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Jai Guru!

SRF/YSS PRESIDENT'S INDIA TOUR

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One sign of spiritual development is that you have to face too many obstacles. Guruji's role is to create a worldwide spiritual renaissance. Not many understand this. It will spread all over the world, uniting mankind. Let us go through the aims and ideals of SRF/YSS:

1. *To disseminate among the nations a knowledge of definite scientific techniques for attaining direct personal experience of God.*

We are expected to use the scientific techniques as discovered by the Rishis of ancient India. We are not expected to leave things to ordinary faith.

2. *To teach that the purpose of life is the evolution, through self-effort, of man's limited mortal consciousness into God Consciousness; and to this end to establish Yogoda Satsanga temples for God-communion, and to encourage the establishment of individual temples of God in the homes and in the hearts of men.*

We are expected to go from material consciousness to God consciousness. We are not expected to think of ourselves as limited mortal beings. But that has to be through self-effort. No one can take you there.

3. *To reveal the complete harmony and basic oneness of original Yoga as taught by Bhagavan Krishna and original Christianity as taught by Jesus Christ; and to show that these principles of truth are the common scientific foundation of all true religions.*

The basic principles of all saints and sages of all religions is the same. To prove that Guruji wrote God Talks to Arjuna and Second Coming of Christ. Gita has to be understood better and at a deeper level. If you just read, then you will understand superficially. So many of the verses seem contradictory.

e.g. Chp 9 Vs. 11:

avajananti mam mudha manusim tanum asritam

param bhavam ajananto mama bhutamahesvaram (11)

The ignorant, oblivious of My transcendental nature as the maker of all creatures, discount also My presence within the human form.

And Swamiji spoke of another verse which looks apparently contradictory.

Another example:

Chp 18 Vs. 65

manmana bhava madbhakto madyaji mam namaskuru

mam evaisyasi satyam te pratijane priyo 'si me

Absorb thy mind in Me; become My devotee; resign all things to Me; bow down to Me. Thou art dear to Me, so in truth do I promise thee; Thou shalt attain Me!

Here it seems to the devotee that he is losing his individuality, but if you go deeper you will understand...

4. To point out the one divine highway to which all paths of true religious beliefs eventually lead: the highway of daily, scientific, devotional meditation on God.

5. To liberate man from his threefold suffering: physical disease, mental inharmonies, and spiritual ignorance.

Patanjali says that Kriya Yoga is the only solution for the three fold sufferings of man. *Tapas* means bodily discipline, not torture. *Svadhya* does not mean reading religious texts. It means self-control, introspection. If you control your own self, the world is in control.

Ishwar pranidhan is obtained through the Om technique. Samarpan is not mental, it is surrender of consciousness.

6. To encourage "plain living and high thinking"; and to spread a spirit of brotherhood among all peoples by teaching the eternal basis of their unity: kinship with God.

The devotee must have his feet on the ground and his head in the clouds. Being down to earth and yet having an elevated consciousness. Indian culture inherently is practical and yet philosophical. It teaches you how to lead a healthy, joyous and balanced life. We need to revive that culture. We have forgotten it.

We have the concept of **Vasudhaiva Kutumbakam** – the world is one family. There is no use of seminars on globalization, which can only be achieved through realization of the common string of unity in God.

7. To demonstrate the superiority of mind over body, of soul over mind.

8. To overcome evil by good, sorrow by joy, cruelty by kindness, ignorance by wisdom.

When we practice Kriya Yoga we overcome our limited identification. We are releasing our consciousness from material consciousness to God consciousness. The 'I am limited' thought is the source of all problems. Ego is the reflection of Self in the mirror of maya. It is just an illusion. Later you will feel like laughing at yourself that I was giving so much of importance to this little self. Then cruelty will be substituted by kindness, evil by good, sorrow by joy, ignorance by wisdom.

9. To unite science and religion through realization of the unity of their underlying principles.

Vigyan means vishesh gyan. The so called science is limited and it depends only on what is gathered through the senses. It is measured and experimented upon using sophisticated instruments and thus it cannot help in proving the presence of consciousness.

Einstein proved that what we see and perceive through the senses may not be true.

'If I am not this body, these senses, then who am I?' 'What am I?' We need to explore our own being. The next phase of science will be to come face to face with Truth and that is also the principle of religion.

10. To advocate cultural and spiritual understanding between East and West, and the exchange of their finest distinctive features.

East and West is within each one of us. Simplicity, depth of understanding is east. Being practical, organized is west.

When the Declaration of American Independence was laid down by Thomas Jefferson on 4th July 1776, it said, "***all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.***"

This does not mean that men are created equal externally but that we all have the freedom to seek fulfilment equally, irrespective of our external status.

This can be explained by the Indian philosophy which says '***Aham Brahmasmi***.' The West looks at it from outside, we look at it from inside. We can find all the joys internally.

However we need to develop a balance. E.g. We often find homes of people so beautiful inside, but outside the home there is so much dirt.

Similarly, one may scrub and bathe and then if we again wear dirty, stinking clothes then this is not balanced living.

There is no point in declaring that we are superior, but we also must admit and correct our weaknesses. Some consider it fashionable to advertise our weaknesses. That is not being broad minded.

One may seem to have great outer success but may suffer from mental and spiritual insufficiency. On the other hand one may have made great spiritual development but may be suffering from poverty and deprivation.

Hence there has to be a balance of the Eastern and Western qualities within nations and an individual.

11. To serve mankind as one's larger Self.

A spiritual man says, 'everything belongs to me.' That doesn't mean he can treat public property or office property as his own and misuse it. When you say spiritually, 'Everything belongs to me, and I am the owner of everything,' then you also grow in responsibility. You catch a glimpse of your own self in all mankind.

Now we need to work extra hard. How? By daily sadhana. Each one of us needs to take responsibility for the storms, calamities that are striking entire humanity. What we think, creates our environment. We have to change it. This change should happen in every human heart. Jai Guru!