

Faith: Learning to Express the Unerring Intuition Within Us

Brother Bhumalananda

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(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.)

You're a big family! After the wonderful satsanga last night by Brother Chidananda, I marveled that it was so complete. Then when I arrived home at the ashram, I thought, "Oh! I am to follow that!

Then I thought about one of Brother's points, to take any delusion that thrives out of our consciousness and really throw it out of the soul, and you will know that beautiful consciousness he had when you go home. Keep that deep, soul born consciousness which Master had. It is for us too. It's regal and proper to follow that wonderful satsanga with a class on faith.

Some people think of faith as belief, but faith is something much deeper and stronger. It comes from experience. But you have to test it with spiritual action. That's how you understand pure faith. If you take these teachings, not for months, but for years, suddenly you'll realize, "Oh my goodness! This is like a different life for me!"

It's like a caterpillar crawling and emerging as a butterfly of omnipresence.

When you practice Kriya, every spark of your consciousness is spiritualized as God's light. Sri Daya Mata for so many years spoke at these convocations. Often, her message was simply:

"Meditate. Ask guru to guide you as you go forward."

But when she spoke, we were totally, completely absorbed. Why? It was her knowing God. That's the power of faith. It comes when we practice the teachings. Master said that real faith is rooted in the realization of God.

Life is difficult. Each one of us has to deal with the opposing force of delusion. At times we do the wrong things. We often fall in ruts of bad habits. When you are struggling, remember that your struggle is temporary. But guru's love for you as his perfect child, that's forever.

Man, by succumbing to evil for a time, may eclipse the light of his soul, but eventually he finds he is perfect even as God is. The perfect nature of the soul is from which the divine spring flows. You can cover it up, or ignore it, but that divinity you are is always trying to express. Something inside you has always rebelled at the thought of sickness, old age, death. That something is your soul, because it knows you are eternal joy. The way we experience this is to practice the teachings.

Some don't realize the value of the Energization Exercises. They increase our vitality by balancing the body. They reduce tension. If you practice faithfully, with deep concentration, they give that impression that we are not these little machines. As we devote ourselves to the energization exercises we begin to feel and express ourselves in this way.

Brother relayed the story of Jesus and the fig tree from "The Second Coming of Christ".

In the incident of the hapless fig tree we have a provocative contrast between the human and the divine, manifesting simultaneously in one man: human reaction at a disappointment, taking form in divine power.

Jesus was hungry and looked for fruit on the leafy fig tree, but at the wrong season. Finding no figs, he just willed the tree to cease to exist! The will and life force present in the body of Jesus, being in tune with the Cosmic Will and Cosmic Life, simply withdrew the life force and will that erstwhile had sustained the fig tree. Just as an electrical engineer who has access to all the switches of the main dynamo that controls the electricity in a city can put off or on at will a single light or all the lights, so Jesus, being one with the Cosmic Electrical Engineer, was able to switch on life in the extinguished lamp of the lifeless body of Lazarus, or switch off the life that coursed through the fig tree.

Though rationally viewed as unreasonable for Jesus to expect the fig tree to yield fruit during the off-season (for it produced in accordance with nature's laws, instituted by the Creator), still the impulsive act was yet another demonstration to show the disciples that the God image in man is unconstrained by even the irritating implacability of the material universe.

Man owns the omnipotence of God, provided he forsakes delusion, and, by meditation, lifts his consciousness from the body and unites it with God's perfect reflection within him. The Hindu scriptures say that one who knows the Spirit becomes the Spirit. Jesus demonstrated that oneness with Spirit by his Spirit—united dominion over all things.

When the Disciples expressed surprise at the prompt response of the fig tree to this sentence of destruction, Jesus spoke of the power of faith—not blind faith, but perfect conviction born of God-realization and the personal command of great metaphysical laws that have the power to move mountains and grant any prayer. ("Second Coming of Christ" pp 1261-1262)

This story shows the human side of the great Masters. When the disciples marveled, Jesus said, "Verily, I say unto ye, shall ye not also say unto this mountain, "Be cast into the sea", and it shall be done."

Jesus was saying that if you have faith that's grounded in your own experience of God, you have the power to move mountains. The purpose of everything that guru gave us is to move us from human consciousness to the divine consciousness, the consciousness that Jesus and our guru manifested.

If you operate your computer without the Internet, the computer is very limited in what it can do. But if you link it to the Internet, it can do anything. Similarly, the little mind is limited, but if you go to your connection, the cosmic mind, then there is no limit to what you can accomplish. Say to this mountain, be thou cast into the sea, with cosmic power, cosmic love, God.

I have a brother. From the youngest age he loved water and boats. I was about nine when he got his first boat. One day, we launched that boat. None of us had ever been in a boat before. We were having a great time when the weather changed. The winds became very strong. The waves were five to six feet high. The current was taking us out to the ocean. Suddenly, a big ocean liner pulled up beside our boat. The people in their chairs on the deck were having a cocktail party. They were looking down on us. We were crying for help. They called the Coast Guard. They took us down to the beach. We were scared to death. The people on the big boat were serenely sipping cocktails. What is the lesson here?

We are all on the same ocean. It can be pretty overwhelming if you stay in the little boat. If you let anxiety take over your consciousness, life can be rough. But if you say, "I am not this limited mind. I am the Atman!" you can still be in rough waters but still feeling of Divine protection.

During the day, if you get ruffled by big events, ask yourself the question, "Which boat am I in?" Remind yourself, "I am made in the image of God."

How do you feel that this is a positive question? That is answered by Kriya yoga. The yogi finds himself united by yoga to all creatures. The power of Kriya bids us to rid ourselves of delusion by using the life force. This whole thing is in it. We don't know anything else but grace as we are moving away from the sensory nerves to the upper regions. Then we discover a blissful realm that we have never experienced.

When we are going to the movie theater and waiting for the movie to begin, we may be really into talking to our friends at first. Then the theater opens the curtains and the movie begins. You are sucked right into that movie for the next few hours. You're totally mesmerized. That's just with an ordinary movie.

When you were born, you were, just before, you were in your mommy's tummy in the womb. This was a thousand times more captivating than any ordinary movie. You were truly captured by it. The power of Kriya yoga turns off the movie, and then you are free to experience who you really are.

The Upanishads state, "If thou canst transcend the body and perceive thyself as Spirit, thou shalt be eternally blissful, free from all pain."

After a Sunday service, a devotee came up to me and told me that his brother was very ill. He asked me to visit him. This was one of the most difficult hospital visits I have ever experienced. His brother was in his thirties. He had a brain tumor and was in the last stages. He was not a devotee, and he was very very angry with his wife, very very angry with his three children, and very very angry with God.

I tried to give him some comfort, but nothing worked. Finally I asked him, do you mind if I take you through a guided meditation. Then, with the grace of the guru, I led him through a little meditation.

After this, I just had the sense, "God is here!", and after that, he looked at me and just said, "Thank you!" He got a little glimpse that there was something more than this terrible movie he was seeing.

The answer is to discover your oneness with God, by diving into that inner communion that is waiting for us, each one of us. Master wrote, "God's voice is silence. Only when restless thoughts cease, can one hear the voice of God communicating through the silence of intuition."

Meditation buys stillness. In stillness, the intuition of the soul becomes active. With understanding, we experience the intelligence of God. The cosmic Om, as attunement, gets deeper and we're led to experience the great goodness of love. God is peace. God is love. God is wisdom. Put it together with stillness and understanding and the holy Om, and there is communion with God. The sum total of this process is faith. God pours his love, faith, and bliss into us.

We have to keep patiently making the effort. Even with Kriya, it takes time. Brother Bhaktananda said that the spiritual effort of seeking God is unlike anything else. Sooner or later, you get a breakthrough. If the heart feels dry, or there is a lack of enthusiasm, the answer is to just keep practicing.

One devotee told me that he had practiced Kriya for 45 years and had kept on with his twice daily practice. He told me he has been blessed beyond belief. Recently, after practicing Kriya, he asked Master, "What is cosmic peace?" He then felt a peace in the upward centers spreading across his body. He told me that he felt his very soul was expanding in waves. He said, "I entered a place of blissful peace, and I knew for a brief instant that I was home."

We've talked some about Kriya and meditation, but devotion is also so important. Some devotees say, "Just give me the Kriya yoga. I'm not good at devotion".

Master told us that you need both. Master said he knew a yogi who practiced the techniques but forgot to love God. He said he was like a spiritual robot. We can never find God by so many million Kriyas. God is not for sale, to put it bluntly.

But when we offer him our hearts, he finds us irresistible. Sometimes, the body resists. Sister Gyanamata said when this happens, to take it in stride. She told us, "Tell God, 'You have the power to take this away instantly. Unite me with Thy Consciousness, "

If it is not right, but you do your best, in God's eyes, that is the perfect devotee.

An eagle was flying, and saw a little bird lying on its back with its feet in the air. "What are you doing, he asked?"

"The sky is falling, and I'm trying to hold it up", the little bird replied.

The eagle laughed and said, "You are the silliest thing I've ever seen. Do you really think you can make a difference?"

The little bird answered, "One does what one can."

This is a rule of the spiritual path. Just tell God and guru that one does what one can.

What is attunement with the guru as we try to model our lives after him? Guru told us there comes a growing feeling with your, from your heart, the center of intuition. Master is happy when you know that with every fiber of your being, when you know that there is no test you cannot face with courage and enduring faith. Attunement with the guru is one of the highest manifestations of faith. Guru's love is so all embracing that no matter what, he forgives us. When He loves us, and we love him with all of our hearts.

It is a powerful technique when you pray to God as a beggar or with doubt, like, "Lord, I don't know if you are listening." The secret of effective prayer is to change the concept from that of a beggar to a child of God.

Master told a story of driving between Mount Washington and Encinitas. Often they would stop at Laguna Beach. One time he sent the devotees in to get Scotch bread, what we would now call shortbread. A student came back with fudge. Master asked him, "Why did you come back with fudge when I asked for Scotch bread". The devotee explained that the bakery agent said there was no more Scotch bread, other than a package reserved for another customer.

Master looked up and said, "Mother of the Universe! What is this? I know you would give this to me."

The devotees reported that a bright light moved across the sky into the store. The baker ran out to Master's car, which was at the far end of the parking lot. He handed him the package of Scotch bread, saying, "Here. I'll make an excuse to the other party, and Master cried, because the Mother of the Universe had looked out for him.

He looks out for you when you are really in tune with Him. One time, I needed a chair. I found a little, flimsy one, but the price was right. Next door, I found the perfect chair. It was sturdy and fit perfectly. I returned ten minutes later to get the flimsy chair. It was ten minutes before closing. When the owner saw us, he pretended that he didn't see us and walked quickly away to his car and drove off.

The other monk with me leaned over and said, "Master really doesn't want you to have this chair".

But the story is not over. When we returned to the ashram, I was still looking for a chair. One of the nuns called about a chair donated to them that was too big. When we went to look at it, it was an exact replica of the one I had like before. Then I realized why the owner of the store had acted so crazy. Divine Mother didn't want him to spoil the surprise. I often realize how important it is to say, "Thank you God. You do indeed look after your devotees. "

Master was divinely ordained. Babaji told him, "You are the one." And what a wonderful example our guru is.

On one occasion, Master raised some money the day before the escrow closing on Mt. Washington. He was \$5000 short. He had consulted all of the students, but nothing was forthcoming. He told the devotees, "God always comes to me in the end." The students told him, "Don't worry. Everything will be all right." He told them, "Don't tell me that everything will be all right."

He prayed to the Lord for an answer, and told them it seemed to last a year. He heard the Lord say, "Go to bed". Then a miracle occurred. A big gust of wind opened a window. Suddenly, he remembered Ms. Julia Test. He picked up the telephone and called her.

She told him, "I will give you \$200.00. He explained that he needed \$5,000. She told him that there was \$5,000 that she had lent to a second party that had been returned to her. She asked if he would take it on a second mortgage. He replied that he would, but asked her to join him immediately at the escrow office.

Master said that when they got to the office, a man was waiting to buy the property with an offer of \$10,000 more than ours.

"But God was listening. Mt. Washington was ours!" he exclaimed.

So go forth with an indomitable will. Express that powerful spirit when the going gets rough.

One final point, and this is important. When you read in "Autobiography of a Yogi" on "The Resurrection of Sri Yukteswar" about Hiranyaloka, maybe some of you had the thought, "Oh, they were at the end of life. I want to go there. "

This desire has come up for me. One problem. I don't qualify. To rise to the highest level of Hiranyaloka, one must go from salvikalpa samadhi to nirvikalpa samadhi. But I have a plan. The mudras followed at the end of life tell us that there will be Sri Yukteswar or Master, or both, and then I'm going to have a conversation with them.

"Beloved Master Beloved Sri Yukteswar, I know I don't qualify for Hiranyaloka, but can you get me in anyways? He who created all of us and all of the rules is far, far beyond any rules. All things are possible to God. "

If a young man is trying to get into the university but doesn't have the credentials, he may not get in. But if his family knows the president of the college, and the President says, "I know this family and this young man", I'm going to relax the rules."

If God thinks you're ready, he can reach down and in one instant your karma is gone, and you are free. One of the highest laws is the creative grace of God. With the blessings of the guru, all things are possible. There is only one rule you need to follow, and that is the love for God. If we deeply love God, we will follow the sadhana and follow Master's how to live principles.

Follow all of the principles but do not feel restricted. It is our joy to follow that guru out of the joy of our hearts for Master. Wait! May Day! What if God says, "You're not ready yet."

Then we are reminded of this beautiful chant, "1000 years or till tomorrow!"

How long will it take? When you love God, time doesn't matter. Let this effort matter. How can I love you more? Keep seeking, striving, waiting, yearning for God, and always, always remembering all things are possible with Him.

Master said that if we love Him with all of our hearts, he will wipe out all of our karma.

Brother Bhumalananda then led devotees in a meditation. For those who were unable to come to Convocation, let us send them a great blaze of God and guru's love from our own souls.

"Father, Thou art free from all karma.

I am Thy child.

I am free of karma.

Now and forever!"