

Directional Development



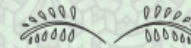
Directional Development

Sloka 18:45,46 — Each one attentive to his own duty, men rise toward the highest success. Hear now how, by devotedly pursuing his own duty, one may rise toward that final end. One attains perfection by offering his own special gifts up to Him out of Whom all beings were manifested, and by Whom the whole universe is permeated.

Explanation: Evolution is a spiral stairway. For each individual there are steps that lead upward and those that lead downward; things that expand our consciousness and those that contract us. We evolve through four distinct stages: heavy, ego-active but contractive, ego-active and expansive, and light.

Affirmation

“I leave behind me both my failures and accomplishments. What I do today will create a new and better future, filled with inner joy.”



Technique

Awareness of three states of consciousness:

- 1) Direct the eyes downward, letting the mind drift into subconsciousness.
- 2) Focus the eyes straight ahead with full alertness in the conscious mind.
- 3) With an upward gaze, let the mind rise to superconsciousness.

Goal: To control your state of consciousness at will.

Directional Development

Evolutional development of consciousness from dim to absolute

Yogananda used the image of a spiral stairway

We are on one of the steps with thousands below and above

There are four main divisions:

- Tama: Obstructing, Heavy, Morally Handicaped

- Raja-tama: Activating-obstructing, active but self-centered

- Sattwas-tama: Elevating-obstructing, Truth-seeking

- Sattwa: Elevating, Truth-sharing, light

A Few Qualities of Each

Tama (Heavy)	Tama-Raja (Self-centered)	Raja-Sattwa (Truth-seeking)	Satwa Elevating (Light)
Attached Want of self-respect Dull and shy Impervious to reason Callous Dependent Careless Negligent Crooked Lustful Having stealing propensity Untruthful—habitual	Having egotistic love Dutiful for fear of punishment Crafty Selfish Revengeful Arrogant Disrespectful Obstinate Independent but lawless Easily despondent Easily influenced by others Impulsively untruthful for fun or exaggeration	Lip-sympathy without deep feeling Having sense of morals but go astray through previous tendencies Sharp but shy Sensitive Kindhearted but dull and simple Prompt to form resolutions but not persistent Indifferent to household affairs	1. Brahmacharya (self-discipline) Love towards neighbors, animals Love for good qualities, bliss, calmness Love for great men Practical sympathy for others Benevolent tendency towards the needy Truthfulness—spontaneous, habitual—irrespective of consequences Reforming spirit Moral reason—sense of “ought” Simple, frank Contented Impartial Gratitude towards benefactors

The Spiral Stairway and Specific Gravity

Everyone is unique both in their specific gravity, the step

And in qualities: Spiral stairway, central core of six columns (chakras)

1. Coccyx: Survival, possessions, money, fear / grounded, firm
2. Sacral: Reproduction and relationships/ flexible, creative
3. Lumbar: Power, control, dominance hierarchy/fiery self-control
4. Dorsal: Feelings, emotions/ love, devotion
5. Cervical: Calmness, expansion, integrity
6. Medulla: Sense of self as ego/ sense of self as all when at Sp. Eye

How to Move in an Upward Direction

Alignment of individual will God's will or sources of wisdom

Meditation and spiritual practices

Service

Satsang

Affirmation

“I leave behind me both my failures and accomplishment.
What I do today will create a new and better future, filled with
inner joy.”

Karma



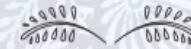
Karma

Sloka 3:9 — Actions performed for selfish gain are karmically binding. Therefore, O Son of Kunti, perform your duty without attachment in a spirit of self-offering.

Explanation: Karma is the mechanism by which we learn and evolve. Every thought, word, feeling, and action produces a pulse of energy that is reflected back to us with the same qualities, just as an echo returns a sound to its source. If we project angry or negative energy, we will experience the same directed toward us. If we give out love and friendship, the same will be returned. Gradually the soul learns to act in accordance with higher universal principles.

Affirmation

“As I learn the lessons life teaches me,
I grow toward ever greater joy and freedom.”



Technique

Think of an unselfish act that you did for others and the long-term results. Then think of an act based on self-interest and the long-term results.

Goal: To become aware of the cause-and-effect nature of our actions and their consequences.

Karma

- **The Gita is a call to action**
- Arjuna doesn't want to fight because he fears killing will bring bad karma
- Krishna reassures him that by fighting with non-attachment he is fulfilling his duty and expiating karma
- Kurukshetra: symbolic of need to act in world without ego-motivation, but as a God-given duty

Law of Cause and Effect

- Karma:
 - is of many kinds: global, national, communal, family, individual
 - is anything that proceeds from a coherent center of intention that can attract results back to that center
- All past karma reside as vortices of energy in our astral (energy) body
- Like materialistic warriors, the energy of bad karma isn't destroyed but is transmuted into higher expression, redirected in an upward flow

How Do We Overcome Karma

- Use of will power
 - Sometimes bad karma is delayed or deferred by opposite good karma
- Don't react emotionally to bad karma: the power of bad karma is that it draws us into a reactive state bound by ego – remain even-minded
- Ultimate way: dissolve causative ego
 - Meditation, Kriya, Self-offering, Devotion, Grace of God and Guru
 - Kriya and Karma from same root (action) but Kriya means action that frees you karma

Affirmation for Karma

“As I learn the lessons that life teaches me, I grow toward ever greater joy and freedom.”

Dharma and Right Action



Dharma and Right Action

Sloka 3:35 — To do one's own duty even unsuccessfully is better than to do someone else's duty successfully. It is better to die while trying to accomplish one's own duty than to settle for another's duty. That course is filled with danger and uncertainty.

Explanation: Dharma has two meanings: universal righteousness, and one's life purpose. Right actions are activities and duties performed in accordance with dharma. When done without attachment, they lead us toward freedom.

Affirmation

"I resolve to align my words, thoughts, and deeds with truth, for in dharma lies victory."



Technique

Tuning in to higher guidance:

- 1) Concentrate at the point between the eyebrows and ask for guidance.
- 2) Form a clear mental picture of the question you have and offer it up to the superconscious mind.
- 3) Feel a response in the heart center, the receiving station of intuition.

Goal: To draw true, intuitive guidance when making decisions.

Dharma Is Soul Force in Action

- “When dharma declines and vice predominates, I reincarnate to destroy evil and re-establish virtue.”
- Sanaatan Dharma
- “Where there is dharma, there is victory.”
- On one level, the Gita is an instruction manual for what is dharma and right action

The Path of Dharma and Right Action

- ***Nishkam Karma* – Actions without desire for fruits of actions**
- Action without personal motive, no ego-binding karma

How To Find Your Dharma

- Supreme duty of all is to find God
- Everyone has a different path according to past karma – Better to fail at your own dharma than to succeed at another's
- Seek guidance of wise
- Ask yourself, “Will this action take me toward greater inner freedom?”

The Way of Dharma

- Meditate to know the true self
- Offer One's Actions to God
- Seek guidance from the wise
- Act in attunement with God's will for you

Affirmation for Dharma and Right Action

“I resolve to align my thoughts, words, and actions with truth,
for in dharma lies victory.”

Knowing Truth



Knowing Truth

Sloka 4:27 — Others, by discrimination, offer up their sense activities, and the energy within those activities, in the fires of self-control. (They ask themselves, “Who is seeing? Who is hearing? Whose energy is activating the experience of these sensations?”)

Explanation: Pandu symbolically represents discrimination. When our power to know right from wrong dies, we lose our moral compass. We then fall under the control of the blind, sensory mind, and can no longer perceive what brings true happiness.

Affirmation

“I will see goodness in everything. I will view the world around me, not from the depths of matter-attachment, but from the heights of divine aspiration.”



Technique

Meditate on the thought, “Who am I?”
Go beyond all superficial definitions.

Goal: To see the difference between what is true and lasting and what is false and ephemeral.

This frees one from fear and brings great peace of mind.

Seeing the Divine Truth Behind Form

- **Seeing God with and without form, personal and impersonal**
 - Master said, “Try to see beyond form to the consciousness of infinity.”
 - Try to see yourself as a part of the infinite consciousness who is dreaming this dream
 - Chapter 11: The Divine Vision

Aids to Knowing Truth

- Guidance of the Guru – attunement to His intuitive guidance
 - Gaze into his eyes,
 - Visualize at sp. Eye,
 - Ask: Introduce me to God
- Difference between knowledge and wisdom – philosophy vs. darshan
- All paths: bhakti, karma, gyana, and raja yoga lead to truth
- Right Attitudes
- Living Dharma

Affirmation for Knowing Truth

“I will see goodness in everything. I will view the world around me, not from the depths of matter-attachment, but from the heights of divine aspiration.”