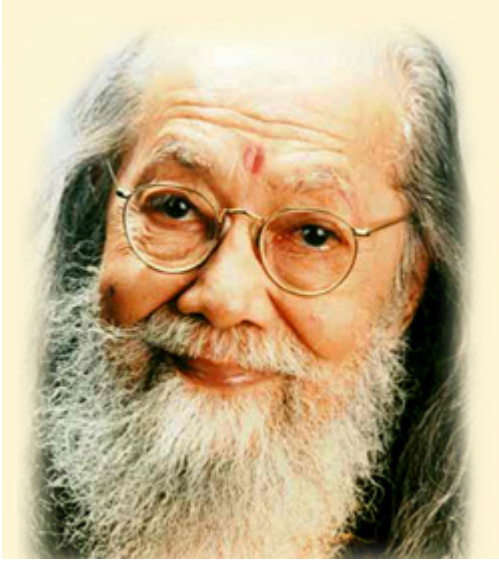


Messages from Paramahansa Hariharananda Giri



Time is God

You should not waste a single moment. A moment is God. Time is God. Through calmness you have to experience God. Calmness is Godliness. Godliness abides in every human being. God inhales every breath for us. From where is God inhaling? He inhales from the fontanel on the top of the head.

Fix your attention there and you will be gentle. God has created you for Godhood. If you want to speak, do so while focusing on the fontanel. Then you cannot quarrel, cannot fight, and cannot be envious. You will see others with the sweet eye and not the eye of anger and envy. The Father is within you and you are within the Father. He is within every human being. When you see others without envy, without suspicion and you follow my guidance you will discover divinity which is already within you.

If you do not search for God within, you cannot see God in others. When you meditate sincerely you will hear only God's divine talk which is the divine sound. Your life will change and you will see each other with love and joy.

With self control and prayer you can feel the presence of God within you. If any negative appears before your eyes, say no. Avoid harsh talk. Avoid loud talk. You are God in human being and human being in God.

If you want to be in good company you should change your life. Be positive, not negative. Be united. Jesus said you should be united to grow spiritually. Be like Hariharananda. You are Hariharananda. You are not you. You are the indwelling self, the soul.

Your Destiny is Divine

We are all children of God and our real heredity is God. We have inherited divine qualities of love, kindness and compassion. Our environment is nothing but the presence of God, as God is omnipresent. Your practice is also done in the divine presence. You are the power of God all the time but you have forgotten it. You are born only for God realization. Living a life of meditation does not mean renouncing your family and living in a cave. You can live with your family and still meditate and become realized. This is the natural way. Your destiny is divine and your karma should also be divine. Then you will realize your inner divinity all the time.

Whether you are Christian or Hindu does not matter. What is written in the Bible or the Bhagavad Gita is universal and the teachings must be practiced by all. You must seek God in every step of life. Ask you conscience “who are you?”

Your body must be a living temple. Your life must be a divine life. Through the practice of self discipline and sincere meditation you can achieve it. Follow your own religion and its scriptures. According to your own religion, you must go to the church, temple, or mosque. A good environment will give you good results making you divine.

Be your Own Judge

Meditation is always associated with the mind. The mind can lead you downward to worldly attachment or it can lead you upwards towards the divine goal of love, peace and bliss. Breath is the means to calm the restless mind and direct it towards the divine goal. You should not only watch breath constantly with deep love for God, but at the same time you must watch what is the real change within; your transformation. Be your own good judge. Seek your own faults and remove them. Ask yourself daily- what is your achievement. Are you merged in God? Be God and know that you are God.

Meditate until you feel that you are the sound, you are the power of God, and you are getting vibration that is your light. All your divine experiences are nothing but the power of God. The moment you feel that you are the invisible power of God; you will hear constant divine sound. God is all pervading. Through regular meditation you will feel the presence of God in all. We have to experience the formless nature of the divine within and everywhere.

The State of Kevalah

Kevalah means a pure state above the three gunas of sattva, rajas and tamas. Only by the practice of the original Kriya Yoga technique declared by Babaji Maharaj to Lahiri Mahashaya and then through Shriyukteshwarji, Paramahansa Yogananda, myself and so on can one attain this state of practice

A Kriyavan always focuses attention in the fontanel in the atom point. In hatha Yoga Pradipika 4:114 it is written yavad bindur na bhavati dhira - so long as your mind is not fixed in the atom point you cannot progress in meditation. In the same scripture again it is said,

Yavan naiva pravisati caran maruti madhya marge

as long as your breath does not become feeble and equally distributed through both the nostrils allowing the breath to flow through the susumna, you cannot proceed further in meditation. Kriya Yoga is the simplest easiest, quickest, surest and the best technique for the simultaneous development of body, mind, intellect, and soul.

It is said,

Japat santo punah dhyayet dhyanat santo punah japat

You may do worship and chant the name of God as you wish but after that you must also meditate. You can alternate puja with meditation but you still have to meditate. It is a must and the only passage to God realization.

The problem and the Solution

God realization and Self knowledge are the birthright of every human being, but as a result of heredity, environment, delusion, illusion and error, people are extrovert and bound to the senses. They search for happiness in the sensory objects. When one is engrossed in the world, it leaves no time for spiritual enquiry.

The main problem is that they forget that the soul is the sole doer. How does one know the indwelling self? What is the solution? Yoga is the only way. What is yoga? Yoga is union: feeling the state of union consciously in every step of your life. Your body is united with the soul. Breath is constantly flowing and uniting with the soul within. Just through the breath you can move inwardly to the divine presence of the soul. Real yoga is to perceive union with God in every moment. It is the realization of the perfection that is already within us.

If you remove the insulation from an electric wire and touch the bare wire, you feel the current. Similarly feel the touch sensation in the body as the touch sensation of the soul. Perceive and feel that divine current in every sensation. Always be aware of the inner self and you will get reality, the truth in life. You are born for this. With sincerity and simplicity, you have to follow the path of discipline and regular practice.