

There is no way to convey the spiritual power in the countenance of Sister Parvati, one of two remaining living disciplines of our Guru. These notes are from the closing class held at Greenfield Retreat, Sunday, October 29, 2017.

Sister Parvati Closing Class

SRF Greenfield Women's Kriyaban Retreat

October 29, 2017

It's important to continue at home with what you have gained here. Hold onto that peace and grace and centering as long as you can. Write down the points so you can remember. I don't talk about the cosmic world as the monks often do. I try to give you practical, every day things that you can use. Have your regular meditation in the morning and evening. During the day, practice the presence. Remember that Master is right there. He is part of your family.

If the mind starts going negative, start chanting Divine Mother's name. Master your mind so that you can give it to God. See God and serve God in everyone that comes across your path. Include God and Guru in everything you do during the day. Always meditate with them and ask for Their guidance in everything you do.

Have a daily study of the teachings. Ma took one quality to work on for a year at a time. One year it was humility. Everything that happened to her during the day she related to humility. Then it was faith, wisdom, truth, and so on. She weeded out all of the bad habits that related to these qualities. Let us get in tune with God's idea of wisdom and truth. Keep in tune with Him and His guidance.

Keep occasional periods of silence, when you can, for a few hours or on weekends. A lot of energy goes out through talking. Sometimes we need to talk. But sometimes we talk only to Him. When Master encountered the nuns chattering, He would tell us, "How do you have time for that? How will that get you there?"

Have one day or evening, or if you can't do that, at least once a month to have your where you have your long meditation. If you are doing at least 48 or 60 kriyas, in the long meditations you can do all 108, or 76, or 84. You don't have to do them all at once.

Read Master's quotes.

Affirm Divine calmness and peace, and send out only thoughts of love and goodwill if you want to live in peace and harmony.

Live a Godly life yourself, and everyone who crosses your path will be helped just by being with you. Children see this. If you have a good feeling to them, if you are in a good place, they know that. They know your example. They're not stupid! They are souls that just came from the astral. Master told us, "I hope that in my presence, you feel God."

Master said, "I believe the time will come when in greater understanding, we will have no boundaries anymore. We shall call the earth our country, and by a process of international assembly, distribute the goods of the world to the needs of the people."

Master told us, "After my passing, the SRF teachings will be the Guru. The establishment of SRF begins a new era in this world. Just as Gandhi freed India by spiritual means, know that I constantly think of you all and want to see you growing in every way. There is a steady stream of Divine Power sent to you when I'm gone. You will feel this with greater impact than when I was in the body. I bless you all, and may the great presence of God descend on you.

You have no need for fear. Even when I am gone from you, I will help you with invisible eyes and through Divine Mother. I will keep you for all time and constantly whisper to you guidance to your living self. Remember Master is here now: today: right here.

The role of Self Realization is to change the world. The current era is one of profound changes. Paramahansa Yogananda and Sri Yukteswar revealed in The Holy Science that Dwapara Yuga is now ascending. Life is ascending on our planet. We are seeing modification in religion, social, economic, and political institutions. We are getting rid of the old. It is like stirring up an ant hill.

When you want to build a new building, first you have to raze the old one. The new wants to clear the rubble out and build the new on a new foundation. This is what we are seeing now.

I ask, Are you sure we're not in Kali Yuga. That's not true. He is preparing for things to go up and get better. There will be these modifications until things can settle and get better. The first 200 years of Dwapara Yuga were pretty iffy. We are now in Dwapara, but remember that it takes time. Master knew that these things were coming.

Hold to the thought that God is taking us up. Paramahansa Yogananda predicted the great ups and downs in fortune of nations, and thereafter, unparalleled progress. In times of tension and fear of global war, SRF students are asking, "What should I be doing about the world's trouble?" Paramahansa Yogananda summarized it. 1) God first. 2) God alone. The world is taking such a pounding because we have gotten away from God. Remember, the law of gravity doesn't care if you believe in it or not. It just fulfills the law. People who don't believe have often seen the unkindness sin organized religion or that people involved in it are not that highly evolved. I am not criticizing atheists. That's where they are right now. But I think sometimes, it's kind of stupid to be on the wrong side. James James? , a scientist, once said, "It occurs to me in my studies of science, that the universe is a great mind."

Many SRF students ask, "What should I do to help?" Work on changing yourself and keeping in tune with the Guru.

Man is now confronted with the fact that no true earthly science will save us, but will come to realize that the only safety is in God alone. Nations now have the power to utterly destroy mankind. This causes the eternal verities to stand out.

Remember, man comes into the world alone and departs the world alone, unless he is acquainted with his Creator. Sri Yukteswar told us that our first duty is to seek God, and then to help others to find a means to find God, and then to help others to find cosmic refuge in God. With the science of Yoga, Paramahansa Yogananda wished us to dedicate our spiritual society to seeking God in meditation and serving him in activity. This is part of our duties. The more you do this, the more you raise the vibrations of the world. Deeply meditating men and women make tremendous contributions to the world and mankind, setting in motion all over the world new thought patterns. This will gradually spread all over the world with increasing momentum and will ultimately break up the obstacles of hate, prejudice, and fear.

So I say to you, Go forth and multiply. Don't complain about how tough your life is. Most religions have one avatar, if that. Think of it. We have six avatars! You can call on any of them when you need help.

And remember, if you are in a quandary, call us. That's what we are here for. Don't hesitate to call Mother Center for Counseling.

"O Fountain of Love! Make me feel that my heart is flooded by Thine omnipresent love. I want Thee, O God, that I may give Thee to all! Father of

Hearts, awaken eternally the consciousness of Thy loving presence within me. Divine Father, teach me to dive again and again into meditation, deeper and deeper, until I find Thine immortal pearls of wisdom and divine joy. "