

2017 Convocation ~ “Transforming Your Life by the Power of Consciousness and Positive Thought” ~ Brother Satyananda

(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.)

Brother Chidananda opened Convocation with these words:

Let’s open this spiritual week by invoking the presence of God and our great Gurus. We are now entering a sacred space of the living Divine.

Ma left this world after many years of serving. Ma expressed how much love and joy she felt being at convocation. Her personal message: “Dear Ones, Warm greetings in the name of our beloved Gurudev. Immerse yourself in the timeless truth of Master’s teachings. Know in my heart and in my thoughts that I am with you. No one is more eager than Master to redeem our divine heritage. He will help us along the way and bless us. Release the cares, disturbances, and busyness of daily life. The blessings of God and Guru are pouring out to you. Think of Guruji walking with you and praying for you. Awareness of the loving presence of God and Guru is the greatest strength we have. Open your heart and consciousness fully and allow their blessings to flow through you.

Brother Satyananda:

Tonight we go to the heart and soul of positive thought – the thought of God. Master teaches that thought has unique properties. The essence of thought is vibration and each thought has its own vibration which leads to matter. This is the root cause – the vibrational potency of sacred thought.

Brother wanted his very own mantra for life. He was trying out mantras to find the right one. Nothing seemed to be working. He prayed deeply for his own mantra.

He was in a Satsanga with Sri Daya Mata. For him, at one point it seemed all the monastics seemed to disappear and he felt her say only to him that you should choose your own mantra like “Om Guru.” He was overjoyed – his prayer had been answered. But the magic wasn’t there and he forgot it. Then he prayed to Master.

Next meditation he heard Ma’s voice say, “Om Guru” and he realized she showed him how it should be chanted. So he began to invoke the mantra like Ma and felt a divine vibration. Ma repeated it with a musical intensity. This is cosmic law at work: the vibration of the sacred word.

Dynamic from Music:

Intonation – the way a note is expressed.

Repetition – is a series of notes with intonation.

Resonance – is the intonation and repetition combined.

Brother gave the example of Christopher Parkening, the classical guitarist. Brother went to a private concert of Parkening. Bach's music inspired in Parkening the spirit of Jesus. He had a prayerful concentration in the sound of each note. As the repetition continued, Brother felt the waves of the musical resonance and he started to cry. He cried from hearing the beautiful vibration of Bach on Parkening's guitar. He felt the love of Jesus on the guitar.

In the introduction to *Whispers From Eternity*, Master talks about the word of God – the Om.

In *God Talks with Arjuna*, Master discusses the Art and Science of Silent, Sacred Chanting.

Chapter 10, Verse 25:

“Of the Maharishis (mighty sages), I am Bhrigu; among words, I am the one syllable Aum; among yajnas (holy ceremonies), I am japa-yajna (silent, superconscious chanting); among stationary objects, I am the Himalaya.”

Master's Commentary:

“As the roar of the ocean is the composite sound of all its waves, so the cosmic sound of *Aum* is the essence of all differentiated creative vibrations. *Aum* is the symbol of God. "In the beginning was the Word, and the Word was with God, and the Word was God." His first manifestation in creation is the cosmic intelligent vibration, the intelligent Holy Ghost vibration, whose sound is *Aum* or the Word. The spoken word and all languages, the astral lore of the gods, every natural and mechanical sound—all owe their origin to the cosmic sound of *Aum*. Yogis tune in with this cosmic sound to expand their consciousness into the omnipresent perception of God.

Yajna signifies a sacrificial rite for uniting the oblation, or what it symbolizes, with the object of worship—such as offering human desires into the purifying flame of Spirit, or casting the sense mind into the Fire of cosmic consciousness. The ultimate purpose is yoga, the union of soul and Spirit.

Japa, in general, is devotional repetition, aloud or mentally, of sacred prayers, words, or names of God. Chanting of any word creates a certain vibration; practice of *japa* fills the mind with holy vibrations that neutralize vibrations of material consciousness. There are special incantations used in India, called *mantras*, which have great vibratory force. Repeating them

aloud or mentally—with sincere feeling, intelligent understanding, and intense concentration and determination to persevere until divine contact is actually felt—produces distinct results; body and mind are charged with power as their vibratory rate is heightened.

Though any kind of *japa* offered sincerely *asyajna* is advantageous, chanting or praying aloud has the defect of diluting the attention—diffusing the energy in the outer action of vocalizing. (Overemphasis on devotional paraphernalia or on the external arrangements of the place of worship also tends to divert the soul outward.) Silent worship has greater power; one's mental energy goes more quickly and directly to the indwelling Spirit.

The supreme form of *japa yajna* is superconscious chanting, divine union through the actual perception of the purifying vibration of holy sound. It does not involve any physical or mental repetition of a word or words. The yogi's attention is concentrated on listening to the actual cosmic sound of *Aum*, the Word of God, vibrating within him. Through this superior *japa*, the yogi expands his life into cosmic energy, his joy into divine ecstasy, his soul consciousness into cosmic consciousness, as he floats in the sphere of the ever-expanding cosmic sound of *Aum*.

Among immobile creations in God's dream world—those manifestations in which animate life, mind, and intellect have not unfolded—His divine loftiness is most prominently displayed in the massive Himalaya, snow-crowned pinnacle of the earth, abode and guardian of saints.” (GTWA 786-788)

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Mantra – holy word

Japa – act of repetition

Yajna – Vedic fire rite

Yajna – fire is large and chanting has a strength of purpose and intention. Very intense.

Ommmmmmmm, Guru... Ommmmmmmm, Guru

The difference is in the vibration produced.

The chanting of any word is the practice of Japa. Chanting and praying aloud is strong, but silent worship has greater power.

Master encourages us to take it within. Internalizing the thought of God.

Body and mind are charged with power as the vibrating rate is heightened.

The application is quite simple. Do not create mental pictures – just chant the mantra and let the vibrations take you.

The practice of Japa as a sacred rite fills the mind with spiritual vibration. Body and mind are charged with power. The supreme form of Japa is superconscious chanting. Concentrate and be intense for a short period of time and you'll feel the vibrations manifest. Chant and be aware of vibration.

Cosmic Om is a vibration we can feel and a sound we can hear. Sound emerges out of the vibration.

From Master's Cosmic Chants - Sound Is the Most Powerful Force in the Universe:

"Sound or vibration is the most powerful force in the universe. Music is a divine art, to be used not only for pleasure but as a path to God-realization. Vibrations resulting from devotional singing lead to attunement with the Cosmic Vibration or the Word. "In the beginning was the Word, and the Word was with God, and the Word was God" (John 1:1).

Singers of these songs who want the best results should chant them alone or with true devotees of God, with ever increasing devotion and fervor. After the notes are learned, one's undivided attention should be given to repeating them with deeper and deeper devotion, striving fully to understand the meaning of the words in the chant, until one is immersed in the bliss of singing. This joyous feeling is the first perception of God.

Words that are saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs that have power to remove the rocks of difficulties and to create the change desired.

The five states are: chanting aloud—whisper chanting—mental chanting—subconscious chanting—superconscious chanting. Subconscious chanting becomes automatic, with internal consciousness only, when the mind effortlessly repeats a chant in the background of one's thoughts and activities.

Superconscious Chanting Leads to Perception of Aum

Superconscious chanting is that in which internal chanting vibrations are converted into realization and are established in the superconscious, subconscious, and conscious minds. Holding the attention unbrokenly on the real Cosmic Vibration, Aum or Om, not on an imaginary or an outward sound, is the beginning of real superconscious chanting." (SRF Website: [http://www.yogananda-srf.org/Cosmic\\_Chants.aspx#.WZE0Z1WGO00](http://www.yogananda-srf.org/Cosmic_Chants.aspx#.WZE0Z1WGO00))

As we concentrate on vibration as sound, it will expand.

God, God, God poem is a sacred mantra that is intoned with sacred voice and feeling. Master is telling us something very important in this poem. As the challenges of maya increase with intensity, the intonation of the God, God, God chant increases in intensity. This is Japa Yajna.

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God God God

From the depth of slumber,
As I ascend the spiral stairway of wakefulness,
I whisper
God, God, God!

Thou art the food and when I break my fast
Of nightly separation from Thee
I taste thee and mentally say
God, God, God!

No matter where I go, the spotlight of my mind
Ever keeps turning on Thee;
And in the battle dim of activity my silent war cry
Is ever;
God, God, God!

When boisterous storms of trials shriek
And worries howl at me,
I drown their noises, loudly chanting
God, God, God!

When my mind weaves dreams
With treads of memories,
Then on that magic cloth I do emboss;
God, God, God!

Ever night, in time of deepest sleep,
My peace dreams and calls; Joy! Joy! Joy!
And my Joy comes singing evermore;
God, God, God!

In waking, eating, working, dreaming, sleeping,
Serving, meditating, chanting, divinely loving,
My soul constantly hums, unheard by any;
God, God, God!

- Paramahansa Yogananda
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In Scientific Healing Vibrations, Master uses highly explosive vibration bombs. Master is being metaphysical and teaches us the power of vibration.

Confront and take down the enemy on the mental level using Master's chants. Throw it into the fire! We don't have to worry about being weak and afraid if we know the power of Japa Yajna. Then we're in tune with new possibilities.

We must train ourselves to stop the useless conversations in the mind and begin quietly chanting Om Guru. Then as the mind is drawn in, fill the mind with the mantra and you'll be lifted up.

Activate the silent mantra within until it exceeds the conflict around you. You will feel the vibrational shift. The power of Japa yoga will neutralize the worldly maya. Sharpen your sword – work with the mantra.

You are creating a sustaining energy of Om and it will be there for you when you need it. It's a great defense system and it puts you in a higher vibration.

We hear the clarity in Mrinalini Ma's voice in her loving relationship with God. Vibrations of chant will transform. Behind Ma's prayer is Japa Yoga. They know the power that comes from invocation. This is how we get the vibration of God through the Om vibration. Feel the ocean of God's love behind your consciousness.