

Sister Devika

Satsanga

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When we become aware of when we lose enthusiasm or become discouraged, we need to stop and look at what is happening to us. The wheel of life keeps turning, prompted by our karma and past experiences. Different things come to us to help us and to also bring us challenges. We need to step away from life.

We sometimes feel we are failing our Guru and not living up to his expectations. Guilt makes us feel so enmeshed in our feelings that we feel that we can't even go to the Guru. Yet, there is no one more intimate than our Guru. He understands our frailties and weaknesses.

The Guru tells us what God is like; he helps us not to forget.

We have been given all three possible Boons in this life:

- 1) Incarnation - easiest way to work out karma is in the physical body.
- 2) Longing for the Divine.
- 3) To have a Guru who can help free us from maya.

Try to remember your first contact with the Guru or his teachings. When you first looked into his eyes or read his work for the first time. We felt something Divine touch our soul.

Master's words are spiritually charged - they are living. Our soul needs to be fed - just like everything else. There is an unshakeable core within us.

In the introductory leaflet we receive with the lessons, Master says without God's support man inevitably fails. Ignoring God, man cuts his own life line. Strength comes from the infinite source.

Metaphysical Meditations - Sister encourages devotees to read and practice what is written on the first few pages.

Talk with God. Sri Daya Mata stresses for all of us to keep up the communication with God. Communicate throughout life and challenges -- always talking to God and Guru. This is key. This also awakens devotion. Cling to God.

In regard to restlessness, avoid too much stimulus -- tv, phones, ipod, computer, etc. The flicker of the tv images disturbs the eyes and produces restlessness. It will be harder to calm down the mind because the tv images keep on flickering.

Put something in between intense activity and meditation. Be creative - play music, exercise, walk, create a flower arrangement. The Energization Exercises help.

Where There is Light - This book can help with worries and fear. Worries and fears are about things that are not happening but that could happen. Take your mind away from these feelings. Divert your attention, leave it to God and have faith. If you have constant communion with God, you will have more faith.

Time - make an honest inventory of how you spend your time. Analyze your time management.

Have a sacred space -- doesn't have to be a physical space. Create your own private space. Put a flower on your desk - this flower reminds you of God. Some place to go where you can deeply breathe and connect with the Divine.

Mira Mata - Mother of Miralini Mata - in the Spring 2000 SRF magazine she talks about being ready to receive Master and God. Divine Mother knocks on the door of our hearts. Tell her again and again that you are Her own.