

EASTER RETREAT 2010, IGATPURI
Closing satsanga by Sw. Amaranandji 4th April 2010 9.30 a.m.

You all have had a nice time. I had a nice time. We chose this retreat purposely during the Easter period.

We have to find time always to find God. You cannot say I don't find time. Then God says, "Okay I will wait for you."

"Everything else can wait, but your search for God cannot wait."

Easter is a time filled with joy. It is filled with the spirit of resurrection of Jesus – one of our six gurus. Mahasamadhi of Jesus was on Good Friday. Then he came back – he was resurrected. Guruji was saying in the talk that Lahiri Mahasaya was also resurrected. We don't normally speak of this to others.

Just before he left his body Guruji was listening to the stories of saints and how their bodies were incorruptible after death. He was very keen about how their body was still intact. The body of St. Francis in Goa is still preserved. It is still intact, though the soul has gone. "In the state of Samadhi the *shakti* that takes the person into a state of ecstasy; that same *shakti* will look after my body after I have gone." – he hinted to some disciples.

Jesus was all the time telling how after 3 days he will come back. But disciples didn't understand. Maya tries to not make you understand. Later they realized the things that Jesus had predicted. Lahiri Mahasaya did not want his body to be cremated. But his wife in mourning forgot. Later on she remembered and said, "Oh I forgot." Lahiri Mahasaya's ashes are still kept. Life and death doesn't mean a thing to them. They are 'amar.'

Then you have to remember you can come back again. "Easter fills us with newly awakened joy... twenty centuries back. He loved the Divine as few have ever loved Him. He lay down his life for God."

(I always have this mike karma. Mike doesn't get adjusted to me and I don't get adjusted to the mike.) Krishna, Christ, Guruji are great yogis. They know how to not die, how to come back. Jesus as a young boy was working out miracles. His mother was also Immaculate Conception. They were not created in the human way. His mother was untouched, pure.

How to get into deeper meditation:

Forget time, stop looking at the watch all the time. Don't be anxious for quick response from God. Don't keep on looking out for the light. Any problems leave them at the door. Meditate with an urgency – I may be dying tomorrow. But instead we are thinking of a cup of coffee. Think this is the last cup of coffee I have taken.

Have a hunger for God. Let it nourish your meditation. When you are meditating, you are really existing in sat chit anand. Control your mind. Mind has a tendency to jump from one thought to another. Don't retrace your thoughts, from one to another, going back and wondering how did I reach here. Don't retrace. Forget it, practice patience. Develop the patience to sustain meditation. Can I do it? Do 1 hour of meditation. Be content with taking small steps first. Attitude of unconditional surrender is important.

Tell God, "Lord, I am on fire for you and plunging towards you but do what you want. Come when you want to come." But don't shout, talk mentally. If you meditate in a hurry, you lose like the ticket you have kept in your bag and you tell yourself – 'I am keeping it here so that I don't forget.' And then you lose the ticket and blame this one and that one. And then when you calm down, then you remember – 'Ah I kept it here.'

Do not move your body. Don't start adjusting your body after chanting. God is coming just behind you; his silent footsteps are coming, coming and coming closer. (Read the attached story of Sakshi Gopala.)

Practice the techniques. Don't neglect them. It is part of meditation. But it is not the end. Sitting in the silence is the end. If you have to meditate for 4 hours then practice techniques for 2 hours and practice stillness for 2 hours. Whether you think of the formless Christ or form of Christ, he is there looking at you. Near death experiences have proved that when you go in through the tunnel, some have seen Christ, some Babaji, some like us may see Guruji. You go there, you meet your relatives in the astral world and then you return to this body. If they have not cremated it, it is okay, but if they have cremated it, you have had it.

A person may have been a criminal, or someone who has been drinking too much and was killed. When you go up, they will say, "It is not time for you yet. Go back." The person comes back and becomes a changed person. If he was not going to church he suddenly starts going to church. If you commit suicide you move around like a disembodied soul or may be born as a person with retarded development. If a person is born as a physically or mentally challenged person, he could even be a rishi. They don't talk much. They want to work out little vestiges of their karma. But they often write and express themselves occasionally. Don't take people with retarded development for granted. Different grades of people come in different forms.

In what form can you worship God? In Bangalore there is a Shakti temple. After seeing the form of Divine Mother there Ma collapsed – it was so beautiful for her. I don't look at her form. They are spiritually highly evolved great ones. Time will come for all of you, but don't pretend. They are trying to tell us that "If I can do it, you can do it." If Guruji can sit still why can't I? Once there were innumerable cent flies attacking and biting Guruji and Guruji did not budge. Ma thought, "Guruji is sitting undisturbed, if He can do it, I can also do it." In Ranchi there are mosquitoes everywhere, but when Ma is meditating she loses body consciousness so much that she is not aware of the mosquitoes.

Attend group meditations. They are very essential. It helps you. When I was a young boy in SRF, I would run to attend satsanga with the monks and I would sit in the front, and the monks would give me attention and they would look at you and talk to you. When I was in India I would never miss the opportunity of seeing Anandmoyee Ma. Ma would also often visit Anandmoyee Ma. She would sit at the feet of Anandmoyee Ma. She would garland Ma and Ma would garland her. When a true saint comes you must visit them and take their darshan.

When you have devotion for Guruji you can learn to control the mind. Sometimes Guruji made his point by making devotees laugh or at times by making them cry. But he only pretended to be scolding somebody and at the same time winking at another person. You always felt perfectly open and relaxed in front of Guruji and Ma. You don't have to worry how will I talk, what will I say? Ma would often call me during satsanga: "You, Amarananda, come here." She will hit you on the forehead and make you feel more relaxed. You will feel a great sense of peace, you will not feel as if there is something to be afraid of. Touch the consciousness

of the Guru in deep meditation, then you will know what a premavatar he was; a love incarnate. That's why I like to chant the chant ***Guru ka dhyan karo***, so that we can touch his consciousness.