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**Jai Guru!**

## **SRF/YSS PRESIDENT'S INDIA TOUR**

**08/11/2019**

### **SW. CHIDANANDAJI'S FIRST ADDRESS**

Pronams and loving greetings to Gururji's Dear Ones. What a joy to be with you. Please sit down.

Very Dear Ones of God and Gururji, in the name of God, our Father, Mother, Friend and Beloved, I greet you all and, in the name, and unconditional love and joy of these Divine Ones, and our Revered Guru, who guides and sustains and blesses this path.

Guru has only one meaning in the life of disciple – as a pure and open channel of love and joy. Receive that love, receive that joy. That is why we have come together.

I cannot tell you what a joy it is to see layer upon layer of devotees. Replying to Sw. Ishwarananda's very kind words that I managed to find time in spite of my many responsibilities to come and see you all, let me tell you that You all are my most important responsibility. (At the end of the 3 day program, Sw. Smarananandaji closed by saying that he will keep reminding Sw. Chidanandaji of his responsibilities – meaning us and Sw. Chidanandaji will have to come to us again and again. 😊)

Gururji already imparted to you a very important life long lesson (in asking all devotees to shift to a new site because of the sudden rains). Thus, Gururji imparted a direct wisdom permeated message in simple ways and not long discourses. Just be even minded and cheerful. You all did a very good job of being even minded and cheerful.

Remember an equally important and wise message: ***Nothing can inwardly touch you if you inwardly love God.***

That divine wisdom can sustain us through minor changes like this and also see you through great challenges that *Maya* throws at us. You learnt a valuable lesson to serve with a spirit of God love, and a desire to love and serve even before the lectures started.

Paramahansa Yoganandaji is a vehicle, a channel, through whom power, blessings, guidance, strength, wisdom, joy of God flows constantly through all our lives.

Guruji has said, ***“Through the teachings (in the Lessons) you will be in tune with the Guru.”*** Learn to live in the world without losing that inner connection, a constant flow of divine blessings and divine power. I want each one of you to experience it. You don't need anything except your own personal living connection with the Guru chosen by God.

There is such an outpouring, a deluge of the New Lessons. They are comprehensive, and complete teachings for all aspects of life. How to remain connected with the source of all that Love, Joy, Wisdom that sustains our life and gives direction?

We live in a vast ocean of divine powers. All you have to do is to improve your knowing. That is the Nutshell of Self Realization. It is a loving power filled with Divine Joy and Wisdom. That is the Great Om Vibration that permeates the whole universe and each one of us. Let's experience it.

Sit up, close your eyes and Visualize. Let's affirm:

***I am submerged in the eternal Light of God. It permeates the world, and also our own bodies and our beings. What is that perception? What is that experience? It mingles with the light, energy, human life.***

The life force that sustains our body is a form of light, divine energy. Feel that light permeating our body, our prana, it vitalizes the light of prana. It blesses us with healing strength, energy. Feel and visualize it.

Another kind of light is the light of our thoughts. ***I am submerged in the eternal light of God. It permeates every particle of my being.*** It permeates the Universe. Feel that light flowing into the light of your thoughts and consciousness. It spiritualizes and raises the level of our thoughts and consciousness. It mingles with and reinforces and spiritualizes my life force, prana, my consciousness. ***I am living in that light.*** That light and awareness unites with the light of God, the vibratory light of Om. Feel your body uniting with the Cosmic Perception of Light in all creation.

Beloved ones, know that light, the vibratory light of Om, by which the whole universe is sustained and to which we are attuned with and feel in meditation. Now the challenge is to connect with that light every moment. That is the connection.

THINK FOR A MOMENT: WE AFFIRMED, VISUALIZED AND BROUGHT TO OUR IMAGINATION THAT GREAT LIGHT.

But that is just the start.

Those who have received the New Lessons, you know there is an exercise in the new lessons on Energization Exercises about how to direct the cosmic energy and redirect it to the body parts to recharge and relax them. Let us practice that for a moment.

(It is Example A and Example B in New Lesson 6, I believe)

- 1). When you perform the above exercise, close your eyes and visualize an increase in energy in your arms.
- 2). Now feel and consciously vibrate and fill the arm filled with light.

There is a difference in just imagining and hearing and putting it into practice. There is a difference between a superficial life and a radiant spiritual life, which is filled with wisdom and divine love.

Guruji said, ***“If you practice one millionth of the things, I teach you (in the New Lessons), you will find God.”*** But success doesn't lie in just listening to talks, but in practicing what you read and hear. If there is one suggestion, I could leave you with it would be this:

***“Take those teachings and convert them from intellectual understanding to practice.”***

The teachings are not an intellectual, scholarly, study and information. They are a living dynamo, a transmission of electrical transformation.

Electricity flows into your house through many sockets. If you connect with any one of the sockets, you get all the energy. In the Lessons there are innumerable power sockets. If you plug into one of the sockets, throughout the day, then you will receive. E.g. The great Om vibration has three phases, three modes of operation – Creative, Preservative and Destructive. You can try to understand it through the mind or by practice of Kriya.

1). **The Creative aspect of Om** is the power of Prayer - it is a very direct and creative aspect of Om. If we understand this, we can use our attunement to create circumstances, opportunities to create whatever is needed in our lives and in the lives of our loved ones.

***“Prayer after practice of Kriya Yoga...which attunes the mind ...high cerebro spinal...”***

By the practice of Kriya and other Guru given techniques, we attune ourselves to the vibration of Om's Creative Power.

When you first practice Hong Sau, you rise above breath. Then you tune into the Cosmic Vibration through Om. Then you float your prayer and broadcast it to the Father through Kriya.

What converts a spiritual idea into spiritual knowledge? It is Practice.

It puts the spiritual knowledge within reach of every one of us. Through the Lessons and Science of Kriya Yoga, mind, life, body, consciousness, all become transformed. Don't question, 'Am I getting the results?' Just go on practicing. They become a dynamic source of power for us even while we are living in the body.

2). The Preservative aspect of Om: Life force of the universe, Mahaprana, flows into our body through the nervous system. The more we remain conscious... we are experiencing the preservative aspect of Om. It brings harmony, balance but only when we practice the techniques.

Throughout the day there are many opportunities to experience it. We HAVE TO DO IT CONSCIOUSLY. It is good to develop a habit. It helps us to complete our routine duties. But

when prayer and meditation become mechanical, when we are parroting prayers, then it loses its essence.

E.g. everyday, twice a day we practice the Energization Exercises and pray, ***“Heavenly Father, it is Thou who dost directly sustain our bodies. Awaken within us, conscious will, conscious health, conscious vitality and conscious realization. O Eternal Youth of body and mind, abide in us forever and forever.”*** This is a powerful, life changing thought.

Years go by as we rattle off our prayers and how much we are missing. To look at it positively, how much we will gain if we said our Energization Exercise prayer with alertness. It would keep our body energized and healthy. It means that you are using your personal will in tune with the Great Power; that you are being sustained by the Mother of the Universe. It means that you are being fed by the Great Mother of the Universe, Divine Mother (though you will continue to pray as per Guruji’s prayer – Heavenly **Father**, it is Thou who dost...).

There are countless elements in our sadhana, on our Yogoda path. If we consciously remember this, these techniques, prayers etc. become life transforming. For e.g. when we chant Om Guru, Om Guru – out of habit, mechanically, without reference then it is not so effective. When you chant ‘Om Guru’, go back to that ocean of power – and pray – ‘Let the Wisdom and Love of God through Guru flow through me. Let the Love, Guidance, Blessings of God flow into me through the Guru.’

I am not saying this to introduce this particular prayer, but to apply this principle to all of Guruji’s techniques and prayers. I am only using a few examples to show how much we can transform our lives if we maintain conscious alertness and not just make it a mechanical process.

If we connect with the constant energy, then we find little things falling into place. It is the result of attuning with the great order of God.

Destructive Aspect of Om – We don’t like to think that God has a destructive aspect. It is a profound aspect if we know how to use it, if we know how to tune in with the destructive aspect to destroy our bad habits, our weaknesses, our limitations – “I can’t do this, I can’t do that.” Throw these limitations into the vibratory power of God.

All those who have taken the formal Kriya Diksha and who have attended the Kriya Diksha ceremonies will remember the Om Yajna, when we raise our hands bring all our past bad karma into our hands and offer it into the fire chanting ‘Swaha’. We visualize all our past bad karma being burnt off. Isn’t that a wonderfully liberating ceremony? We should be doing it every time we practice Kriya Yoga and then feeling a little bit of that contact, that closeness to God. At the end of meditation take all the wrong thoughts, fears, bad habits, anything that you want to give up, that makes you a slave of material consciousness, wrong desires, emotions etc. and throw them in the Om fire. This is a scientifically demonstrable process. Now scientists can document the power of meditation techniques on brain cells. By

interiorization of the brain cells...they reach nerve plasticity. Then we don't feel I am stuck with the bad habit, or bad karma. By using the Om vibration power scientifically, we can remould who we are and how we are.

Don't you feel a lot younger hearing that? Don't you dare feel older. With sadhana each one of us becomes a little child and looks with fresh eyes at what we can become.

In the Lesson 10 there is detailed instruction on how to use the destructive power of Om to change our brain cells. It is a very powerful practice, a good liberating way.

There is such power, tremendous possibility – these techniques of SRF/YSS have real immortal value in the connection of what they pour into our consciousness.

But the teachings and the words have that power only if we are receptive, only if they are falling on the awakened receptors of our minds. Or they just bounce right off.

What a devotee of Paramahansa Yoganandaji does is to cultivate that receptivity. Reinforce, Re-energize that quality of holy receptivity or devotional listening. Let it not just be words. Listen and receive. That is the successful quality of a disciple. Don't let those words just bounce off. Then they become prayers; mantras; blessings; transforming vehicle; from the Guru to the disciple.

That's what we want to live in, the connection that we want to sustain.

Study a little of the lessons so that the words impinge themselves on your consciousness. Meditate, practice and have faith that your Guru can lead you to the divine goal. Let's practice this affirmation from the Bhagwad Gita, Chp. 9, Vs. 34:

***On Me fix thy mind, be thou My devotee, with ceaseless worship bow reverently before Me. Having thus united thyself with Me as thy Highest Goal, thou shalt be Mine own.***

(Swamiji kept repeating these lines asking us to visualize the meaning of this verse).

There is literally an infinitude of Truth, and Joy in these spiritual words. Keep in mind our power to maintain the connection by receptivity and by concentration. Don't let it become a routine.

Then Swamiji spoke of the Indian Government releasing the Rs. 125 coin in memory of Paramahansa Yogananda with Guruji's image on one side and the insignia of the Indian Government on the other side of the coin.

India's spiritual wealth has been nurtured, and preserved down the ages through millennia and through the great ambassadors of India it is reaching the world.

The Science of Religion (released that day in Gujrati) is the essence of the first message that Guruji took out of India.

At this point Swamiji asked that the Translators of all our YSS/SRF books be applauded for the dedicated efforts of the devotees as a result of which 95% of world population can read the Autobiography of a Yogi in their own language, besides innumerable other translations.

I don't forget the great enjoyment that Gururji takes in each one of you. Jai Guru! God Bless you!