

Brother Anandamoy Video

Awakening of Devotion: The Yearning of the Heart that Takes You to God
Greenfield Retreat, November 11, 2017-Notes

I want to review with you a couple of practical points to help you to have a deeper meditation and deeper relationship with Master. You can hear all of the stories of Master and still not get the picture, because the human mind cannot comprehend.

When Jesus told a disciple that he was going to leave, the disciple said, "Show us the Father before you go" Jesus replied. "I have been so long with you, and still you didn't know. He who has seen Me has seen the Father.

When Master first came to this country, he lived in Boston. For most of that time, he stayed in the home of Dr. and Mrs. Lewis. Dr. Lewis was just a few months younger than Master. He commented, "Master and I were like brothers. If we had known Who Master was, we would have crawled on our hands and knees in front of him."

But that is not what Master wanted. The Guru was infinite Consciousness coming down in the human body- with great love and compassion. Sri Yukteswar said, "Think of the Guru with great love." Today, Master's body is not here, but the consciousness is here. This week (Convocation week), you all felt him, but you can always feel Him.

When I came to Lake Shrine as a young monk, the grounds had not been well taken care of. The monks went there every day to work. Master came almost every day. Working with Master was not a picnic. Master would say, "We have to work like lightning!" And we worked like lightning. I had no time for meditation. In my room, I had a large picture of Master. I thought to myself, "Master is one with God. God is omnipresent. Master is here." After a few days of my doing that, Master came to me and said, "If you keep on like that, you will get where you want to go." He was referring to my habit of meditating with Master.

We were working on the building there, and I had an accident. I fell and broke my rib. Because we had a deadline, I had to keep working. Physical work with a broken rib is not exactly pleasant. I got in a heavy negative mood. This was a sign of a whole load of karma coming out for all the bad things I have done in past incarnations, I thought. I felt that master was probably not even aware that I existed. Right away, I got a letter from Master scolding me, and reminding me that He is always with me.

You have to cultivate the consciousness that you are never alone. Some day will be the last day of your life. If you are in tune with Master, Master will be there for you.

During a tour of Europe, I met many members. One was an elderly lady who was very devoted. A Few years ago, she wrote to me. She told me, "Thirty years ago, I was very sick and I died. I left the body, and there was Master with His astral body on the other side. I can't begin to tell you how I felt. Master was there. He knew I was coming. But Master told me that I needed to go back. This lady is still there in Switzerland. In a couple of months she will turn 97. I can just imagine what it is like for her now. Waiting to go home; Waiting to see Master again.

In The Divine Romance, Master reminds us, "When death comes, and there is no one to help you, God and Guru will be there. " But you don't have to die to be with Master.

In the dark age of Kali Yuga, Jesus came, just at the bottom of it. Many people can't understand how the techniques work to draw energy from the restless senses. During the Dark Ages, they relied on outer rituals and ceremonies. If we do that, we are using our senses, our mind. That is why in this new ascending age; Babaji sent us three avatars to bring back the old teachings.

Let's review some of the basic points. When we were with Master, we didn't ask him what to do. It was enough to be in His presence. When you are in the presence of God, you love Him.

Meister Eckhart was a 14th century mystic. He said, "Most people are like the farmer who likes his cow for what it will give him. " He thinks, what will I get? If we really want to love God, it has to be without selfish motive.

In 1950, when I was with Master in the desert, He told me, "Always remember: Kriya Yoga and devotion. It works like mathematics". And by that one sentence, he gave me the essence of the whole teaching. Be patient. We are an instant gratification society. We want results now. We are all in such a hurry. Never do that. The subtle benefit comes with intuition. If you block that, it won't work. Many people use gross material things of the senses and expect something good. In the beginning, with meditation, they often miss God when he comes in the subtle form of peace.

This is a major deal. Not only should we be aware of the subtle manifestation, usually peace. If you feel peace, it is not just peace, it is God manifesting as peace. But where is the second part of that formula? It's not there. The techniques are the preparation to go inside, and then comes the second part of the formula: Devotion. Some are more attuned to feel God.

Some are more likely to see light in the Christ Center. The point is, don't expect visions, because it is easy to project a vision from the self. Master told us, "The path to God is not a circus" If you see the light, it's not just light, it's God. When I came on the path, I had a friend in Europe. He wrote to me about his progress. He said, "Sometimes I see the light". It's very nice. I told him, "If you see the light, it's not just light, it's God. I waited for the next letter. Same thing. No reaction. Next time, I was tough. I said, "You might as well look at a light bulb". That was in my early years when I was tough. Then, I didn't hear from him for a long time. Then came a letter. "You were right. I brought God into my meditation, and now I understand." The second part of the formula, devotion, is often neglected.

What does the word of God mean to you? When I was a child, I heard about God sitting on a throne. He is a judge. I thought, I could never love that kind of God. I mean, you cannot love a judge, unless perhaps you are married to one. This is a Dark Age religion. I could never love God until I met Master. There, I saw wisdom, compassion, and love.

Daya Ma used to tell us that it is vital that you choose a concept of god that you can love. Daya Ma's concept was Divine Mother. Mine was Master. There was a sage in ancient India who said, "If you cannot think of the absolute, then think of the form of an avatar". You cannot love what you cannot think of. Those avatars come as a person, and through them we learn to love.

Why is devotion so important? Because, through our own efforts, we cannot find God. That is why Master put devotion into that formula. In my early days at the ashram, another monk and I were with Master. Another man came through the gates. He showed no sign of devotion to Master. Then he said to us monks, "I have done over a million kriyas." I was impressed, because I hadn't started yet. He paid no attention to Master. When he was gone, Master said to us, "He still thinks he can do it all by himself. Because of his practice, he will get to the door but not through it." Why do we need devotion? To open the door for help to come through God's grace, usually through the guru.

People often ask me in counseling, "When I see the light, how do I become that light." I tell them, "You can't. It comes through the grace of God. If you

hear that Om sound, that comes through the grace of God. If I expand my consciousness, that comes through the grace of God. And so you practice the technique. That's the science to prepare us. After that, from there on, there is love, devotion.

But what is devotion? There are all kinds of degrees of devotion. It starts with a little, and then gradually develops into a really deep devotion. Master said, "It is the yearning of the soul to become one with our source, and our source is God."

How did it happen that we are here? We probably volunteered. We were stupid enough to play in creation. At one time, we played with this wonderful bliss consciousness, and we are now looking for it in the things of this world. We cannot do it.

Finally after hardships, suffering, and so forth, we realize that God is the solution. Gradually, with deeper longing, we are drawn into the Guru. He says, "Come to Me. I will show you a deeper way." When that yearning is deep and pure, not like the farmer's love for his cow, when it becomes pure, then the door opens for his grace to come through.

When that yearning comes, this is a sign that you're very close. Someone asked me, if we have such a deep yearning for God, does it mean we cannot love any more our loved ones and friends. This kind of love is very different. Ordinary love is selfish; darkly rooted in the desires and satisfaction of desires. We are looking through things to find the satisfaction that we will find only in god. Many people in relationships think that this person is going to give me that final satisfaction. It is not fair to put that much pressure on another human being who cannot give us the ultimate love. Divine love is without condition. It is pure. We put enormous pressure on people in relationships not realizing that they cannot give us what the one Love alone can give. This doesn't take our love away, but the idea of give me, give me, give me, is out.

There are times when we meditate and are doing our best, but then there is darkness. Have you ever had that? If not, it will come. This is one of the greatest tests. Even though you think God is absent, He cannot be absent. God is with us always. He is omnipresent. He didn't say, "once in a while." He said, "Always." The saints have called the darkness "the dark night of the soul", when nothing seems to help; and these times are very precious if we understand, because that teaches unconditional love. But you have to remember that Guruji is there. He is omnipresent. Master said that the one thing needed to love God is loving God.

Master explained that even a wise man has to come back again and again because he can't believe that the Guru is omnipresent. If you can remember that Guruji is the nearest of the near, instantly you are in His presence. You have made the connection.

A saint in India once said, "Know it now or after a thousand incarnations." Do you want another thousand incarnations? (Aside: At this point your humble and note taker answered, "No!" She thought she had said it mentally, but apparently it was said out loud, because all of the devotees laughed. Fortunately Sister Brahmani was very understanding.) We might as well do it now.

Going back to the thought that master is one with God's consciousness; Guru is omnipresent. This is often misrepresented. But He said that Guru is always present in the Christ Center of His disciplines.

Now, most of us came on the path after Master's mahasamadhi. And these are the words that master spoke, and I ask you to take this personally. "I know those souls who are destined to come in the future and will follow this path steadfastly. I am with them and they are with me. "That is unconditional. Whether you spend time with Him is your choice. That (stated in the quotation) is His choice. Take that home with you. You have to work on that until it more and more becomes real.

Some of you are intellectually talking about how he could speak at the same time about the present and the future. This is not a contradiction because the sense of time we have is an object of delusion. Master said that here we have past, present, and future, but in the Christ consciousness the divisions of past, present, and future are annihilated. That is beyond maya. That is the Eternal Now, which is aware of all happenings before the time of Abraham, all happenings after him, and all happenings to come throughout eternity". (Second Coming of Christ, pg. 997).

Jesus said, before Abraham was I am. These people of his time heard it and said, either you are crazy or you have made yourself God. Master explained that Christ was totally in the Christ consciousness, in the eternal now. Einstein said, "The distinction between past, present, and future is only an illusion, even if a stubborn one." That was the teaching of the higher ages. Now science begins to discover that those ancient teachings are true. You don't have to get lost in intellectuality. Keep in mind that Master said, "I am with you", and then spend some time with Him.

Then comes another thought. People are always calling me a direct discipline. I always hated this. I always thought it was a caste for people. If

you spend some time with Master, you can use a picture of Master to focus yourself and assure yourself. Affirm, "I am with Him, and He is with Me." That is how you become a direct disciple.

Here's another little story. A disciple asked Master, "How can I change emotion into devotion. That's not a goal. It's a basic faculty we have as human beings. Some people say, I can't feel. If anyone says that, I ask them, "Have you ever been angry? Have you ever been frustrated? Have you ever been lonely?"

But how can I change emotion into devotion. It's the company you keep that determines whether you have devotion. A monk once asked, "What about when I am alone?" Then Master said to him, "Am I not always with you?" Make a point of spending more time with Master. If you watch a little less TV, you could be spending more time with Master. You have to consider how you are in his presence. He asked one, "What are you thinking?" The monk was embarrassed and apologized. Master said, "You see. I know!"

Another one who usually when he was with Master asked him some intellectual questions, I thought, "Why can't that person just shut up. " That was in the old days when I was kind of tough. I thought, "We have the opportunity to be with Master and love Him."

It is not only to be in this presence. The question is what do we do in His presence? It used to be my favorite pass time to see Master when he talked to devotees; smaller groups of devotees, not large groups like at Convocation. When He was in a small group, normally people in His presence were uplifted. There was one man who was truly, totally indifferent; and I have seen some people who were totally lost in their love for Master. That will come as a result of practice. Be with Him, and gradually you will learn it's not just an ordinary thing, being with Him. You come to the point where you're totally absorbed.

I want to come back to the point that He is with you. People tell me, "But you saw Him!" And I say, "That was 55 years ago. " What did I do in the meantime? I worked on that. I still have His pictures on my altar, but I cultivated the thought. "Master is here!"

It becomes more real, more deep. I am a little better in being with Him. Anyone can do it if you make the effort. So, when you go back to your homes, don't leave Master here. Take him with you. Ask yourself why you are drawn to Him. Because you are His own. His love is unconditional. Tell yourself that you are His own, and more and more you will have the

experiences. So spend some time with him. Love Him. Be a direct disciple.
Love Him. Be a direct disciple. (Sic)