



In this newsletter

Reflections from the Summer Course – Emma Woods

The Mirror of Life - Gururaj

Commentary – Sutriya Johnson

Ordering DVD – Mirror of Life Satsang

Date – Knoxville weekend retreat

We recommend printing this out and re-reading the satsang selection several times.

Namaste, Vidya

Reflections from the Summer Course

As meditators we are all too familiar with samskaras....those impressions left in the mind as the result of all we experience. My return from the Summer Course in Santa Rosa, CA last month has left me with many deep impressions which - admittedly - I am reluctant to release!

This course was a true celebration of life, in all its forms. During six wonderful days together we cried in sadness (remembrance and loss for Greg Porter)....

laughed with joy (that 'percolation' that occurs when we practice together as meditators for an extended period)....

exclaimed in disbelief (where the heck is Buzz? And how do you work this camera equipment anyway?)....

felt moved by inspiration (the decision that we can all "handle the candle" coined by Roopa)....



overcome with amazement (those marvelous streaks in the sky from the sun visible from the Angela Center courtyard one evening as day turned to dusk)....

and later absurdity (that image of Baldev in his NASCAR Dale Earnhardt pajama set at the auction shall stay with me a while!!)....

were filled with wonder (the afternoon excursion to the redwood forest was a personal highlight)....

inspired by courage (Rosa Marie in her swimsuit at Goat Rock beach, trusting the Pacific ocean to be as temperate as the Mediterranean sea)....

and bathed in peace (9 rounds of chant in the chapel, so beautiful. Why don't we do this everyday?).

This summer course was a wonderful celebration. It brought together meditators from the US, Spain, and even Australia to celebrate the beauty of life and the 20th year of Gururaj's passing. It was a time to share his wisdom, our fellowship, and most importantly....

Universal Love.

The Mirror of Life

The mirror of life is vast, but there is no vastness in the mirror except in your imagination. You can imagine the mirror to be vast, or you can imagine it to be very small. Open your handbag now and see how small that mirror is when you want to powder your nose. So the vastness or smallness of the mirror is nothing else but imaginary. For you can never mirror yourself, and what you see -- in whichever size of the mirror you look into -- will not give you the true reflection of what you are. You will always see something in the mirror of what you are not. There is not a single man or woman who looks in the mirror without thinking they are handsomer or prettier than they really are. So that is imaginary. It is image-making. You go on throughout life making images, and that adds to the falsity of your life. Because you are dwelling all the time in falsity, you miss reality.

American Meditation Society

Newsletter



What I lost. I like to look in a mirror, not see in a mirror. Seeing (I) Tj 0 -15 TD- 0.3397 To

What reality

When you negate the little ego self, you reach your real self.

y o u



Find the non-existence of yourself and merge into total existence. Then come back and find the reality of your small existence, because your small existence is part and parcel of that totality. If you take your small existence away from the totality, then totality can never be total. The entire universe will collapse. But what will remain is this, in re-cognizing your reality you will also have the sense of the bigger reality through which you exist.

So then, what do we do with existence? Existence is there all the time. It was, is, and forever will be. But you find a new factor: in that small existence, you live. For life is not just made to exist, life is made to live. But what quality do you give to life, what emphasis do you give to living? That is the discrimination that all must develop, and they will. Oh yes. Everyone will.

The question starts, "Do I exist, or do I live?" Ninety-nine point nine nine nine percent of the world's population do not live; they just exist. So live life with the realization that life is the aim and the end of all, and in that life I exist. And when you exist, do me one favor: take away the "s." I exit. And bring life into myself. For you can't have them together. You've got to exit. Then you live. And you live in divine joy, in total ecstasy where there is no botheration at all. Nothing bothers you, nothing disturbs you, nothing harms you. You can't have the two of them together. You can never compare existence with life. For with your consciousness at your present state of evolution, you have to live. At a lower level, the animal level or the plant level, they exist. But you must live.

And I give you this life if you can understand it and understand my words. For life's main ingredient is peace, and this peace, through grace, I extend to you. To ex-tend that has no end. Then the "ex" just disappears. It is gone. When what you think is life disappears, then you are just existing. But when existence disappears, you get awakened in life. And that is the awakening, that is the illumination, that is self-realization, and that is unity consciousness, where everything around you becomes you. No distinctions are left.

When I taught through the body of Vivekananda, viveka, which means discrimination, was necessary for that time. Discrimination between mind, body, and soul had to be there. But the further stage is to go beyond discrimination and find that light that knows of no discrimination. These lights



that burn here in this hall burn equally, and one is not discriminating itself from the other.

So, as time goes by, we lose the reflected images that we see in the mirror, and as we progress on the spiritual path, we do not see the image. But we look deep within ourselves. When we look deep within ourselves, the sense of discrimination develops. But beyond that, you become totally indiscriminate, where this wall becomes me; where this carpet am I; where all is nothing else but that I, encompassing the entirety, the totality. And what is that totality? It is unity consciousness. "Uni" means one. I don't know why they put the "t" there. Unity. It should make you realize that all the units put together form into that "t," for you are all non-separate from each other. Everything is one.

And when everything is one, no conflicts could remain in your mind at all. For all your problems are because of conflicts. Those conflicts are forever conning you all the time with the flicks and flickerings in your mind. Get rid of those, my beloveds. It's so easy. Do your spiritual practices and you'll find no more flickerings that are conning you. The flame will be steady, and then you can say, "Ah, I live."

You go to a hairdresser and what do you do there? They give you a shampoo and dress your hair. And then they spurt some I-don't-know-what on the hair to keep it in place. Why do you do that? Because you are afraid that when you go out the wind will mess up your hair. What's wrong in having the wind play its divine music in your hair, caressing it so beautifully, so softly? What's wrong with that? And yet you put on all these chemicals. What for? Of course, that's the fashion, that's the craze. And all crazes are crazy! So you go to bed and your hair is stiff with that hair spray. Ah, how about not using that hair spray, and when you go to bed at night your husband ruffles his fingers through your hair instead of hair spray. Isn't it more beautiful? Isn't it more comforting? It is. When you feel the comfort of your husband's fingers going through your hair, you will respond in some way or the other. Then life is lived, and life is lived together.

So we are mixed up in artificialities. Why do you look into the mirror? Tell me. Do you know why? You put on those false eyelashes, and then you put on that lipstick and then that rouge. So the point is this, and remember this well: that



life -- what you think is life -- is just a make-up. For you have not known the reality of life. And that's why I'm here, to make you realize the reality of life.

Get rid of that make-up you put into what you call life. Use all your rouges if you want to. But take off the make-up that you imagine yourself to be. When you get rid of imagining, then you are you and you are the bee producing so much honey, collecting it from all varied flowers to bring sweetness into your life.

From Gururaj Ananda Yogi - USA 85020

The Mirror of Life - Commentary

Recently I attended a meeting in a large room that was completely enclosed by glass. Suddenly a loud reverberating crash seemed to shake the whole room. Because I have done this a time or two myself and thought I recognized the sound, I said, "Oops, somebody missed the door and hit the window."

The facilitator asked how people had reacted to the sound. Someone said, "Ohh, I bet that hurt!"

Someone else mumbled but didn't say aloud, "She should be more careful and pay attention to what she's doing."

Each of us reacted to this basically neutral life event by responding to what we thought had happened, probably with no idea of what had really happened since we were facing the opposite direction. Through the mirror of life, each of us, if we were looking, saw reflected back at us the thought patterns made up of the sensory impressions that are stored in the memory box of our conscious and subconscious minds, and which compose the story of who we are as little individualized beings, the small I, or ego self.

Gururaj was a constant mirror of our thoughts. Bathed in the light of consciousness that shone through him, only in our most determined moments could we remain blind to what he mirrored back to us. Sometimes it was the most ridiculous of our limitations and labels. But through all his seemingly silly antics, I never experienced anything but total unconditional love and acceptance. And it wasn't only the thoughts in our minds that we saw reflected



back at us. He often told us about the qualities of kindness, gentleness, compassion, and love he could see on the faces of the long-term meditators. Following one Communion, for example, he said, "You might not notice it because you do not know how to look in the mirror, but I can see. I am your mirror (US 86-05)."

So we look at the images we create of ourselves and think we are "more beautiful than what [we] really are." But underlying that need to create an image, don't we also think we are less beautiful than we really are? When I hear this satsang I wonder if we can ever really know ourselves, or if we can ever really know another as long as all we see is our thoughts about the image we present to ourselves and to others. If at the level of the heart we are also the beautiful qualities he saw in us, how can we know ourselves, how can we know others, until we experience all that we are? What can we know of life except our thoughts about things like times, places, events, and activities until we know the energy that empowers it?

Gururaj told us to enjoy all the rouges, false eyelashes, and costumes we want to as part of the quality we bring to the play of life. He never subjected his chelas to austerities. At the same time, he was very clear that our job as chelas was to look beyond the artificiality of our thoughts to the innocence of our heart. He brought to us the teachings, meditation, and spiritual practices that would help us achieve that end.

Ordering DVD - Mirror of Life satsang

This satsang can be viewed in its entirety on DVD. In addition, at the summer course we also watched US 85-43 "Being Chosen, not Choosing", and we referred to parts of it throughout the course. Either of these can be enjoyed on DVD for \$12 each, or, better yet, try both of them for \$21. The price includes shipping. To order, send a check and written order to:

Jasuti Goss
322 W. 12 Street
322 W. 12 Street
Anderson, IN 46016

Happy viewing,
Sutriya

American Meditation Society

Newsletter



Knoxville weekend retreat

The Knoxville Weekend Retreat will be October 3 - 5, 2008 at Smoky Mountain Retreat Center, Walland, TN. Put it on your calendar! More information to follow.