

## Balancing Your Life

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Balancing Your Life - balancing your life, a very important subject. The first thing to realize is, or rather, take notice of these two things: First we have to realize what we are. Secondly: the goal of life. If you know these two things, it'll help you very much in balancing your life.

Let us take first: what are we? What are we really? We are Spiritual beings. And that includes, of course, the fact that we are human beings. And as human beings we have to take care of this bodily vehicle, otherwise, we won't enjoy the pangs of hunger and such things. We have to do that. But we also have to take care of the Spiritual side of us, because, as I have said, we are Spiritual beings. That's the most important part, and that's the part which we must understand.

The illustration of sleep is the greatest argument in favor of taking care of the Spiritual side of us. We have to sleep. We have to go back to God every night. If we do not sleep, we'll die. Therefore, you can see, and I can see, how necessary it is to take care of both sides of our being; the human side, the bodily side, so to speak, and the Spiritual side. It is very necessary. Unless you take care of your Soul, your mind will not benefit as it should from your being a Divine being. Unless you take care of your Soul. And ignorance of the Soul is the greatest sin, is the greatest disease – therefore, we must understand this. That it is absolutely, scientifically necessary to take care of the Spiritual aspect of our being.

Our Master has put it in wonderful words, which I like to read from time to time, when he says, "Body, and mind, and soul are interrelated." He often pointed out, "Meditation is the greatest thing – meditation is the greatest thing for body, for mind, and for Soul. If through meditation you attain oneness with God, attunement with Him, everything works better. Even the medicine which you take will work better, and all things are harmonious, because the Soul is what we truly are – that's the eternal part of us." So, he goes on to say, "You have a duty to the body, keeping it fit; a duty to the mind, developing its power; and a duty to the Soul, daily meditation on the Source of your being. If you fulfill your duty to the Soul..." this is very important, "body will benefit too; but if you neglect the Soul, eventually body and mind will suffer."

You cannot afford, I cannot afford, to neglect the Soul. You cannot afford to neglect your heritage as a child of God, because even though you have perfect health, and wealth, and the ignorance of the Soul is there, of what use is it to you? And so, that's what we are, and that's what we should never forget.

Now, the goal of life is to know God and return home to our home of Cosmic Consciousness. Our Master has said it in this way: "Your home is not here on earth." We're here all right. We have to play our part here. But your home, and my home, is not here. Our home is with the Infinite Father in His Great Light, and in His Love, and in that we will find Peace. "He wants us to play our part well," as Master always says, "but the greater part of us is to be with Him in our home of Light." If we can do that here, while in this existence, there'll be no trouble to go on, and consciously know that home of Light, and to be consciously with the one Father. That's what the goal of life is. What we are, I've told you. The goal of life is not to be satisfied with what this world will give us in this life here, but to be only satisfied when we know God. Knowing Him, then we will know our home of Light.

Now, Love is the great balancer. Love is the great balancer of our existence. That's why in Matthew we read about the two greatest commandments: "Thou shall first love the Lord thy God with all strength, and with all thy might, and secondly, thy neighbor as thyself." Love is the balancer. "On these two commandments hang all the law and the prophets."

All the law includes the law of balancing your life, without question of a doubt. We should exercise and fulfill the first commandment by doing everything we can. For what purpose? To please God. Everything you do – I don't care how small it is, or how great it is – do it to please God. Then you are carrying out the first commandment: "Thou shall love the Lord thy God with all thy soul, and thy strength, and thy might." Whatever you do – it's so simple – do to please God and you will carry out that first commandment, because you'll never forget Him. That's the greatest thing.

And the second thing is we must work. We must work to play our part in this existence here. We have to do that. We have to work. We have to mix with our neighbors. But when we are mixing with our neighbors, and the things of this creation we have to feel God's Love in all things – in the flowers, in the stones even, and especially in one another. That's carrying out the second commandment. Play your part. Those who shirk playing their part will never enter into the kingdom of heaven, because that's our duty. God has imposed that upon us, and we must do it.

Now, Master has said, "God wants us to play our part in this world well." God wants us to do it. All the saints could do it. The saints could produce miracles, and God Himself could do all those things, but we'd be left out of the picture. He wants us to play our part no matter how insignificant. Usually, God's churches and such things are, I mean the True churches, are built by the little contributions of His

devotees. The rich people, their money is different from the money earned by the devotees of God. God wants that money. That's why it's so hard sometimes for True religion to prosper, but that's the way it is.

Master wrote a letter one time, a most beautiful letter, which I'd like to read to you to point this thing out clearly. He said when he wrote to me, he said, "God and the masters can do anything by miracle. If God has made all this creation, universe upon universe, billions of them, He could do these little things. But," Master says, "then we are left out, so we have to do our part in this cosmic play. And since God is playing, and wants us to play hard, and when we do our best..." that's all, "when we do our best, He is well pleased, and then He frees us all to live in His kingdom evermore."

Now there's the picture. There's what we have to do. We have to play our part to please God. And when He is well pleased, He'll take care of the rest. He can easily take care of it. And He surely will take care of it.

In the Bhagavad Gita it says the same thing. "Play your part well without attachment. Play your part well without attachment. Be identified with Him by devotion," the Gita says. "And then perform duty as duty, fighting without passion or desire." It's the desire that ties us to this worldly existence. "Without anger or hatred thus activity forges no bonds. Yoga is accomplished," which is union, "and the soul is free."

In those few words you had the whole answer. Balance your life by performing your activity without attachment. Then there's no karma laid up and your soul is free. These are wonderful words of the Gita so much to the point.

And so, in our daily living, there must be a balance between idealism and practicality. There must be a balance between activity, and meditation. And that person, who has the wisdom to see this point, that, if instead of waiting until you've attained wisdom by living a life – as one gentleman told me one time, he

said, "You have to live a life to know a life, and then you're all worn out knowing it." And that's about right. So, if we – happy is the man who at an early age understands this – has the wisdom enough to see this, and balances his life between activity and meditation, or between outward living and God contact, he is very fortunate indeed. He is supremely happy – and that is true.

And so we must be practical. People who do business in the mind only don't succeed, do they? "You have to ring the doorbells," as someone said. You have to be practical. You have to work hard. And that's why, if you work hard, and do it to please God, there's not half the effort in it than if you were just pleasing yourself, or someone else. It is very necessary to do that. We must work hard.

The other aspect of a balanced living, as I said, activity and meditation. The other aspect is to serve others. That's the second commandment: "Thou must love thy neighbor as thyself." That simply means to serve them. Look at our Master's life. In one short lifetime of sixty years he built such an organization which would ordinarily take two or three lifetimes. Why? Because he labored, incessantly, to serve others.

Sixteen, eighteen, twenty hours a day was nothing for him. He set the example for us. And when I hear people say, "Oh, I worked so many hours today in the Colony," and I think, "For heaven's sake, when you, through the Master's efforts have the privilege of freedom in Spirit – Salvation – and counting up the hours. Master never counted them." I know, because he lived with us, and I lived with him here. Krishna says the same thing, Lord Krishna in the Bhagavad Gita: "I have everything, world upon world, still I work on," he says, "that human beings be not discouraged."

So, those are the two things we have to do. We have to do those things. We have to work, especially, to preserve this body. Even for nothing else, we should never forget that this body is the only vehicle we have to attain our Divinity, and realize it. Did you ever think of that? I used to feel, "Well the body doesn't amount to anything. It's going to pass away." And Master said, "What's the matter with you? He says, "This is the only vehicle you will have to attain freedom and salvation. If you don't get it now, you're gonna come again until you do get it." So let us think of that. And when we work to preserve the body, realize that it's the only instrument that we will have to know God. So work is very, very necessary.

I have spoken about work. It reminds me of a little story. I may have told it before, but never mind. It will relieve the tension. Everything is tension nowadays. So these two mice were around a box of Rice Krispies. And one little fellow was running around as hard as he could do, working like anything. The other fellow, the other mouse says, "What's the matter with you, running around like that, wearing yourself out?" The other mouse says, "It says tear around the dotted line." So there you have it. Tear around the dotted line.

One of the boys from one of the colleges was telling me, also, this funny little thing. He said that this other man was always working, snapping his fingers all the time, snapping his fingers, wearing himself out. The fellow says, "What's the matter with you?" he says, "What's the matter with you. You got a psychosis, or something?" "No," he says. "Well," he says, "why do you do it?" He says, "It keeps the tigers away." The other fellow says, "Keeps the tigers away? There are no tigers within ten thousand miles. What's the matter with you?" "Effective, isn't it." I thought that was pretty good. That's working for a purpose, isn't it!

Well, going on just a little bit; to lead a balanced life we must find freedom first. And what does that mean? That means we have control of our moods, and emotions. Do you understand that the Soul is free? Your soul is free. My soul is free, except when it is influenced by likes and dislikes, then it loses its freedom. These likes and dislikes attaches your Soul to worldly living, and your Soul is not free. But our Master has said, "We are not free, because we identify ourselves with our moods and emotions, and in so doing we become attached to the world." We take on the limitations of this worldly existence. Do you understand that?

Where do your likes and dislikes rise from? Ego consciousness. Something happens in the world, and you dislike it, and you get all upset. You take on the limitations of this worldly existence. Every Soul is free, and a free Soul is not governed by its impulses, or moods and emotions, but is guided by Wisdom. There you have why to lead a balanced life is so necessary to control your likes and dislikes – a very important thing.

Also, to lead a balanced life it is necessary for humbleness and self-control. Master used to tell this story about humbleness and self-control. There was a man in Milwaukee who offered the Master a great sum of money, if he would heal him. Master says, "The power of God is not for sale. But," he says, "if you will humble yourself, you'll be all right. And the man humbled himself, and he was all right, because the power of God can come into the humble Soul, not to the egotistical Soul, or the Soul that is puffed up. What have we to be puffed up in the sight of God? Nothing. So humbleness and self-control are very important in leading a balanced life. Therefore, we should, as all the saints point out, lead a life of self-control.

Master told me, "The saints never lose their calmness. The saints never lose their calmness." The moment we lose our calmness, our Soul is not free. It is attached to our emotions. So we should remember his words. "Never lose your calmness." It's so difficult, and someone plays a mean trick on you, it's awful hard to keep quiet and turn the other cheek, perhaps. But we must do it. Isn't the freedom of the Soul and the Love of God, which will come into you, far greater than you just enjoying and satisfying a retaliation? You cannot compare it. You cannot compare it.

So the words of the wise are so wonderful. We should never lose our calmness. We should also follow the channel which God has sent to us. That we know we are free, that we attain salvation; and that channel is the channel of Spiritual Light, for many of us, as our beloved Master. That's what we must follow. Our Master followed his Master that way. I remember, I would go to the Master, and I'd be all upset, and I'd have a list of things that long I was going to see about, and have these things settled once and for all. I'd get in there, and the first thing I know, I was perfectly peaceful. Why? Because the Master, or the channel of God, has God's Consciousness flowing through him, and that's what happened.

And I was happy to read that the Master says the same thing. He says the same thing: "Sri Yukteswarji affected me similarly. If I entered the hermitage in a worried or indifferent frame of mind my attitude imperceptibly changed. A healing calm descended at the mere sight of my guru. Every day with him was a new experience in peace and wisdom. Never did I find him deluded, intoxicated with greed, or emotion, or anger, or any human attachment." If the guru is a true channel of God, then he is the Voice of God. And, if you have taken that channel, for heaven's sake, follow it. Follow it! Be true to it. Then your life will surely be balanced.

But the greatest secret of balanced living is in contact and guidance of the Spirit through God communion. You can't beat it, you cannot beat it. Jesus said so. Jesus said, "Seek first the kingdom of heaven and all things will be added unto you." Your life will be balanced. You won't have to worry about it. Daniel said the same thing. Daniel was assured of this, in Daniel, the 10th Chapter, the 12th Verse. Just to give it to you correctly, we read as follows: "Fear not Daniel, for from the first day that thou didst set thine heart to understand and to chasten thyself before God..." that is to do something about it; not only repent and turn to God, but to do something by regular meditation, is what it means, "thy words were heard, and I am come for thy word." And so, the guidance of the Spirit is the greatest thing. How – through God communion; through meditation; through realizing your oneness with Him.

Also, in Isaiah, we find that we are admonished to do the same thing – to seek spiritual guidance to balance our lives. That's the greatest thing, by God communion. And in Isaiah, 30th Chapter, the 21st Verse: "And thine ears shall hear a word behind thee saying, This is the way, walk ye in it, when ye turn to the right hand and when ye turn to the left hand." What is the Word? The Holy Vibration, the Holy Spirit, the Great Comforter of which Jesus spoke, that's the Word. In that, is God's Great Intelligence and Love; that guidance is Supreme. That supersedes all other balancing of your existence, because that's from God Himself. Let us realize and understand that.

Babaji, as Krishna in the Gita, says the most wonderful thing: "A little of this religion will save you from dire suffering." You want to balance your life? Know God through yoga – through Self-Realization, salvation yoga. Knowing Him, you will have no trouble balancing your life. These are the words from Krishna – Lord Krishna, an incarnation of God Himself.

And finally, in our Master's Autobiography [of a Yogi] we read about Lahiri Mahasaya. "The true yogi lives in the world, but not of it, as God has planned." That's what God has planned for us, if we want to balance our lives, to live in this world; to play our part, without attachment to it through likes and dislikes, and to please God only. That's how God planned it, but we do everything but that.

We get attached to all sorts of things. We're hurt. At the drop of a hat we want to fight right off. Is that how God planned it? No. He planned it to be in the world, but not of it. Doing our part; working to please Him. If we do that, we will have balanced our lives. And the greatest thing is to do the Will of God. That's why Jesus said, "Thy will be done." That's why each one of us can say, if we can just feel the Love of the Infinite, we can say it easily: "Father take everything I have. Do what you want with me. Thy will be done." Why? Because then you'll find and feel the Peace of His Presence. Having that, you will surely balance your life.