

**Sharad Sangam 2009**  
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**The Meaning of Loving God**

**-by Sw. Smarananandji**

The subject matter today is ‘The meaning of loving God.’ All religions say – Love God. Whatever spiritual path you may follow, be it Gyan Yoga, Bhakti Yoga, Karma Yoga or Raja Yoga, you are advised to love God. Loving God is a very common principle in the spiritual life.

What does it mean – to love God? How can you love God? - By loving people whom we are familiar with? But how do we love God? This cannot be a vague concept or all religions would not make it a fundamental principle. We can love God in many ways, there are many shades of love.

Guruji’s article ‘A Scripture of Love’ – the last in The Divine Romance, is very special for me. It is not coming from Paramhansa Yogananda but from God through Paramhansa Yogananda. Guruji is at-one-ment with God. A human being could not have written that article. God writes:

**‘I am Love. But to experience the giving and the gift of love, I divided Myself into three: love, lover, and beloved.’**

For love to exist there must be two people – gifting and taking. God says that He is the one who gives, who receives and also He is being given.

**‘My love is beautiful, pure, eternally joyous; and I taste it in many ways, through many forms.’**

What forms?

**‘As father I drink reverential love from the spring of my child’s heart.’**

A child respects the biological father. When any child respects the father, God residing in the father feel happy. God sitting in the father is happy to receive that love from his son or daughter. God divided himself into father and son.

**‘As mother I drink the nectar of unconditional love from the soul-cup of the tiny baby.’**

For the tiny baby mother is everything. If the mother says that there is a moon in the backyard, the child believes. When the baby holds with its tiny fingers the mothers hand with unconditional faith and love, the mother is so happy and the God sitting in the mother also feels happy.

**‘As child I imbibe the protecting love of the father’s righteous reason.’**

Father gives protection to the child. He helps the child to get education, to be well settled in life; he plans so that when the child is 25 years old he will be safe. God sitting in the father is so happy doing this. It is not just instinct but in doing so you

are pleasing God. None of us would have received education and got all that in life without the love of parents. God is happy in them.

**‘As infant I drink causeless love from the holy grail of maternal attraction.’**

A mother feels tremendous love for her son or daughter. Even if the son is a criminal and is sentenced, the mother will say, “You don’t understand why he did it.” Father may be reserved. But the son is understood by the mother. He gets unconditional love from the mother whether he is 5 or 50. Love does not end in family relationships.

**‘As master I drink sympathetic love from the flask of the servant’s thoughtfulness.’**

Coming from the elder brother or younger brother, senior or junior, or from a servant, when one does something with thoughtfulness and foresight it is so beautiful. When it comes from the junior it is divine love, then God is so happy.

**‘As servant I sip respectful love from the goblet of the master’s appreciation.’**

What does a servant expect from his Master? A word of appreciation, that his work is being recognized. When someone appreciates what we do how happy we feel. We want recognition from someone above. It can be as simple as this. I take a taxi and go home; as per the meter I give the Rs.100 and walk inside. No fault, deal done. But in addition to giving Rs. 100, if I say, “Thank you, in spite of the rain, you brought me so smoothly,” those words will mean much more for the taxi driver. Everyone in this world is dying for some appreciation. Remember this in your day to day life, when dealing with your juniors, with the servants to say – ‘food is cooking so nicely,’ ‘thank you – you have done this so nicely’ – along with the wages.

**‘A friend in need is a friend indeed.’** Don’t think when helping someone ‘when I need it, will this help come back to me or not?’ Spontaneously help materially or otherwise in the form of support.

**‘As guru-preceptor I enjoy purest love from the chalice of the disciple’s all-surrendering devotion.’**

Whether you are co-passengers in a train or plane, when you show consideration, then divine love is expressed. Each one is playing so many roles in life – that of a son, father, friend, colleague, junior, spouse. These various roles give immense opportunity to express divine love – respecting the father, appreciating the servant, being thoughtful to seniors – in all this we are loving God. God is not a human being that we see around. What is the role for us? – Responsibility to love.

When we do a job we receive the expected wages. A very popular successful magician was interviewed – “What is the secret of your success?” He answered, “Just before I perform on stage I look at my audience and say “here are my benefactors. I owe it to them. But for them I don’t have my profession.” He did not

say I pray, but this is a very effective prayer. He succeeds because he sends positive vibrations to his audience. Another magician builds his self-confidence – I am going to fool them with my tricks. Some people suggest – ‘when you give a talk, treat the people as if they are ignorant.’ That is setting up negative vibrations.

A person who was a public speaker for 30-35 years said that ‘When I go to give a class of one hour, I don’t think I am going to speak for one hour. I think it is 500 hours (for 500 people) + the commuting time of 500 people. It is so serious.

In any organization we select or elect leaders. When we offer spontaneous obedience to those leaders we express divine love. If people are breaking it then they create problems. When they say, ‘I can’t take instructions, I can’t agree with you’ – they are breaking the principle of divine love. Nani Palkiwala the great Indian jurist said – “A single Indian makes great intellect. Two Indians make two political parties. Three Indians make three political parties.”

Read the full article – Scripture of Love. God says:

**‘Those who love Me as only one person, or who imperfectly love Me in one person, do not know what Love is.’**

We cannot limit our love to one person. We may give love to one through respect, to another through giving help.

**‘Only they can know Love who love Me wisely, faultlessly, completely, all-surrenderingly – who love Me perfectly and equally in all, and who love me perfectly and equally as all.’**

Then only is Divine Love complete. When we limit our love to one or a few people we fall short of Divine Love. That brings us to the question which everyone seems to be asking indirectly, “Is it possible to love my family whole-heartedly and at the same time love God whole-heartedly? It is really possible?” We so often hear the question – “You are neglecting the family.” Yes family should not be excluded from your love. You have to only expand your love; not limit the love to a family.

One musician (not magician) was giving a beautiful musical concert. The auditorium was filled with audience. Someone said, “The auditorium is filled with the singer’s voice.” That is not a complete statement. Both the singer and the audience need each other. The audience gets its due if the auditorium gets filled with the singer’s voice and the singer needs an appreciative audience. Love for God and the family is not complete without each other. If one loves God then the quality of love that you can give to the family members is much better.

**“One who doesn’t love his fellow beings...unseen ...consciousness.” Couldn’t find.**

Ultimately we have consciousness, sub-consciousness and super-consciousness, kutastha consciousness and cosmic consciousness. Family helps us to build up our consciousness. Family is the place where man receives love, gives love. Consciousness is the wakeful state. Sub-consciousness is the dream state. Super-consciousness is the meditative state and it improves with meditation. Thus when intuition improves we reach the kutastha or Christ consciousness and ultimately the Cosmic consciousness.

Cosmic consciousness feels one's consciousness in every speck of creation. An ant pricks my toe, I know. I may not see the ant or the toe. That is because my consciousness is spread all over my body. So I don't need eyes to see. If I can feel this consciousness in the whole of creation, if I can be aware of, feel instantaneously everything that is in creation then that is kutastha consciousness. In the Autobiography of a Yogi it is mentioned, Chap. 35:

**'The master's omnipresence was demonstrated one day before a group of disciples who were listening to his exposition of the Bhagavad Gita. As he was explaining the meaning of Kutastha Chaitanya or the 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 newspaper account of the death of many people whose ship had foundered the preceding day near Japan.'**

That is kutastha consciousness.

In family because of mutual dependence, or due to power of instinct, or by sheer coexistence, we practice love for each other, sacrifice for each other; where we look for not just my comfort but also for the other's comfort. In so many families the mother or the father are living in other cities; they are ready to forego their comforts in an attempt for expansion of their consciousness by thinking of the other members of the family. Son often foregoes promotion to be with an ailing father. By such actions we are expanding our consciousness. Now decide for yourself if family is a stumbling block or a stepping stone to God. Family is a stepping stone. It is foolish to think that if I don't have a family I will not progress.

A mother has a son. She loves her son wholeheartedly. She has another son. Then does she give half her love to the first son and the remaining balance love to the second son. No! She loves the first son wholeheartedly; she also loves the second son wholeheartedly. Does loving someone more means loving someone less? Love is not like a loaf of bread – more to someone then less to someone else.

Human mind tricks us. It could even be jealous. He will feel he is being neglected. We have the capacity to give love to all, to give attention to all. If you are getting hurt then there is a lacuna somewhere. You do not understand love. We enjoy loving people.

Admit then that you have a right to love others. It is needed that you love others but also understand that others have a right to love you. Accepting the love of others is your duty. Be receptive; be sensitive to other's love. Two women met after a long time. One of them said, "I heard your son is married. What is he doing?" The second woman said, "Oh, unfortunately he is not leading a good life – Poor fellow. His wife doesn't wash clothes, doesn't cook. He has to cook; his wife is always reading books and demanding coffee in bed." The mother was very unhappy – natural; the heart of a mother. The first lady asks, "Well I heard your daughter is also married, how is she?" The second lady answered, "Oh, she is leading a very harmonious, peaceful, exemplary life. Ideally harmonious she doesn't have to cook, she doesn't have to wash clothes, she is always lying in bed reading books, she gets coffee in bed, etc. etc." DIVINE LOVE!!! Kutastha Chaitanya! When I first told this story a girl replied "Swamiji that applies to my mother-in-law." – forgetting that she is also going to be a mother-in-law.

Family is a stumbling block if we are not expanding our love, loving people all around us, and not just one. To love God with one's whole heart is to say a whole hearted yes to life and all that life brings with it. To accept without reservation all that God has ordained for you. To have the attitude – 'Not my will, but yours will be done.' To love God as one's own you should be able to say the famous prayer that Dag Hammarskjold said: **"For all that has been 'thanks.' For all that shall be 'yes.'"**

We are telling God – I am ready. You can only tell God: **"For all that has been 'thanks.' For all that shall be 'yes.'"**

Then we are beginning to love God. To appreciate this point, let me explain it this way. In a family, there are two children; mother loves both the children equally. Mother prepares a sabji. And she knows that each child likes a particular sabji. But she cannot daily prepare sabjis acceptable and interesting to all. Suppose a child grumbles and eats, doesn't it hurt the mother; and another child understands the mother's helplessness and cheerfully and hopefully accepts knowing that one day mummy will make my favorite sabji. How much better the mother will feel? It has nothing to do with your lack of love. Divine Mother similarly sends various events in this life for various reasons. I am not alone in this world. I am there and also someone else is related to this event. Someone else has also a stake in it. It doesn't mean that Divine Mother doesn't love me. Not so. You say "I will bear it

cheerfully” and move on. Tell Divine Mother “I know you love me.” Say the prayer: **“For all that has been ‘thanks.’ For all that shall be ‘yes.’”**

Loving God means being able to say this prayer at the end of the day; then you love God.

We are unhappy about the events in life sometimes. Do we know about the events in life, what is good for us? A family man had a horse. One day his horse ran away into the forest. The man’s neighbors started to say, “Oh, it is so unfortunate.” The man said, “Good fortune or bad fortune, I will take it.” The horse returned after a few days and it brought with it another one. Everyone started to say, “How lucky you are!” The man said, “Good fortune or bad fortune, I will take it.” The man’s son while trying to tame the other wild horse fell off and broke his leg. Everyone started to say, “Oh, it is so unfortunate.” The man said, “Good fortune or bad fortune, I will take it.” A war broke out with the neighboring king. All the youth were being forced by the soldiers to join the army. They also came to the house of this man but on finding the son taken to bed, they left him. Everyone started to say, “How lucky you are!” The man said, “Good fortune or bad fortune, I will take it.”

For all that has been thanks. We don’t know what is good for us. We may be having a good job, and we may be looking forward to it, but later it may prove to be unfortunate. If you simply surrender then you are loving God. What makes us not to love God? In the cosmic chants:

**Do not dry the ocean of my love,  
With the fires of my desires,  
With the fires of my restlessness.**

Desires! Desires cut at the root of our love for God. Both legitimate and illegitimate desire, necessary and unnecessary desire, good and bad desires take you away from God. For this restlessness the solution is meditation. When we are in calmness, in stillness then we feel a love for God.

There is another reason. Why can’t we surrender? Why can’t we accept it? I will give you an analogy. An Indian company exported a machine to another country say Belgium. The machine broke down and the foreign company sent a cable to the Indian company saying, “The machine has broken down, kindly send someone to fix it.” An engineer was sent. The engineer who came looked so young and inexperienced that the foreign company sent another cable saying, “Please send someone mature and experienced.” The Indian company replied back, “Please give him a chance; he is the inventor of the machine.”

Who is the inventor of this machine? God. Whatever extent of damage I have caused, can he not repair this machine? We feel God is too naïve, too innocent. Is he aware of my needs, my desires? Desires are so strong that we get blinded. Everyone else is naïve, they don't understand. That is where the problem lies. Learn to accept life wholeheartedly.

Do you ever give your time to anyone in whom you are not interested, or do not give your love to? What do you do? You say, "Very nice, good day," and move aside. You don't give your time. Meditation means keeping your appointment with God, means you are loving God. Even if meditation is not going well, you are keeping your responsibility. I love God 1 ½ hour morning and evening, - saying and doing that means you are loving God. Regularly meditate – it can give you tremendous joy. Also sometimes we face failures in meditation. Just the same we do it, irrespective of what we get. We still keep our appointment because you are in love with God.

Yet another way of loving God: How do you love your son? Conditions do not matter; whether the son behaves properly or not, whether he passes or not, whether he is employed or not, whether he is spiritual or not, your love for him is the same, unconditional, no matter what he does. You tell yourself, "This condition of his is temporary. He will be all right soon." Angry or sick, joyful or sorrowful, good day or bad day, future is bright or future is bleak, go on meditating. Then you can say, "I am loving God."

One saint said, "While seeking God, while loving God, don't be like the ordinary soldier who works and asks for his daily wages. Be like the noble officer who works without asking for his wages. An officer works with a dignity. He is sure all his needs will be taken care of. When you meditate for 1 hour or if you are generous today you meditate for 1 ½ hours and at the end you ask where is my peace of mind, then you are behaving like the ordinary soldier. At the end of 1 ½ hour I am asking where is my reward? Remember the reward is credited into your astral bank. Don't you sometimes say, "I was going through such a difficult time, when suddenly Guruji came and helped me through this thing or that one." From where did the help come? - From the astral bank. Rescue will come from the astral bank at the appropriate time.

Sw. Sri Yukteshwarji is a *Gyanavatar*. Even in his dealings outwardly he appears so strict. But his discipline was rooted in love. His nature was strict but he was full of love. He ended his Holy Science with words from the Stanza 2 from the third canto of The Lay of the Last Minstrel, by Sir Walter Scott:

**“Love rules the court, the camp, the grove,  
The men below and saints above;  
For love is heaven and heaven is love.”**

Sw. Sri Yukteshwar explains:

**The power of love has been beautifully described by the poet in the stanza quoted above. It has been clearly demonstrated in the foregoing pages that “Love is God,” not merely as the noblest sentiment of a poet but as an aphorism of eternal truth. To whatever religious creed a man may belong and whatever may be his position in society, if he properly cultivates this ruling principle naturally implanted in his heart, he is sure to be on the right path to save himself from wandering in this creation of Darkness, *Maya*.**

Love is naturally implanted. It is there. It only has to be nurtured. It is not to be explained. It is to be practiced. It has to be expressed in little ways. Then there is the satisfaction of loving God. I will end with 2 small stories. For one who treats the daughter and daughter in law separately family is a stumbling block.

Two brothers in a village had a common cultivation. One brother was married and the other was not. Each time after the harvest the brothers would divide the harvest into two equal halves. The elder brother would think ‘I have a family and children who will look after me in my old age. My younger brother has no one. So he should have a greater share. But if I give him a greater share he will not accept it.’ So at night he would quietly take one bag and place it in the younger brother’s store room. The younger brother would think, ‘My elder brother has a family to look after. I have no responsibility. So he needs extra grain. But if I give it to him he will not take it.’ So he would also come at night and quietly put an extra bag in the elder brother’s store room. They were so busy looking after each other that they never took stock of their grains. One night both met each other at the same time. Imagine what tears of joy flooded their eyes. When this incident came to light, the whole village began talking about it, and even the next generation continued to talk about it. 100 years later, the village wanted to build a temple. The place where the brothers met is the place where they decided to build the temple. Thinking of others; whether co-passengers or family members; is the importance of expressing, divine love.

Let us go through the points which help us to love God:

1. By loving people around us, not only our family members but everyone we come across; respecting, loving, appreciating them.
2. Taking care of our family.

3. Accepting life as it comes along. Saying 'thank you' for all that happens. Be ready to accept everything in life.
4. Meditating regularly.
5. Meditating no matter what happens.

Once God wanted to hide from man. I don't know why? As it is he is hidden away. The angels started giving free advice.

"Hide on the highest inaccessible peak."

"No it doesn't help. Adventurers will come and find me."

"Hide under the sea, it is very deep," said another angel.

"No, it is not safe; they have radar, sonar to catch fish. They will come and catch me."

"Then hide behind the sun, or moon," said another angel.

"The moon is already conquered. The sun is not far from being conquered and they have telescopes, other scopes."

"Then hide in man's heart. He will look here and there; but never in his heart."

A true devotee, a true lover looks in the heart. When love is sacrificing what is coming into play is the heart. There God cannot escape. Let us use love in our daily life. As devotees of *Premavatar* let us tell God, "You can't hide for long."