



In this newsletter

AMS Summer Meditation Course

Why do we fear surrender? – Gururaj (Part 2 of 2)

Dear Meditators,

We have information for you about the summer retreat and hope to see all of you there this summer! There are great prices to Philadelphia airport...book now. There is also the second part of the Satsang US-79008.

Namaste, Vidya

AMS Summer Meditation Course 2009

Reflect – Refresh – Renew your meditation practices

Date: July 6 – 12th, 2009 (starting with dinner and ending with lunch)

Place: St. Pius X Spiritual Life Center, Blackwood, NJ 08012

Prices include room and board

Double: \$540 for 6 days (if you are coming less than full-time, it is \$100 per day)

Single: \$636 for 6 days (if you are coming less than full-time, it is \$116 per day)

St. Pius X Spiritual Life Center is situated in Blackwood NJ on 20 acres of land in a peaceful wooded setting. Walkways, a Meditation Garden and a Faith Walk add inspiration to a serene country setting. Across from the sprawling campus of Camden County College, the center is located 11 miles from Philadelphia and is easily accessible by car or public transportation. It is only 20 minutes from the Philadelphia airport. There is car service between the airport and conference center. The facilities are comfortable and inviting and the gardens and grounds are beautiful. The chapel is open 24 hours a day.



On this retreat there will be group chanting and meditating twice daily. There will be times for discussion, Video/DVD presentation of Gururaj's talks, discussion of practices, and meditation walks. We will look deeply at the workings of the mind and the unfoldment of our heart nature.

"...Through meditational practices we bring balance in the mind. There is a balancing of the impressions which constitute the mind. Through the practices we allow the light to cover the darkness. Spiritual practices are aimed at bringing light into life.

...What has brought all the turbulence and turmoil and suffering and misery within you? Your mind. That's all. The mind is just a patterning, a bringing together of various kinds of impressions that are forever ready to associate themselves with the things you are thinking of now. That association brings about greater strength to the thought you have in your mind now, be it good or bad. It feeds. It feeds whatever is brought to the fore in your little conscious mind.

...Through meditation there is a hotline, where you can go beyond, transcend all the impressions in the subconscious mind and reach the superconscious level. We draw from there and fill the conscious mind with those energies, which in turn would reflect on the unconscious and make it clearer and clearer.

... Meditation and spiritual practices are designed to rid oneself of the patternings. The patterning is the stain or dirt on the glass window, the practices help one to cleanse the window so the full force of the Absolute can shine through."

~ Gururaj Ananda Yogi

A confirmation email will be sent with more details about transportation between the airport and conference center. This information will also be posted on the website.

Please click [here](#) for the Summer Course 2009 registration form. Registration and FULL payment deadline: June 21st.

IMPORTANT *** We must have **PAYMENT IN FULL** two weeks prior to the retreat - **DEADLINE:** June 21st.

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Email [registration](#) and credit card number to Babita or mail check and registration: Babita McKasson, 899 Rowan Rd, Makanda, IL 62958.

For further information contact: Babita McKasson phone: 618 529-4824, [email: Babitaji@aol.com](mailto:Babitaji@aol.com)

WHY DO WE FEAR SURRENDER? (Part 2 of 2)

US-79008

So we start with ourselves. There are two kinds of people that could say "so what." The totally irresponsible and the totally responsible person. Once we have that positive attitude of responsibility, we say "so what." What is the worst that could happen? So one meditator falls out or falls along the wayside. Ten more will come. I know that. And the one that has fallen by the wayside, with a little help, will come back home like the prodigal son. Like that, everything in life. It's easy to fall, but have courage to get up again and again and again.

So what is there to fear about? Because every ability is within man. Man can, by his faith, move mountains, as the scriptures say. So what is there to fear? What is the worst that could happen? People fear dying. What is death, after all? There is no death. If there were death, then this entire universe would collapse because the universe exists on life alone. Even when we shed this body, this body has not died. This body disintegrates into its various elements and actually becomes food to those elements. So shedding this body is also helping the scheme of things. And then the immortal soul within man forever carries on. Death is but taking off one suit and being reborn, which means putting on another suit. Leaving one room and going into another room is all it is. Because if the soul is eternal, if the spirit is eternal, then you are the spirit and you are eternal, too.

So that is the unknown. That is the unknown. Why do people fear death? They fear what is going to happen to them. They fear hell. They feel guilty: "Oh, I've done that, I've done that one down, I've messed around with that woman, or I



should not have done this and that," and all these kinds of fears, huh, because of guilt. Born of guilt.

So to get rid of guilt, what do we do? We change our lifestyle and don't do the things that cause fear in us. Then you don't even need to worry about burning in Hell, because Hell and Heaven is all here. So up there, so down here. What is here is up there. Because after all, where are you going, in any case? You're going nowhere. You're just passing into a different dimension. That's all. And all these dimensions put together make the whole.

So at the time of death you just pass into a different dimension. Your very body becomes a sacrifice to feed the other elements on Earth. And when you enter that dimension, the subtle body starts evaluating what kind of birth to take again. Because the subtle body does not tell lies. The subtle body evaluates. There's no one sitting on the other side judging and turning up pages: This one has done this and ticking it off, ahhh, you bloody fool, now I've got you. No, no, no. You're judging yourself. And you're judging yourself in such a way as to evolve. You choose what kind of body to take and in what circumstances you are to be born so that you could evolve so that there would be maximum gain for you.

A child is born crippled, or born into very adverse circumstances. At first, because we do not have the understanding or are not able to view things in its wider perspective, we'll feel, "Oh, how unfair that old chap is up there, putting me in these circumstances while someone else is in better circumstances."

No. No one has put you where you are. You have put yourself where you are by yourself. Those circumstances might seem adverse, but those are the very lessons that you need to learn. It's no sense patting someone on the back all the time. No, no, no. We are here in this school of life to learn, to evolve, to reach back home to the starting point. In the cosmic view of life you have left from nowhere and you are going nowhere. You are all just here. The wave has so much movement on the ocean, but where does it really go? It is still in the ocean. The very movement we find of the wave coming from that end to this end is an illusion. The wave doesn't move. It is just the currents in the water that make the wave bob up and down, and another one bobs up and down here, and a third one bobs up and down here, and a fourth one, and like that. It gives you the illusion that that wave has traveled from there to there. It has



not. So you are there all the time. And that is called "the play of Divinity." We want to find happiness, or as I always say, joyousness, to be ourselves again in the realization that "I am Divine." So to do that, what do I do? If I feel dirty, I take a bath. Meditation and spiritual practices is taking a bath to get rid of the dirt to show you who you really are: that life is joy, and every moment is an eternal moment. It's none other. There has never been either a past moment or a future moment. It's just this one moment, one flicker of this beautiful firefly.

So these are the basic causes of fear. With these fears, we fail to surrender ourselves to the Divine will. One can, through auto-suggestion or hypnotism, assume a kind of surrender. But that is bluffing yourself even more. That is not surrender. Surrender comes when we very actively change our thought style, lifestyle, thought, word, and deed, to what is conducive to both our own peace of mind and also to the environment around us. That happens as we gradually carry on, backed by the strength of the integration we are gaining through our spiritual practices.

At first it's a bit difficult, like a child starting to learn to play the piano, ping, ping, ping, ping, with one finger. After that, she plays a symphony and yet carries on a philosophical conversation. It becomes spontaneous, automatic; it becomes one's lifestyle, it becomes as automatic as breathing. You're not consciously aware all the time that you are breathing. You're just doing it. Now every aspect of life must be like that. Then there's no place for fear, and that is the true surrender.

Surrender does not mean like I saw in some ashram, the person prostrates himself and "I surrender to you, my guru." That's all rubbish! No, it serves no purpose except it bolsters the guru's ego. That purpose it serves. No, that's not surrender. Surrender is to be able to find oneself and know with true realization that this little body, this little mind, this little assumed ego is not the end and aim of life. No. It's an instrument. We use it. It is just the flower that is offered at the altar of the Kingdom of Heaven within. That is surrender. And surrender should never be forced upon ourselves. We are not capable of that. We just can't do it. We are just shamming, putting on an act. It must well up spontaneously. The other name for surrender is love. That's all. Everything revolves around that lovely word called love.

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For even between man and wife there is a surrender. What are you surrendering? You are surrendering your personality. You are surrendering your ego to love. So in every aspect of life, if we live that kind of life, then all the positive qualities come to us: humility, everything, every virtue you can think of grows with it automatically. The flower cannot grow alone. All the beautiful leaves grow with the flower. By developing one virtue all the other virtues grow with it. So that is how one can really realize "Thy will be done." And when one realizes that, all fear disappears. If you have to walk through a dark road and you sincerely feel "Thy will be done," fear goes. Then all those things lurking in dark corners are not going to bother you. That is surrender. And when there's true surrender you have always that power of grace with you. Always, always. Grace is such a beautiful girl. Ahhh, she's so loving, so giving, she follows you around. But turn your head, look at her, look at her. That's all you need, just turning your head to see her.

****END****

~ Gururaj Ananda Yogi

This is the final part in a two-part series, "Why do we fear surrender?" by Gururaj Ananda Yogi. The first section of this satsang was featured in last month's newsletter.