

Mastering the Techniques of Meditation-Part II

Sister Vinita

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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.)

Guruji often talked about the far reaching benefits of the Om technique. In Lesson 29, he gives many examples of the blessings that will come from practice of this technique. He wrote, "Words cannot convey to you the wonderful benefits that the om technique will bring to you . If you practice patiently and reverently, in time you will be here in the cosmic vibration. The om techniques will give you unparalleled command of your mind. This is as true as the statement that the sun rises in the east. The technique will also help you tremendously to increase your power for the accomplishment of great work in life. Above all, It will enable you to contact the super-consciousness of the soul, and through that cosmic consciousness of Spirit, giving you the wonderful peace, harmony, and poise of mind inherent in the higher life. It helps to soothe and rest the nerves and bring about the most desirable body conditions. "

"It is in stillness that you feel God. The divine vibration of OM gives you the ability to be in the world but not of the world. You can dive deep at any time to express your love to God and feel his love and then you can't help but give that love to all"

What is this cosmic vibration? Om is the first manifestation of God in creation. Eons after the unmanifested Spirit determined to create the cosmos.

In "God Talks with Arjuna" there are many names for Om: cosmic aum, the word, mother name, cosmic Virgin Mary, or the cosmic intelligent consort of God.

Sri Yukteswar said, "So the word (becoming flesh, the external material) created this visible world. So the Word, Amen, Aum, being the Om being the manifestation of the Almighty Father, or His Own Self, is inseparable from and nothing but God Himself; as the burning power inseparable from and nothing but the fire itself. " ("The Holy Science" pg. 24)

The nature of God is to dream the cosmic universe and the creatures in it. It gives the Lord an opportunity to play with the dream souls in his vast cosmic dream. We've been doing this for endless lifetimes, enjoying the show. Sometimes the dream show is unbearably sad or acutely painful. We begin to wonder, "How do we get out of the dream? " And here we are, learning to consciously unite ourselves with Spirit.

The techniques work together to prepare us for Kriya Yoga. The Energization Exercises help us to control the life force and to keep the body still during meditation. Without being able to deeply concentrate, we're unable to meditate. With the Hong Sau practice, we can also help deepen our practice of the Om

technique. Our guru told us, “Practice the techniques and I will establish within your souls an immortal temple of God realization. “

Concentration helps us to focus the mind on any line of thought. In meditation, the application of concentration is solely to know God. On this path, concentration is achieved through specific techniques. God is Om. So we can experience definite realization of the Infinite in God realization through this technique.

Swami Shyamananda, an amazing YSS monk who, together with Daya Mata, helped build YSS into the organization it is today, told this story during his satsanga in 1969.

“When we are seeking earnestly, some encouraging spiritual experiences do come. The first time I heard Aum was over thirty years ago. I did not know Guruji’s technique then. I was in the Himalayas, at the edge of a forest, and suddenly heard that wonderful sound everywhere. It started with the ringing of bells, the ocean roar, and then all the sounds, so sweet, everywhere. I thought, “What has happened?” I searched in all directions, trying to find where the sound was coming from. Then it started inside also. Inside and out —everywhere. And, dear ones, it lasted for three days. I had no wish even to eat; my heart was too full. I was living with a saint at the time. After the third day, when the sound had stopped, I asked him about it.

All he said was: ‘It comes.’

“How?”

He couldn’t tell me. There are many who have become saints, but don’t know how to teach others. How wonderfully Master has explained the deepest truths and given us the techniques by which we can experience them.”

The soul goes past the physical body and realizes this vast body as God. Meditation is the only way to know God. The only way to know God is right activity, learning how to behave and communing with God. If we practice right behaviors our mind is with God. Then, when we meditate, our mind is already with God.

If we go back to the closing days of the life of Jesus Christ, we can only imagine the anguish of His disciples, knowing that he would no longer be with them. Jesus tried to reassure them. “If you love Me, you will keep My commandments. And I will ask the Father, and He will give you another comforter to be with you forever — the Spirit of truth. The world cannot receive Him, because it neither sees Him nor knows Him. But you do know Him, for He abides with you and will be in you.”

Guruji said this meant that we must faithfully follow the commandments required to manifest the Consciousness of Christ in our consciousness.

“And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever.”

The Holy Ghost Comforter is right within us.

And Jesus said, "If ye shall ask any thing in my name, I will do it."

Our guru says this is not as easy as it sounds. It doesn't mean that if you say, "In the name of Jesus, make me as spiritual as St. Francis", that this will come to pass. The devotee must know the technique of listening to the cosmic vibration and be able to feel the vibration with his Christ Consciousness. The Christ intelligence expresses itself as cosmic light and sound. Light is epitomized in the body in the third eye. Sound is epitomized with the sound of Om. "

In the following story about Dr. Lewis, it is important to know that Dr. Lewis met Master just three months after he arrived in America. This event happened several months later.

"The next incident that I want to relate to you is perhaps one of the most astonishing happenings in my relationship with the Master. I thoroughly believe that it was through his intervention that I am here at this time telling these stories.

It happened on a hot Sunday afternoon in July, 1921. We had gone to my father's summer place on Plymouth Bay, in fact in Duxbury, Massachusetts, and had gone out in a small boat, three of us, my father, my brother, and myself. We were about two miles offshore when it was quite evident that a very severe squall was about to break. The sky had a very foreboding look, and huge thunder heads had risen in the Northwest. And, and then the darkness began to settle in that region. The wind had died down, and seeing our predicament, we started to row back toward the shore. The boat was not too large a boat so that two, one at with each oar, could make some headway. And so we rowed like mad in the direction of home.

We were unable to reach the shore, being about a half mile offshore, when that terrific squall broke. Luckily we had a huge anchor, which was thrown over with a great rope, but in spite of that, unless there had been some intervention, I know that we would not have survived such wind, and rain, and hail, and thunder, and lightening. I remember as I peeked out under the canvas which we were holding over the cockpit, that I wondered just what it would be like when the end came.

And then I remembered the family, the children came into my consciousness, the thought of leaving them. And then came the thought of the Master. And we had just started on such a wonderful spiritual relationship, and now that had to end. And I remember there was a decided pang in my heart as those things came into my consciousness.

And then I remembered the words of the Master. He had said, not too long before that, he said, "Remember Doctor, when you are in the Om vibration, when your consciousness is centered in the Christ Center in the forehead, and you merge in that Om vibration, no, nothing can harm you." And so I lifted my eyes and looked there where he had told me, and behold a Great Light, a Great Light, in the shape of a large Spiritual Eye came, right in the midst of that star, and with it there descended upon me such a consciousness of peace and security that I knew nothing could touch me. In due time the storm broke, and a large motorboat had put out to rescue us and tow us ashore. There was great rejoicing.

The whole colony had gathered together on the shore fearing that, that we would be lost. And there was great rejoicing and reunion. The rest of the day was spent at the, my father's home. And late that night I arrived back in my own home in Somerville, Massachusetts. And just as I entered the door, the telephone rang. I answered it, and the Master's voice said to me, "Well, Doctor, you came near getting wet today, didn't you?." Of course, I didn't grasp the meaning, or realize, just what he meant by those words until the second time he said it. Then I realized that he must have known something of what had happened, although he never said another word about it.

It was not until several years later, when I happened to be talking with Sister Yogamata, who, by the way, was the first Sister created in America in Boston, I was talking with her, and she told me that at that precise time, about 3:15 on that Sunday afternoon, several years before, the Master was and she was seated in the parlor. He was reading Emerson's essay on the sea, when she said, suddenly he threw down the book, and jumped to his feet, and began pacing the floor saying, "Sister, the Doctor's in trouble, serious trouble, serious trouble I tell you."

Well, when I found out that, at the first opportunity I proceeded to pin the Master down, so to speak, and I at last gained an admission that he had seen just what was happening. And this story shows that a true Master, as Paramahansa Yogananda, is without doubt, one with God's Omniscience. And as His Omniscience knows all things, sees all things, so one who is one with that Omniscience can likewise be cognizant of all things that are happening. " (This version of the story is from yoganandasite world press as told by Dr. Lewis.)

Our guru is watching out for us in our time of need. This is the value of meditation. Now I know you are eager to know the Om technique and to experience the value of meditation. And through you, "Yes, I am eager!"

Sister Vinita then explained and demonstrated the om technique.

Note from the note taker: This technique is available through the SRF Lessons. If you are not a Lessons student, but would like to send for the Lessons, you can find them using the SRF website at this link: <https://www.yogananda-srf.org/> Press Meditation and Kriya Yoga button and then Home Study. If you are interested in SRF/YSS lectures and events, closer to where you live, press at the button, Centers and Programs and you will find information on retreats, lecture tours, youth programs (including summer day camp: how to live school), Convocation, as well as information on centers or circles near you. These events are held all over the world, so you might be surprised to find a lecture or retreat located in a country or city that you are able to travel to. The site also includes a telephone number if you need to call for counseling on your sadhana or, if you have a circle or center, a number for Member Services so that you can access the extensive SRF/YSS library for members on their website but will need to go through your Center and Member Services for the user name and password for service readers and leaders. If you live in or close to India, the website for YSS (Yogoda Satsanga Society) can be reached through <https://www.yssfindia.org/> You might also consider giving back if you consider SRF/YSS the source of your spiritual good. In that case, click the About SRF button and then the To Support SRF button. SRF/YSS is sweetly subtle about requesting support although it is very much needed to run this

inspirational organization whose goal is to get us to God. . At some events you have to ask around a bit to find out how to donate and what the requested donation is. (All day I have been prompted by Spirit to include this note.)

(Additional Note: Some of the guidance provided by Sr. Vinita, including answers to questions she often hears at retreats, does not reveal the techniques and I am therefore including it below.)

What if I don't hear anything? If you don't hear anything, try to listen deeper. Remember that om also manifests as a profound peace. It can manifest even if you don't hear any sounds.

I hear Om frequently. Is it okay to stop the Om techniques. No. We are striving to merge our consciousness with cosmic consciousness. By practice of this and the higher lessons, you should apply yourself until you learn to hear the om sound in all space.

Practice with reverence, not automatically. Tell the vibration that you are contacting the great vibration that is in your soul: Bliss. The guru wants us to merge with the sound. It comes about naturally. In time, we become deeply involved in devotion.

Q: I have a significant hearing problem. Will this interfere with the om technique. No, because om is not heard by the physical ear. Om is inaudible to human ears and unutterable to the human voice.

Swami Shyamananda of YSS advises us: "The results he promises will come. The Divine will test your patience. Say, "Lord, I have enough patience. Take away the curtain of maya. I want you. You! I will never forget Thee. I will never forsake Thee. "

Practice Om 20 minutes in the morning and 30 minutes in the evening. The minimum would be ten minutes in the morning and evening. Consistent and deep practice is necessary. After meditation, try to hold on to the calmness of meditation. Don't be impatient or disturbed by what doesn't come. Try to remember that calmness.

Mrinalini Mata told us, "It is in stillness that we realize the nearness and tangibility of the guru. When you taste the divine manna then you have that that satisfies. That Divine Vibration lifts you above all things. You live as guruji did in the world , but not of the world. And you dive again and again to find the pearl of great price, as you go deeply into that world. And when you have that love and caress it, you can't help but know His love."
