

## Teachings of Paramahansa Hariharananda for Everyday Life

Sunday, November 25<sup>th</sup>

**Fix your attention in the fontanel; feel that God is there in your head. Concentrate there.**

*Excerpt of Phone Discourse given by Gurudev on Easter of 2001*

You all fix your attention on the top, take a very little breath and search Him inside the head. It is very simple meditation: take the shortest breath (it is easy), calmly watch him on the top. It is said that if you cannot remove all your evils, your wrongs, your immorality and debauchery and your worldly and body sense, you cannot get God-Realization. Kriya Yoga technique is teaching this. Fix your attention on the top, take a very little breath, the shortest breath, and see that the supreme Almighty Lord is remaining. If you place your finger in front of your nostrils, the breath will not come: that type of breath. Extreme simplicity. With the shortest breath you cannot get anger, pride, cruelty, insincerity, hypocrisy, or evil sex. Kriya Yoga is based on the shortest breath. Jesus is there, he is inhaling from the top, with love, love, love, love.

So both inside and out, you have to feel that your whole body is the body of God; it is why you are practicing Kriya Yoga. You cannot get reality by chanting, shouting, or listening to talks, or reading. Fix your attention and take the shortest breath and search Him always on the fontanel, automatically you will hear divine sound and also the more you fix your attention in the fontanel you will see the light, feel the pulsation. Love Him, thank Him, and search Him in your every breath - in your every short breath. In your every action, He is doing work; if he doesn't inhale you cannot do any work. We are teaching kri and ya. Kri means you do your work, any work you are doing, you do it, and watch in the fontanel with shortest breath, then you will get reality, and extreme love.

I told before, and I repeat: unless you are always conscious, in the fontanel and take short breath and search him, you cannot get calmness. Calmness is Godliness. Seclusion is a price of greatness.

Monday, November 26<sup>th</sup>

**Calmly watch your breath. It will naturally become feeble. Feeble breath will give you the experience of inner sound.**

*Excerpt from Desire for God by Paramahansa Hariharananda*

### Value of Breath

You are the soul. Because of the soul, the breath is in the body. The breath is your strength. If the soul is not there, then you have no breath and no strength; then you are a dead body. Your breath is your brain. Your breath is your energy. But you do not feel that. So how will you perceive the soul? The scriptures say,

*Atma vid atmaiva bhavati*

"Knower of the Self will be the Self."

If you go to your indwelling Self, then you will know God. An obstacle to knowing Him is the anxiety and multitude of thoughts floating in your brain. You must change and purify your thoughts. Keep thoughts of God in your mind. Feel only that the power of God is within you. He is inhaling the breath, and as a result, air is entering in and you are alive. The power of God is present in your whole body, as well as everywhere.

*Calmly watch your breath. It will naturally become feeble. Feeble breath will give you the experience of inner sound. Offer your whole body to Him. You are not earning money; but through your breath, the power of God is earning money. So offer everything to Him. Have you seen little puppies? They go to the mother and forcibly try to suck the nipples to get milk. Those who are intelligent, they will forcibly come to the spiritual path and the master in any way they can to drink the milk, the divine nectar. You require that type of desire to reach God*

**Tuesday, November 27<sup>th</sup>**

**Think hundred times before you speak**

***Daily Reflections – Avoid Conflict***

Only weak people quarrel. Those who quarrel within, quarrel externally. Those who have inner conflict, create conflicts outside.

If someone is aggressive, keep a certain distance and avoid that person for a while. Closeness to such a person is only a source enduring conflict.

When someone is angry, do not reply immediately. Later when that person calms down, and is ready to listen, we can make our point and avoid misunderstanding.

It is a good practice to have a fixed period of time to observe silence. This gives us control over the tongue. Self-control is the best way to avoid conflict.

***Daily Reflections – Integrated Thoughts, Words and Actions***

Others may perceive our statements as lies. We have to examine ourselves and determine whether we are being truthful or not.

Essentially, we are the ones who must interpret the truth in the right manner. We may be misjudged, but in the end it is our judgment that will predominate.

Truth is to integrated in every thought, word and action.

If we think one thing, say another, and end up by doing something different, it will cause anguish and inner conflict.

***Daily Reflections – Speaking Truthfully***

To speak the truth is an eternal value. According to the Scriptures, while living in the world of relativity, truth can be interpreted in many ways.

Speak the truth in such a way that it is pleasing to others.

According to the Yogic Scriptures, if one speaks the truth continuously for a period of twelve years, any word uttered by such a person will come true.

The Scriptures tell us that if by telling a lie, we can save a life, we are justified in doing so. But never lie unnecessarily.

Wednesday, November 28<sup>th</sup>

**Time is God. Do not waste a moment unnecessarily**

***Letters from Baba – Divine Discourse***

You should not waste time even for a single moment. A moment is God. Time is God. There are so many Psalms in the Bible but even if you sing the whole day you will never get calmness. Calmness is Godliness. That Godliness is remaining in every human being. The Father is inhaling. From where is He inhaling? He is inhaling from the top. So if you remain there, then you will be gentle...

...We are born for God-Realization. God has given 50 types of breath of which 49 types are for restlessness and negative qualities, all evils, wrongs, immoral sex and debauchery. So, by practice of Kriya Yoga with shortest breath you can search Him inside the head and get calmness, which is Godliness. This is the complexion of the Supreme Almighty Lord. He is always with you. Seclusion is the price of greatness. Be careful of too much distraction. **Waste time with none but God and time will not be wasted.** With the shortest breath try to realize this. You should all try for this.

***Songs of the Mystics - Do not Delay***

Do you ever think that this world is not a permanent place to live? You have to leave this world today or tomorrow. Do you ever think about what is your primary duty in this world? Do not waste your time unnecessarily. Your first duty is to know God and to know your Self. Do not think it is too late. This is the time to know God. Do not waste this precious opportunity. Love God and realize Him. Do not delay.

Thursday, November 29<sup>th</sup>

**Food is the primary aspect in spiritual life. While eating food, be prayerful. Love God in every taste. Our whole body and brain are formed from food and food is transformed into maya. Yet food is also the root cause of illumination and emancipation. *Chew your food minimum 20 times before you swallow it.***

***The Divine Quest – On Food and Moderation***

God has given you five sense organs which are like five mouths. This is represented through Lord Shiva having five heads. Your eyes, ears, nose, tongue, and skin; these are the five mouths through which you eat many things every day. This is high spiritual truth I am speaking of. However in your daily life you also eat food. Be very careful of the food you eat. The Bhagavad Gita (6:17) says, *yuktahara*: you should be very moderate in your food. Your food should be balanced. It should contain carbohydrates, proteins, some fat, some bitter food, and a little sweet, but not too much spicy, rich food. You should also have a little fruit. You should see what I am eating; I eat in a very simple way.

Then know how to eat. Never eat without first praying to God, because food is God. Chew your food thirty or forty times, or even more. You should chew thoroughly because you have teeth in your mouth, but there are not teeth in your stomach. If you just swallow food as the birds do, it will create digestive problems, so you should chew it many times. When the food becomes liquid like milk or curd, swallow it. Eat at the proper time, and eat only when you are hungry. If you take food in this way your health will be good.

Friday, November 30<sup>th</sup>

**Try to see the living presence of God in all. Live with the loving attitude of asking how you can serve others first. We are all one.**

*Excerpts from the Divine Quest – What is God?*

God is in form, without form, and beyond all forms. If I look at you, I am not looking at you; I am looking at the presence of God within you. I am not looking at the form: I am looking at the formless...

*Excerpts from the Divine Quest – On Charity*

We grow with love and we grow with compassion. In the family our parents selflessly served us, taking care of us day and night. When we grew up we got a lot of help from society, from the village, from schools and colleges, We always depend upon others. Sometimes we pay for the service we get. Many times people come forward to help us. We always depend upon the help of people, even on their smiles. Because we depend upon others, it is our duty as a human being to also serve others. Service in Sanskrit is known as seva. The word seva is used in the Bhagavad Gita, and means to serve without expectation, to serve with love, to serve without ego and vanity. When one serves one becomes humble. In nature the river is constantly flowing to serve others. The trees give fruit to serve others. The birds sing and chirp to give joy to others. The beautiful flowers give peace and love to others. The cows give milk for others. A true spiritual person should develop the attitude to serve others with love. To serve others without any expectations is charity. God has given us hands, God has given us lips, and God has given us a heart. Our hands should be used to serve others when they are in need. Our lips should be used to serve others with soothing, compassionate words, Let our lives be dedicated for *seva*, or service and charity, and to *sadhna* for spirituality.

When I was growing up I came across a beautiful verse in Sanskrit:

*deyo annam kshudhature*

Give food to the hungry. We have so much food. Many people cannot find a square meal a day. If one is hungry, give them food.

*rogibhyo deyam aushadham...*

If one is suffering from disease, it is good to provide them with medicine. When one is sick and suffering from disease, if we have the opportunity, give them medicine and give them food.

*deyam vidyarthinam vidyam...*

There are many poor children who cannot study. It is good to provide an opportunity for their study.

For all these acts of charity you need funds or finance. The fourth one, which does not need money, is:

*bhitebyoh deyam abhayam*

If one has fear, anxiety, or worries, be a support to him or her. They need compassion and soothing words. This is also a noble charity.

It is my belief that one cannot meditate day and night. Along with meditation for spiritual practice, if one develops an attitude of service to others it becomes a good opportunity for spiritual growth.

Saturday, December 1<sup>st</sup>

**All belongs to God. You are one with God - Thou art That. You should feel this day and night.**

***Practical Guidance in Spiritual Life - The Omnipresence of God***

Have you ever seen children playing a game called blind man's bluff? One child's eyes are covered with a scarf or a piece of cloth, while other children are moving around and making noise. The blindfolded one must catch someone and identify him. Then he will be free and the captured boy will have his eyes covered. As children we used to play this game occasionally with our friends. When I remember that game, I think of it as the play of God. Our two external eyes are covered with delusion, illusion, and error, but we are seeking peace and happiness, which are not so easy to find.

Do you know that we all are the power of God? He is everywhere. He is within you. He is constantly breathing through your nostrils. It is why you are alive. If He does not inhale, you will die immediately. So all day and night He is inhaling for you. He loves you. Through your breath you are touching God. He is not inhaling from the lungs, not from the nostrils; He is inhaling from the top of the head, in the fontanel. He is hiding within you everywhere.

What you are reading is not my teaching; rather it is the teachings of the Upanishads and the Bible. The *Shvetashvatara Upanishad* (6:11) teaches:

*eko devah sarva bhuteshu gudhah*: God is omnipresent, but hidden from the common person. They are busy in the play of the world, enjoying pleasurable moments, ignoring the presence of the Divine. In your body, God is hiding in the fontanel.

*sarva vyapi sarva bhutantaratma*: He is everywhere, inside and outside, and He is the indwelling soul in every living being. He loves you. From your birth He is inhaling, But you are not watching Him. In your every thought, in your every breath, you must touch Him. With slow breath you can touch the indwelling Self. It is your duty to love Him. You are born to feel this. He is your soul.

*karmadhyaksha*: He is helping you to do work. You are not the dead body.

*sarva bhutadhipasah*: He is the indwelling Self, abiding everywhere in the human being.

*sakshi*: He is the witness of what you do, think, or speak. You have not come here; the power of God has come here to be a witness.

*cheta*: He is your life as well as your consciousness. You are born to love Him. You are born to know thyself.

*kevalo*: Constantly He is inhaling. But constantly you are ignoring. You are thinking that God is very far.

*nirgunascha*: He is formless.

You are your own witness; you are walking because of the breath. It is written in the Bible (Matthew 13:16), "Blessed are your eyes because they see" by the power of God. But you are ignoring Him. You are thinking that you are seeing. However, you must perceive that the seer and seen are one. A dead person cannot hear. Blessed are your ears, for they can hear the words of God. Blessed are the eyes to see the beauty of God in all. You are ignoring Him. You are hearing, but you do not perceive Him. Because of breath, you are hearing. Take a breath and touch the formless power of God Who is hiding within you.