

## **4 DAY LESSON GRADUATE RETREAT AT IGATPURI**

### **-By Sw. Krishnanandji**

**19<sup>th</sup> Sept 2009. 10a.m.**

My job now, is to turn you all around and see how the law of attraction spoken about in the film 'The Secret' can now be applied in your search for God.

What they call the Law of Attraction in that film is what we call the Law of Karma. Karma sets forces in motion by thought, word, action not only of this life but of past lives that sets up a pattern. In the film they did not want to talk about 'Karma' and about past life incarnations or it would look as if they are importing Hinduism. My job is to connect all that was said in the film to Guruj's teachings.

Yesterday itself we saw an instant of the law of Attraction. I came across an article in the new **Yogoda Magazine of July-Sept 2009** on **Creating Prosperity Consciousness by Paramhansa Yogananda**. I started reading it and the very first paragraph says:

**"Know that God's Plan for the World Is Abundance and Joy**

**Abundance, material as well as spiritual, is a structural expression of rita, cosmic law or natural righteousness. There is no parsimony in the Divine, nor in Its goddess of phenomena, exuberant Nature...**

**Every saint who has penetrated to the core of Reality has testified that a divine universal plan exists and that it is beautiful and full of joy."**

They were speaking about the same thing in the film but in different ways. Life was meant to be abundant. Then what happened?

**"God's first expression of creation is of vibratory consciousness – thoughtrons, or small units of thought. God projected out of Himself units of positive and negative thoughts from which everything is created, just as a dream is created by units of thought. First a world of ideas came into being: the causal universe. Then those units of thought became lifetrons, the substance of an astral world of finer-than-atomic forces.**

**Then lifetrons became condensed into the material creation..."**

Everything is connected to thoughts. Several passages here are connected to the film. (Connected passages shown in italics)

**"Perfect gems in mines, perfect flowers, perfect animals, and human soul-luminaries residing on perfect planets were thus created, brought forth as material manifestations from the heavenly astral and causal realms. That is why in the Christian Bible we find the ideal Adam and Eve communing with God, so naturally and simply in the abundant Garden of Eden.**

*According to the law of God and of Christian brotherhood, this earth was meant to provide the shelter and supply of all mankind; the wealth of mines and other resources was to be distributed equally to those performing equal labours. And God established the law of divine birthright: that all men and women are made in His image, hence are essentially divine; and that all nations are of one blood, being descendents of common parents, Adam and Eve.*

If you believe in this fundamental relationship, if you feel love for all the world's inhabitants as for your own family, recognizing no inner difference between any of the outwardly different nationalities, then you are establishing a legitimate astral right to your share of earth's capital.

*Those who seek prosperity for themselves alone are in the end bound to become poor, or to suffer from mental inharmony; but those who consider the whole world as their home, and who really care and work for group or world prosperity, activate astral forces that lead them ultimately to the place where they can find the individual prosperity that is legitimately theirs. This is a sure and secret law.*

*Whether one prospers is not dependent solely upon your creative ability, but also upon his past actions, and on his present efforts to activate the astral law of cause and effect. If mankind as a whole behaved unselfishly, the power of that law would distribute prosperity equally to all men, without exception. Those who by potent good thoughts and actions rouse this astral power to creative positive prosperity succeed wherever they go, whether they are in prosperous or poverty-stricken environments.*

### **Apply Your Knowledge That Consciousness Is The Creator**

*Remember, thought is the master of this machine of creation. By strengthening your thoughts, you can reach whatever goal you want to attain.*

*Thought is the matrix of all creation; thought created everything. If you hold on to that truth with indomitable will, you can materialize any thought. There is nothing that can gainsay it. It was by that kind of powerful thought that Christ rebuilt his crucified body; and it is what he referred to when he said, "Therefore I say unto you, What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them."*

*Those who concentrate prayerfully and continuously on any goal will see that no matter how daunting its attainment they will be led to the means of receiving what they seek. One's strong faith can work miracles by superimposing helpful thoughts in the brains of others. For example, before seeking employment or negotiating for something desired, one should concentrate his thoughts and prayers strongly in a positive way. God will respond by dropping into the minds of others those thoughts that are in harmony with whatever one is seeking. It is true that this is not direct materialization as Christ was able to demonstrate. Still, strong thoughts create conditions in kind; they set in motion the minds of others who will step forward to assist in realizing the goal one is visualizing. And when faith becomes very powerful, God Himself will so order the sought-for attainment. Why not? He created everything in the beginning by special creation. He told the flowers to be flowers and water to be water and electrons to be electrons. If anyone can image his wants and will them with indomitable strength, and unwaveringly "believe that ye receive them, ye shall have them" – but not otherwise ...*

*As one develops the power of visualization, it can, within reason, bring to pass anything one wishes. Nearly everyone at some time has had the experience of attaining something they had long envisioned and wished for, even though fulfillment was unlikely. Concentration is the key, along with faith.*

However concentration and visualization alone are not sufficient; merely to think of oneself as having the status of a millionaire will not make it so. In addition to positive thoughts one must have adamant will power and unshakable faith. The will must be made so strong that it can bring whatever one visualizes into reality through one's applied concerted effort. Remember, "God helps him who helps himself."

### **Use The Law of Cause and Effect to Create Prosperity**

Passive people want God to do all the work; egotists ascribe all their success to themselves. Passive people do not use the power of God residing in their intelligence. Egotists, although they may use their God-given intelligence, fail to ask, and receive, God's directions as to where and how the

intelligence should be used. I can blame inertia as the cause of failure in the first instance; but it hurts me to see intelligent egotists fail after making a real and well-thought-out effort.

However even a man of concentration and power may dive deep into the sea of problems and still not find the pearl of success. There are many persons of powerful concentration, who do not know where to strike success; and many brilliant people with efficient minds have starved, or have had only meagre success. This is where another factor I acquiring prosperity comes into consideration.

All prosperity is measured out to man according to the law of cause and effect, which governs not only this life but all past lives. That is why intelligent people may be born poor or unhealthy, and a mentally mediocre person may be born healthy and wealthy. All men were originally sons of God made in His image having free choice and equal power of accomplishment. But by misuse of his God-given reason and will-power, man has fallen under the control of the natural law of cause and effect of action (karma) and has thereby limited his freedom to make a success of life. A man's success depends not only upon his intelligence and efficiency but upon the nature of his past actions.

However, there is a way to overcome the unfavourable results of past actions. The causes of failure must be destroyed and a new cause for success set in motion.

#### Contact The Superconscious Source of Success and Prosperity

The conscious mind alone cannot initiate a new cause that will bring positive success in any direction; but when the human mind attunes itself to God, in the state of superconsciousness, it can be sure of success; for the superconscious mind is in tune with the limited power of God, and is therefore able to create a new cause of success.

The surest way to prosperity lies in establishing first your oneness with God and *afterward* claiming a divine son's share. You must make the blissful union with God first by regular, ever-deepening meditation each day, according to the Self-Realization Fellowship (Yogoda Satsanga Society of India) techniques. When you achieve that attunement, your status will be changed from that of a mortal beggar to that of a divine son and you will automatically gain what you need. The omnipresent Father knows all the needs of a true son.

Mentally broadcast this truth: "MY FATHER AND I ARE ONE." –until you feel His overpowering, all-solacing bliss. When this happens, you have made the contact. Then affirm your celestial right by praying: "FATHER, I AM THY CHILD. I WILL REASON, I WILL WILL, I WILL ACT, BUT GUIDE THOU MY REASON, WILL, AND ACTIVITY TO THE RIGHT THING THAT I SHOULD DO IN ORDER TO ACQUIRE HEALTH, WEALTH, PEACE AND WISDOM."

Feel the presence of God first; then use your will and act. With His guidance you will be sure to harness your will and activity to the right goal.

Absolute success signifies "the power to create at will what you need by developing your unlimited superconscious power." This superconscious power can be awakened by knowing the definite technique of meditation, as taught by the God-realized masters of India. India has specialized in the art of controlling the mental, machinery of the mind factory in order to produce prosperity, health, success, wisdom, and God-contact at any time, at will, and without limitation.

Western brothers and sisters need to learn that the mind is greater than its inventions. More time should be given to the art of controlling the mind in order to achieve scientifically all-round success. Less time should be given to acquiring products of the mind at the cost of neglecting the cultivation of the all-accomplishing, all powerful mind itself...

Through meditation learn that money without health and peace is not success, and that peace and health without money for necessities do not make a complete or successful life. Follow the way taught by India; acquire superconsciousness and absolute control over the mind; then you can create at will whatever you need.

*Exercise the Manifesting Power of Affirmation*

*All spiritual and material gifts flow from God's boundless abundance. In order to receive His gifts you must eradicate from your mind all thoughts of limitation and poverty. Universal Mind is perfect and knows no lack; to reach that never-failing supply you must maintain a consciousness of abundance. Even when you do not know where the next dollar is coming from, you should refuse to be apprehensive. When you do your part and rely on God to do His, you will find that mysterious forces come to your aid and that your constructive wishes soon materialize. This confidence and consciousness of abundance are attained through meditation.*

*Change your thoughts if you wish to change your circumstances. Since you alone are responsible for your thoughts, only you can change them. You will want to change them when you realize that each thought creates according to its own nature. Remember that the law works at all times and that you are always demonstrating according to the thoughts you habitually entertain. Therefore, start now to think only those thoughts that will bring you health and happiness.*

*Thinking, reading, and repeating statements of truth with deep attention will help to clear away negation and to establish a positive attitude in your mind. Repeat your prayers and affirmations with deep concentration until you establish a habit of thought, until it becomes as natural for you to think in the right way as it previously was for you to think negatively.*

*Affirmation: "GOD IS MY OWN INEXHAUSTIBLE DIVINE BANK. I AM ALWAYS RICH, FOR I HAVE ACCESS TO THE COSMIC STOREHOUSE. I WILL GO FORTH IN PERFECT FAITH IN THE POWER OF OMNIPRESENT GOOD TO BRING ME WHAT I NEED AT THE TIME I NEED IT."*

**Create the Balance Between Needs and Wants:**

**Know the difference between needs and wants. If the perception of "needs" is boiled down, then the necessities for a happy life can be easily met.**

**The ideal of balanced living is a middle path between the ideas of the East and the West. The East says: "Meditate on God; never mind what you don't have." I think that is too extreme. At the other extreme, the West says: "You must have a nice car and house, and new clothes, and everything that will make you comfortable and keep you entertained; it doesn't matter whether you can afford it or not." Luxury is the goal in the West; it is a habit, and the law of habit makes one bound to his accustomed ways.**

**Simple living does not mean poverty or poverty consciousness. There are destitute people whose lives are miserable; that is not the ideal of simple living. Simplicity means to be free of desires and attachments, and supremely happy within. It requires a masterful mind and a very strong will to live simply. It entails neither hardship nor deprivation, but the wisdom to work for and be content with what you truly need. To spend money on foolish things, even if you have the means to do so, is weakness. Practice self-control, and reduce your wants to purposeful necessities. And do not live beyond your means; that is the first lesson to learn if you want to be prosperous. Spend less than your income; otherwise, you will never be satisfied and happy. Above all, hold to the thought: "My happiness is unconditional; I can do without anything. But since God has given me a body to look after, I shall do my best to supply it with the proper necessities of life."**

*Activate the Law Through Generosity and Unselfish Service*

*If you learn to apply the divine law of prosperity, it will wait on you. That is the secure way; it is the only condition in which you can be secure in this world. That wealth no robber can steal; it is the security that everyone needs...*

*If man works in harmony with the divine law of success, he receives abundance; if by wrong actions he disrupts its generous flow into his life, he punishes himself..*

How are you to work in harmony with the principles of that divine law? First of all, as I said, leave behind desire for and attachment to luxuries; develop your mind power so that it is satisfied with simple things. After that, say: “Well, my needs are only a part of my responsibility. I have dependents and must fulfill my obligations to them also.” Provide for your family, but never spoil your children with too much money.

*Unless you include the welfare of others in your prosperity you will never be ideally prosperous. I do not mean just a disinterested giving of money to needy persons, but a sincere reaching out to help others help themselves. Then you will see a tremendous law of supply at work in your own life. No matter what your situation might be, that law of reaping the good that you sow will be always with you to help you.*

*Most people think first and foremost about themselves, and about making money to satisfy their own desires. If you do that, sooner or later you are going to be deceived. Rather, you should start with this thought: “My life’s duty is to make others happy.”...*

*The ambition to live well and be prosperous becomes spiritualized if the purpose is to better serve others by being able to include them in your prosperity. In rendering good service, you are bound to get good returns; and when you get good returns, you can improve your own living standard and do even more for others. That is how the divine law works.*

*Tune In With the Infinite Sustaining Power of God*

The modern trend is to use religion and God as “baits” for more health, prosperity, and material happiness. One should seek God first, last, and all the time, not for His gifts, but as one’s ultimate Aim. Then he will find, in the abundance of God’s love, all else for which he longs. “But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.” In oneness with God, man finds the satisfaction of the heart’s every desire.

As an awakened “son of God,” man may rightfully demand of his loving Father health, prosperity, or anything else needful. Before discovering God, people usually want to the toys of material things; after finding Him, however, even the greatest material desires become insipid – not through indifference, but through comparison with the all-satisfying, all desire-quenching God-Bliss. Many people unsuccessfully strive for a material goal all their lives, failing to realize that if they had put forth one-tenth of the concentration used in seeking worldly things into an effort to find God first, they could then have had fulfillments of not only some, but all of their hearts’ desires.

Those who will meditate and love God shall see Him. You make excuses, saying: “O God, if I had a little money, or if I had a little better health, or if this or that were different in my life, then I would seek You.” In this way you are always missing the goal – never finding happiness, never understanding the purpose of life. But why beg to have small favours or material conveniences? Have Him who is the source of all things. Have Him!

The Lord says: "To men who meditate on Me as their Very Own, ever united to Me by incessant worship, I supply their deficiencies and make permanent their gains." (God Talks with Arjuna: IX:22) This has been demonstrated in my life. Five or six times I have parted with everything I had; but I received again direct from His hands. When God gives, He gives from His heart. He gives in abundance.

If only everyone could feel the grace of God as I have felt, they would know, as I do, that in Him they already have everything. That was my experience in Phoenix. I was deeply, deeply praying and Meditating, because I had to meet a great need in the morning and someone had failed me. My prayer was not for money, but for freedom. I said to Divine Mother: "Why am I put to such troubles; why do I have to face such a crisis?" But I didn't stop there. I went on meditating; and then I prayed to the Mother: "Talk to me. If You tell me to do so, I will leave everything behind and walk out of the organization, singing Thy name. I do not need anything but You. I ask nothing for myself. Test me. If You will it, I shall at this moment leave everything. In Thy Light I shall walk away."

When Divine Mother saw that I meant what I said, this is what She replied: "I freed thee long ago; but because thou thinkest thou art not free, that is why thou art not free. Dance of life or dance of death, know that these come from Me and as such rejoice. What more dost thou want than that thou hast me?" From that day I found freedom.

If you have in your consciousness the desire to please God above all else, He will look after you."...What more dost thou want than that thou hast me?" Will you remember that? Every one of you? It isn't much to remember. If you will meditate and sincerely pray to God, you will find Him; and He will bring to you all the prosperity you need.

Use the law of meditation. It is the law of all laws, for it brings response from the Power behind all power. I knew, when Divine Mother spoke those words to me, that all would be well. The necessity was met, and I was saved from a catastrophe.

That Power will work for you as it has always worked for me. I speak these truths from my own experiences. It would not be possible for me to talk about them if I hadn't demonstrated them in my own life. I live by faith in God. My power is God. I do not believe in any other power. As I concentrate on that Power, it works through me...

I move by Spirit; there has been no thought of money, but of service to mankind; and because of that, the Lord has opened up all channels to support my existence and the existence of this work of Self-Realization Fellowship (Yogoda Satsanga Society of India) ...

That power of God is working with you also. You will see it is so if you have faith and know that prosperity comes not from material sources but from God.

#### Practice Gratitude and Thanksgiving

*Thanksgiving and praise open in your consciousness the way for spiritual growth and supply to come to you. Spirit pushes Itself out into visible manifestation as soon as a channel is opened through which It can flow. You should be thankful for everything at all times. Realize that all power to think, and speak, and act comes from God, and that He is with you now, guiding and inspiring you.*

*Every day should be a day of thanksgiving for the gifts of life: sunshine, water, and luscious fruits and greens that are indirect gifts of the Great Giver. God makes us work so that we may deserve to receive*

*His gifts. The All-sufficient One does not need our thanks, however heartfelt, but when we are grateful to Him our attention is concentrated, for our highest benefit, upon the Great Source of all supply.*

*Open our eyes and see the good that you now have, and then keep alert and alive to recognize each new manifestation as it comes to you. Speak with devotion to the Father and thank Him for all the good things of life. He is with you always, and nothing can interfere with success if you acknowledge the divine Power within you.*

There are some affirmations given here. (those are given in uppercase) There are topics given here on creating balance, on practicing gratitude. Guruji has given a very interesting personal experience here about how **“five or six times I have parted with everything I had; but I received everything again direct from His hands.”**

Let's go over that movie. It begins with “You can have anything you want.”

My question is, “Can God be that anything?” Ask yourself, “What do you really want?” If you really want God you will have God. You probably don't have the right concept of what God is. If you had you would realize God is always with you. If that is the case how can I attract God? How can I be more attractive to God. The Law of Attraction says we are like magnets. We have the power to attract things to ourselves like a magnet. The movie has been very well made with 3 or 4 people coming at the same time and bombarding the same idea in different ways. If we are a divine magnet and we can attract divine things to ourselves. My question is how can we do that?

Chp.12 Vs. 13 to 20 speaks about the qualities of the devotee that are most endearing to God.

**Vs. 13-14, Chp. 12 of God Talks with Arjuna:**

*advesta sarvabhutanam maitrah karuna eva ca  
nirmamo nirahamkarah samdukkhasukhah ksami (13)*

*samtustah satatam yogi yatatma drdhaniscayah  
mayy arpitamanobuddhir yo madbhaktah sa me priyah (14)*

**He who is free from hatred toward all creatures, is friendly and kind to all, is devoid of the consciousness of “I-ness” and possessiveness; is evenminded in suffering and joy, forgiving, ever contented; a regular yoga practitioner, constantly trying by yoga to know the Self and to unite with Spirit, possessed of firm determination, with mind and discrimination surrendered to Me – he is My devotee, dear to Me. (13 – 14)**

Everything that is needed to be acquired by a devotee is summarized in these two verses. The entire spiritual life is summarized in these two verses.

When I came to Igatpuri this time 2 days back I asked Shukra “Where are my friends building the nest this time?” The last year they had built the nest near the dining room. (They tried building the nest in different spots and every time they failed they would give up that spot and start trying another place. I used their story to explain ‘Surrender’ during the last Sharad Sangam.) Shukra said: We broke it. So I thought they must be somewhere around. I looked around and found them flying in a particular direction again and again. Today I saw one of them building a nest just outside my window. God is telling me: “You want to see my little birdies? If you want to see how they build the nest and feed their little ones, then I will put them from where you can see them best.” That is God's way of saying He loves me. He is saying, “You could not see them so well last time, I can make it even better.” I told Shukra “Don't break their nest this time.”

Try to see God's hand in everything happening in your life. Last night I saw the little birdies – they were still guarding the nest at night. By the law of attraction we attract the things to our self that we want. At such times tell God, "I thank you God." I thank Him for expressing His love to me.

**In God Talks with Arjuna Chp. 9 Vs. 22 to 24:**

*ananyas cintayanto mam ye janah paryasate  
tesam nityabhiyuktanam yogadsemam vahamyaham (22)*

*ye 'py anyadevatabhakta yajante sraddhayanvitah  
te 'pi mam eva kaunteya yajanty avidhipurvakam (23)*

*aham hi sarvayajnanam bhokta ca prabhur eva ca  
na tu mam abhijananti tattvenatas cyavanti te (24)*

**To men who meditate on Me as their Very Own, ever united to Me by incessant worship, I supply their deficiencies and make permanent their gains. (22)**

**O Son of Kunti (Arjuna), even devotees of other gods, who sacrifice to them with faith, worship Me alone, though not in the right way. (23)**

**I am indeed the only Enjoyer and Lord of all sacrifices. But they (the worshippers of My lesser forms) do not perceive Me in My true nature; hence, they fall. (24)**

When we start complaining I cannot meditate, the body is giving me trouble etc. we are not surrendering to God. God has said, "don't worry. I will supply your deficiencies." I offer to him my all my kriyas whatever I have done. I have done them. He will supply my deficiencies even if they were not perfect.

**In Vs. 34 of Chp. 9 of God Talks with Arjuna, it is written:**

*manmana bhava madbhakto madyaji mam namaskuru  
mam evaisyasi yuktvaivam atmanam matparayanah (34)*

**On Me fix thy mind, be thou My devotee, with ceaseless worship bow reverently before Me. Having thus united thyself to Me as thy Highest Goal, thou shalt be Mine own. (34)**

**In Vs. 9 of Chp. 10 of God Talks with Arjuna, it is described how the yogis and devotees should behave.**

*maccitta madgataprana bodhayantah parasparam  
kathayantas ca mam nityam tusyanti ca ramanti ca (9)*

**Their thoughts fully on Me, their beings surrendered to Me, enlightening one another, proclaiming me always, My devotees are contented and joyful.**

Proclaiming me always means the way we are talking about Him now. Being contented and joyful – these are the qualities which will make us attractive to God. In the 11<sup>th</sup> Chapter of God Talks with Arjuna, Krishna gives Vishwaroop darshan to Arjuna and Arjuna asks in the last verses how can one get the Viswharoop Darshan of God and Krishna replies:

**Vs. 53 – 55, Chp. 11 of God Talks with Arjuna:**

*naham vedair na tapasa na danena na cejyaya  
sakya evamvidho drastum drstavam asi yan mama (53)*

*bhaktya tvananyaya sakya aham evamvidho 'rjuna  
jnatum drastum ca tattvena pravestum ca paramtapa (54)*



*matkarmakrn matparamo madbhktah sangavarjitah  
nirvairah sarvabhutesu yah sa mam eti pandava (55)*

**But it is not unveiled through one's penance or scriptural lore or gift-giving or formal worship. O Scorcher of the Sense-Foes (Arjuna)! Only by undivided devotion (commingling by yoga all thoughts in One Divine Perception) may I be seen as thou hast beheld Me in My Cosmic Form and recognized in reality and finally embraced in Oneness! (53-54)**

**He who works for Me alone, who makes Me his goal, who lovingly surrenders himself to Me, who is nonattached (to My delusive cosmic-dream worlds), who bears ill will toward none (beholding Me in all) – he enters My being, O Arjuna! (55)**

Let everything be focused on Him. We have nothing else in life. If you concentrate on what we don't want it brings more of the same negativity. So concentrate on what you want. This in yogic parlance is 'dvesha'.

**Vs. 64, Chp. 2 of God Talks with Arjuna:**  
*ragadvesaviyuktas tu visayan indriyais caran  
atmavasyair vidheyatma prasadam adhigacchati (64)*

**The man of self-control, roaming among material objects with subjugated senses, and devoid of attraction and repulsion, attains an unshakable inner calmness. (64)**

If you want to get rid of a bad habit don't concentrate on that or you will only strengthen it. If we see our students or children going wrong don't say, "Don't, don't, don't..." Avoid negative words. Don't say 'don't'. Instead it is better to say 'wouldn't this be better'. Instead of constantly saying, 'I don't want to get angry,' say, 'I am peaceful, peace is my real nature.' You will attract peace.

Don't dwell on tests, trials, human weaknesses. Or else we find ourselves sitting in meditation with our minds dwelling on why should this or that happen, or we dwell on past problems. Even if the difficulties are real e.g. problems with someone, by thinking about them we give them power.

Homeopathy is a very deep science. It is perhaps one of the few systems which deal with mental and physical problems. A homeopathic doctor inquires of his patient, how does your problem get - better or worse, how do you feel when lying down, or moving around. Thinking of a disease makes it worse.

Quantum physics says that our mind alone shapes our world or reality. Then how to use the mind to manifest God within and without? By using God's power within us to focus on the positive and good. Fortunately affirmative thoughts are more powerful than negative thoughts. That is good for us. Thoughts attract things. Instead of saying, 'God is far away, He has abandoned me.' Say, 'God is with me, here and now.' Instead of saying, 'I have so many incarnations to go.' Think, 'this is my last incarnation.' Otherwise God will say, 'You yourself said that you have so many incarnations to go.' That is why 'The Secret' was kept hidden to a few. In the Autobiography of a Yogi it is mentioned:

Chp. 26:

**"Elijah, Jesus, Kabir and other prophets were past masters in the use of Kriya or a similar technique, by which they caused their bodies to dematerialize at will.**

**Kriya is an ancient science. Lahiri Mahasaya received it from his guru, Babaji, who rediscovered and clarified the technique after it had been lost in the Dark Ages.**

**"The Kriya Yoga which I am giving to the world through you in this nineteenth century," Babaji told Lahiri Mahasaya, "is a revival of the same science which Krishna gave,**

millenniums ago, to Arjuna, and which was later known to Patanjali, and to Christ, St. John, St. Paul, and other disciples." .. Krishna also relates<sup>3</sup> that it was he, in a former incarnation, who communicated the indestructible yoga to an ancient illuminato, Vivasvat, who gave it to Manu, the great legislator.<sup>4</sup> He, in turn, instructed Ikshwaku, the father of India's solar warrior dynasty. Passing thus from one to another, the royal yoga was guarded by the rishis until the coming of the materialistic ages.<sup>5</sup> Then, due to priestly secrecy and man's indifference, the sacred knowledge gradually became inaccessible.”

Fortunately Babaji rediscovered this lost science of Kriya Yoga. Lahiri Mahsaya’s intercession brought it out for the world and made it commonly available to us through Sw. Sri Yukteshwarji and our Gurudev. Practice with Shraddha and Saburi.

**Vs. 20-23, Chp. 6 of God Talks with Arjuna:**

*yatroparamate cittam niruddham yogasevaya  
yatra caivatmanatmanam pasyann atmani tusyati (20)*

*sukham atyantikam yat tad buddhigrahyam atindriyam  
vetti yatra na caivayam sthitas calati tattvatah (21)*

*yam labdhva caparam labham manyate nadhikam tatah  
yasmin sthito na dukkehna gurunapi vicalyate (22)*

*tam vidyad dukkhasamyogaviyogaviyogam yogasamjnitam  
sa niscayena yuktavyo yogo ‘nirvinnacetasa (23)*

**The state of complete tranquility of the feeling (chitta), attained by yoga meditation, in which the self (ego) perceives itself as the Self (soul) and is content (fixed) in the Self; (20)**

**The state in which the sense-transcendent immeasurable bliss becomes known to the awakened intuitive intelligence, and in which the yogi remains enthroned, never again to be removed; (21)**

**The state that, once found, the yogi considers as the treasure beyond all other treasures – anchored therein, he is immune to even the mightiest grief; (22)**

**That state is known as yoga – the pain-free state. The practice of yoga is therefore to be observed resolutely and with a stout heart. (23)**

Our positive and negative emotions act like an emotional guidance system. Positive thoughts make us feel good, while negative thoughts make us feel bad. Thoughts need to have corresponding feeling. If you think of God but also have a positive feeling, then the thought and feeling attract God more. Japa can become superficial if in your mind you are planning or thinking of the past or future. If the feeling is not there then the practice is less effective. E.g. if you see some kind of advertisement of a car or a watch in the window, it kindles a desire in your heart (vasana). The mind says, ‘Don’t you want this?’ The mind starts to go round and round thinking that thought, and the mind will constantly go on till that desire is not fulfilled. Advertisements are meant to make you want it, to go for it. In that sense Guruji was the greatest advertiser of Kriya Yoga. After reading the Autobiography of a Yogi, everybody wants to know, ‘What is this Kriya Yoga?’ ‘I want Kriya Yoga’ And Guruji did use the best techniques of Business Management.

If God were to come out now and show himself to you, you would feel instantly detached from everything else. If you even had an iota or inkling of God’s love you would simply go crazy. You

wouldn't want anything else. The people who have had near death experiences – none of them wanted to come back. But only a slight suggestion by that same power “But what about your baby or your business” would create a fraction of a desire for a second and then you come back. You have to be very determined. If you want me to go you must come with me. You must be like a naughty baby. Where ever he goes mother must come with him. He will hold on to the mother's hand and pull her – ‘No, you also come with me.’

Dr. Lewis had seen the light in the spiritual eye but could not understand it. The very first time when he saw Guruji he asked him, “I see this light, about which I read in the Bible. Can you explain it to me?” and Guruji said, “Yes, I think so.” Then Guruji asked Dr. Lewis to sit down in front of him, cross legged (Dr. Lewis had never sat cross legged before that). But before showing him the spiritual eye, Guruji asked him, “Will you promise me that you will love me, the same way as I love you?” That is, Guruji was confirming the Guru-disciple relationship before introducing him to God. The doctor was confused. I have hardly met Him for the first time and he is asking me, if I will love him forever. But Dr. Lewis answered, “Yes”. Then Guruji touched his own forehead with Dr. Lewis' forehead like we see in the movie Millareppa and his mother touch each other's foreheads. Dr. Lewis' body became full of light. Then he understood the wordings in the Bible:

**"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light." Matthew 6:22, 23**

If God were to show himself to all, all his creation would end. It would get instantly dissolved. You and me want to go beyond creation. So we must tell God, “Creation is your problem, but get me out of here.”

**“He is the nearest of the near, the dearest of the dear. Love Him as a miser loves money, as an ardent man loves his sweetheart, as a drowning person loves breath. When you yearn for God, with intensity, He will come to you.**

- Sri Sri Paramahansa Yogananda, “Sayings of Paramahansa Yogananda

How to feel good about God all the time? Feel His joy in all that we do. Love and Joy go together. If we do everything for God, as we do for our near and dear ones, our loved ones, then it is bringing us closer to God all the time.

**Vs. 26, Chp. 9 of God Talks with Arjuna:**

*patram puspam phalam toyam yo me bhaktya prayacchati  
tad aham bhaktyupahrtam asnami prayatatmanah (26)*

**The reverent presentation to Me of a leaf, a flower, a fruit, or water, given with pure intention, is a devotional offering acceptable in My sight. (26)**

God is saying, whatever actions you perform offer it to me. Pray before and while and after doing anything and give it to God. For whom is it that we are doing all this? Not for a God outside of us; but for a God within us.

Distinguish between God within us and the ego within us. That is the core of the problem. Solve that and you have solved the problem of life. Then life can be absolutely phenomenal. Graduates can certify then that phenomenal changes have come into our lives. Remember the statement in the film ‘The Secret’ - “Your wish is my command.” As if God is a genie and a slave of man and wishes to fulfill the desire of man. Sometimes the question arises, “What is God? A Slave or a Commander?” He can be both.

**Guruji says in the chant:**

**O devotee I can give thee salvation,  
But not My love and devotion;  
For when I give those away  
I give Myself away.  
Ask of Me salvation,  
But not My love and devotion;  
For indeed, then, when I give those away,  
I become poor,  
Enclosed in your heart's way.**

If we pray for and ask for love and devotion, then God becomes our slave. It is easier for him to give us salvation or He will have to do everything that I ask. He will have to build bird's nests just outside my window. There are many scriptural stories about how God took on slavery for the sake of his bhakta. It is very easy for God to fulfill our earthly desires. To show how much he loves me he has many indirect ways of showing it. It is very easy to get earthly gifts from God. But that is not very fulfilling. But to get the supreme gift of Himself – to be able to get beyond His maya is what we have to ask for.

In the film the Secret, they laid out three steps to get what you want. The first was – Ask. That means 'PRAY.'

The second was, 'ANSWER'. God is always answering your prayers. How? That is not your business. He has many ways.

The third was, 'RECEIVE'. Receive in mind and heart whatever God gives. The devotee must first passionately want God and not his phenomenal gifts.

He must have the faith that God will give to him in His own time. Be there when He comes (like a thief in the night), accept the way He comes. Generate the feeling that you have what you want even now, already. Behave as if you have what you want even now.

Why not apply this principle to God? He is there all the time with you. If my breath stops, heart beat stops, only if the spiritual eye can be seen, will I have God only then? Why now say – He will decide in which way he wants to come. He may come in great humility. Even Lahiri Mahasaya had to learn a lesson when he saw Babaji washing the feet of the anchorite in the Kumbh Mela. He can come to us in any form. To take us to the other side of maya – even that is his plan. He is with me even now, in this form or that form. May be he wants to express himself through my words, my actions.

Why go far? Go to the first YSS lessons: What is definition of Self-Realization? (It is not in the first lesson).

**"Self-realization is the knowing—in body, mind, and soul— that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God's omnipresence is our omnipresence; that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing."  
—Paramahansa Yogananda**

If you don't have a quality that you want to develop, instead of waiting for that quality to become yours behave as if you already have that quality now. Don't bind God with preconceived

notions. Tell yourself: “From Joy we come, in Joy we live, move and have our being, and in that sacred Joy we shall melt again.”

How long will it take? How long to get my dreams fulfilled? If we have to live in God, tell yourself that He is living in me now, no question of how long will it take. You saw in the film how God does everything effortlessly. Plants sprout in the soil effortlessly. God is sprouting in yours and my sahastrahara. He will manifest himself eventually in his own time and radiate through you.

Then what to do now?

Show GRATITUDE. Generate a feeling of gratitude. Last year I came in October and January on 31<sup>st</sup> December I requested devotees to put down all the good things that happened in your life on 1 or 2 or more pages. I also did that. Then I told them take another page and write down all your unsolved problems. On the night of 1<sup>st</sup> January we went up to the Wishing Well, lit a fire and dumped all our problems into the fire. But the page of gratitude we must keep reading from time to time.

From the very beginning of the day as I was bathing I thanked God for the water, and the five star treatment that we are getting at the Sadhanalaya. How many people get that? Gratitude starts there. A few days back I received an inspiring email. A teacher asked the children to list out the most important miracles in life. Some of the student’s came up with answers such as The Taj Mahal, The Eiffel Tower, The Pyramids of Egypt etc. One girl was taking a very long time preparing her list. The teacher went up to her and asked how “What’s the problem? Why are you taking so long?” Finally the child finished her list and showed it to the teacher. The teacher was puzzled. She read out: “Seeing, hearing, touching, tasting and smelling” - was what the child had written.

All this is constantly being done by God in you and me. You see some mechanical wonder or a robot and you call it a miracle. All the time God is silently working innumerable miracles daily. But only when you get a stroke you appreciate the miracle.

In the movie, ‘The Secret’ one of the ways of achieving what you want is by VISUALIZATION. Our meditation techniques also lay stress on Visualization – Energization exercises, healing techniques. In this season i.e. end of September visualize Lahiri Mahasaya at the kutastha and it will bring tremendous blessings (26<sup>th</sup> Sept is Lahiri Mahasaya’s Mahasamadhi Divas and 30<sup>th</sup> Sept is Lahiri Mahasaya’s birthday).

Feeling passion, real desire for God – how to channelize that? Christ said:

Mathew 22:37 –

**“Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.”**

Love God with all your heart means with utter devotion, with all your mind means with concentration and with your strength means with all the prana. For us it means love God with all the devotion.

Remember the Vision board story of the 1000 dollars – shown in the film, ‘The Secret’?

**The Secret Dollar Bill**

**Jack Canfield, another teacher of The Secret, told an amazing story of how he manifested first a hundred thousand dollars, and then a million dollars. His life was transformed the**

**day he took a one-dollar bill and added five zeros behind the one with a black marker. When he did that, he was only making a few thousand a year. He simply could not see how he would make a hundred thousand dollars then. But he believed in his vision.**

**He pasted the hundred-thousand dollar bill on the part of the ceiling directly above his bed. Every morning, once he woke up, he would see the hundred-thousand dollars and visualize himself already having it and living the life of his dreams. And in less than a year, he achieved his first goal. Barely a year later, he achieved his second goal – to attract a million dollars. He sold a few million copies of his ‘Chicken Soup for the Soul’ series, which have also become New York Times bestsellers.**

Use the same principle and put Guruji’s pictures all around you. Only in India you will see rickshawallas, panwallas, trucks in the front and behind with pictures of Gods.

Ask yourself, “Are the things that you have accomplished so far, worthy of you? Find out what is God’s wish for you, what is your mission? As a soul it is your divine birthright to fulfill the mission of God-Realization. In the film, ‘The Secret’ – the name of Dr. Joe Vitale appears again and again.

**If you are at all the least bit interested in Internet Marketing it will behoove you to learn more about this gentleman - as he is to Marketing what Einstein was to Science!**

**He overcame living in poverty for 15 years as well as homelessness. How many folks can boast that in their lifetime? Joe Vitale has managed to do this and yet somehow remains quite humble and unassuming. He has a calm demeanor, and yet he possesses a kind of energy that lights a fire in millions of people all around the world. Which is probably why he has been called "Mr. Fire"! All the misfortune that once plagued his life seems to only have added to his tenacity and his hunger to reach out to others and move towards helping them change their lives.**

**During the rough times, Joe was not aware of the talents and attributes lying dormant inside that would someday rise to the surface to turn everything in his life around and make him a leading Guru in the field of Self Advancement! He has such passion and enthusiasm for Marketing that he claims to have read every book written on advertising going as far back as the year 1850! He has written a book entitled "Zero Limits" on a Hawaiian-Based-Technique called ho’oponopono that a Dr. by the name of Ihaleakala Hew Len used to heal a complete ward of Criminally Insane patients -without ever seeing any of them! All by simply saying in a repetitive type of meditation "I am sorry and I love you!" (All the prison cells had to be closed as a result of this healing.)The idea behind the chant or mantra is said to work with the principle of healing ourselves to heal others around us as well.**

**He wrote a book called the ‘Zero Limit’. He says: “Ho’oponopono is an ancient Hawaiian art where you learn that everything that happens in your life is 100% your responsibility. Ho'oponopono through self identity, allows you to be responsible for all your actions, problems, and opportunities that come your way. By cleaning your subconscious, you open yourself up to inspiration by god**

**or the divine. Learn the next step to the law of attraction, and begin to change your life! Follow my story of using Ho'oponopono in my life.”**

According to this book, you shrink your ego to zero. Ego becomes zero. Then you find God all the time, miracles all the time. There are three stages to this awakening.

1. Map of life's spiritual journey.

If you are a victim, if you are born feeling helpless, powerless, you feel as if the world is out to get you. Wherever you go you find bad guys, bad social groups, we don't feel we don't have any influence. So group together, protest, get together to fight.

2. Be in control.

When you reach a life changing book such as the 'Autobiography of a Yogi' or see a film like 'The Secret' you wake up. You use your power to visualize. You enroll for the lessons, attend satsangas,. You tell yourself I can attain God in this life. This is what Sw. Anandmoyeeji says in his video. You realize the power to visualize. You begin to experience the magic. Life looks pretty good. The victim stage is in control. All the people in the movie are in this second stage.

3. Awakening stage.

At some point after stage 2, you realize that with all the new found power you are still not in control of everything. Surrender to a greater power causes miracles to happen. You develop an awareness of surrenderance to the divine. You get inspirations and you act upon it. You realize you have free choice but you do not have control over your life. The greatest thing you can do is to agree to each moment. You live in general in a constant state of amazement, wonder and gratitude.

The best way to get to 'Zero limit' is by the grace (the unmerited love and favor of God toward mankind) of God. Guru kripa hi kevalam. Surrender. We only try to surrender. We hope to surrender the imperfect kriya. Perfection comes only by His grace. Ultimate stage of Kriya Yoga is when the ego thinks of itself as zero and can go into the spine and go up and down the spine. Then only complete surrender is possible.