

Greenfield Retreat - Sister Diri

Attunement

March 31, 2018

We need God and Guru's guidance and blessing for complete freedom in happiness. Attunement means bringing into harmony; being at one with another human being. There is a sympathetic resonance when natural vibration rates are the same or share the same over tones. We all know the example of tuning forks. When you vibrate one, the second one vibrates in the same way. The same is true for string instruments.

When runners are at the starting gate, all of them are in tune. But what if one runner took off in the wrong directions, causing problems for the group? There could be a collision. It could be a distraction for the rest of the group. There would be a lack of harmony.

We want to be in tune with our life purposes and with God, who is our own goal. When we know ourselves as spirit, it is like Master says, "there is no land or sea...all is He, the eternal fullness of joy. There is oneness and love. Oneness with the Father.

There are many degrees of attunement. Sri Yukteswar described it well: "To keep company, therefore, with the Godlike object (the Guru) is to associate Him with shraddha, the heart's natural love ...by keeping His appearance and attributes fully in mind, and by reflecting on the same and affectionately following his instructions, lamblike." Brother Anandamoy advised us to keep pictures of the gurus throughout your home. Master told us, "Cooperate with the pull of the ocean of God and you will be with Him."

Here are some specific things you can do to increase your attunement with God and gurus.

1. Prayer: When you pray, always visualize the gurus at the spiritual eye as you say their names. Do this also with His affirmations. "I will will, I will reason, and I will act, but guide Thou my reason, will and activity to do the right thing that I should do." "Thou art the doer, not I." "Thy will be done, not mine." It's all about attunement.

2. Reading: Read Master's writings. His words are living truth. When we read them a third and fourth time, they have a different meaning. It means so much more because you have evolved. When you study, read the words,

them write them down, and then say them until you have made those words a part of you. Then His words will come to you when you most need them.

Maya takes its job so seriously. It does a good job of trying to make us forget. We need to let truth impress our thoughts.

3. Introspection: Perhaps we have all experienced the wrong way to introspect. "Oh no! Now I have to look at all of my flaws. I'm so bad. "Master doesn't see you that way. He doesn't see your flaws. He loves you unconditionally. Remember the woman in "Glimpses of a Life Divine: who said, "Master loves us so much unconditionally. I always thought that you could be a criminal and he wouldn't see it."

4. Affirmations: When things go wrong, there is an overlay of Maya trying to make you feel bad. You need to say, "Not this time. I'm going to side with the truth of God. Use His affirmations and reinforce them by repeating them with deep attention. Ask for the Guru's help. In our worst state, we may think, "I can't even force him to tune in with me." Even if help from Him doesn't give you what you want, it will be what you need."

5. Practice the presence of God and Guru. Pay attention to the whisperings of the Guru. We've all had that experience when you know you were directly connected and hear his words because of your great need.

6. Faith: You know you trust Him. The more you know you are connected with the guru's life and that He's guiding your life, the more attuned you will be. You're free. If you are in doubt, remember this: God votes for you; Satan votes against you. You have the deciding vote. It doesn't make sense for you to pick the losing side. Just give God and Gurus the benefit of the doubt. When you feel love of the gurus for us- that is when you are automatically in tune.

Think of the name of this organization. Self-Realization Fellowship. Identification is so important. Knowing that you are an immortal soul. Ask yourself, "Am I identifying myself as a limited person? a sick person? How can I keep maya at a distance? "I am a spark of God. I am made in God's image.

Meditate and practice the techniques. Meditation is most important. Never meditate alone. Think to yourself, "Of course I'm not alone. How am I alone? God and guru are omnipresent.

When you practice the techniques, tune in with God and guru. We know the world will pull us out. We need the truth to pull us out. Learn to talk to God with your whole soul. Without meditation, we can't beat the forces that keep us earthbound.

What blocks us? Do not doubt or entertain indifference. Discouragement is always from maya. It is never truth based. If suddenly you think, "I'm discouraged"; find something of Master's to read. Ma recommended holding a penny in front of your eyes, or I use two. When you hold the penny in front of your eyes, you see nothing but those pennies. If you move them just little bit out, you know there's something back there. Take a small step back, without moving the penny, and you will find it is manageable. Never fear who is on your side. The all- powerful God is with you. Or you can let the fear propel you towards Him. If we have a negative thought we want to get away and substitute a positive one. We can ask, "Who did it come from. We sometimes can't see that we are already in tune. Sometimes, we tune in by seeking a way to do it. Even if we tune into Master in our thoughts, or a great saint, we can completely change our thinking to a positive state. Even the wanting of God can change you. Choose God again and again, in small ways and in great ways. You can even say, "Father lift me up a little here, and if I fall you better catch me. "

Participate in the oneness of your soul. Think about it. You'll find a way. I remember a state of mind that wasn't perfect. I thought, "There must be something positive," and that thought brought me out. If you have a way, good! If you need a way, ask Guru for help.