

**2017 Convocation ~ “The Cosmic Mystery of Karma and Reincarnation”
Brother Sevananda**

(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.)

The individual sparks in creation are given free will/choice. That is where karma came into being. When spirit alone existed, it expressed itself as inanimate motion. It manifested the animal kingdom in life, the song of the nightingale. Then it said I am not conscious of what I sing, so it created man to express rational thought.

The Superman expresses Divine Consciousness. 8 million years before man gets a body, he has had 8 million lifetimes in non-human form. The cosmic cycles are the days and nights of Brahma - 8.64 million years old.

Countless incarnations created karma: habits, samskars. We might have millions of years of karma pursuing us. We say, “No more! I want to take control of that process.” The same free will that got us tied to the endless wheel of reincarnation is the same wheel that can free us.

Wise men and women slip away from us. Only those with great and good karma are drawn to this path. Being here tells us about previous incarnations. Out of millions of people, you have been drawn here because you had something to do with the Orient before.

On one occasion Master spoke to Brother Bimalananda in his native Bengali. When asked why he did that, Master said, “You were all Bengali babus with me before.”

We have experienced the days and nights of Brahma, Yogashwari’s supreme mistress. Anandamoy Ma talked about lifetimes from the previous day of Brahma. She assures us that the comfort we will receive in the end is beyond all. “What acid of sorrow have I not drunk countless times, quaffed by the art of breath.”

We need to stop fooling ourselves about karma and admit the inescapability of spiritual law. It has always been our own thoughts and actions that are the cause of our suffering. You can say, “Woe is me” or you can get busy and weed the garden of your life.

Mrinalini Mata often listened to Master’s recordings. She said there is a misunderstanding about the law of karma. We should laugh at delusion. Be in that bliss. Stand unshaken amidst the crash of broken worlds, and you will find that God is real.

India also fell politically because of too much believing in karma. It is not God who punishes and rewards you, you punish and reward yourself. No jail can hold him if he chooses to make the jailer obey. There is no such thing as fate, only destiny. We are the judge, the jailer, and the principle. We hold the key to our prison break.

Brother read from Metaphysical Meditations. "Whatever conditions confront me, I know they represent the next step in my unfoldment. I will welcome all tests, because I know that within me is the intelligence to overcome."

God is ever existing, ever conscious, ever new bliss. God is the nearest of the near, the dearest of the dear. If we love God with all our hearts, he wipes out our karma.

How do we learn to love God? First we need to know him. Yoga provides a method for that attunement. It begins with Yama and Niyama. Niyama gives us an army of positive spiritual discipline to defeat the enemy and the effect of past bad karma. The results are self-control.

With asana, we learn to hold the body still. With pranayama, we learn to control the life force. The Sanskrit root of kriya is to act/do. The root is the same for karma. Embedded in yoga is the inner science to follow to make our way home. Kriya yoga is yoga with the infinite. The yogi who practices kriya is gradually freed from karma. Master tells us that Kriya roasts the seeds of karma that are lodged in the spine and the brain.

Future actions are identified with a new identity. Then we are not leaving behind any new cosmic footprints. Babaji told us: "Even a little bit of the practice of this religion will save you from dire fears and colossal sufferings."

The purpose of reincarnation is that this life is a new opportunity given by God to destroy the evil and initiate the good.

Brother read the epitaph of Ben Franklin: "The Body of B. Franklin, Printer; Like the Cover of an old Book, Its Contents torn out, and stript of its Lettering and Gilding, Lies here, Food for Worms. But the Work shall not be wholly lost: For it will, as he believed, appear once more, in a new & more perfect Edition, Corrected and amended by the Author."

But we have to practice. It is like playing the trombone. Without practice, the sound comes out like (Brother makes a horrible honking sound).

Daya Ma said I have only one question. Divine Mother wants to know, "Did you love Me?" We need to ask did we love each other, as Divine Mother expresses in all.

The Gita said the process of coming back to this plain is a flash of light in the astral that attracts the soul and provides an entry point for the soul to enter the physical body to work out the karma that it needs.

Brother Premamoy recalled that his earliest memory was of a voice saying, "Don't touch that light!" That karmic flash was not for him.

In reality, karma is not even meant for our harm. Karma is meant for our redemption. It attracts us to situations where we can work out our karma. It is a teaching mechanism to prevent incarnate souls from being caught forever.

Remember, as the fire increases, the karma decreases.

Daya Ma recalled Master meeting with an office worker in New York who told him that a psychic had told her that in a past life she was Mary, Queen of Scots. The same psychic told the same thing to another worker. Master brought the two together and introduced them. If we want to know about our past incarnations, our guru will let us know, but it is too much for us.

Reincarnation is one of God's most closely guarded secrets. Think of the troubles and sorrows in this life alone. Remember that suffering in all of our past lives would so depress and discourage you from the beginning, that you would have no will to go on. Oblivion is a gift. Master said, "Just do the best you can. The future is beyond your reach."

Daya Mata talked very seriously with the monks about the rumors that she had been a saint in a past life. She told them that she was very concerned about this kind of diversion. "Don't do this my dears! Let it just be said that in a former life, I was someone who loved God."

Brother told a story of an emperor who at the end of his life told his family, "You are wondering if at the end of life will we ever meet again. Be assured we will meet again. It is too necessary not to meet again."

In the SRF lessons, Master asks, "Is there any satisfying explanation why our loved ones are taken away. Is nature a jester?" (He lists many questions like this.) The answer to them all is that Divine Love is trying to express itself through human souls. All of the various relationships are but catalysts intended to convert our earthly love into Divine Love, to draw everything back into bliss. Continue to perfect those relationships from life to life. The wise seek lost loves in the bosom of infinity, expanding our hearts to encompass the love of God that makes us free.

Mrinalini Mata was reading "God's Boatman" in a satsanga for the monastics, and then chided them, "But let us not be that last soul".

Master said, "Life comes from the visible and ends in the invisible. God alone has the key. In the end, we must patiently wait. ("Whispers from Eternity": Experiences in Superconsciousness)