

## SATSANGA WITH SW. SHRADDHANANDJI

We are establishing the habit of being absorbed in the love for God. Talk to God. I was thinking of doing two things today. One is to take some quotations from our beloved Guru, Daya Mata, Mrinalini Mata, Sr. Gyanmata and others on the subject of the importance of love for God and giving that love to all.

Second part is to consider various ways in which we can cultivate divine love for God.

The first quotation is from the Bhagwat Gita of Bhagwan Krishna.

**Chp. 6, Vs. 30:**

*yo mam pasyati sarvatra sarvam ca mayi pasyati  
tasyaham na pranasyami 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.***

We would like to have the Lord never lose sight of us even if we lose sight of Him and the way to achieve that blessing is to make a sincere effort not to lose sight of Him.

We would like to be directed inwardly to the Lord and that is through our love for Him. When we are filled with love for the Lord and the heart is directed God wards then we will never lose sight of Him and the Lord will never lose sight of us.

The Second Coming of Christ, Discourse 53 (Pg. 1027):

***And one of the scribes came, and having heard them reasoning together, and perceiving that he had answered them well, asked him, "Which is the first commandment of them all?"***

***And Jesus answered him, "The first of all the commandments is, 'Hear, O Israel; the Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all Thy strength': this is the first commandment. And the second is like, namely this, 'Thou shalt love thy neighbor as thyself.' There is none other commandment greater than these."***

***Once Guruji asked Daya Ma, "Do you love all?"***

***Ma answered, "Yes Master."***

***Guruji replied, "You should love only God." Daya Ma accepted.***

***A few weeks later Guruji asked Daya Ma, "Do you love others?"***

***Ma replied, "No, I keep my love only for God."***

***Guruji said, "You should love all with that same love" meaning, "You should give that love to all."***

When we are loving individual souls, when we love a particular person, or tens or thousands of people, we find something divine, something lovable, something good, in that person. And when we are absorbed in the love of God we feel something in God alone, we find a fulfillment in the love of God alone. But when our heart is filled to the brim with God's love then anyone with whom we come in contact with, the love flows to that person. It is not directed to anyone. It fills our heart and flows to everyone we come across. We may meet someone, we may have come

across someone, we may have heard about someone or have had any contact with another person, our heart is so filled with God's love that, that love overflows to the other people.

This is the difference in loving all and giving that love of God to all.

During a visit to Guruji's ashrams in India (October 1963 – May 1964) Daya Mata made a sacred pilgrimage to Babaji's caves in Dwarahat. One night in the cave as Daya Ma sat in meditation, (Only Love Pg. 180) ***“the whole room was lit suddenly with a golden light. The light became a brilliant blue, and there again was the presence of our beloved Babaji!...***

***Then I said, “Babaji, my Lord, our Guru taught us that whenever we want to feel wisdom, we should pray to Sri Yuktेशwarji, because he is all jnana, all wisdom; and whenever we want to feel ananda or bliss, we should commune with Lahiri Mahasaya. What is your nature?” As I said it, oh, I felt as though my heart was going to burst with love, such love – a thousand million loves rolled into one! He is all love; his whole nature is prem (divine love).***

***Though unvoiced, a more eloquent response I could not conceive; yet Babaji made it even sweeter and more meaningful as he added these words: ‘My nature is love; for it is love alone that can change this world.’***

Autobiography of a Yogi; Chp. 33,

***“Babaji's mission in India has been to assist prophets in carrying out their special dispensations. He thus qualifies for the scriptural classification of Mahavatar...Babaji is ever in communion with Christ; together they send out vibrations of redemption and have planned the spiritual technique of salvation for this age. The work of these two fully illumined masters, one with a body, and one without a body – is to inspire the nations to forsake wars, race hatreds, religious sectarianism, and the boomerang evils of materialism. Babaji is well aware of the trend of modern times, especially of the influence and complexities of Western civilization, and realizes the necessity of spreading the self-liberations of yoga equally in the West and in the East.”***

Swamiji said that one of the devotees had told him that on a particular day of a particular year, there is going to be a great transformation and anyone who lives by God's rules will survive that transformation while anyone who does not live by God's rules will not survive. To force people by fear of survival to change them and lead righteously is not Babaji's way. Babaji's way is through love. He transforms the world through love.

Sw. Sri Yuktेशwarji was asked by Babaji to write a book, 'Kaivalya Darshanam'. At the end of the book Sw. Sri Yuktेशwarji quotes Sir Walter Scott's stanza 2 from the third canto of The Lay of the Last Minstrel.

***‘Love rules the court, the camp, the grove,  
The men below the saints above;  
For love is heaven and heaven is love.’***

In his explanation of the above lines Sw. Sri Yuktेशwarji writes:

***The power of love has been beautifully described by the poet in the stanza quoted above. It has been clearly demonstrated in the foregoing pages that “Love is God,” not merely as the noblest sentiment of a poet by as an aphorism of eternal truth. To whatever religious creed a man may belong and whatever may be his position in society, if he properly cultivates this ruling***

***principle naturally implanted in his heart, he is sure to be on the right path to save himself from wandering his this creation of Darkness, Maya.***

When Guruji was just about to leave for America his Guru Sw. Sri Yukteshwarji advised Guruji to ***'arouse in men the love of God.'*** And we will see that Guruji has aroused in the hearts of millions of seekers the love of God. He has done so while living and even after giving up his physical body.

Read Pg. 353 of Divine Romance Guruji has said, ***"I have come but with one purpose..."*** Guess what purpose, ***'to arouse love of God in the heart's of men.'*** The techniques that Guruji has given us calm our systems, calm our bodies, calm our hearts, calm our minds and when the machinery of human body becomes calm then we can know the love of God.

Daya Ma says, ***"When you appeal to the Mother aspect of God, there is no retort. You simply melt her."*** Daya Ma says ***"In the thought of Divine Mother's loving, tender compassion, every human heart knows there is an opportunity for forgiveness"***. When you appeal to God as Divine Mother, in her tenderness and unconditional love, she doesn't check whether you have been good, whether you meditate properly, eat properly, work properly, behave properly. No questions, no conditions, you simply melt God's heart. She has no retort when you appeal to Divine Mother's love.

During one of the interview's when Daya Ma was asked to describe Guruji she said, ***"Guruji was ever absorbed in unending romance with the Divine."***

All great saints are absorbed in the unending romance with the Divine. In the Autobiography of a Yogi Guruji has spoken of many such saints and he has titled the chapter on Master Mahasaya – Chp. 9 'The Blissful Devotee and His Cosmic Romance'. Master Mahasaya was always blissful and joyous and he was ever steeped in cosmic romance. ***"In India I used to visit the great saint Master Mahasaya. On my first call at his home I happened to disturb him at his devotions. He invited me to sit down, adding: "I am talking to my Divine Mother." His whole countenance shone with the reflection of her love, and I could feel the intense vibrations of that great love. Whenever I was in his presence while he was communing with the Cosmic Mother, the love I experienced in my heart was a thousand million times more than that I felt for my earthly mother, whom I dearly loved; at such times I thought I could not exist another moment without my Divine Mother..."***

Similarly Guruji was also steeped in the Cosmic romance.

On one occasion questions were asked to Daya Ma by a magazine. They asked her to say something about her life and Ma said:

***"I hope to touch the lives of others but I am happy just loving God."***

The most important part was – ***"I am happy just loving God."***

May be it sounds very simplistic, but loving God is very simple. Daya Ma has also transformed the lives of millions of people all over the world. She is involved with the functioning of a worldwide organization, and she has a number of duties to perform but her most important duty is just loving God.

What happens when we are just loving God? We are steeped in Divine Romance. It makes us blissful. Guruji said, ***“If you could feel even a particle of divine love, so great would be your joy – so overpowering – you could not contain it.”***

When you experience such a divine love you would feel very joyous. And when we see such a person filled with joy, we would like to find out what has happened, why is that person always so joyous. Others will come and approach and seek their guidance and their help and we will also be able to touch the lives of others. It seems simplistic but loving God is very simple.

Sr. Gyanmata has said in God Alone, Pg. 184:

*January 2, 1948*

***My divine Master,***

***Your Christmas gift made me very happy...***

***However far I have fallen below the ideal in other particulars, in this one I have not so fallen. As the needle in the compass points ever to the north, so my heart and soul have ever pointed – without swerving – to God and Guruji, to God through Guruji. All else belongs in the same class as eating when I am hungry and going to bed when I am tired....***

She has only one goal, one ambition, one desire, one ideal that the needle of her heart and soul be ever pointed to God and Guru, to be pointed by Guru to God. We can see the sky through many windows. Guru is one of the windows to see God. Sr. Gyanmata is interested in looking at God through the window of Guruji.

Mrinalini Mata has said:

***“Devotion is what will make you receptive to Paramhansa Yogananda because that was his nature.”***

Guruji is love, He is a Premavatar. If the devotee has devotion, then this opens the mind. Intelligence without devotion doesn't take you very far.

Sw. Premamoyji has said:

***“What is respect? Seeing the spark of God in others.”***

Without intellectualizing you start feeling the soul behind personalities. Let us suppose we could feel the souls of people. We would feel reverence, respect and when they recognize that we are feeling respected they will feel happy with us and our relationships will all become much more harmonious. This is because without intellectualizing we start feeling the soul behind the personality. But if we only use intelligence we chop things into pieces and then we don't see the soul. By feeling the person's soul we are experiencing that which is behind the outer personality. You can't have a body without a soul. Sometimes it is easy to see the soul when the person manifests divine qualities but sometimes the person doesn't seem to be manifesting any qualities which help you to see the soul. Yet you have to remember that person has a soul and you have to try and feel the person's soul behind the personality.

One of the SRF monks had entered the ashram soon after Guruji left his body. The first time when I went to SRF I had a lot of contact with him for some work or the other. Before leaving for India, I sent him a small card saying 'Thank you' for the wonderful qualities that I saw in him. He returned my 'Thank you' card with another 'Thank you' card. He said, "If you see any good in me all credit belongs to Guruji and Ma, whose love and kindness transformed my life." I

had seen a lot of good in him, but he doesn't recognize that goodness in himself. He feels Guruji's and Ma's love and kindness have transformed him.

*“Change my darkness to Thy light Lord,  
And my evil into good.  
Touch me but once and I will change  
All my clay into Thy gold...”*

Obviously he had worked very hard to bring about changes in himself. For all this he claims the credit belongs to Guruji and Ma whose love and kindness changed him.

Richard Wright had accompanied Guruji on an eighteen month tour of Europe and India in 1935-36, where he was privileged to meet some of the spiritual giants of our time including Guruji's Guru, Sw. Sri Yukteshwarji. He has said, *“I considered it a very rare and sacred privilege to be in His company. I realized this more and more as I saw how he was revered throughout our travels in Europe and India. People like Mahatma Gandhi; Sir C.V. Raman, the Nobel-laureate scientist; the Catholic mystic Therese Neumann, whom we visited in Germany; the Yuvaraja of Mysore; and Anandmoyi Ma, for example – all treated him with such reverence and respect. It's hard to describe the feeling he created wherever he went...What impressed me most I think was his universal spirit. He treated everyone with the same love, same respect, no matter what their walk of life, whether it be a labourer working in the garden or ..whoever came to meet with him. It was so inspiring to see the universality of his love.”* Whether he was dealing with little children or with great personalities he was always tender, kind, loving and respectful and therefore he drew the respect of all people.

Rachel Naomi Remen, the author of the book, 'Kitchen Table Wisdom' had given an article some years back in one of the SRF magazines. She recollects how when she was learning medicine, not many lady students were studying her branch of medicine. She was much discriminated against. She found she had to develop the qualities of judgment and intellect and had to try hard to give up her feminine qualities, for which she was often looked down upon. Back in those days, the real professionals did not respond emotionally to the suffering around them. Doctors did not cry, but patients did. When a patient begins to cry a doctor doesn't know what to do. But a lady doctor would know how to deal with it. It was here that the other doctors realized that they were uncomfortable dealing with the emotions. They didn't know how to manage. Because she was usually the only woman on the medical team, her colleagues would often come to ask her to deal with patients who became emotional. She went to offer comfort and discovered that if she wanted acceptance, she had to take advantage of what she was good in. A patient doesn't need to know what the name of my illness is, what that long word means. He wants to know how can I handle the pain, the helplessness of not being able to eat or to swallow and a doctor cannot explain that. That can only be explained by someone who knows how to feel for the patient, how to feel with the patient. “Perhaps the worth of any lifetime is measured more in kindness than in competency,” says Rachel Naomi Remen.

We can be very competent and know how to place people on the moon. What is the value of that if we cannot be kind? If we have given love to others, felt love for others, then when taking the last breath we will feel a sense of fulfillment. We will feel a sense of blessedness when giving up this body if we have shown kindness.

**Now let us go through a few ways to cultivate love for God.**

1. Pray. Prayer has a value only if it comes from the heart. If it comes mechanically from the mind it does not touch God. Sw. Bhaktanandji a great devotee, a bhakta has said: When you pray think that you are talking from the heart. Think that your heart has a mouth and the mouth of the heart is saying the prayer. Then God will respond to our words.
2. Someone asked Ma, how can I cultivate love for God and Daya Ma says, “Tell God I love you.” Ma says keep your intellect aside and say, “My soul loves you.” If we keep the intellect aside, then the soul can love. But if I don’t see the soul and see only the body, then how can I love? If you don’t feel comfortable tell God, “I want to love you.” Intellect again says, “What are you talking? If you want to love God, then how will be your life? How will you interact with people? It will be difficult. Yes it will be difficult. Intellect thus prevents us from loving God. It would be very nice if by some magic, or miracle or some blessing we could feel in our heart at least a little desire to want to love God, to dedicate our lives to God, to be only of God, to surrender to God, to be dissolved, enveloped, lost, engrossed in God. It would be very nice. Definitely if we keep repeating that thought, that ideal to God then we will realize that love, that desire, that urgency is very much there. We have kept it aside, the intellect has kept it aside. Let your love leave no retort; no asking questions; appeal to that kindness aspect of God. I would like it in my heart at least a little desire for the love of God. The more sincere our words they will touch God and they will have the power to touch people.
3. Another method: Read passages from Gurujī’s books. Note down those parts which appeal to you or inspire you. Note down stories, passages, and try to memorize the passage.
4. Express a little act of kindness, a little act of patience. We all have a camel’s back and just a little more straw and the camel’s back breaks. It is not difficult for us to reach the breaking point. But in spite of reaching the breaking point, if we decide to be kind, loving, caring, and patient then it is an act of kindness and we are developing God’s love in our heart.
5. Remember the blessings that you have received. I have driven a car hundreds of times before I became a monk and hundreds of times after becoming a monk. And only once did my car break down. I thought I knew what the problem was and I pulled a lever in the bonnet. Somebody came along and opened the radiator of the car. There was no water in there, only a bit of steam came out. This person brought with him a glass bottle about 3 feet high filled with water (I had never seen such a big bottle) and he poured the water in the radiator. As the last drop fell from the bottle it filled the radiator. But then when I went to see where was the person I did not find him and never saw him again. I saw him only that once. Sometimes the blessings that we receive are spectacular and sometimes they cannot be told in public. For e.g. if you are waiting for a bus and the bus comes within 20 -30 seconds instead of coming in 20-30 minutes it awakens our love for God but it cannot be told publicly.
6. Recently I was listening to a talk given by one of the monks. He said in that talk that Gurujī told Mrinalini Mata, “Try always to please God and Guru.” And I had heard this talk before as well. But I did not remember hearing that line until I heard the recording. I should have caught them before because Mrinalini Mata had told me the same thing in 1972. She had said that when she first came to the path in 1940’s she wanted God realization. But now in 1972 her goal was not God realization. Her goal was to please

God and Guru. And this thought was not her own, but Guruji had told her. So praying always to please God and Guru, wanting always to please God and Guru is one way of awakening love for God.

7. Remember Guruji's unconditional love and unquestioning acceptance. Some of us are often going through very tough times. Monks also go through tough times. Someone was asking for advice as to what should one do when going through tough times. My advice was, "remember Guruji's unconditional love and unquestioning acceptance of you." There are times when you don't feel very great. There are times when you feel very good and when the heart feels great. But there are times when the heart does not feel great (not in the egotistical sense). Sr. Gyanmata says: "Though not good I am blessed, because my Guru's nature is to bless. I don't need to be worthy." So remember Guruji's unconditional love and unquestioning acceptance.