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Jai Guru!

SRF/YSS PRESIDENT'S INDIA TOUR

10/11/2019

QUESTION AND ANSWER SESSION

1. How many hours of sleep does a Kriyaban need?

Ans. No real formula. Guruji said that 5 – 6 hours of sleep should be sufficient. There should be a balance between work and sleep and meditation. In the Autobiography of a Yogi we have heard Ram Gopal Majumdar meditated 20 hours daily. We cannot manage to do that due to lack of time, we may not even have the capacity to meditate so long.

2. There is always a dilemma between completing duties and sitting for daily meditation. In the process one or the other always gets neglected.

Ans. This dilemma is for all of us. Each one has to analyse, introspect and bring a balance. God has given all of us duties which help in your spiritual evolution. Your situation is the result of your own karma and it is the best situation for your progress.

Sr. Gyanmata prayed: Change no circumstance of my life, change me.

But even if you have a strong desire to meditate, then you will find time to meditate for at least an hour and also do the EE.

Guruji suggested, that the first thing in the morning on waking is to meditate. Don't say, I will first finish my duties and then sit down to meditate. Don't give in to that temptation. First exercise and meditate.

Some prefer to meditate first after they return home late in the evening. Some prefer to meditate in the evening just before sleeping. But that takes real discipline. Because the body is tired, and there is a tendency to cut short the meditation.

If you wish you could take a light salad or fruit or milk and first meditate and then eat a proper dinner after meditation. If I have a strong desire for meditation then I will make time. If the desire is not strong enough, fight with Guruji, tell him, "Give me more time." I have seen the life of many devotees changing. But ask yourself am I doing my best. You should really feel, I cannot do more than this. Situations which are present in your life are the best for your spiritual progress.

3. After progressing from lower forms of life to a higher human form do we ever go back to animal form?

Ans. This is a theoretical question and it will not help your sadhana. But normally once you

are born you do not go back to animal life. If you are living too much on the animal plane then

may be on rare occasions someone may be born in animal life for a short period.

4. At times I feel that the burden of karma is very heavy. What should I do?

Ans. Pray. Prayer has tremendous power. Don't give up meditation. In fact, meditate more. When Divine Mother is beating you, remember she is standing very close to you to beat you. She is taking a special interest in your life, and so keep holding on to her, pray desperately.

Even in the ashram at times I feel so burdened with difficulties that I wonder, 'Why me?' Then I tell myself, 'Why not me?' I am not so special. As long as you have breath, you are assured of difficulties. Pain is a prod that makes you run to God. It is a part of the Divine Plan.

Change the Question, 'Why me?' to 'Why not me? What is so special about me?' Self pity is the most useless emotion.

5. How long should I sit in meditation, after Kriya?

Ans. After Kriya sit for at least 15 minutes in meditation. Don't get up at once after Kriya.

6. At night can I take raw vegetables and fruits and meditate?

Ans. Yes, ask your stomach. If you have eaten just a salad or fruit and milk, if your stomach feels light then you can do Kriya soon after.

7. Can astral karma be burnt in physical form?

Ans. First burn off your physical karma.

8. If I cannot do Energization Exercises with concentration, is it a waste?

Ans. It is not a complete waste but if it is done with concentration then you naturally get greater benefit. But don't neglect techniques saying 'today I am not having deep concentration.'