

## Satsang by Sw. Smarananandji – Selfless Service

06/03/08

Today is the eve of Gururji's Mahasamadhi. The day before his Mahasamadhi i.e. on 6<sup>th</sup> March 1952 Gururji visited Lake Shrine and sang some Cosmic Chants especially "In my house with Thine own hands" for a long time. On the eve of his Mahasamadhi today let us also sing that chant.

We all want God, don't we? That is why we are all sitting here. But mere wanting God is not enough. If the perception for God is not there, then there is something coming between me and God. What is it? Karma. Karma is coming between me and God.

Karma gets worked out in three ways:

1. By suffering karma can be dissolved.
2. By selfless service karma can be dissolved
3. By meditation karma can be dissolved.

Which way would you like to work out your karma? We all would want to work out through meditation. But we do not have the right to make a choice. For most of us we have all to work it out through all the three ways.

We all have to go through physical suffering, mental suffering, family problems, financial problems, personality problems. We would of course if possible like to reduce that.

Last time when I was here in September I spoke about how to meditate. This time I will speak about the goal of selfless service in our sadhana.

In being of spiritual, mental and material service to others we will find our own needs are fulfilled. Without seeking it our own cup of happiness is filled. To be happy you have to make others happy.

All religions speak about it. In the Koran it is written – Donate 10% of your income to the poor. The Gita says acts of charity should not be abandoned. The Bible says 10% of income should be given as charity and it also says, "Love Thy neighbor as Thyself."

In the Autobiography of a Yogi, Chp. 27, Pg. 245:

“Why are you averse to organizational work?”

Master's question startled me a bit. It is true that my private conviction at the time was that organizations are "hornets' nests."

"It is a thankless task, sir," I answered. "No matter what the leader does, or does not do, he is criticized."

"Do you want the whole divine channa (milk curd) for yourself alone?" My guru's retort was accompanied by a stern glance. "Could you or anyone else achieve God-communion through yoga if a line of generous-hearted masters had not been willing to convey their knowledge to others?"

We got this technique of kriya because of a line of generous hearted masters. "In addition to these spiritual duties and to the responsibilities of his business and family life, the great master took an enthusiastic interest in education. He organized many study groups and played an active part in the growth of a large high school in the Bengalitola section of Banaras."

The Autobiography of a Yogi, Pg. 321.

Mrinalini Mata has said, "Much is expected from those to whom much is given." I consider myself as one to whom much is given. So I want to give much of myself to others. We don't have to worry about our basic needs. They are taken care of. Remember the way to God is through meditation and selfless service.

What do we want in our spiritual life? Cosmic Consciousness, God!!!

There are 5 stages towards achieving Cosmic Consciousness:

1. Sub consciousness
2. Consciousness
3. Super consciousness
4. Kutastha consciousness or Christ consciousness
5. Cosmic Consciousness.

We all know what sub conscious and conscious state is. Super consciousness is one step above conscious state. Intuition develops. Often we get the feeling that a particular person is going to come and it is true. Kutastha consciousness is one step above that. We keep hearing this word so often. Let us see what it is.

Guruji defines it as "The state in which you feel your consciousness in every speck of creation."

While I am talking to you suppose an ant bites me, then I would know that because my consciousness is throughout my body. Now if I expand this and stretch my consciousness much beyond, beyond my body, then anything that happens in any part of the world, I should be able to feel it. How grand.

In the Autobiography of a Yogi, Pg. 323,

'As he was explaining the meaning of Kutastha Chaitanya or Christ Consciousness in all vibratory creation, Lahiri Mahasaya suddenly gasped and cried out:

"I am drowning in the bodies of many souls off the coast of Japan!"

The next morning the chelas read a cabled newspaper account of the deaths of a number of persons whose ship had foundered the preceding day near Japan.

This is because Lahiri Mahasaya was demonstrating Christ consciousness. He could feel what is happening elsewhere. That is still one step less than Cosmic consciousness.

Family is a fertile field to expand our cosmic consciousness. Without a family the ordinary man would never learn to expand his love. In the family we practice mutual love – we help each other, we feel for somebody else, we make sacrifices for one another it is expansion. In so many homes, the father lives in one town, the mother lives in another town, so that they can earn enough for the child's education. Or we often hear of someone not taking a promotion because the member does not want to leave the family and go to another town. They make the sacrifice for the family. Never think it is a waste. We learn the first step of expansion of spirit in the family. We have to only expand and go beyond. Mother Teresa, when she sees someone suffering, she feels God suffering in that individual. Her consciousness identifies with others, feels for others, she feels God Himself flowing through the consciousness of others.

Guruji has said, "One who doesn't love his fellow beings cannot love God."

Dr. Bernie S. Siegel has said, "I have spent a life time learning about the wonders of modern medicine. But the greatest thing I have learnt is to ask the question, how can I be happy the rest of my life?" Dr. Siegel goes on to give the answer to this question. He says: "Do something for someone out of love."

Dr. Bernie Siegel has written two famous books:

1. Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients
2. Peace, Love and Healing.

That one prescription, "Do something for someone out of love" can make everyone a doctor and do more than all the medicines in the world.

Here is another anecdote:

Dr. Carl Meyer a psychiatrist was giving a lecture on mental health when someone asked him, "what advice would you give to a person who is about to have a nervous breakdown?"

Dr. Carl Meyer did not say, take a Campose or take rest etc. etc. His answer was, "Lock up your house, go across the railway tracks, find someone in need and do something to help. That will cure you of your depression."

So remember the two important points are:

1. Do something out of love.
2. Help someone in need.

A person one evening saw a baby on the street, shivering with cold, hungry and dirty with no proper clothes. He prayed, "God why have you allowed this child to suffer in this manner. You have done nothing to look after this child?" An inner voice at once answered, "I did do something. I created you. You are expected to do something more than mere feeling." Every day try to uplift someone. Guruji says,

April 03: Compassion: Every day, try to help uplift, as you would help yourself or your family, whoever in your environment may be physically, mentally, or spiritually sick. Then no matter what your part is on the stage of life, you will know that you have been playing it rightly, directed by the Stage Manager of all destinies.

- Sri Sri Paramahansa Yogananda, Yogoda Satsanga Lessons

You may say, "I understand the value of selfless service, but where is the time? Where are the resources?" That is a very valid question that comes to one's mind. But you don't have to go out of your way, like Mother Teresa. Consider a person in the bank. You will find there is one person working in the bank; he takes the cheque immediately and does the required work. Another person may dodge the work, delay the work. The latter one is working, while the first one is serving. Whenever you come across another person at your place of work, always keep on asking yourself, "What can I do to help him, serve him?" Remember you don't have to go out of your way to do something.

There is another story of Vincent Peale:

He walked into a super store, made the purchase and while he was standing at the billing counter, he remarked to the man at the counter, "How beautiful is your handwriting." The man's face immediately lit up. For most of us the person at the counter is just a piece of furniture. We go

pick up the bill, make the payment and walk away without registering the presence of the person. We never think of complimenting such a person. Take a little time just to say to a taxi or auto driver, "Thank you, you drove so fast, or so smoothly, or I was in such a hurry, and you helped me reach in time." Just say something to make him feel nice and human. Recognize that they are a soul and not a part of the landscape day in and day out. We recognize the importance of the poor auto driver only on a heavy rainy day. Let there be a soul to soul contact. It doesn't cost you much. Check your consciousness. It takes you one step closer to kutastha consciousness. It also not just makes the other person happy but also yourself happy.

How can you find God?

Remember again and again, "Aham Brahmasmi"

If I am God, I should be expressing God. I should be expressing the qualities of God such as love, joy, compassion, even mindedness, forgiveness etc. Then the next question is, "Do I become God and then I can express God like qualities, or do I express God like qualities to become God?"

Sw. Bhavanandji said, "Seeking God means expressing God." Expressing God like qualities of love, joy, wisdom, even mindedness, compassion, service. Unless we are making effort to express these qualities we are not seeking God. That summarizes your sadhana.

Guruji says: ...is the source of all misery."

Usually the attitude is "us four and no more," or nowadays, "us three, no more". Don't confine all your thoughts, energies and resources to us four and no more. Sadhaks have to think of others.

There were two friends, one an advocate and another doctor. One day, a patient called up to the doctor and told him of the problem he was suffering from. The doctor prescribed some medicine. The patient called back the next day to say "thank you, I am feeling fine." But then the doctor started thinking, now can I charge him? He called up to his advocate friend to ask him if he could charge the patient and the advocate friend said, "of course you can. After all you have served him." The doctor was pleased, but the next morning he received a bill from his advocate friend – for the advice he was given on telephone.

If life is this way – calculations and calculations you will take very long to reach the Cosmic consciousness. It takes 84000 incarnations to reach cosmic consciousness. Why because we live for self. How can I make myself a little more comfortable, a little happier, and a little richer – this keeps us caught up in maya.

Watch out maya is always at work. Service is only a means not the goal. Or it could lead to problems. The ex -Union Health Minister Dr. Karan Singh wrote to Mother Teresa requesting her "We We would like a team of doctors to be trained in social service. Please train them." Imagine the stature of being asked to train doctors at the National level to be trained in social service. But Mother Teresa is at a high level of consciousness. She wrote back, "No one can be trained in social service unless the call comes from God." She had that courage to write back and refuse. In service God must be there. When beggars come to the house and ask for alms, people give rice and say, 'Krishnarpanam.' So we are actually surrendering something to God daily. Without the thought of God service just becomes an activity, anxiety comes in, achievement comes in, and competition comes in. I need to do some service if God is my goal. Guruji says:

April 09: Compassion: As the vital rays of the sun nurture all, so must you spread the rays of hope in the hearts of the poor and forsaken, kindle courage in the hearts of the despondent, and light a new strength in the hearts of those who think they are failures.

- Sri Sri Paramahansa Yogananda, in a Para-gram”

Guruji has said,

April 27: Happiness: Rather than be always striving for personal happiness, try to make others happy. In being of spiritual, mental and material service to others you will find your own needs fulfilled. As you forget self in service to others, you will find that, without seeking it, your own cup of happiness will be full.

- Sri Sri Paramahansa Yogananda, Yogoda Satsanga Lessons

In service there must be God or you will get sidetracked. Selfless service is not always a bed of roses. The thought in the Spiritual Diary for August 17<sup>th</sup> says:

August 17: Purification: In doing good we must sometimes suffer. To find the Lord we must be willing to suffer. What is it to endure discomfort of the flesh and discipline of the mind to gain the eternal solace of Spirit? Christ’s joy in God was so great he was willing to give up the body for Him. The purpose of life is to attain tremendous happiness – to find God.

- Sri Sri Paramahansa Yogananda, “Man’s Eternal Quest”

You must be willing to suffer in serving others. Service and gratitude never go together. You should be prepared that it will hurt you. We have no control over the actions of others but we do have control over our reactions. In doing good to others you may have to suffer.

One young priest was advised that listening was most important during counseling and in dealing with others. That it was important to listen attentively, lovingly. He took the advice seriously and patiently dealt with people who came to him for counseling. One day a lady came up to him “I have such an acute head ache.” She started to speak to him of all her problems. He gave her patient listening. At the end of half an hour she got up and said, “I am so relieved, my head ache is gone.” The priest said, “Yes madam, your head ache has come here” – pointing to his head.

In helping others you must be prepared to suffer. But remember we don’t have to go out of our way. Just give a thoughtful word to the neighbors, or to the vendors. Give a smile, a compliment, a few words of appreciation. Then we are working out our karma. Guru seva is also a very nice way of working out the karma. How do I serve Guru? There is a beautiful incident that Sw. Bimalanandji spoke of: Towards the last days Guruji had taken a lot of karma of others over himself and he was confined to the wheel chair. He was being taken around by two of the monks. When they came to the staircase, the monks lifted his body to help him. Then Guruji said, “You lift my body, I lift your souls.” Swamiji continues – Even now, Guruji has a body –his spiritual organization. It can be lifted in so many ways. That makes you a sincere devotee. How do you serve?

When I say I have taken a medicine, I have either taken a drink, or gulped something down, or applied an ointment or taken an injection. In the same way servicing Guruji can be by just meditating regularly morning and evening, setting an example for others, praying for others, visualizing others in the light of God, sending healing prayers, helping the Kendra with monetary resources, with human resources to keep the place clean, volunteers are required in large numbers to keep it working. Monetary donations to the organization, we need physical service as

sevaks – we have sevaks in Ranchi. In turn there is so much of fulfillment. So transmute every little work into service.