

JANMOTSAVA 2010 AT IGATPURI
-The Meaning of Loving God By Sw. Smarananandji

There are different shades of loving God, there are many ways of loving God. This has been brought out well in the **‘Scripture of Love’** the last chapter in Guruji’s Divine Romance. It is not just an article for me, an outpouring of an inspired poet, but it is for me God speaking through Guruji.

Writing out the whole article here because it is so beautiful. This portion not quoted by Swamiji:

“I sought love in many lives. I shed bitter tears of separation and repentance to know what love is. I sacrificed everything, all attachment and delusion, to learn at last that I am in love with Love – with God – alone. Then I drank love through all true hearts. I saw that He is the One Cosmic Lover, the One Fragrance that permeates all the variegated blossoms of love in the garden of life.”

“Many souls wonder wistfully, helplessly, why love flees from one heart to another; awakened souls realize that the heart is not fickle in loving different ones, but is loving the one God-Love that is present in all hearts.”

Swamiji quoted from here:

The Lord ever silently whispers to you:

“I am Love. But to experience the giving and the gift of love, I divided Myself into three: love, lover, and beloved.”

When you say there is love, there must be minimum two persons then only there can be an act of love. I am love, but unless there is somebody else, I cannot enjoy that love. Therefore God divided himself into three parts: the lover, Beloved and love.

“My love is beautiful, pure, eternally joyous; and I taste it in many ways, through many forms.”

This is the underlying point. How?

“As father I drink reverential love from the spring of my child’s heart.”

Whenever we think of our biological father we all respect our father no matter what. Whenever a child gives respect to his father in any form, God is very happy. God has divided himself into father, son and the love. God in the father is enjoying that love – that is why he created this relationship.

“As mother I drink the nectar of unconditional love from the soul-cup of the tiny baby.”

For the tiny baby the mother is everything. If the mother says that there is a moon in the backyard the baby is ready to believe it. There is an unconditional act in the love between the mother and the baby. When the tiny baby hugs the mother's legs how happy the baby feels and it gives so much joy not only to the mother but to God also. It is a love showing unconditional surrender; not just instinct. If a tiny baby is around we enjoy God's love more.

“As child I imbibe the protecting love of the father's righteous reason.”

What does a father give? - Righteous education. Not because the son demands. He arranges tuitions and classes for the child's education even after he is well settled. When father is doing something for the son, the God in the son receives the love and enjoys that love. That is the reason we must expand our love. Don't think you can confine your love to your family. Your son or daughter have not come from you; they have come through you. You have been chosen as a channel for the soul to come to this world. Otherwise the soul is completely free coming with its own karma; you have been given the privilege of looking after that child and when you are looking after that child, you are loving God. Don't think you are not loving God.

“As infant I drink causeless love from the holy grail of maternal attraction.”

Father looks after the child's education but the mother cares not whether the child studied or not; she is worried whether he took the milk or not. Even if the child is a sentenced criminal she still loves the child; no one teaches her to love the child. God is enjoying the love when the mother is loving her child.

It does not end with the love between the mother, father and the child. This love continues:

“As master I drink sympathetic love from the flask of the servant's thoughtfulness.”

Then there is the relationship between the Master and servant, or a junior in the office or a younger brother. When a junior does something before being requested how happy the boss feels that the junior has acted out of foresight. That thoughtfulness is expressing God. Do something before the boss asks. When you are thoughtful to your seniors God is happy.

When your younger brother or daughter or servant has done something for you, you can give a word of appreciation or speak a word of approval – “You've done a good job.” We all want our boss to speak a good word to us, “You've done a good job.” We want recognition from someone above.

It can be as simple as this. I take a taxi and go home; as per the meter I give the Rs.100 and walk inside. No fault, deal done. But in addition to giving Rs. 100, if I look into his face and say, “Thank you, in spite of the roads being so bumpy, you brought me so smoothly,” those words will mean much more for the taxi driver. Then you recognize the soul sitting within that person. There is recognition of the existence of the person. Everyone in this world is hungry for some appreciation – even you and me. Don’t let the taxi driver simply be a part of the landscape. Remember this in your day to day life, when dealing with your juniors, with the servants to say – ‘so nice, the sabji was so good.’ Appreciate, appreciate. Look at mother, how much she is doing morning and evening, we know but take time to appreciate her. If you are not appreciating then you are not loving God.

There is another story of Vincent Peale (who wrote ‘Power of Positive Thinking’): He walked into a super store, made the purchase and while he was standing at the billing counter, he remarked to the man at the counter, “How beautiful is your handwriting.” The man’s face immediately lit up because he felt here is a person who recognized me as a person. For most of us the person at the counter is just a piece of furniture. We go pick up the bill, make the payment and walk away without registering the presence of the person. We never think of complimenting such a person. You may not see the person again in your life. Awareness is the pillar of your life. Appreciate someone who does something for you.

“As friend I drink from the self-bubbling fountains of spontaneous love.”

When a friend is in need I don’t think if I help will it come back to me or not.

“As a divine friend, I quaff crystal waters of cosmic love from the reservoir of God-adoring hearts.”

Between any two persons when there is an expression of divine love then we are actually pleasing God.

Now none of us are loving father, friend, master alone. In all the various souls, I love everyone. We get so many opportunities to do it. In a relation between the student and the teacher, if the attitude of the student is, “let me see what the teacher will teach today” and if he is ready with the paper balls then his attitude is wrong. Even if the teacher is bad you are learning something from the teacher. Attitude counts. A very popular, successful magician was interviewed – “What is the secret of your success?” He answered, “Just before I perform on stage I look at my audience and say “here are my benefactors. I owe it to them. But for them I don’t have my profession.” He did not say I pray, but this is a very effective prayer. He

succeeds because he sends positive vibrations to his audience. Another magician builds his self-confidence – “These are a bunch of fools. I am going to fool them with my tricks.” Some people suggest – ‘when you give a talk, treat the people as if they are ignorant.’ Maybe he will be temporarily successful but he is setting up wrong vibrations. It is important to show obedience to seniors. Even if they are wrong follow them. If you are obeying you are loving God.

Swamiji quoted:

“I am in love with Love alone, but I allow myself to be deluded when as father or mother I think and feel only for the child; when as lover I care only for the beloved; when as servant I live only for the master.”

If we forget that we have multiple responsibilities, then you are limiting your capacities, when you are limiting you are doing injustice and then God separates those whom you love.

Swamiji did not quote:

“But because I love Love alone, I ultimately break this delusion of My myriad human Selves. It is for this reason that I transfer the father into the astral land when he forgets that it is My love, not his, that protects the child. I lift the babe from the mother’s breast, that she might learn it is My love she adored in him. I spirit away the beloved from the lover who imagines it is she whom he loves, rather than My love responding in her.

So My love is playing hide-and-seek in all human hearts, that each might learn to discover and worship, not the temporal human receptacles of My love, but My love itself, dancing from one heart to another.

Human beings importune one another, “Love me alone,” and so I make cold their lips and seal them forever, that they utter this untruth no more. Because they are all My children, I want them to learn to speak the ultimate truth: “Love the One Love in all of us.” To tell another, “I love you,” is false until you realize the truth: “God as the love in me is in love with His love in you.”

The moon laughs at millions of well-meaning lovers who have unknowingly lied to their beloved ones: “I love you forever.” Their skulls are strewn over the windswept sands of eternity. They can no longer use their breath to say, “I love you.” They can neither remember nor redeem their promise to love each other forever.

Without speaking a word, I have loved you always. I alone can truly say, “I love you”, for I loved you before you were born; My love gives you life and sustains

you even at this moment; and I alone can love you after the gates of death imprison you where none, not even your greatest human lover, can reach you.

I am the love that dances human puppets on strings of emotions and instincts, to play the drama of love on the stage of life. My love is beautiful and endlessly enjoyable when you love it alone; but the lifeline of your peace and joy is cut when instead you become entangled in human emotion and attachment. Realize, My children, it is My love for which you yearn!"

Swamiji quoted from here: *"Those who love Me as only one person, or who imperfectly love Me in one person, do not know what Love is."* That is where narrow-mindedness comes in. *"Only they can know Love who love Me wisely, faultlessly, completely, all-surrenderingly – who love Me perfectly and equally in all, and who love Me perfectly and equally as all."*

Your love should spread to all people, not that "We four, no more." That's a balloon which is going to burst. Neighbors, Master's, colleagues, you have to love all. Is it possible to love God wholeheartedly and also love your family wholeheartedly?

One musician was giving a beautiful musical concert. Someone said, "The auditorium was filled with audience." Someone else said, "The auditorium is filled with the singer's voice." That is not a complete statement. Both the singer and the audience need each other; they don't compete with each other. The audience gets its due if the auditorium gets filled with the singer's voice and the singer needs an appreciative audience. Love for God and the family is not complete without each other. If one loves God then the quality of love that you can give to the family members is much better.

So also in my heart there is room for love for my family and for Beloved God. Often we hear the complaint, "If he is spending more and more time in meditation he is neglecting me and then there is some defect." In fact when we meditate we love God more and also the family more.

Lesson 179, The Meaning of Pure Love:

"There is no greater tonic than pure love, which beautifies the body and mind of man. It cannot be described, it can only be felt. The greatest love is born of utility. We do not love anything that is useless or harmful, or that causes us permanent suffering. If you serve another with deeds of kindness, or good advice, or protection – that is "usefulness." Even our love of God is born of usefulness. Saints and prophets have begged people to love God because He can

be useful to them in a way that no one else can be. We want Him because He is the Redeemer of all forms of mortal ills and suffering and the Giver of eternal joy. One who does not love his fellow-beings cannot love God, or feel divine love.

(underlined portion quoted by Swamiji)

Although love is born in human relations and thrives on the law of mutual usefulness, yet the quality of pure love transcends all human relations; it is free from all conditions, of the law of mutual usefulness. When superlove beams in one's soul, one is clothed with the ever attracting universal beauty of God. Pure divine love will invest you with the beauty that will attract toward you the attention and everlasting love of the Supreme Being."

When we are looking for God or cosmic consciousness, we don't jump there in one go. There are 5 stages, which eventually lead us to God. The 5 states are: consciousness (*jagrut avastha*), sub consciousness (dream state), super consciousness (meditative state, love, service, premonition – when we say “he will come today” and he actually comes), Christ or *kutastha* consciousness (one step below Cosmic consciousness) and Cosmic Consciousness.

If I can feel my consciousness in the whole of creation, if I can be aware of, feel instantaneously everything that is in creation then that is *kutastha* consciousness. Now I am talking to you, but if an ant pricks my toe even though I am not looking at the ant or toe but my consciousness is spread all over the body; so also when I realize that my consciousness is spread all over creation, that is *kutastha* consciousness. Too grand, but one day we will reach there surely. In the Autobiography of a Yogi it is mentioned, Chap. 35:

'The master's omnipresence was demonstrated one day before a group of disciples who were listening to his exposition of the Bhagavad Gita. As he was explaining the meaning of Kutastha Chaitanya or the Christ Consciousness in all vibratory creation, Lahiri Mahasaya suddenly gasped and cried out:

"I am drowning in the bodies of many souls off the coast of Japan!"

The next morning the chelas read a newspaper account of the death of many people whose ship had foundered the preceding day near Japan.'

That is *kutastha* consciousness. That is what you want. Don't think you are apart from the world and family is the place which teaches you to enjoy that state.

In family because of mutual dependence, or due to power of instinct, or by sheer coexistence, we practice love for each other, sacrifice for each other; where we look for not just my comfort but also for the other's comfort, we go beyond our body. In so many families the mother or the father are living in other cities; they are ready to forego their comforts in an attempt for expansion of their

consciousness by thinking of the other members of the family. Son often foregoes promotion to be with an ailing father. By such actions we are expanding our consciousness. Now decide for yourself if family is a stumbling block or a stepping stone to God. Often I hear I started meditating only my family is pulling me down. Family is not a stumbling block, it is a fertile ground for expanding our consciousness.

This is a real life story (from the Guideposts): One young mother was blessed with a little child. She went with the baby one day to her in law's house. The baby caught a cold. The mother in law and the mother and her little one were sleeping in the same room. At night the mother would wake up every hour or two, check the baby, apply some 'Vics' put the baby to sleep and would herself go back to sleep. In the morning the mother told her mother-in-law, 'I am sorry, I should not have come at this time when the baby had the cold. She must have kept you disturbed the whole night.' The mother-in-law said, "Nonsense. You did not disturb me at all. I had a very good sleep." Now in reality it was the mother who did not have a good sleep the whole night. The baby was in trouble. Intuitively the mother would feel the baby's discomfort and even before the baby would wake up and cry, she would get up, soothe the baby, do what was necessary and put her to rest. Mother could feel for her baby more than for her own body. Her consciousness could go beyond her body and could relate to another's body. That is kutastha consciousness.

A mother has a child. She loves the child wholeheartedly. She is blessed with another child. Do you think she will give half her heart to one child and the balance love to another child. She will love the first child wholeheartedly and she will love the second child wholeheartedly. We have the capacity to love wholeheartedly our brother, our officer and others. They don't compete. My love for my spouse and for my brother, and for my son all can be wholehearted. If we are limiting our love by not being able to love someone else, or a person in need, or a leprosy patient or a less fortunate person then life is not reaching its goal. Somewhere you should be of help to others.

I will tell you two stories to illustrate if family is a stumbling block or a stepping stone:

Two women met after a long time. One of them said, "I heard your son is married. What is he doing?" The second woman said, "Oh, unfortunately he is not leading a good life – Poor fellow. His wife doesn't wash clothes, doesn't cook. He has to cook; his wife is always reading books and demanding coffee in bed." The mother was very unhappy – natural; the heart of a mother. The first lady asks, "Well I

heard your daughter is also married, how is she?" The second lady answered, "Oh, she is leading a very harmonious, peaceful, exemplary life. Ideally harmonious she doesn't have to cook, she doesn't have to wash clothes, she is always lying in bed reading books, she gets coffee in bed, etc. etc." It is love for the son, there is nothing wrong; but what about your love for the daughter-in-law? If you behave this way then your thoughts are limited: son should behave like this, daughter-in-law should behave like this. Love then is contaminated, not pure. It indicates there is something wrong with me. You should have awareness. Loving God means loving the people around. To love God means a whole hearted yes to all that life ordains. Just say: "Not my will, but Thine will be done." Accepting life the way it comes: "Yes Lord, I accept your will."

To love God as one's own you should be able to say the famous prayer that Dag Hammarskjold said: **"Lord, for all that has been 'thanks.' For all that shall be 'yes.' "** If you can say this prayer wholeheartedly then you are loving God. Accept life as it comes. You are not doing a great favour to God by doing according to His will. Often we go through things not necessarily because of the effects of my own karma or because of my own karma and also the effects of that person's karma and its effects. You have to accept that.

In a family, there are two children; mother loves both the children equally. Mother prepares a sabji. And she knows that each child likes a particular sabji. But she cannot daily prepare sabjis acceptable and interesting to all. Suppose a child grumbles, "You know I don't like this sabji, what is this nonsense?" and eats, doesn't it hurt the mother; For various reasons mummy has to make some other sabji. Then don't question, "Is God there?" "Is he compassionate?" Another child understands the mother's helplessness and cheerfully and hopefully accepts knowing that one day mummy will make my favorite sabji. How much better the mother will feel? It has nothing to do with your lack of love. Divine Mother similarly sends various events in this life for various reasons. I am not alone in this world. I am there and also someone else is related to this event. It doesn't mean that Divine Mother doesn't love me. Not so. You say "I will bear it cheerfully" and move on. Tell Divine Mother "I know you love me." Say the prayer: **"Lord, for all that has been 'thanks.' For all that shall be 'yes.'"**

We get disappointed when events come which we do not like. "Oh, why should this happen to me." Someone who is in love with God, who accepts life doesn't think this way.

A family man had a horse. One day his horse ran away into the forest. The man's neighbors started to say, "Oh, it is so unfortunate." The man said, "Good fortune or

bad fortune, it's God's will, I will take it." The horse returned after a few days and it brought with it another wild one. Everyone started to say, "How lucky you are!" The man said, "Good fortune or bad fortune, I will take it." The man's son while trying to tame the other wild horse fell off and broke his leg. Everyone started to say, "Oh, it is so unfortunate." The man said, "Good fortune or bad fortune, I will take it." A war broke out with the neighboring king. All the youth were being forced by the soldiers to join the army. They also came to the house of this man but on finding the son taken to bed, they left him. Everyone started to say, "How lucky you are!" The man said, "Good fortune or bad fortune, I will take it."

Do we know what is good for us? Wholeheartedly if we say, "**Lord, for all that has been 'thanks.' For all that shall be 'yes' "**" then you are loving God. Ideas just keep on going on in our minds. Love is planted in each one's heart. Why is it not so pure?

"Do not dry the ocean of my love,
With the fires of my desires,
With the fires of my restlessness."

It is the fires of our restlessness and the fire of desires which dry the ocean of our love. All desires are not bad; only those which take us away from God. Restlessness is the opposite of rest in stillness. When you are in stillness you feel not only joy, but feel love for God and tears flow in that love for God.

- 1). Categorize your life into necessary necessities (which improve love for God) and unnecessary necessities. Eliminate unnecessary necessities.
- 2). Loving people.
- 3). Accepting life ("**Lord, for all that has been 'thanks.' For all that shall be 'yes' "**")

Do you give time to anyone whom you don't like or don't love? You can't give your attention to all in life. Give at least 1 hour in the morning and 1 hour in the evening to God in meditation. Regularity in meditation is one way of expressing love for God. Tell God, "to show my love for you I will meditate." By doing that you are expressing love for God. By doing so you are telling God, "I love you, I am interested in you. I must meditate."

When a mother loves a child she does not see whether the child behaves well or not, studies or not, passes or not, whether his future is bleak or bright. That is not an issue. You just want him to do well in life. In the same way when you express love for God, feel love for God, you meditate, whether you are getting something

or not. Even if there is an important programme on television you still give time for meditation.

When you pray for others that is a way of expressing love for God. One way to go deep in meditation is to examine your attitude. Ask yourself the question, “Why am I meditating now?” See what the answer that you give to yourself is. Is it “I promised Guruji,” or “it is a good behavior,” or “there is no program on television?” The attitude should be “I want to be with God.”

During Hong sau if the mind is wandering here and there remind yourself: “God is waiting for me.”

Put yourself in the embrace of God or assume God is sitting with you, you are not alone, you are one with Him. Don't let your prayer be what a Catholic priest has said: “It is nice to think of God once in a while during prayers.”

When people sit for prayers they give suggestions to God. “Do this, don't do that. I want this, I don't want that.” You should be able to ask for nothing. Guruji said, Pray to God after you have attained stillness. You can be very free, but when you practice stillness you will be more free. If you are loving God you don't have to ask. Guruji has said that in meditation, it is more important to express love for God.

We do have needs of life, nothing wrong about that. You can give suggestions to Guruji if you like after meditation but contact him first. Don't be like an ordinary soldier asking him at the end of every meditation, “Where is my wage?” He works with dignity, like a noble officer. No question about it. Don't ask like an ordinary soldier at the end of each meditation, “I want peace of mind, a healthy body, and answers to my question...”

No effort goes in vain. It gets stored in your astral bank. No effort in vain even if it is not the way you want, not at the time you want.

So remember: Regular meditation, loving God, accepting life, saying thanks, not limiting our love to one person.

I will close with one more story. Once God wanted to hide from man. I don't know why? As it is he is hidden away. The angels started giving free advice.

“Hide on the highest inaccessible peak.”

“No it doesn't help. Not for my sake but for the thrill of adventure they will climb the mountain and catch me.”

“Hide under the sea, it is very deep,” said another angel.

“No, it is not safe; not for my sake but for the fishes and shrimps they will come and catch me.”

“Then hide behind the sun, or moon,” said another angel.

“The moon is already conquered. The sun is not far from being conquered and they have telescopes, other scopes.”

“Then hide in man’s heart. He will look here and there; but never in his heart.”

Let us prove God wrong. A lover, a devotee uses his heart. He is constantly thinking how can I please God. Let’s use love, put that love into practice and tell God, “You are wrong, you can’t hide for long.”