 18, 1926; the place, Carnegie Hall in New York.*

*"Mr. Hunsicker," I had confided to an American student, "I am planning to ask the audience to sing an ancient Hindu chant, 'O God Beautiful!'"*

*"Sir," Mr. Hunsicker had protested, "these Oriental songs are alien to American understanding. What a shame if the lecture were to be marred by a commentary of overripe tomatoes!"*

*I had laughingly disagreed. "Music is a universal language. Americans will not fail to feel the soul-aspiration in this lofty chant."*

*During the lecture Mr. Hunsicker had sat behind me on the platform, probably fearing for my safety. His doubts were groundless; not only had there been an absence of unwelcome vegetables, but for one hour and twenty-five minutes the strains of "O God Beautiful!" had sounded uninterruptedly from three thousand throats. Blasé no longer, dear New Yorkers; your hearts had soared out in a simple paeon of rejoicing! Divine healings had taken place that evening among the devotees chanting with love the Lord's blessed name".*

Everywhere I look whether in the forests, among people, I see God manifesting multifariously. Everyone serviceful, loving, sorrowful or meditative you are manifesting God.

Ok cetavnI - xud\2 ih>dl kl Aaxa mt klijye, xud\2anNd kl ih>dl sune.ge|

On the backs of buses and trucks, in houses, even at the reception we often see the sign: LOST AND FOUND.

God Talks to Arjuna (Bhagwad Gita, Chp.VI, Vs. 30):

*yo mam pasyati sarvatra sarvam ca mayi pasyati*  
*tasyaham na pransyami sa ca me na pranasyati*

**He who perceives Me everywhere and beholds everything in Me never loses sight of Me, nor do I ever lose sight of him.**

Wherever I see, I see the beloved peeping at me. He is the Cosmic Lover.

qo gya Ab iml gya|

But we have to make the effort. If we make the effort we will see God everywhere and in everything. There is an Urdu saying:

ij2r deqta hu>, quda ih quda hE|

***“O Father, when I was blind I found not a door that led to Thee. Thou hast healed my eyes; I discover doors everywhere: the hearts of flowers, the voices of friendship, memories of lovely experiences. Each gust of my prayer opens a new entrance to the vast temple of Thy presence.”***

- ***Sri Sri Paramahansa Yogananda, ‘Whispers from Eternity’***

Ten of us are sitting here out of 12 Swamijies. (Sw. Nirvananandji and Sw. Shivanandji are not present here). We have all come from various parts of the world. 2 are born in the west, 3 are from the North, 4 from the East (I will conveniently take USA as east), and 3 are from the South.

When the Autobiography was released a question was asked:

Q:Who is a sannyasi?

AOY (Chap. 24): ***“The ideal of selfless service to all mankind, and of renunciation of personal ties and ambitions, leads the majority of swamis to engage actively in humanitarian and educational work in India, or occasionally in foreign lands. Ignoring all prejudices of caste, creed, class, color, sex, or race, a swami follows the precepts of human brotherhood. His goal is absolute unity with Spirit. Imbuing his waking and sleeping consciousness with the thought, “I am He,” he roams contentedly, in the world but not of it. Thus only may he justify his title of swami—one who seeks to achieve union with the Swa or Self...***

***“There are a number of great souls, living in American or European or other non-Hindu bodies today who, though they may never have heard the words yogi and swami, are yet true exemplars of those terms. Through their disinterested service to mankind, or through their mastery over passions and thoughts, or through their single hearted love of God, or through their great powers of concentration, they are, in a sense, yogis; they have set themselves the goal of yoga—self-control. These men could rise to even greater heights if they were taught the definite science of yoga, which makes possible a more conscious direction of one's mind and life.”***

When I was drawn to the spiritual path I was inspired by the following lines of the Autobiography of a Yogi:

***“To allot God a secondary place in life was, to me, inconceivable. Though He is the sole Owner of the cosmos, silently showering us with gifts from life to life,***

*one thing yet remains which He does not own, and which each human heart is empowered to withhold or bestow—man's love.”*

If we can give that gift to God we are really blessed. Today's thought in the Spiritual Diary is on 'Simplicity':

*“God has proven that when he is with me all the “necessities of life” become unnecessary. In that consciousness you become more healthy than the average person, more joyous, more beautiful in every way. Don't seek little things; they will divert you from God. Start your experiment now: make life simple and be a king.”*

*- Sri Sri Paramahansa Yogananda, 'Man's Eternal Quest'*

To get this experience what to do?

Don't yearn for material pleasures.

nhlto @yan @yan se h3 ja0ega|

In the factory of the mind manufacture peace daily.

[s ]Tpadn me. iksl trh ka ]Tpat mt Aane do|

In a factory a worker was working on a lathe machine. His finger got cut off because his attention was elsewhere. So “Distraction leads to Subtraction.

Thought gets distracted from God by many trivialities. Everywhere people are working but they have forgotten God. God is asking us to start the experiment now. Simplify your life now and be a King.

During the group meditations and chanting sessions, chant the chants or the bhajans/kirtans. Many would have been amply rewarded from the lectures if they have attended all sessions. Volunteers had to miss some events as through their sacrifice they make it possible for others to enjoy. For this we thank all the volunteers from the bottom of our heart.

--- absorb with interest, with commitment and to put all the ideas---

Ask Divine Mother to renew in us ---

Blessings will continue to strengthen you and divine qualities will manifest as you express wisdom and understanding.

In summary let me say:

If you can make meditation successful and make your home a heaven you have found God. Be attuned to the Guru and our scripture is the AOY. How to love God you can learn from the AOY. Get )anrTn from God Talks with Arjuna. By performing EHOK (Energization Exercises, Hong-Sau, Om Technique and Kriya), and by the power of your prayers we can be ever engrossed in the bliss of the Divine.

I will close with an inspiration from the Songs of the Soul soon to be released in Hindi. We can send these SOS to Guruji and we will find them in the SOS:  
This time there will be Janmotsava celebrations in all corners of India, Noida, Igatpuri, Coimbatore. Join whichever place you are close to.  
On the 3<sup>rd</sup> of January 2010 will be the Inauguration of the Indraprastha Sadhnalaya in Noida. Then Swamiji read the poem. Close your eyes and listen to this poem:

## **WHEN I AM ONLY A DREAM**

**-By Paramhansa Yogananda**

I come to tell you all of Him,  
And the way to encase Him in your bosom,  
And of the discipline that brings His grace,  
Those of you who have asked me  
To guide you to my Beloved's presence –  
I warn you through my silently talking mind,  
Or speak to you through a gentle significant glance,  
Or whisper to you through my love,  
Or loudly dissuade you when you stray away from Him.

But when I shall become only a memory, or a mental image, or silently speaking voice,  
When no earthly call will ever reveal  
My whereabouts in unplumbed space,  
When no shallow entreaty or stern stentorian command will bring from me an answer –  
I will smile in your mind when you are right,  
And when you are wrong I will weep through my eyes,  
Dimly peering at you in the dark,  
And weep through your eyes, perchance;  
And I will whisper to you through your conscience,  
And I will reason with you through your reason,  
And I will love all through your love.  
When you are able no longer to talk with me,  
Read my *Whispers from Eternity*;

Eternally through it I will talk to you.  
Unknown I will walk by your side  
And guard you with invisible arms.  
And as soon as you know my Beloved  
And hear His voice in silence,

You will know me again more tangibly than you knew me on this earth plane.  
And yet when I am only a dream to you,  
I will come to remind you that you too are naught  
But a dream of my Heavenly Beloved;  
And when you know you are a dream, as I know now,  
We will be ever awake in Him.  
Jai Guru! Jai Ma!

Sw. Shantanandji spoke:

In the opening satsanga Sw. Vishwananda gave practical steps to be followed in sadhana in the past 6 days and in the future. Those who followed Sw. Vishwanandji's advice at least one or probably many of those experiences you will carry with you. Practice them for 1 min, 2 min, 3 or 5 minutes. Recollect, remember and enjoy. We received a very special opportunity to keep aside cares and duties of the world to enjoy the spiritual vibrations of this ashram. Not only those who have followed Sw. Vishwanandji's counsel but all who attended will carry home divine peace, divine love, divine joy. Devotees will also carry home with them the blessed presence of the Guru and paramgurus. We need not recall, but it is deeply imprinted in our hearts minds and souls. To do this carry Guruji's teachings of life in all experiences and conditions of this world. Go on ruing this recall the Dhyana Mandir, the Smriti Mandir, the satsanga, the feelings – get into those feelings. Our Guru tells us how to live in this beautiful, sometimes not so beautiful world by:

“Giving love to all, feeling the love of God, seeing His presence in everything...that is the way to live in this world.”

Giving love to all, to draw the love of Guruji give our love to all in the bus, train, to those who are immediately close to us, in our travel, - go on mentally giving love to them – make it a habit and we will get something back.

When not doing that do japa yoga giving love to the Divine within us.

Take a line from the chants or from metaphysical meditations or a thought of God's peace, love, joy, or an affirmation or your affirmation and go on revolving it in our minds. The world around us may be disturbed we can go on being calm and still, offering every activity of our day and praying that God's love come into our lives in a greater way. Ma has said that we should strive to bring into our lives the radiance of Divine Mother's love. Ma has expressed the way to treat each other around you with a compassionate heart because God is hidden in every form. How can you feel the love of God manifesting through people. How to know the love of God? Meditation is the key. No compromise. Even for a few minutes. Take the mind in and focus it on God. Gradually you will begin to feel His love, know His love.

Take one thought, repeat that thought again and again and exclude every other thought. When you have a problem in concentration push other thoughts away, exclude them and tell God: "I love you my Lord, I want you, Only You, Only You, Only You, My God!" How sweet it is!

Whatever you want to share tell Him, the response is coming, it is flowing. Discover what real love, what real joy is there. Even when the heart feels dry, whether you feel or not feel just express it. It must become a way of life not just for a few minutes, or a few few years but for the rest of the days. The Divine Beloved is waiting for you. Pray for strength, divine love, pure love, pure joy to go on talking with God. God is not responding the way we want him to, but He does make known to us His presence in the ever deepening calmness. We forget to listen. We go on talking sometimes. Listening – Be still and know that I am God.

One day in a church, a man entered and seated himself in the back in a vacant pew. He was sitting there very still, concentrating quietly for 20-30 minutes or one hour. One day the attendant of the church went back and asked the man, "What are you doing?"

"Listening to God."

"Well, what is God doing?"

"He is listening to me."

Expressed love and joy return to us as we listen. That is praying without ceasing and listening without ceasing. Serving without ceasing. To begin to care and become aware of everyone and everything. I relate my senses back to God, my friends I love them; birds, trees I love them; but I know it is You in them whom I love in everyone that you created. If the whole idea of a personal God is inconceivable then throw out all form. Think of Him as a spiritual quality of wisdom or love or compassion. Think of him as you would ...merits, actions, depth of yearning and longing for Him. Express in the beginning even if you don't feel the love and slowly the feeling will come. If you have the faith that God is just a thought away how much more often we would turn to him. Let's try again with a little more feeling, and repeat this affirmation with me:

"Teach me to think of Thee until Thou hast become my only thought."

Use it, build on it, nurture it. Ma tells that every human heart is filled with an emptiness that only God can fill. Remember Him. He loves you so much. Find God; be in love with God by being also in love with others. Jai Ma.

