

SAMARPAN SANGAM – DEHRADUN DHYANA KENDRA
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Swami Shradhanandji

Guidelines for Meditation

When you have problems, you can do two things – either say because I have these problems, I cannot meditate or you say because I have these problems, I need to meditate. Don't put it off.

When you have a disease you need to take a bitter pill to get well. So meditation is the bitter pill that you need to take to free yourself from any kind of pain and experience everlasting happiness.

To reach the goal of religion, you need to depend on inner guidance

Meditation gives you a consciousness of abundance. Many people have all material things but are still insecure... they have a sense of lack, a feeling of incompleteness. Meditation brings a feeling of abundance. We feel we have everything we need.

“In the ashram, we try to enjoy what we do instead of doing what we enjoy.” If a person is a painter and he is asked to do accounts work he will not be able to do a good job of it. Similarly, if a person is good at accounts and he is asked to paint or create he may not be able to do it well. But in the Ashram instead of finding work that they enjoy they try to enjoy the work they are doing.

What is job satisfaction? Do the job for God then you feel an inner satisfaction.

Inner happiness depends on mastering and guiding our own mind.

The attitude should be “God has been kind to me, I have lots of blessings”

The spine should be held straight and the body should be relaxed – straight spine helps free flow of spinal energies. Consciousness should not be body identified.

Consciousness is the lowest state. Sub-consciousness is a higher state. That is why there is a feeling of peace, joy in sleep. But this joy is unconscious joy. This peace is unconscious peace. Super consciousness is the highest state where you feel the peace and joy consciously.

In Meditation if you are in sub-consciousness state, mind can be wandering. If there are thoughts that means mind is in the conscious state.

When Daya Ma had a problem and she went to Guruji for a solution he did not give her a solution, Instead he told her to keep her gaze at kutastha. And when she did that she found that he was guiding her internally, providing solutions to problems.

Be positive. Spiritual journey is a long one. Whether we will reach the destination in this life is difficult to tell. Our job is to meditate. When we get liberation is none of our business. I recognize that I have the help and blessings of God and Guru. Do not limit Guru's capability to give you liberation.

When we come to the spiritual path we think we have 2/3 weaknesses. Once we overcome them, we will find God. As we go on meditating, we realize after a few years, oh, we have 20/30 weaknesses and once I overcome them I will find God. After another 10 years, as we go on meditating, we realize oh, we have 200/300 weaknesses. This is because our standards are getting higher. When we come to this path, our situation is that of a person who says " he did this to me so I beat him up and I am not sorry". I just have these 2/3 weaknesses. But as we go on progressing we find that we have a lot of weaknesses. We feel that "my mother said this to me and I am slightly upset about it". This is how thought process changes.

Signs of Progress...

Suppose something had happened and we used to get upset about it. The difference, if we are meditating regularly, would be in these 3 ways. 1) Earlier, the intensity would be more. Now when we get upset the intensity is not so much. 2) Earlier, we would stay upset for longer periods say 3 days over one issue now we don't stay upset for such a long time. We feel normal in a relatively shorter time say half an hour or maybe half a day. 3) Earlier, we would get upset more, maybe 20 times a day now we get upset less maybe once in 20 days.

Swamiji gave the example of his mother. He said recently his brother called him up and said their mother is saying that she is a burden on us and she should go.

Then Swamiji told his brother “You know, that is very good. This is the second time in two months that she has said that. Earlier she used to say it a lot more. That means she is progressing” .

Energisation Exercises prepares the body to absorb the cosmic current generated thru the power of kriya.

Do not underestimate yourself. Do not underestimate your capacity to influence other people. You have tremendous strength, power to influence other people. So only give good, positive suggestions (realize, being on this path you are slightly more evolved than most people).

Shri Yuktेशwarji gave a lot of scolding to Guruji. And Guruji gave the same strict discipline to his close disciples. The Guru gives a lot of scolding to remove a small fault. That shakes us. And then we start analysing. Only when the ego is bashed (through any circumstance or person) do we look around to see and remove the cause of the diseased tooth.

Guruji says that during his early months with Sri Yuktेशwarji he experienced a sensitive fear of his reprimands. That is what we have when we get nasty / inharmonious experiences. (we get sensitive, why is this happening to me? I have not done anything to this person / deserve this. Why is this person doing this to me?) The ego hides behind 2 things : rationalization and sub-conscious reservation. But when Guruji abandoned underlying resentment he found that Yuktेशwarji had melted into comparative clemency. His scolding had lessened because the ego had been bashed. So there was no need to scold.

Never think or have the attitude because I am a disciple of Paramahansa Yogananda nothing bad can happen to me. Or because I meditate so much my life would be smooth and no problems will come in my life. Karma is burned up in 3 ways. One, by meditation two by seva and three by suffering.

Guruji continues to guide us through the people we interact with. ***He has complete control over our lives.*** He uses our past karma to guide us to God. So when we get painful experiences, remember it is Guruji who is using that person / experience to give us a lesson. Once, one of his disciples who was working in the kitchen went to Guruji and complained of another person who was being nasty to him for no reason and asked to be given some other duty. Then Guruji told him “All right, if you want some other duty, I will give you that. But in that case I will have to create another person just like this person who can give you

exactly this kind of treatment because this treatment is exactly what you need.” Guruji knows what we need. Through our experiences with other people, he gives us the lesson that we need. If we realize this and pick up the lessons from these circumstances, then every experience brings us closer to God.

Gyan Ma saya ‘If Guruji had treated me with what is called kindness, I would never have known myself or my spiritual needs).

Guru Disciple relationship...

One thing we have is an assurance of unconditional love from the Guru. There is one thing Guruji cannot do and that is He can’t stop loving us no matter what we do. Guruji does not have the capacity to stop loving us. He loves us unconditionally.

Disciple...

A disciple should have single pointed devotion to the Guru.

If I am thinking of myself that cannot be devotion. (If I am full of wants, needs, if I want this, I need that from God or Gurus, that cannot be devotion)

If I am totally absorbed in my Guru that is devotion

There has to be freedom from personal gain.

Daya Ma..... I am nothing and in that nothingness I am content.

Simply offer yourself to do the things he has asked you to do.

Intellect cannot perceive love, intellect cannot perceive joy, intellect cannot perceive peace. Feelings can. Feelings can perceive love, feelings can perceive joy, feelings can perceive peace. So when we are called foolish, consider it a tribute.

Follow the Guru lamb like. You cannot follow Him with intelligence.

The quality of being a follower...

Swamiji recounted the story of a devotee who used to come to Ranchi Ashram. He said that when he used to see him, he was very impressed with him. This devotee used to come for Founders week. He had his business abroad but still managed to take time out to attend the Founders week. Then for some time he did not come. After a long time, he came for a spiritual retreat. In that spiritual

retreat Swamiji had given the opening address. And on Sunday when the retreat was over, before leaving, this devotee came to Swamiji. He said that he had come to thank Swamiji for what he had said in the opening address which had really helped him. Swamiji did not remember what he had said so he asked him what he had said. Then the devotee told him that you had said that for the next 2 ½ days just forget about everything and concentrate on God and Gurus. And this had really helped him. Then he told his story. This devotee had been trying to meditate for years. He used to sit for meditation and try to meditate but because he had a mercurial mind he was unable to do so. He could not concentrate. Yet he tried everyday to meditate. The devotee said that sometimes he used to be in such a state that he would be having a fight with his wife, suddenly he would realize that it was time to meditate so he used to leave the fight and go for his meditation. He used to try to meditate. And then after his meditation was over, there were times when he used to come back and take up with his wife from where he had left off. He used to attend satsangas but because of his mercurial mind did not hear a thing that was said in the satsangas. But somehow this time he heard what Swamiji had said and he forgot about the outside world. And he said that because of this for the first time he felt the presence of God and Gurus. Swamiji goes on to say that it was this quality of being a follower which he had noticed in this devotee when he had seen him initially that had impressed him. Sometime later this devotee suffered a \$4 million loss in his business and said about that 'it has not affected me. Not my meditation, not my peace'.

Who is more powerful?

Guruji or the earthquake, Guruji or the tsunami, Guruji or black magic, Guruji or your karma, Guruji or accidents, Guruji or whatever obstacles you have in your life.

When his protection, guidance is with me, can I be afraid?

Gyan Ma says: My heart leads to God, to his teachings, to his ashram, to God alone.

Inner and Outer harmony...

What do we call outer harmony? It is an absence of chaos, absence of worries, absence of restlessness. Of things going smoothly. A state of outer harmony is impossible. We think that when another person interferes in our life, that is inharmony. When things do not go according to our liking, that is inharmony.

Is harmony present in nature?

Is there harmony in the Ocean? In the ocean big fish are eating small fish and small fish are eating smaller fish and so on.

In the jungle big animals are eating small animals and small animals are eating smaller animals and smaller animals are eating insects and so on.

So, is complete harmony present in nature?

Live love, live kindness, live humility → that leads to harmony.

Where there is perpetual quietness of heart there is peace. Then we don't notice external inharmony in our lives.

Perpetual quietness of heart is another definition of yoga.

On humility...

Be more humble.

Humility is straightforward acknowledgement of "I am not perfect".

Speak with a little more gentleness, a little more lack of confidence.

Swamiji says that when he first read Autobiography his English was not very good (!!) and there are a lot of big words in Autobiography and he did not know the meaning of all those words. One of those words was 'diffident'. But as it happens when you are reading Autobiography and you don't know the meaning of a word you go along with the flow of the paragraph and you get the meaning. So when he read the following sentence in the Autobiography " Wisdom is not assimilated with the eyes, but with the atoms. When your conviction of a truth is not merely in your brain but in your being, you may diffidently vouch for its meaning". When he read this, going by the flow of the statement he thought it meant confidently. So according to him the statement meant "When your conviction of a truth is not merely in your brain but in your being, you may confidently vouch for its meaning". Then a few years back he looked up the meaning of the word in the dictionary and saw that it meant "shy". So the actual meaning of the sentence is " When your conviction of a truth is not merely in your brain but in your being then you may shyly vouch for its meaning". Not

with confidence. The saints never say “this will happen or that will happen”. They say “Don’t you think this may happen?” and a saint’s word is binding on the Universe.

Silence helps to establish inner tranquility.

It is easy to talk about Guruji’s teachings. It is easy to expound Guruji’s teachings. But it is difficult to practice Guruji’s teachings.

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