

20/07/09

SATSANGA WITH SW. SHUDDHANANDJI

Just a few thoughts to take with us: Remember the basic foundation for this special dispensation YSS/SRF is **divine love**.

Just before taking the Mahasamadhi, Guruji told Ma –**“Remember this: When I am gone, only love can take my place. Be absorbed night and day in the love of God, and give that love to all.”** This is the basic foundation for YSS/SRF. Even in the future to come, this foundation will not be shaken. So again and again let us focus our mind on this foundation. Remember this is the core value of this path. Basic core value is to feel that love of God, to fill ourselves with that love and share that love with others.

During a visit to Paramhansa Yogananda’s ashrams in India from October 1963 to May 1964, our Beloved Daya Mata made a sacred pilgrimage to a Himalayan cave that has been sanctified by the physical presence of Mahavatar Babaji. She went at a time when the caves had not been discovered. As she sat in her room at the rest house that night, after visiting the cave, **“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 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.”**

As disciples of the great Gurus, we must follow that parampara to live these words; to follow these words. We must gather this love in meditation; because only during meditation can we gather pure love; or else sense perceptions scatter our consciousness. According to the different levels of consciousness, according to each one’s karma we will be able to cut out

outer signals and dive deep inside. As we go deep inside we will feel that pure love. In the chant 'Door of my heart', where is the door that is being spoken of; we don't know. As long as our consciousness is directed outward with worldly thoughts then we cannot even know how to open the closed doors of our heart. As long as we are busy catering to the outer stimuli, our movement of thoughts and flow of energy is affected. But when you become still then you are starting to discover the door inside. Learn how to enter the quiet heart – where you can be without excitement, restlessness or movement.

In the beginning we feel a burst of emotion. It is like straw fire devotion. But similar to the sudden burst of a flame it also gets quickly finished. You suddenly feel a lot of emotion and then it dies out. As we go deeper, a steady flame of devotion comes and then we realize what it means to be '**so drunk in the love of God night and day.**' That state comes only when we get into a state of stillness. It is all right to get into the flow of emotion once in a while – it is all right for a boost. But then we must deepen our love into a steady flame. Then love will become part of our being, we will be steeped in love. It should not be that we give a few thoughts giving a lot of emotion and then we again get lost in worldly thoughts. We should be able to say from the core of our being, from the bottom of our hearts: 'I want to see you, you, only you.' As we go deeper into sadhana we will reach that state.

As Gururji said: ***"To those who think me near, I am nearest of the near, dearest of the dear."*** Instantly then we will feel nearer to God and Guru. In that article on pranayama Ma says: ***"You will come to a point where after just a little bit of Hong-Sau, if you turn the mind to the Divine Beloved, instantly you are in that sweet, sweet awareness – that divine communion. And you will say, "How could I crave anything else? How could I ever have allowed myself to be dragged down by attachment to the body, by anger, by these coarse senses?" You want only to continue forever drinking deep of that inexpressible sweetness, which can never be found through anything in this finite world."***

Ma says taking the name of Babaji just once you get immersed in that state of divine love. So let us think of Babaji and feel that deeper devotion, deeper love, in the silent depths of our soul, and promise that till we don't feel that love, we will never give up.

Also never give up sharing what we feel inside during meditation with others, by praying for others, sending healing vibrations to others. Make sending healing vibrations both morning and evening a part of your routine. And if any of your loved ones are afflicted with physical, mental, emotional disease or problem then think of that soul, surround them in the white light of God and specifically send healing vibrations to them many, many times during the day, so that the soul becomes more receptive to the healing vibrations.