

11<sup>th</sup> March 2010

## Satsanga with Sw. Shuddhanandji

Let me read the thought from today's spiritual diary.

**March 11: Will Power: Man, as an image of God, possesses within him the divine all-accomplishing power of will. To discover through right meditation how to be in harmony with the Divine Will is man's highest obligation.**

**- Sri Sri Parmahansa Yogananda, "The Law of Success"**

The most important duty of everyone is to establish harmony with the divine plan through right meditation. So beautiful. It gives us so much hope. It is so wonderful to know that we are made in the image of God. Focus on only this one thought – we are made in the image of God. We have an all accomplishing divine will, ineffable peace, unconditional love and ever new joy. We are endowed with all this. But right now we seem to be thinking just the reverse of this. That we are sad, restless, (*chanchal, ashant*) negative, negative. We think we are all this naturally. It doesn't seem that we are made in the image of God. But God has made us in his image and we are endowed with His qualities.

In the Holy Science, Sw. Sri Yuktेशwarji has said, that will power is the kalptaru (if you sit below it and make a wish, it comes true). It is the chintamani. It is akshaypat (a vessel which never becomes empty). In the Autobiography of a Yogi it is mentioned that Babaji pointed out a bowl to Lahiri Mahasaya. He said in it you will get whatever you want. Then when Lahiri Mahasaya had finished eating and was looking around for water, Babaji again pointed out to the bowl Lahiri Mahsaya found that the food had disappeared and it was filled with water. We are surprised when Sw. Sri Yuktेशwarji says we have everything within us. It is the will power. Using that we can achieve whatever we want. Even in the lessons there is the story of a person who was searching for the kalptaru. He found it and asked for a palace. His wish was fulfilled. He was sleeping in one of the rooms of the huge palace and he thought there is a forest nearby, what if a tiger came and ate him up? As soon as he thought that his wish was fulfilled. A tiger pounced on him from the window and ate him up. The man could not control the power of his will. We have to learn to master our thoughts. Keep on thinking of fear and we attract it. If you are thinking always of love for God and Guru, then that is what you will attract. If you keep thinking I am weak, I cannot do that, and all negative thoughts then you will be attracting similar things. Develop the power of the will by right meditation and be in harmony with the Divine Plan.

Last few pages of the Autobiography of a Yogi are about Divine Plan. Nowadays everything is fast track. So if you want to go on fast track then go to the last chapter of Autobiography of a Yogi and read the last few pages.

In the Vedas it is mentioned that as much as man can understand he must understand the purpose of life. Each one of us is endowed with a unique quality. Everyone is equal to God, God loves everyone. Draw out the spiritual quality of the divine that is within you. Till then we will feel there is something still lacking.

The problem is that when we are manifesting that inner quality unnecessary desires come in and then we get entangled and these unnecessary desires cause us to keep on coming back. We feel very much confused, disturbed, we feel we have wasted away all life. What was the purpose of life? Why are we discouraged? Basic thing is to bring out the uniqueness within us. How? - By living in harmony with the Divine Plan.

In the Satya Yuga all are endowed at that level and so they are born in that age, and automatically cooperate with the Divine Plan. All peace, joy are in alignment with the Divine Plan. Therefore attunement with the Divine Plan is most important. In Kaliyuga most of the time is spent in fulfilling desires. In the Dwapar Yuga there is more development, we are mastering nature. In the Treta Yuga there is deeper love, deeper harmony, we are closer to God.

Sw. Sri Yukteshwarji has spoken of the 5 stages of the heart in the Holy Science. Mudhchitta – in Kaliyuga.

Then Vikshipta – moving towards light. As we go through the turmoil we become more settled, calm and quiet. All movement stops; we steadily start making progress.

We are now only 300 years into Dwapara Yuga. That is why there is so much of turmoil, heartaches, problem. But we are steadily moving forward. But we have to face the teething problems of a child – loose motions, etc. So now we are having the teething problems and we don't want to give up the Kaliyug mentality. So there is so much of conflict. But when we progress we will reach the higher Dwapar Yuga. Then there will be steady progress.

The fourth stage of the heart is Ekagra Chitta – Devoted heart. Devotion for the divine is pulling then. We allow the divine to pull us magnetically. We allow ourselves to get pulled. We yield to the divine pull rather than to the pull of maya or darkness.

Niruddha Chitta is the fifth stage of the heart – a completely pure heart. Then we will be effortlessly in harmony with the Divine Plan.

The teachings given by our line of Gurus – Bhagwan Krishna, Jesus Christ, Mahavtar Babaji, Lahiri Mahasaya, Sw. Sri Yukteshwarji, Paramhansa Yogananda – are of the higher ages i.e. Satya Yuga. If I say I don't want to go fast, I want to go very slowly – then you will go slowly. But if I say I want to go fast then you will go fast. Kriya Yoga is the airplane route.

When you are driving a plane what do you need? We need fuel for the airplane. The fuel is our love and devotion. Guruji is the pilot. All done, but I have to go inside and sit in the plane. You can't be going if you are sitting outside. How to sit inside the plane. By EHOK – Energization exercises, Hong sau, Om technique and Kriya. Then you will not be indulging in wishful thinking but be actually in the plane.

The plane takes off, it is moving; most of the time the ride is smooth and nice, but sometimes there is turbulent weather. Then we are worried and afraid. I may have told this story to you earlier too, but I like to tell this story.

In America a plane was going from one place to another. It was shaking too much. All the passengers were worried and anxious. But one small 8 year old was sitting relaxed reading a book. One of the passengers asked her, “The plane is shaking violently; are you not worried?” The child replied, “Why should I worry? My father is the pilot and he will take me home.”

Guruji is our father-mother. He is the pilot. We have to have full faith in him inspite of the health problem, relation problem, financial problem, work related problem. We have given the charge of our lives to Guruji. He is an experienced pilot and will drive smoothly. Our experiences are often cyclic. There are periods of smoothness, then periods of roughness. Sometimes there is all joy, we take good decisions and are feeling fine and then suddenly even meditation becomes a tremendous effort. We don't like to meditate. Life is like that. Don't expect life to be a linear graph. It will have ups and downs. Remember Guruji is the pilot. Keep Guruji in your mind then he will give you an attitude of fearlessness. In the Bhagwad Gita there are 26 qualities of a devotee and the first is fearlessness. How do you become fearless? By fighting against those who make us frightened. What is courage? Doing things which make us afraid.

I normally do not share personal experiences, but I am sharing this time. When

travelling by train I used to earlier feel very anxious. I would feel frightened and would not be able to fall asleep. For years I would be so tensed up, unable to relax. Then I thought what is all this. I must do something about it. I thought why not practice the presence. Daya Ma has suggested how you must keep chanting – God I love you, Guru I love you. So the whole night I kept chanting. Still I could not sleep. Then I realized – Oh, how wonderful it is. Doesn't matter if I cannot sleep, it is such a wonderful experience. When taking the name of God, the mind is kept away from fear. Then later even sleep came. But then it should not happen that you think, “ Oh, now I can sleep, so no need for japa.” Instead of concentrating on problems and difficulties concentrate on God.

Therefore today's thought is so important. How to be in harmony with the Divine Plan. In the Bible it is mentioned:

“Thou shalt go out in joy and be lead in peace.”

The 21<sup>st</sup> century hard pressed man longingly hears this promise. They are so important for the anxious 21<sup>st</sup> century man, who tries to repossess the divine heritage through sadhana, seva and smaran. This is the 3 S formula for oneness with God.

To be ability to tune in with the Divine Plan we need to meditate, not just shut out the world. It is also necessary for practical living. If you have any problem place it before God and Guru. Intuition will keep telling you what to do. Focus, clarity, intuition will guide you. Tremendous faith will keep you in tune with the Divine Plan. If you don't meditate then you get out of the habit of meditation and then little problems become big problems. Then you have to remind yourself:

***Subah sham dhyan nahi karne se nahi chalega, nahi chalega.*** (not meditating night and day will not do)

We have to make a firm determination the way I was telling them in Lucknow:

***Kacchu hui jaye, dhyan karbe karenge.*** (we will meditate unconditionally) Then we will not get out of tune with the Divine Plan. Otherwise how will you come out of the problem. There is a very good prayer of Guruji:

***“Teach me to hear Thy unique voice ever singing in the silence of my soul.”***

Then we will be able to say: O life is sweet and death a dream, when Thy song flows through me, my Lord. Then even if you have a disease like cancer or any serious health problem you will be able to say: “I am not this body. I am the indomitable soul. You see only health then. We are not denying that problems do exist. We see God's presence then and the problems become small. Then it is child's play and we are not much bothered about it. It is no longer big. We become divine instruments.

Mother Teresa has said:

“If you allow God to use you, you will bring out such beautiful things will flow out of you.”

She is such a beautiful person, coming from another country and working humbly in India. If we are guided by ego, we seem to be free and enjoying life but we are leading a miserable life. One who thinks he is so free is not really free. But when you are working according to the Divine Will then you are free. Jesus Christ was crucified. He said: ***“If I want I can ask for 12 legions of angels, but not will but God’s will be done.”***

He worked out the karma of so many people. When you have the power to destroy you consciously make a choice – even those who have done a lot of harm to you, still you don’t destroy them. Mahatma Gandhi was killed by a madman. Yet as Mahatma Gandhi fell to the ground he raised his hands in blessings and forgave the killer saying: ***He Ram.***

Don’t say – they can do so, they are saints. Don’t accept that I can only hate, I can’t love, I can only be angry. This is unnatural.

How to become children of light? By balance of meditation and service. One who is progressing on the path becomes more giving, more caring, more selfless. He wants to help the physically, mentally, spiritually suffering people. Visualize them when you pray. Surround them in the divine light. Don’t think of the problem. Rub hands and send the vibrations to the particular person or to whole mankind. You can do so many times in the day. His power to receive increases. You can feel the current flowing through you. But at least you can practice that twice a day, sincerely.