

Notes of Swami Krishnandaji's talk on 'Surrender'

(during a retreat in Anjali ashram on 1st, 2nd & 3rd March 2012)

Surrender is the ultimate goal of all sadhna. Very important is the attitude towards sadhana. If the attitude is not correct, the mind will remain restless and there will be no peace. He cited the example of a devotee who said that he could see the spiritual eye but could not hold it for long. We should receive gratefully whatever we receive from God, then only we get peace. It is the prasadam that He gives us and we cannot direct him in what measure he should give.

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Surrender can happen only when the ego goes. In the beginning the ego is sleeping, there is no desire for God. This is tamas. When ego comes out of this state there is a desire to know God. Then we start with our sadhana and start expecting results. This rajas also has to go and we should get satva when we surrender the fruit of our sadhana to God, then only restlessness goes and we attain peace.

Swamiji quoted from Bhagvad Gita, chapter V11 as to how God's consciousness as impure Apara Prakriti with its eight attributes keeps us tied to the physical world and the worldly entanglements; and His consciousness as pure Para-Prakriti guides the astral and causal universes. On our own we can never conquer maya or delusion which is also created by God and we cannot go to Him without realizing His consciousness in creation, that is, His Para-Prakriti. The only way we can get to God is by surrender.

Ego is the main obstacle that prevents us from knowing God. Swamiji quoted St. Francis, who called the body "Brother donkey". Swamiji said that too much whipping of this donkey with severe austerities will only make it sick. It was practiced in kaliyuga when higher techniques for self-realisation such as pranayama were lost. Too much stress on perfection of yoga-asnas may only strengthen the ego when these asnas are mastered by hath-yogis.

There are many different types of ego. Ego can be related to body such as tall, short, fair, dark etc. There can be astral ego such as my idea is right. Ego is habitual way of thinking, feeling in different states of consciousness. God also created three gunas and ego is subjected to these gunas. Ego is only an idea that it is something different from God. Ego is not bad by itself and has its own role to play in our day to day life. For instance, it tells us when we have to work etc.

Surrender is a state where ego has very little role to play. Our attitude should be to "become" what we want to be. If we want peace, we should become peaceful. Blames for failure are to be surrendered. States of health & sickness are to be surrendered. Reaction to others' egos like jealousy, attachments are to be surrendered. Judgement of others, specially spiritual success and failure of devotees is to be surrendered. Time as "My past", "My future" is to be surrendered. Habit of thinking ourselves as separate beings can be surrendered. At night try to remember as to how many times I thought of the words I, me and mine. We can surrender karma, attachments, repulsions. We must purify karma.

Surrendering the mind is the most difficult thing. That is why Guruji said, "Master your mind so that you can surrender it to God".

Swamiji narrated an incident on his way to Leh-Ladhak by road. There was a sign board "Magnetic Hill" in front of a hill. Drivers were asked to switch off ignition and put their vehicles in neutral gear at a particular spot and see what happens. When the driver did that, the car started climbing up the steep hill by magnetic pull. Since Swamiji was a bit skeptical about the whole thing, on return journey he asked the driver to switch off the ignition and put the car in neutral gear much before the marked point. The car started moving backwards. When asked whether a bigger vehicle would also be affected in the same way, the driver replied that he has seen loaded trucks being pulled up the magnetic hill. Many days later, once, after meditation, this incident flashed in Swamiji's mind. While he was wondering about the significance of this experience when through his own consciousness as if Guruji answered, "The magnet is in kutastha. If we switch off the motor of our minds and get in neutral gear by not planning for future and thinking of the past, our vehicle of meditation will be soon pulled up by the magnet. Even with truck loads of karma we will be pulled up".

Why do I still share my problems with others

when I know that only you can solve them all?

Why do I still crave for love from others

when I know that only your love is selfless?

Why do I still want respect from others

when I know that only you bow down to everyone?

Why do I still not see you in others

When I know that you dwell in all beings?

Why do I still not forgive others

When I know that you always forgive everyone?

Why do I still crave for worldly enjoyments

When I know that only you can give me everlasting bliss?

Why do I still not surrender to you

When I know that you are my only true refuge?