

Mumbai  
28/12/2008

## SATSANGA BY SW. SHRADDHANANDJI

Guruji has given us a few points telling us what we can do to make our New Year more beautiful; how we can place our lives more in Guruji's care. Guruji suggested these points in order to make the time in the New Year more satisfying. For that we need to remember some things, we need to do something. To the extent we do them we will find our New Year still more beautiful and these points will greatly benefit us.

In the New Year Guruji's wish for you is that you all reach the land beyond our dreams. If only you had a glimpse of the beauty, the inspiration, the blessedness of the land beyond our dreams you would know that it is beyond description. That is Guruji's wish – to see us land there. Guruji explains that "It is my wish for you that you reach the land where there is peace and joy eternal. May we realize the fulfillment of any strong wish that we have had in the past years and with which we have churned the ether. We have all had some strong wish sometime or the other. Guruji will fulfill our every wish. But we have to be careful what we ask because sometimes our wishes are not of the highest kind.

My wish for you all is that may you all be encased and enwrapped in Guruji's love and protection, guidance, peace, joy, Guruji's constant eternal presence. Guruji is in a land which is beyond our dreams. If you can be absorbed in that presence of Guruji, and if we can go into the land where Guruji is then we will be in the land beyond our dreams.

1. Let us meditate and think of the beautiful happenings of the last year. I am sure there are some pleasant memories of the year. Go back and review those incidents and we will find upliftment and a great sense of blessedness. This is one of the things Guruji advises us to do on the eve of the New Year.
2. But Guruji also cautions us to forget the dark experiences in this past year as well as the dark experiences that we have had many years ago. When we remember dark experiences we don't go to the land beyond our dreams. We stay in the land of miseries and unhappiness. Forget the miseries and unhappiness of the past.
3. Guruji says "Sow in the fresh soil of each new day  
The valiant seeds; water and tend them  
Until your life is fragrant  
With rare flowering qualities."

Guruji says sow the good you did in the past on the fresh soil of the New Year. That seems natural and easy at times, and at times it is not very easy. It is a struggle. A few days back I was talking to someone who is a professor in the top universities of the world and who is teaching Management. Many people pay thousands of dollars to listen to this man speak on how to forgive, how to be humble, why to forgive, why to be humble. He was recently

awarded the best teacher among a staff of 600 people. Initially he had to face a lot of opposition. While conversing with him I realized that the people who continue to do well are those who give one hour every day to push themselves very hard – so hard that they cannot do any more hard work for the day. These are people who have continued working very hard for one hour in the day for ten continuous years and then they continue to grow up in their lives. The people who grow up in life find that this is the difference between them and the others. And that one hour is an hour of strong, deep pushing. If for 10 years you have been pushing very hard every day for one hour you progress tremendously. Part of the group of people who were subjected to this study were athletes and doctors who were pushing physically but you cannot continue pushing physically without also pushing mentally. One of the monks in the ashram has also been pushing himself very hard. Whenever I see him I feel inspired. He takes on a lot of jobs many of which he cannot easily accomplish and yet he does it and I have seen him pushing very hard and I have seen the beautiful growth in him. He has been pushing less than 10 years. May be he is pushing for more than 1 hr. per day. If you want to reach the land beyond our dreams you have to push very hard, you have to be very determined. You don't get it by not pushing. And what better way to push for one hour than to try and push yourself to meditate more and deeper.

Sometimes we face the difficult and embarrassing tests when we are humiliated beyond our capacity. But still keep on pushing very very hard. We will definitely reach the land beyond our dreams. We will then be in Guruji's care, in his divine protection, divine love, divine security, divine peace, divine joy. Guruji says something very inspiring. He says: *All past sorrows are gone*. If it keeps coming back every time then it is not gone. Sw. Sri Yukteswarji has said in the Autobiography: *"Forget the past,"* Sri Yukteswar would console new students. *"The vanished lives of all men are dark with many shames. Human conduct is ever unreliable until anchored in the Divine. Everything in future will improve if you are making a spiritual effort now."*

If you can keep this one thought in your mind then all past sorrows are gone.

The past does not belong to the present moment. The future also does not belong to the present moment. We have only the Eternal Now. When we can push very hard is the present moment. If we are remembering past sorrows we can't push very hard. Sometimes we feel Guruji keeps a track of all our past mistakes and errors. He has forgotten all our past mistakes and deficiencies; so let us also forget them.

Our loved ones may have left the physical world. It is natural to remember them and feel sad. But they are living immortally in God. They were living immortally in God before they died, and they are living immortally in God after they have died. We are also living immortally in God while we are living and we will live immortally in God after we die. Let us not be

uncomfortable about having to leave this body and we will see all those whom we have ever loved all living immortally in God.

Guruji has given a visualization exercise in lesson 1. Let us practice that exercise. ----

The mind is like a rubber band because it can be extended to infinity. It has no limitations. There are some other things Guruji advises us to do. We can start doing them even before the New Year.

1. Make up your mind to be of service to someone every day. That someone can be anyone. It can be someone who talks very nicely with us or it can be someone who does not talk very nicely with us. Fortunately we always have someone who does not talk very nicely with us. If we can talk nicely to such a person we are expanding our sphere of love. We are then pushing hard. It is easy to be of service to those who love us but not easy to be of service to those who do not love us.

2. We can offer help to others by just giving a little understanding. We often get confused and so others also can be confused. At such times we can certainly offer a little bit of understanding. Just by giving a little kindness we can help others.

3. See Guruji in everyone. Do not ridicule a person who is making a mistake. Don't make fun of him. Don't look down on him. The lord is sleeping in that soul. If your loved one were making that mistake would you make fun of him, scold him or call him a good for nothing. Then learn to see the God in others too. God is sleeping in that soul and you must lovingly awaken him. You must feel God in that soul. There are people who everyday awaken God in their temples in the morning by singing songs, ringing bells, bathing the God and telling him, "Wake up, the night is over. See I am standing before you. Look at me, receive my love, receive my devotion. In the same way you have to lovingly awaken the person making a mistake. Not vigorously shake him up. We are not to go BANG, BANG, BANG, Wake UP. Wake those people up very gently, soothingly, lovingly.

Mentally put yourself in the position of the other person. Try to imagine how somebody can think or behave in such a way. Remember that person's karma is different from yours; his background is different. If we put ourselves in his place then we have his karma, his background. We each have certain data fed into our computer and we behave as per the data input, the karma that is there in them.

Daya Mataji often says: When you see someone not doing well or really making a serious mistake you should say: "But for the grace of God, there goes I." What was I a long time ago? I didn't have the wisdom then that I have now. I have done the some kind of things in the past incarnations and so I must pay for them. That karma is not over yet and so some very good people have to go through a lot of suffering. Karmic consequences of all those mistakes that we made in the past are not yet over. So please put yourself in that person's karma and

ask yourself 'If I had that person's karma and background, then I better be more concerned, gently awakening the sleeping God in that person.'

There is something I have underlined in red here – wishing to emphasize some point.

There is no greater joy:

Mentally put yourself in the other person's position, then you will be able to help them. With utmost kindness we have to try to lift them – that is one way of trying to go to the land beyond our dreams...by trying to uplift them.

**The one thing:** (there cannot be another thing, no two things about this)

That will help eliminate world suffering more than money, houses or material aid is to meditate and transmit to others the divine consciousness of God that we have achieved through meditation. When we pray for others we are transmitting to others the peace, love, joy that we have gained through our meditation and we won't lose it. Meditate and transmit to others that divine consciousness.

Guruji has said "A thousand dictators can't destroy what I have within." All of us in our lifetime have heard of some dictator. If we allow Guruji to help us a thousand dictators cannot take away the peace that we have within, the divine consciousness that we have within.

**The only real sin is:**

Your soul must ultimately be redeemed and the only real sin is to cease to strive towards the goal of redemption. Do we do that sin sometimes. When we are very tired, we tell ourselves, we have worked very hard and we need to rest. Then we are not working for the redemption of our soul. You must realize that any of the physical conditions can be changed instantaneously.

*"You are too thin, Mukunda."*

*His remark struck a sensitive point. That my sunken eyes and emaciated appearance were far from my liking was testified to by rows of tonics in my room at Calcutta. Nothing availed; chronic dyspepsia had pursued me since childhood. My despair reached an occasional zenith when I asked myself if it were worth-while to carry on this life with a body so unsound.*

*"Medicines have limitations; the creative life-force has none. Believe that: you shall be well and strong."*

*Sri Yukteswar's words aroused a conviction of personally-applicable truth which no other healer—and I had tried many!—had been able to summon within me.*

*Day by day, behold! I waxed. Two weeks after Master's hidden blessing, I had accumulated the invigorating weight which eluded me in the past. My persistent stomach ailments vanished with a lifelong permanency.*

Guruji was convinced that nothing could work but when Sw. Sri Yukteswarji spoke to him with firm conviction, he changed his mind and he was completely healed.

Sw. Sri Yukteshwarji similarly gained 50 pounds in one day. When we are convinced we can change then we change instantly. We are a child of God and others also are a child of God. Affirm *"I am apart from the body. No heat, cold, or sickness can touch me. I am free."* I am the soul. So I am free. Nothing can touch the soul. Never let your mind be controlled by the body. This is extremely important. Make up your mind you will not expect any condition imposed by your body. This requires a lot of mental pushing, a lot of struggle of more than one hour to overcome the conditioning by the body.

This sentence is very easy sounding:

**Be an angel inside. It is the easiest thing to do.**

Every time you feel anger, go within and say, *"I am a peaceful child of God. I have the peace of God within me."* Remember – I am whatever I make up my mind to be.

Never think God does not answer your prayers. Gururji said: "Every word you have whispered to Him He has written in His heart, and someday He will answer you. If you keep watching for Him and the many ways in which He does respond, you will know that in fact He answers you all the time."

We fill his heart with a lot of words and when it gets too tightly packed He will answer. It is not a lot of words, but a lot of love, a lot of faith behind those words. God knows when to answer. Sometimes he answers in a microsecond, sometimes he answers in a day, sometimes in a month or in a lifetime, or after a lifetime. I have seen people's prayers being answered at the end of the lifetime, just before death. Some prayers have been answered even after their lifetime. Some people have wanted their children to do things which were not easy stuff and after their life time those prayers have been fulfilled. One person whom I knew of, had about 8 or 9 children. He passed away without his dreams for the children being fulfilled. But after his death his every single dream for every child was fulfilled. He once brought one of his sons to me with his wife. His son wanted me to speak to his wife and tell her to behave. I didn't do that. Recently I saw them sitting under the tree in Ranchi, talking nicely to each other. So sometimes people's dreams are fulfilled soon after their lifetime.

**God is the most lovable being in the whole world.** No one in the world can be more lovable than God because He is the source of all lovableness. There can be none more lovable than Him. Some weeks ago I was in a bookstore and the person with me explained that there are a lot of books on finding your ideal soul mate. Each person has a particular soul mate and you have to practice a technique to find that particular soul mate. There is no particular soul mate. We have known many people in different life times. There have been some relationships closer and more lovable than most others. But the closest and most lovable relationship you have had over many lives has been with the Guru. The most lovable person is the Guru. There is a special bond between the soul and Guru. No love can be more

unselfish, more pure. There are so many, and there is not one who is supposed to make or break my life.

### Every one is ready.

So I am ready too. Every heart is suffering and everyone is ready for God realization. If a person is ready for suffering he is ready for God realization. The only path we are fit for is the path that leads to Him. That is why nothing else satisfies us – no human relationship, no material aid, no power, no position can satisfy us. It is false reasoning when we say – we are not ready to find God yet. If I am suffering and I am seeking freedom from the suffering then I am ready to find God.

God says “Every whisper you have uttered to me, I will answer.” What is the difference between a ‘word’ and a ‘whisper’? Words can be empty. Whisper is usually with a lot of feeling. If you want to get a child to pay a lot of attention to what you are saying, then whisper in his ears. Children get very excited when someone whispers to them. Sw. Satyanandji’s talk in the recent SRF convocation on “Finding Inner Peace” has appeared in the SRF magazine. In that article Sw. Satyanandji says – The daughter of one of the SRF devotees was memorizing a poem and that poem was ‘Samadhi’. The poem has a lot of difficult words and concepts but she, an 8 year old was doing it. Sw. Satyanandji one day came across the girl. He is very tall above 6 feet. But he bent down and whispered a few lines of the poem ‘Samadhi’ into the child’s ears. The whisper had such a lot of power and wakefulness that the little girl closed her eyes and for a few minutes the two of them uttered 8 – 10 lines of the poem together. Then she suddenly asked, “What is samadhi?” She did not wait for an answer, just smiled mischievously and ran away. Sw. Satyanandji was glad he did not answer the question because we will not rest till we have found the answer to our questions and God will give us an answer.

We all have an 8 year old child within us. When we sit down to meditate, we want to get up as soon as possible. We don’t want to think of Samadhi etc. So don’t speak to Guruji, whisper to God and Guruji. Something very valueless is said. That which is precious is whispered. In the fairy tales the stories always end in ‘lived happily ever after’. The souls relationship with spirit is ever lasting. Fairy tales are based on the souls relationship with Spirit and so these stories end in ‘happily lived ever after.’

### Never go to sleep without meditation.

But what if I am tired? Never go to bed without meditation.

But what if I am extremely tired? Never go to bed without meditation.

Some things are non-negotiable.

During the Civil war in America, North America did not want slavery and South America wanted slavery. The generals would go to battle during the day, but they would have agreements with the other side’s general. As per the arrangement the territory captured by

one general from the other would be returned at the end of the day. Abraham Lincoln was very displeased with this arrangement. He was however very pleased with General Grant who refused to surrender territories won over.

Ulysses S. Grant was one of the greatest military generals and the 18th President of the United States. He led the Union forces to victory in the American Civil War. The Union Army needed strong and competent leaders to match the brilliant generals of the Confederate Army. Ulysses, then 38 years old, was appointed colonel of the 21st Illinois Volunteers. In February, 1862, Ulysses led the Union forces to victories at Forts Henry and Donnellson in Tennessee. He earned the nickname "Unconditional Surrender" Grant at Fort Donnellson when he stated to the surrendering General, "No terms except unconditional and immediate surrender can be accepted."

In the same way, there are certain things on the spiritual path that are non-negotiable. Sorry you have to meditate. Do not go to bed without meditating.

The greatest romance you can have is the romance with God. Romance with God is eternal. Read the lines in Gururji's poem – **Divine Love Sorrows**:

I have been roaming, forsaken by Thee,  
Who hast seen me groping,  
Hardly ever answering.  
I shall be roaming, roaming,  
Bursting all boundaries of heart,  
Evermore moving toward Thee,  
To Thy vast unthrobbing heart.

Come Thou to me, O Lord!  
Oh, come at last to me!  
Centuries and centuries  
I have waited now for Thee.  
Through endless incarnations  
I called out for Thy name,  
Searching by the streamlets  
Of all my silvery dreams.

I knew that Thou must come at last  
To steal the flowers of my heart.  
In sorrow-thrills I piped my love,  
I sadly sang my song to Thee.  
And yet I knew my love would reach Thee,  
Though many lives I had to wait.  
On mountain crags of high devotion

I sadly sang my song, my song, my song.

I have been calling out to my God in the land beyond my dreams.

Daya Ma has said that there are three things which she has picked up as her New Year's resolutions:

1. Be humble
2. Don't criticize
3. Learn to be sympathetic.

The three are essentials of right attitude for every devotee. Take your time but ultimately you should be able to get all three.

Then there are the following lines from letters of Sr. Gyanmata to her Guru written for the New Year.

In her letter dated New Year's Day 1940, Sr. Gyanmata writes:

*To my blessed Master,*

...

*I never think that anything you give me is a reward. I am not a hireling, but your own. The difference between you and me is one of degree, not of kind; the goal I long for, work for, pray for, is the same goal to which Your Holiness has attained. So this work of yours is my work. I do not mean that I do not appreciate the golden words of praise you speak to me from time to time. I repeat them over and over to myself, feeding on them in my heart with prayer and thanksgiving....*

In another letter Sr. Gyanmata writes to her Guru saying:

*My ever blessed Master,*

*Tomorrow will be the fourteenth anniversary of my initiation into sannyas. Fourteen years unmarred by anything except my errors and lack of understanding. I ask myself, "Do I even dimly understand the power that has been expended for me, the prayers sent up to God?"*

*O blest communion, fellowship divine, to which you have admitted me!*

*So long Thy power – God's, yours – has led me, sure it still will lead me on.*

*Gyanmata of Yogananda.*

Sr. Gyanmata acknowledges here what the Guru is doing for her; how hard the Guru is working for her. He is putting much more into this relationship. From one side the relationship is perfect – that is from the Guru's side. From our side it is still not perfect. But then we are not perfect human beings. We can continue working till we become perfect.

Also Guruji has written to Sr. Gyanmata the following lines on Decemeber 24<sup>th</sup> 1942:

*Dear Sister,*



*This Christmas what gift shall I give to you but the gift of my perpetual blessing – you who have been constant like a polestar in devotion and kindness to me. I want you to know, though I have not been demonstrative, ever in spirit I have blessed you measurelessly and unceasingly.*

*Your seat God has kept for you in heaven. Your life has been so well lived. Only I pray God keeps your body well that you may easily serve all, for you are ever willing. This is my wish for you for the new year.*

*Blessings of Christmas and New Year,  
P. Yogananda*

All of us would like to be like Sr. Gyanmata in our devotion and loyalty and service to Guruji. Though Guruji has not written such a letter to us, he says these lines to us as well. It is the Guru's nature to love and bless measurelessly, unceasingly.