

American Meditation Society



Newsletter

Volume 7, November 2008

HAPPY THANKSGIVING SEASON!

In this newsletter

A weekend of allowing – Kenton Yeager

Thanksgiving Course Reminder

Abiding in Christ – Gururaj (Part 2 of 3)

This month we continue with the second part of the satsang by Gururaj entitled "Abiding in Christ". We also feature an essay on allowing simplicity, written by a Knoxville meditator inspired by their weekend retreat in Tennessee last month. Final reminder about the AMS Thanksgiving course in Columbia, IL - we look forward to seeing many of you there!

Namaste, Vidya

A weekend of allowing

I always tell my lighting students that after they complete a design for a show, it is important to just take a moment and identify what they learned from the experience. The act of noticing then identifying these discoveries enables them to fit these ideas into their long-term growth as an artist. So much of our world goes by unnoticed. It is vital to keep our heads up, our eyes open and our minds engaged.

It is now a delight for me to be in the student seat and I see it has been too long. So, in that spirit, I would like to share some of the "ahah" moments that I had at the retreat. This will allow me to use them as stepping stones in my own river to unfolding.

- Identifying the difference between intellectual study and spiritual practice or left and right brain balance.
- I did not expect a link to spiritualism; I assumed meditation was more of an exercise for the mind, like sit ups are for the body.

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- I looked at meditation as a handy tool to stop my runaway train of thoughts but I am finding it is a doorway into profound learning and awakening or my new favorite term unfolding.
- The stillness and simplicity I discovered through meditation allows my mind to rest on growth not just maintenance.
- As continued shift to simplicity occurs, we have been drastically reducing the amount of clutter in our physical lives. We say we have been trading "stuff for space". I can and must, also do that mentally, creating space between my thoughts. This space will finally allow the me to develop.
- My mantra feels like a new friend. I feel the two of us are beginning a wonderful life long journey together.

There were many other small insights I discovered not just this past weekend, but the past 10 months since I began this practice but these are the ones which I want to focus my attention at this step of my journey.

Thank you all for the gift of openness, acceptance, and space.

Namaste,
Kenton Yeager

AMS Thanksgiving Course

This Thanksgiving we will come together to chant, meditate, do meditation walks and experience the silence within ourselves while we study Gururaj's teachings.

The AMS Thanksgiving retreat this year is at Toddhall Retreat and Conference Center which is located on 45 acres of beautiful land, offering scenic views and a relaxing and peaceful setting. It is located in the bluffs overlooking Columbia, Illinois, conveniently close to metropolitan St. Louis and only forty-five minutes from the St Louis airport. Bus and train terminals are twenty-five minutes away. There are wild turkey, deer and a wide variety of backyard birds. You



may use the meditative labyrinth, visit the butterfly garden and natural prairie-grass preserve, or walk the wilderness trail.

The retreat is **November 26th - 30th**. If you are attending but haven't registered, please fill out the following form [here](#) immediately and contact Sutriya at Sutriya@aol.com.

Abiding in Christ (Part 2 of 3)

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Now, what does Christ's consciousness represent? What does Krishna's or Buddha's consciousness represent? They represent the totality of the universal emanation. Everything emanates something. You, as you are sit there, are emanating a certain energy. Some would call it an aura because it could be seen by the third eye. I call it an energy that flows from you. As you take in energy, as you take in the prana through food and breathing, so you also let off energy. This has been found through Kirlian photography and through various other methods. The person who has the ability and who has opened up certain things within himself is able to perceive these things, not with the naked eye, but with the inner eye. So, each and everything emanates something. This table is emanating all the time a certain form of energy; this chair is emanating all the time a certain form of energy; and so is everything else. Jung called it the collective unconscious.

So the totality of all these energies that are emanated from this universe: the world emanates a certain energy, the solar system, all these millions of galaxies that make up the totality of this universe combines itself, and that is what we know as consciousness. It works two ways. In the first place it is the automatic manifestation in a personalized, tangible energy from the impersonal, and that in turn is combined with the emanation of the universe. So, therefore, from one side a totally impersonal, divine source, and from the other side a material source, the emanation of this material universe, combines and condenses itself. Therefore, there is no difference, as scientists have now discovered, between matter and energy. Energy is matter and matter is energy.

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Now, the greatest suffering that these avatars or incarnations go through is that, from that universal state, they have to condense themselves into these little bodies. That is their greatest suffering. It's like a funnel, so wide on top and so narrow at the bottom. Why should this happen? Why should this happen? For two reasons. Firstly, the universe with its emanation also has a magnetic force. So when imbalances increase, this magnetic force, because of the imbalance, is magnified or accelerated to draw upon this consciousness to bring about a balance. That's the one side of it. The other side is this, that this consciousness by its very nature obeys the demands of what the universe requires. It cannot refuse it. Therefore, in Eastern mythologies you would find it being said that you can bring the gods to your knees if your tapas is strong enough. That is what is meant that faith can move mountains. So you can bring the gods down to earth if you are established within yourself. It works two ways. The entire universe functions in this way. Attraction and repulsion, expansion and contraction will forever be there. So this vast consciousness is also subjected to that law of attraction and repulsion, expansion and contraction. It too is subjected just as you are subjected to it. Because of the imbalances caused, this consciousness becomes embodied. So "abide in me" means become one with this consciousness that I bring to you in tangible form. But you are the one who has to recognize it.

If Buddha or Jesus or Krishna or Christ would come walking down the road, and I've said this very often, you'd just bypass him. You would not recognize him, because the quality of recognition is in you, not in Jesus or in Buddha or in Krishna. It is you that's important. So you have this recognition. You have the powers of cognition inbuilt just to be unfolded. And then you would know what consciousness is, what Christ is. Then you could see through the body of Jesus who used to wine and dine with Pharisees and moneylenders, who used to be great friends with prostitutes. Then you can see through that embodied being, that consciousness that exhibited or portrayed or poured itself as love and compassion.

This is abiding in that consciousness. For in the first place you have never been away from home. You have always been at home. There is nowhere to go. In the Father's mansion there are many rooms, and you have moved from one room to the other. That's all you have been doing, running around in circles chasing your tail. That's all. That's all we need to do. You do not need to go out. For if all existence comprises this universe, where can you go? Nowhere.

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Nowhere. Just now here. But that recognition must dawn. You must become conscious of consciousness. Then the appreciation comes. When we abide in that consciousness and make that consciousness our abode, then automatically we assume the qualities of that consciousness, which are but love, compassion, kindness. You feel the pain of your brother man if he is pained; you feel the joy of your friend who is joyous. For are you really apart?

You are not your brother's keeper. I say this in an entirely different sense because being your brother's keeper implies helping from a sense of separation. In reality you are your brother. You are not apart from him. Do you see?

So where is my abode? Is it not in that consciousness? And then you can put on labels: Christ, Krishna, anything. Those are labels, names. Only the one consciousness exists. And you as the manifested can only reach the finest level of manifestation. That can be made known to you. When you go into that communion, you are totally aware of the entire universe. You are totally aware. You are totally aware of awareness itself. And then after that you reach the stage which becomes a spontaneous act where you just merge away. Into what? Into that nothingness that is everything. Then the light does not need to shine any more, for you are the electricity. You don't need the bulb. You are the electricity, that unknown quantity.

So, how can Divinity be recognized? How can electricity be recognized? There's not been a scientist yet that could define electricity. Yet we use it all the time in everything we do. Everything is electrified by that energy. Like that, everything existent in this universe is empowered and electrified by that unknown quantity -- X.

So you abide in Christ. "You cannot reach the Father but through me," is very true. How you interpret it depends upon your understanding and your awareness. In reality it is this, that you become one with the totality of consciousness. You reach the highest level of relativity but to merge away into the Absolute, into the source of all things. You cease to be the flower and you become the sap. You become the source that makes the plant grow. Do you see. So when I said, "You merge away into nothingness," it means that you merge away into the everythingness. So then consciousness is not required at that stage. There is no consciousness. There is no awareness. It just is, as

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electricity is, indefinable. But up to the subtlest relative some definitions can be made. Cognitions dawn.

~ Gururaj Ananda Yogi

This is the second part in a three-part series, "Abiding in Christ", by Gururaj Ananda Yogi. The last section of this satsang will be featured in next month's newsletter.