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American Meditation Society Newsletter



Volume 15, January 2010



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Dear Meditators,

Happy New Year! Now is a good time to structure meditation time into your daily calendar. It is always a challenge to make time to meditate regularly. And, it is so important to our progress in unfolding a greater awareness of ourselves and the flow of divine energy in our lives. So, get out your calendar and make an appointment with yourself to meditate. Balance the mantra and tratak practices. "Tratak develops inner awareness, it expands awareness whereby you can actually learn to see." ~ Gururaj

You can boost your practice and knowledge by attending retreats. Put the Summer Retreat on your calendar now and begin saving for your spiritual enrichment. If we look at our priorities, what is most important to us? Do we spend time on what we say is most important or is there a inconsistency between what we say is important and what we actually do?

Best wishes to all for the New Year! Vidya

Upcoming Events

Weekend Retreat in the Pocono Mountains*"Get to know yourself and the life force within"***Date:** March 26-28, 2010**Location:** Villa of Our Lady Retreat House Mount Pocono, PA 88344**Cost:** Double - \$175 , Single - \$200**Contact:** Abbe Rosenberg, 11 Melissa Drive, Ardsley, New York 10502. Phone number: 914-693-4118abbejr@verizon.net**AMS Summer Course 2010****Date:** June 25 - July 1st, 2010**Location:** Angela Center, Santa Rosa, CA**Contact:** Vidya for more info vidya7@aol.com*(Swami Beyondananda will be with us on June 26th for fun and wisdom. More information on this retreat will follow in future newsletters.)**View from the Villa of Our Lady Retreat House***Comments about the 2009 Thanksgiving Course:**

This Thanksgiving course was one-of-a-kind. We had 70° weather on Saturday and folks were walking around in T-shirts and bare feet. We had eight people for a wonderful Thanksgiving dinner and great conversation. On Friday we were joined by the rest of our family. For most of the course we worked on US 83-10: "Man's inmost heart, Man's purest vow." I noticed after hearing the satsang, for the fourth time, I was hearing things I did not hear before.

On the confirmation letter for the course we were asked to bring an item from around the house and have it wrapped. On Saturday evening Pashya asked us to put all the presents in the center of the room. We were then to each pick a present and return to the

circle. Then we listened to 83-10 and were asked to pass the presents when we heard, Gururaj say, "Um, Good, Right, Fine, Ah," which Pashya counted to be 11, "Do you see" 8 times, "That' about an hour," 1, and "So..." 30 times. We laughed and listened, this was a course for life, love and laughter.

This course was about appreciation, gratitude. I am most grateful, and appreciative for my family and for the opportunity that they presented me. Namaste, Mary

Your Practices

If you feel you have dropped away from meditation, have questions and would like a boost by talking to a teacher, give a call or email to:

Merrill or Mataji Harmin: mtharmin@optonline.net; 914-946-5334

Mary Horne Porter: Peacebypiece1@att.net; 317-831-7470

Sutriya Johnson: Sutriya@aol.com ; 618-656-8117

Vidya Anderson: Vidya7@aol.com ; 865-591-2159

Emma Woods: Emma@americanmeditationsociety.org; 865-525-9421

Sujay Anderson: Rbobanderson@cs.com; 717-240-0762

Or any other teacher of your choice.....



What's Happening Regionally:

New York: Mataji and Merrill are doing lots of teaching in New York. They report having a dedicated group of 40 or so meditators which they see quite often these days. How do they get students? And, just as tricky, keep them from dropping away? They both say they would be happy to share their approach with anyone interested. Call them anytime: 914-946-5334.

North Dakota: Vidya is continuing to return to Fargo, ND on a

regular basis and the meditator group is growing very well there. Amanda Lindseth and Barbara Bentz are keeping chant/meditations going twice weekly.

Knoxville: Sami Parker is hosting chant/meditations at her home and Susan Bain is holding chant/meditation at the Wah Lum Kung Fu Center. Classes are being held by Jim Lawler at Parkwest Hospital and in the continuing education dept of University of TN. Kenton Yeagor is planning a syllabus to teach a university class for college credit at UT.

Other Areas: Will be reported on in the next newsletter.

Expansion of the Heart (Part 3 of 3)

US-77008

Now what is the relationship between sexuality between husband and wife and expanded love?

We have to remember that we are householders. We live a householder's life. We have a family. Sexuality is only the outward expression of an inner welling up. Now, I'm not talking of lust, which is animalism. Every human contains within himself three things. He contains within himself the animal, because he has passed through that stage in the process of evolution. So in his memory there are still implanted the impressions of the animal life. Man has within himself what man should really be. And thirdly, man has within himself the god-man.

So within every human being there are three things: animal, human, and god. Now, it depends upon us to which we give greater emphasis. Lust comes about because greater emphasis is given on the animal side, which lives mostly by instinct and bodily needs. The only thing that distinguishes man from animal is that man has thinking power. So he has reached a stage higher in his evolution. Having the thinking power, having the power of discrimination, he has also developed the power to subdue or overcome the animal instincts and live as man that should not have animal instincts.

Now that very man stands in the middle between animal and God, between animal and Divinity. And because of this power of thinking, because of this power of discrimination, he can lean either way. He can be pulled to the animal side or to the God side. But that does not make him cease to remain as human. Man can remain as man on this earth and yet live as a god-man. Now, when man lives as a god-man, then the very act of copulation can be sublimated in something very beautiful. I am one that would never tell any householder to abstain from sex. If you are a householder you are there to bring up your family, to procreate, it is the nature of being human. That must not be stopped. A couple came to me in South Africa. Now before that, some swami had visited South Africa and

they went to the swami's lectures and had a private interview. The swami, being a monk, naturally would think like a monk. He was an ascetic. So he told this couple that to find maximum spiritual growth you must become celibates, and by becoming celibates you will reach God. So this couple took the word of the swami. Two weeks went by, three weeks, four weeks, two months went by and a terrible amount of irritation and irritability started developing between these two that were formerly very loving to each other. With the irritability a lot of quarrels began. With the quarrels the wife was nearly on the verge of a nervous breakdown. So they heard about me and they came to listen to some of my talks and made an appointment for a private interview. I started talking to them. When you talk to a person you like to find out the causes of things, and so I asked them, "What have you been doing, and what has happened?"

So they told me that swami so-and-so came and he said that we must become celibates and we have become celibates. I was very wild. I say, "The two of you go to bed tonight in the same bedroom."

A few weeks later I saw them again, and they were back to their normal selves. Now, the concept of celibacy is fine for an ascetic, for a yogi who has reached a level where he can take the sexual energies and sublimate them into spiritual force. But that is not the dharma of a householder. When I say a householder must indulge in the relationship, I don't mean excesses. Of course, that is something else. But normal according to need. So that is how a person lives a normal life.

In Victorian times, it was a sin even to even utter the word "sex." But we have come a long way from the inhibitions that were implanted in the minds of young children. But after coming a long way we have gone to the other extreme, so instead of inhibitions we have developed permissiveness. We choose the middle road. We choose the middle road according to the station in our life. If we are householders we do the things that householders do. If we are ascetics and living in Himalayan caves, we do the thing that should be done in the Himalayan caves. So sexuality, the togetherness between husband and wife--and I emphasize husband and wife, not just permissiveness. The togetherness, the copulation between husband and wife, can itself become a meditation. Why do man and woman get together? There is a force involved that is expressed in a physical act. But the physical act is not the force. There is an inner force that wants the man or the woman to merge into each other.

You-ness and I-ness must cease. There should be us-ness. And it is because of this inner force that wants to become so one with his wife or she with her husband that makes us indulge in the physical act. Although the physical act, too, has a certain power of its own. But in real copulation--which is not lust-- it is the inner force of wanting to penetrate within the soul of the beloved where the two souls can join in union.

Really speaking there is no differentiation at all, there is no duality. But being embodied and having a limited mind we think that I and my wife are separate. And yet, within us there is a force that wants to bring us together. So there is a mental togetherness. The mental togetherness arouses or demands a physical togetherness. And all this, all this is engendered because of the oneness of spirit between man and woman that also would like to see and express that oneness through the mind and the body. That is why man and woman copulate. That's apart from creating children. That's a different aspect of it.

So the very sexual act can be sublimated into something so, so beautiful. It could be a meditation in itself. I was telling some people in a talk the other day that man and woman do not function in totality. Even in the sexual act they are only using their minds and bodies. To stimulate their bodies they conjure up pictures in their minds for physical stimulation. That is not making love. The sexual act has to be a total natural flow. Not because of a need but because of a pressure that is forever pulling the two together. The magnet has no need to pull the iron filings to itself. It is the nature of the magnetism created that pulls the magnet and the iron filings together. And that should be the relationship between husband and wife.

Now how does this take place? If man and woman can function as totality--not only mind and body but also the spiritual self-- when these three factors are combined in the sexual act, then you are functioning as a total being. And when you function as a total being you get totally lost in your beloved. You get totally lost in your beloved where even in the act, where even in the love making, the body is forgotten, the mind is forgotten, and some divine force takes over and you just melt away. You just melt away.

Now, having stimulated the mind and the body it would express itself in an orgasm. But when

beautifully.

But one has to approach the spiritual path individually. There is no such thing as an age of enlightenment for the entire world. Go back into ancient history. Rama lived 9000 years ago, and the world today is no better than it was then. He was a great spiritual master. Buddha was a great spiritual master. Krishna was a great spiritual master. Christ was a great spiritual master. And they, too, worked hard and brought this divine message of love to the world. And yet, the people who lived in those times are the same as people living in these times. That is why in our movement, in our foundation, we insist upon the personal touch. Reformers have come and gone and this world still remains unreformed. We see it all around us. Technological progress does not mean evolution; the unfoldment of the heart, that is evolution. That is evolution. So therefore, in our foundation the emphasis is on the individual, because it is the units that compose the whole.

So individually every person has the potentiality to reach that greatness, to reach Divinity. We teach, both in practice and in theory, how every individual can reach that state of bliss. Its effect would be felt in the environment to a certain extent, but the dream, or the teaching, that this whole world is reaching a stage of enlightenment is not true. It was not done by Christ and neither by Buddha and neither by Krishna.

I would like to tell you of a great man that lived at the turn of the century, Sri Ramakrishna. He said, "If I could lead only one person to self-realization, then my mission of life has been fulfilled."

~ *Gururaj Ananda Yogi*

This is the last part in a three-part series, "Expansion of the heart", by Gururaj Ananda Yogi.

