

## 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



## *Devotion*

**Sloka 18:64, 65, 66** Again, hear now My supreme word, the most secret (and sacred) of all. Because you are dearly beloved by Me, I offer it now for your highest benefit. Absorb yourself in Me; be wholly devoted to Me; worship and bow to Me alone: So shall you undoubtedly reach Me. This I promise you faithfully, for you are dear to Me. Forsaking all other dharmas, remember Me alone. I will free you from all sin. Do not grieve!

**Explanation:** The heart's feelings are pivotal. When our emotions are negative, our consciousness contracts. When we guide the feelings in an upward and expansive direction, we not only move toward superconsciousness, but also magnetically draw the support of universal forces.

## *Affirmation*

“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.”



## *Technique*

Concentrate on the heart, visualizing it as a lotus with its petals turned downward. Each petal represents one of our feelings. Now see the petals slowly turning upward, awakening positive feelings, especially universal love.

**Goal:** To expand and purify the heart's feelings

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



## *Self-Realization*

**Sloka 13:24** — To behold the Self in the self (the purified ego) by the self (the clarified mind), some seekers follow the path of meditation, some that of knowledge, and some the path of selfless activity (service).

**Explanation:** The ultimate goal of life is to expand our consciousness until it becomes infinite. The most direct pathway to this is through deep meditation.

## *Affirmation*

“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!””



## *Technique*

Meditate using *Hong-Sau* and other techniques.

**Goal:** To calm the mind and find the joy of your own higher Self.

# 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 [www.ananda.org/irw](http://www.ananda.org/irw)
- **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)