

## **2017 Convocation ~ “Mastering the Techniques of Meditation - Part II”**

### **Brother Ishtananda**

(DISCLAIMER: These notes are our best attempt to capture the essence of what was said at this class. There is always a degree of human error involved when taking notes and we have transcribed them to the best of our ability.)

“I was knocking on the door. The door opened. I found I was knocking from the inside.” ~ Rumi

The sense of identification with the body is the source or root cause of our soul’s misery.

“Religion is nothing but the merging of our individuality and universality.” ~ Paramahansa Yogananda, The Science of Religion.

Merging with Om. The devotee’s key to merging with Om is to listen for at least 15 minutes.

Brother said that he wanted to know what was inside Om. Eventually he became less aware of the body and the breath. Merging happens when one is so immersed in the sound, there is no I, there is only the Om sound. During the Om technique, stay with the sound, not the light, until done with the technique.

There is no difference in God and the power of God in creation that is Om. Listening to the astral sounds is spiritually beneficial and will help with kriya. We want to hold on to the “I” or our spiritual story, tied up in being a spiritual person. The goal of spiritual life is to not be a person.

“When the ego steps in, God steps out. When the ego steps out, God steps in.” ~ Rajarsi

Try loving God as Om.

“Let go or be dragged.” ~ Zen saying

One Devotee’s Secret to Merging with Om

- 1) Regular practice
- 2) Listen intently without strain
- 3) Get within the sound; inside the sound.
- 4) Length of practice
- 5) Surrender so deeply that the sense of I disappears and only Om remains.

“It is only by making everything serve your main objective that success is attained.” ~ Paramahansa Yogananda, The Law of Success

We have to want it more than anything else.

“Do not permit life to cheat you, for that is what maya is set up to do.” ~ Paramahansa  
Yogananda.

“He came from the womb and entered the grave unnecessarily, wasting his birth.”

The remainder of this session related to directions for and practicing of the Om technique.