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Jai Guru!

03/11/2019

SATSANGA WITH SW. SUDDHANANDAJI

Swamiji, ended the two hour meditation with an affirmation from the old 1st Lesson to be chanted first loudly, then softly, then in a whisper, then mentally and finally superconsciously:

This day shall be the best day of my life. Today I will start with a fresh determination to offer my dedication forever at the feet of God.

Welcome to the preparatory satsanga before the Kumbha Mela – confluence of souls – so that we may drink of the everlasting wisdom and joy during the President’s visit

Those of you who cannot join, just tune in as Sw. Chidanandaji advised during the Diwali satsanga in Ranchi.

At Noida he shared the blessings of being on this sacred path and highlighted the role of Guruji in bringing peace and harmony to the world and the essence of Sanatana Dharma discovered by the sages and seers of India.

Swamiji said, ‘Bharat is dedicated to light. That is the heritage of India and it has never been lost, neither in the past nor now – it has been going on century after century, millennium after millennium.’

Swamiji’s interview with Doordarshan news can be viewed here:

<https://youtu.be/2vTbmBojF4g>

Sw. Chidanandaji especially prayed for all of us, "I pray that all of you will never walk in darkness again."

Bharat bestows light on the world. No one likes to go in darkness, but no one knows how to remain in the light. Bharat shows the way. On the surface Bharat will have to go through, and is going through all the challenges that every other nation is facing.

It is the same with us on a micro level. We are also facing problems, but we enjoy God in stillness and express God in activity. Even when we express God, the outside challenges will be always there like a pig's tail. Try to straighten it, it again curls back. In the same way we try and solve one problem, another problem arises. We seem to have a series of problems and we are never at rest. We hope life will be smooth now, that the outside world will be like heaven, but it never happens.

India shows that heaven is within us. There will not always be light on the outside in the world. It was never so even in Satya Yuga and we are now in Dwapara Yuga. But we should not feel that we cannot do anything. Feel God within you.

Our topic for today is Kyun, Kya aur Kaise, why we have to have a goal, what is the goal and how to achieve that goal.

The why can be explained by Sankhya, the What can be explained by Vedanta and How to achieve that goal can be explained by Yoga. These three constitute Sanatana Dharma.

All of us are seeking the same goal i.e. removal of all suffering and finding permanent ever new joy – paramananda.

Our goal is to regain, to retain and to never lose it again.

There is nothing new to be attained. The Paradise Lost has to be regained. The purpose of life is to get back that bliss, that joy and peace that surpasseth all understanding.

If we search outside, we will never find it. If we are seeking outwards, and searching fulfillment on the outer plane, we can never get it. It is so simple, yet so difficult to practice because our attention has been captured by the Cosmic hypnotizer.

*icchadvesasamatthena dvandvamohena bharata
sarvabhutani sammoham sarge yanti paramtapa*

O Descendant of Bharata, Scorcher of Foes (Arjuna)! at birth all creatures are immersed in delusive ignorance (moha) by the delusion of the pairs of opposites springing from longing and aversion.

(God Talks to Arjuna Chp. 7, Vs 27)

Swamiji said that the Lessons will be available in Hindi in 1 – 2 years which is good, because while others proficient in English scan through the pages quickly, those not good in English will read word by word and look up the dictionary for the meaning and absorb the essence of the Lessons better. Swamiji said that he has never read anything as great as these Lessons ever in life.

The caste system has been made into a hereditary thing, but in reality, every person is immersed in delusion since birth. Each of us is born as a Sudra because at birth we are in a body oriented, sense-oriented stage.

When one takes shelter at the feet of a Guru and becomes wisdom oriented, he becomes a Vaishya.

When the devotee tastes real joy and realizes that the real joy has been kept away from him and he fights the spurious joys then he reaches the Kshatriya stage.

When one reaches Self Realization and reaches the enlightened stage then he becomes a Brahmin.

*daivi hy esa gunamaya mama maya duratyaya
mam eva ye prapadyante mayam etam taranti te*

It is difficult indeed to go beyond the influence of My divine cosmic hypnosis, imbued with the triple qualities. Only those who take shelter in Me (the Cosmic Hypnotizer) become free from this power of illusion.

(God Talks to Arjuna Chp. 7, Vs. 14)

Because of the action of the three Gunas of Prakriti, it is very difficult to cross the ocean of delusion. So don't be disheartened if you cannot sit long for meditation,

and cannot give up bad habits. Just keep on keeping on, as Lahiri Mahasaya said, **'Banat, banat ban jai'**. When the day of freedom will come, no one can say.

Our second line is How to overcome?

All saints say that to overcome delusion, you must surrender to God. A Tamil saint, Thirukkural, has said,
Those who surrender to God can cross the ocean of delusion,
Those who don't surrender cannot cross.

In our opening prayer we mentioned that 'the sacred pool of divine love hidden in the ramparts of meditation.'

In God Talks to Arjuna verses 7:14 to 7:27, it is mentioned that God gives his children delusion first and not himself to uphold his delusory world. If we have shining gold in the very beginning who will run after spurious joys. So God hypnotizes us, programs us and in the beginning we only find delusion. Then we have to fight and find God. And if you have to complain, complain to God alone.

God why did you create us like this?

Why did you create maya?

The answers to these questions, 'God only knows.'

You can understand this only through love. Don't try to understand by intellect. Only love God. Because only then you can be one with God.

But how to love God?

That is where Yoga comes in. Focus on the subtler force to control the gross force. First thought comes, then energy, then light, then matter. As you go from the finer to the grosser level the vibrations increase.

God made the outer world so appealing that we are stuck. The soul is ever pure, never born, never dies. That's why we sang the Cosmic chant, "In Thee I am born, in Thee I die."

Guruji says, "I am the Blessed child of sweet immortality sent here to play the drama of births and deaths by remembering my oneness with Thee."

"With God life is fun; without God, life is anything but fun."

When we play a drama, there are ups, downs, comedy and tragedy, we know it is only temporary, if we are connected with God. Our connection with God should not be broken. When tragedy comes, when we are depressed, hopeless, forever caught in the drama, then we should not accept it. Do not accept the delusion created by Maya. When I am physically sick, and I say, "I am not this body," it is not enough. We have to heal our consciousness, use will power and then we get stillness, God consciousness. Then you will not be worried about what happens to the body. E.g. Jesus could ignore the torture on his body even when he was being crucified except for a moment.

Avatars go through troubles and difficulties for our sake. Sw. Chidanandaji mentioned in one of his lectures earlier that once when Mrinalini Ma, Meera Mata, Dr. Lewis were together with Guruji in the car and the organization was facing a huge financial crisis, Dr. Lewis told Guruji, "Guruji, you are an avatar, you are omniscient, you have a lot of power. Use your power just this time and get us out of this difficulty. And Guruji said, "If I use my power, how will I be able to be an inspiration to you all. I have to go through the same difficulties and tests as the rest of you."

Remember the fasting incident in the Autobiography of a Yogi:
When Guruji had fasted for 24 hours and asked Swamiji later:

"Swamiji, I am puzzled about following your instruction. Suppose I never ask for food, and nobody gives me any. I should starve to death."

"Die, then!" This alarming counsel split the air. "Die if you must, Mukunda! Never believe that you live by the power of food and not by the power of God! He who has created every form of nourishment, He who has bestowed appetite, will inevitably see that His devotee is maintained. Do not imagine that rice sustains you nor that money or men support you. Could they aid if the Lord withdraws your life breath? They are His instruments merely. Is it by any skill of yours that food digests in your stomach? Use the sword of your discrimination, Mukunda! Cut through the chains of agency and perceive the Single Cause!"

I found his incisive words entering some deep marrow. Gone was an age-old delusion by which bodily imperatives outwit the soul. Then and there I tasted the Spirit's all-sufficiency. In how many strange cities, in my later life of

ceaseless travel, did occasion arise to prove the serviceability of this lesson in a Banaras hermitage!

If you live too much on the external plane, you spend a lot of energy and then you don't feel inner joy. Reside in the Inner Castle as explained by St. Teresa of Avila, in peace, love, light and joy. Sw. Chidanandaji prayed for us saying, "I pray that you will never walk in darkness again." We have to make these lines our own.

Connect everything that you receive in meditation to your outer life. Often after meditation we become totally externalized. At such times keep remembering that you are doing things for God. When you are performing duties keep your inner connection.

How to keep the inner connection – that is a trillion-dollar connection.

It is a great art and a great science.

As soon as we come out of meditation, at times all peace is gone. The normal life, fights, gossip etc. begin. Don't be discouraged. God made his creation very complex. God alone is very simple.

Remember the sage at the Kalighat temple. He said,

“God is simple. Everything else is complex. Do not seek absolute values in the relative world of nature.”

This is a paradox, a contrast. God is a great trickster. In Chapter 15 of God Talks to Arjuna, Vs. 5 – 15 explain about The Abode of the Unmanifest.

Vs. 6 says:

*na tad bhasayate suryo na sasanko na pavakah
yad gatva na nivartante tad dhama paramam mama*

Where no sun or moon or fire shines, that is my Supreme Abode. Having reached there, men are never reborn.

That is for us also the param dhama. We have to get out of our materialistic attitude and practice stillness – to be actively calm and calmly active.

The Kriya Yoga lessons are highly scientific. Gururji searched all over the world, and found the Kriya Yoga path to be the highest method to Kingdom of God. He had to go through that procedure of searching to teach us to discern.

We are so fortunate to have got those Kriya Lessons. Don't give too much importance to outer challenges. You have got the Kriya Yoga. Once you get the deep connection, then the outer world looks like child's play. Then we will walk in light and not in darkness. It doesn't mean our difficulties will be removed. That is a naïve thinking.

Having God contact, handling difficulties becomes child's play. But it doesn't come suddenly. Don't be disheartened if you have just understood that intellectually. Understand the role and the goal. Know the goal but accept your little role right now. That is why we sang the Cosmic chant,

"I am the sky mother, I am the sky

I am the vast blue ocean of sky – potentially

I am a little drop of the sky, frozen sky." – right now.

If you are bothered by duality, in the grip of the trigunas, don't be impatient. Do whatever you can but always keep remembering the goal. Just keep tuning in with the Divine.

The satsanga vibration gives us a boost not to remain deluded by the tricks of Maya. We have to reach back home. There is no joy here. This world is only Maya's trick. God's omnipresence is the only joy. In the very first New Lessons, in the first paragraph, Gururji says:

The way to a higher life is through the gradual expansion of your consciousness from delusory identification with your human nature and limitations to the perception and expression of your inherent divinity.

Perceive and express the divinity within you.

Our goal is Self-Realization. Expand your consciousness and remember your goal of Self-Realization. Become one with Paramatma. That is your birthright.

'Aham Brahmasmi'.

"The way to Self-Realization is through expansion of your consciousness to realization of your inherent divinity.

You don't have to acquire anything; all you have to do is improve your knowing."

Few more points:

Our four techniques of meditation remove the various layers of delusion and take us to the core.

Our soul is released from the panch koshas.

Energization Exercises help in the removal of Annamaya kosha. You realize 'I am energy.'

Hong sau and Kriya take us from Pranamaya kosha to Manomaya kosha.

Om technique takes us from Manomaya kosha to Jnanamaya kosha.

With the help of all these techniques and Kriya Yoga we bring the energy into the spine, awaken the chakras in the spine and reach the final level of Anandamaya kosha. That is when we find bliss.

We can inspire friends, relatives. But don't teach them. We love to share when something gives us great joy. Tamil saint Trimula has said: "Joy which I have received let the whole world receive." Instead of ordinary selfishness, let us practice divine selfishness.

Therefore, our prayer:

May Thy love shine forever on the sanctuary of my devotion and may I be able to awaken Thy love in all hearts.

But share knowledge depending on the person's level of consciousness, their level of receptivity. If they are depressed help them lift their consciousness. The highest help you can give is through prayers. Through our sadhana we become clear and perfect channels of God.

Everyday can be a new beginning for us. Don't brood over the past. Sw. Chidanandaji said that taking the New Lessons is a spiritual renaissance. Be positive, help others to be positive.