

DAY OF THE 108

KRIYAYOGACHARYA SERGE BABA'S LECTURE

APRIL 30TH 2017



Swami Shankarananda Giri says, « The greatest success you can strive for in your life is to establish a temple of God in your soul. » Establishing God in the temple of your soul can be achieved easily for you Kriyabans, because your *Ishta Devata* has been established and awoken within your divine heart. All you need to do is to follow the straight path that takes you to blissfulness and to remain there, just as it is said in Apocalypse 3/12 : « He who has attained it, will never leave it again ». Incidentally, the Indian scriptures say that God is beyond the comprehension of the mind, of the intellect. The human mind, the human brain, is incapable of having a true conception of what is called God. After all, God only means Consciousness...

When we enlarge the ordinary mind to the point where it touches the superconscious mind (among others in the state of meditation, the *samadhi*), we can feel His presence and we are able to Be.

We came down from Infinity to the finite. Kriya Yoga, as you know, means to withdraw one's attention on outer objects and to concentrate it onto the inner source of truth, of forcing consciousness to do a U-turn around itself so that from object it becomes subject.

Having achieved this U-turn, we then discover that values we thought to be right, such as the pursuit of wealth and power, are often the source

of conflicts, including our inner conflicts. A society that demands that we are perfect, without fault nor problem, a society that banishes the right of error, puts us into a state of constant tension, within ourselves and with others. The gap between who we really are and who we want to be, or try to appear to be, creates a violent imbalance in ourselves, a source of frustration and anguish.

In our world the defiance (challenge) is to hide our imperfections and weaknesses in order to succeed professionally and socially.

Being tired of this disorder, we turn towards spirituality and this infernal game will be revealed: our weaknesses, our vulnerabilities will rise to our consciousness. We probably won't like to see this. Especially as we will, through unconsciousness at first, try to bring our blind behavior to our spiritual land. Our defects, our imperfections need to be seen, then to be transcended so that we can open up ourselves to the divine grace and to the principle of truth that slumbers within every person, and waits, steadfastly, in our hearts. Thanks to the presence of the masters, this will not fail to happen.

But we created a society where we are constantly in action. We neither know how to rest, nor how to relax, nor even how to simply "be". It seems as though we always need to be doing something, to be agitated, to fill silence with noise and space with forms. The society puts a special emphasis on people having a personality of their own, being capable to prove their value in society (*pramana* found in the first center). It all becomes "the winner takes it all" and a never-ending cycle of stress.

However we are not born with a personality. The personality is conditioned by the mind. To become a personality, we had to think and conceive us to be someone. A personality is based upon memory (*smriti*), and upon the capacity of remembering our own story and upon having an opinion about ourselves.

A few weeks ago, I listened to an older Benedictine Sister who told her story. She said, « I don't know to do anything, I don't have a trade, I don't have anything to prove to the world, in this life I have only devoted myself to 'Being', simply 'Being'...no glory, nothing... » She seemed happy, sparkling, well balanced.

I would like to share with you some thoughts by Thomas Merton, about our life, even if it is seemingly lived in a spiritual way: « Letting yourself get eaten up by a multitude of conflicting problems, accepting too many demands, engaging yourself in too many projects, wanting to help everywhere and everyone, all this is letting in to violence. The frenzy of our actions neutralizes our work for peace, it destroys our inner capacity for peace, it destroys the benefits of our work, because it kills the root of inner wisdom which makes our work fructify. » Thomas Merton invites us

to keep the energy of our practice alive.

We have to learn compassion, *karuna*. That is the key to divine life. When pure and sincere feelings awake within our hearts towards others: that is the sign that spiritual love begins to work. If our words and our behaviour are malevolent, full of resentment or other negative qualities, we may well be assured that we veer away from our goal. And it might even be impossible to get back on the right path, on the *dharmā*. To see God in each and every person, like the spiritual masters knew to see and manifest: « Bless those who curse you. » Krishna says in the 6th chapter of the Bhagavad-Gita: « In all which lives, and cleaves in Me in all, Arjuna! If a man sees everywhere – Taught by his own similitude – one Life, One Essence in the Evil and the Good, Hold him a Yogi, yea! Well-perfected! He is a Supreme Yogi. »

Meditation represents the summit that a human being may attain through his own effort. The transcendent method to develop universal compassion is meditation (Kriya) and it requires constant effort. Masters who remain in the state of superconsciousness show us that they are always happy, wise and full of love; they show it in the same way that is – and has been – manifested by our *guru, param guru, para paraguru...*

There are different degrees of happiness, and when we approach spirituality we may experience this. Through meditation we can generate Divine energy and touch the Absolute. And go where there is no more degree of happiness, but only another State of Consciousness...

Try God and you shall be liberated of anguish, fear and anger. These qualities will no longer be as important as they still seem today. In the Bhagavad Gita, chapter 13 verse 66, Krishna speaks saying: « Abandon all other Dharmas, take refuge in Me alone (the supreme consciousness, *paramatma, paravasta*), I will deliver you from all sins. »

Sri Krishna says that if everything is exempt of egotistical motivation and is meant only to please God, it is not necessary to abandon outer things to find Him. Many spiritual Masters have shown us through the example of their life that it is not mandatory to leave behind responsibilities of a material life. The problems may be resolved by letting God come to where He has placed us. Whatever be the environment, paradise cannot refrain from establishing itself in the minds where divine communion reigns.

What is that Divine communion? How does it manifest itself? The Masters say: it is Humility, it is Peace, it is Love, it is Joy. It is essentially Silence.

Daya Mata stated a few words written by a monk in the 19th century, these few sentences are highly inspiring: « Humility rests on the immovable peace of the heart. This means never to be troubled, never to be anxious, upset, irritated, hurt, nor deceived. Humility means never to expect anything, never to be astonished of something against me, never to think that

someone may wish me evil. It means remaining unmoved when nobody praises me, when I'm blamed or scorned. Humility means keeping a sacred place deep within my being where I may take refuge and close the door to kneel down in secret in front of my Father; where I feel peace as though I were in a deep ocean of calmness while agitation is present all around and above me. » Keeping the mind united with God permits this.

Yoga is not a *darshana*, it is not a humanistic viewpoint. It does not place human beings in the center of the universe. It places the Consciousness in the center of the universe, those who are not conscious are called "human beings", those who are conscious are called "Sages", Divine Beings.

So it is very important to think about the type of relationships we have with each other. We want to have friends, we would like our friends to love us and to appreciate our qualities, and we would like to be comforted by them, for whatever discomforts or upsets we may have...

A meditator's relationship with others should only be spiritual. It is preferable to say: « OK, your life is difficult, everything is going wrong, but instead of speaking for hours and hours to finally end-up in the same place with just as much frustration, making decisions that won't resolve anything... well, let's just sit down and meditate, let's share a real moment of silence, let's allow the Absolute to work for us! »

People, who have "chosen" to live the life of a yogi full time, practice a particular type of *dharma*. This results in very powerful commitments, because by receiving the Kriyas and anchoring oneself in them, a person enters the sacred space of his Temple. It means that the consciousness of the sacred character of the whole world has to be present without interruption. It means that you should not hurt others, nor exploit them, nor be self-satisfied. You should realize what it really means to be a yogi, and to respect this commitment. If not you may get the impression that everything you do and everything you want is pure and untainted, coming directly through a divine command – but in reality there are chances are that it is merely your own Ego that is leading you.

Paramahansa Yogananda wrote: « Once you have made the decision to meditate and to follow that path, nothing can make you deviate from it. Do your worldly duties without forgetting for even an instant your Divine duty, the duty that you have towards your own origin, towards God. »

Let each and every person among you find inspiration and clarity through your practice, that way you maintain the sacred science of Kriya Yoga.

To conclude I would like us to all repeat together Paramahansa Yogananda's Prayer:

Oh Divine Father, Help us to create the United States of the World,

With You as our President of Truth

Who will be our guide to live in loving fraternity,

Urge us to develop a perfect body, mind and soul,

So that Your Kingdom of Peace that is within us,

May manifest itself through actions in our daily life.

**Give us good health, high efficiency, perfection in all respects,
So that we may inspire all our brothers on earth**

To express their true nature,

As Your noble child,

Enable us to awake Your Love within all hearts.

