We Want a Create a System:

To show how universal principles in the Gita apply to you

To help you identify your goals

To clarify the tendencies and habits you want to change

To offer you assignments that make it real

To give you tools, techniques, motivation, and a plan

Devotion





What is Devotion?

Devotion means bringing the feeling nature inward and upward in the spine.

When energy of feeling flows outward and downward, it is directed toward things, desires, and attachments (likes and dislikes.)

This redirected heart's energy influences every aspect of our life.

Physical

Devotion releases more energy for our use, because not dissipated by "thwarting cross-currents of ego."

Gives us greater ability to break habits

Doing what you love vs. loving what you do

Mental

Devotion brings clarity of mind because not driven by subconscious desires.

Helps us approach any problem from superconsciousness.

Emotional

Devotion purifies and expands feelings

Gives us deeper capacity to love because feelings aren't contracted by ego

Spiritual

Devotion draws universal support because heart's energy is offered back to source

Devotion is the surest path to Self-realization

Do We have Free Will?

It is our choice to give or withhold our love for God.

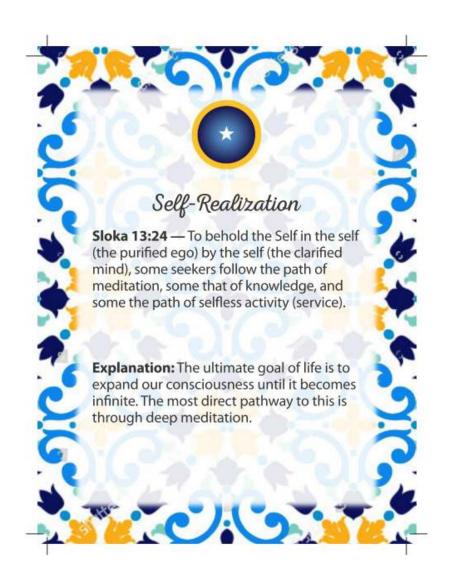
God can't do it for us. Krishna can't fight our battle.

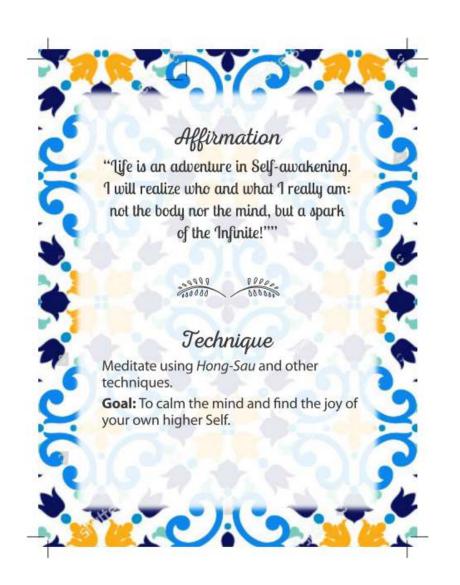
We must choose highest duty (dharma): TO LOVE GOD.

Affirmation for Devotion

"Devotion, like a great wave, carries me upward toward my aspirations. I open my heart to allow the cleansing waters of love to purify and uplift my consciousness."

Self-Realization





Definition of Self-Realization

"Self-realization is the knowing in all parts of body, mind, and soul that you are now in possession of the kingdom of God; that you do not have to pray that it come to you; that God's omnipresence is your omnipresence; and that all that you need to do is improve your knowing."

Paramhansa Yogananda

Self-Realization is Inevitable

Gita (2:9) Arjuna declared, "I will not fight."

(18:59) Krishna (to Arjuna), "If, indulging your ego, you should determine, 'I will not fight,' you would have to fight anyway, obliged to do so by Nature." (Your own as well as cosmic)

We have come from bliss, and we will never rest until we reclaim that bliss.

All Opposing Forces Eventually Die

As the intensity of our desire for God increases all material desires and delusions fall away.

Our soul's essence can never find rest until it finds the bliss of our Nature.

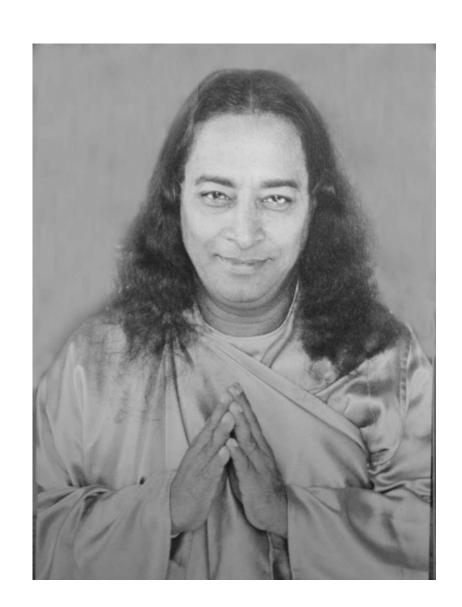
"The time for knowing God has come!"

Paramhansa Yogananda

Affirmation for Self-Realization

"Life is an adventure in Self-awakening. I will realize who and what I really am: not the body nor the mind, but a spark of the Infinite."

Thank You



Please Note

- This week's materials may be found at <u>www.ananda.org/irw</u>
- Physical packets and Navaratna Cards available at the Reception Desk
- Limited quantity-- take only one please
- Couples—Please keep one set and return the other for use by others.
- We appreciate your donations to help with all the costs

- For sale in dining room:
 - Life Skill Cards from Living Wisdom Schools Help the girls

Create Your Game Plan

- 1. Take your first goal.
- 2. Decide what you can realistically commit to doing.
- 3. Make your commitment specific and detailed.
- 4. Make a detailed and plan of action.
- 5. Think about aids to help you reach your goal. (A meditation buddy)