Feast of Tabernacles, 2014

Spiritual practices of the mission of maitreya

A Collective Lecture by the Divine Sisters

**INTRODUCTION (Sarah – 5 minutes)**

**(green text = what is on PowerPoint slide)**

Sal-Om to everyone! Welcome to the Spiritual Practices lecture for the 2014 Feast of Tabernacles. This lecture is going to be a little bit different, because it is a collective effort by eight Sisters following the **Eternal Divine Path**.

We are going to try to give you an introduction to the Spiritual Practices that we follow in the **Mission**, with a PowerPoint presentation that has links you can click on for more information. This presentation is up on the **Mission** website and you can access it any time if you have the PP Viewer or software. So, **why do we follow spiritual practices?** We can give several reasons:

- We follow spiritual practices because **the human has a thirst for limitlessness**, and the finite world only gives temporary pleasures.

-We follow spiritual practices because spiritual practices **help to awaken the spiritual forces**, and awakening the Spiritual Forces is the First Seal in the **Eternal Divine Path**.

-Also **they allow us to understand the different practices and cultures** that are followed by people around the world; to help us have tolerance for people who follow faiths different than what we were brought up in.

-We follow spiritual practices **they develop discipline**, so that the lower-natured tendencies can be controlled and the Higher Self can emerge; the desires of the flesh are infinite, and like strong horses have to be tamed. Spiritual practices bring our attention back to God (Spirit) so that, eventually, the Spirit can manifest in its fullest.

-And because **they promote a healthy lifestyle**, helping us to be strong physically, mentally and spiritually and so able to serve God and the **Mission** more effectively. Also **we become examples** for those around us.

-Finally, we follow spiritual practices because **they can create a unity in the COLs** (and entire world) when followed in a Holy collective manner.

**Where are these spiritual practices found?** They are found in every religion and discipline in the world, especially in those in the First Seal (Buddhism, Hinduism, Mystical Paths in Christianity, Sufis, etc.)

(next slide) So before we start, let’s review the Prerequisites of Spiritual Life. I am just going to read the topics, because of time constraints, but they are given in Essays I in **THOTH**: [just read the red parts]

**The Prerequisites of Spiritual Life**

**<*1>****The prerequisites of spiritual life are physical health, mental equilibrium (simple life), and spiritual cleanliness (spiritual environment). [REFER TO ESSAYS 3]*

*A.* ***<2>Physical health*** *is possible only when a person lives in an environment where the seven basic necessities for a strong physical body are provided:*

*(****1****)* ***Fresh Air****, which is the #1 "must." It is the most essential physical necessity. Even the greatest yogis cannot live without* [*prana*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/P.html#Prana) *which can be found in clean fresh air.*

*(****2****)* ***Sunshine****, the second "must" in order to gain the freshest life energies from the sun and build strong bones and a healthy physical body.*

*(****3****)* ***Good food****, sentient, fresh, and balanced food to be used by the body to create strong cells. The sun also helps food to be digested properly. Food is the most beneficial when it is cooked with a joyful group and is eaten with the same joy by the group. [FOLLOWING FOLKS]*

*(****4****)* ***Pure water****, which not only gives much* [*prana*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/P.html#Prana) *to the person, but also provides the essential fluid and moisture for the body, many essential minerals, and prevents many diseases.*

*(****5****)* ***Good rest****, especially when done in fresh air will provide happiness, joy, and contentment, which all are very necessary for good health.*

*(****6****)* ***Exercise and Inner-size****, to stimulate the circulation and provide the body and brain with more blood, ease the work of the heart, and provide relaxation and health and also* ***Inner-size*** *(*[*yoga*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/Y.html#Yoga) *postures, which mostly work on the glands and Spirit rather than the muscles).*

*(****7****)* ***Concentration and the use of the power of the*** [***mind***](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind)*, this will help a person to use his/her healing power and provide this power more easily for physical stability and health.*

*B.* ***<3>Mental equilibrium:*** *To acquire a simple life to prevent the disturbance of the* [*mind*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind) *(but not so simple that the person becomes a burden on society).* ***<4>****Simple life does not mean escapism* ***<5>****but avoiding those activities which provide much stress with no beneficial results to the person or others, such as games (when they become a show, instead of for health purposes), luxury, too much attachment to the external world, drugs, drinking, smoking, thinking too much about the opposite sex, putting material gain prior to spiritual progress, etc.*

*C.* ***<6>Spiritual cleanliness:*** *In addition to physical and mental cleanliness, a person has to strive to be spiritually clean. As the body becomes dirty in a few days, the mental aspects of the human also become soiled. Actually the* [*mind*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind) *becomes soiled much faster than the body, and even faster than the* [*mind*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind) *is the* [*spirit*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Spirit) *that becomes unclean (through the* [*mind*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind)*).* ***<7>****So we can see how important these things are: the environment we live in, the materials we read, the shows we see, or the people we have as our companions. They all affect our mental and spiritual cleanliness.* ***<8>****A spiritual person not only tries to avoid* [*crudifying*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/C.html#Crudifying) *environments but eventually he also should be able to stay in the equilibrium of his* [*mind*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind) *even in the middle of the worst environment. Otherwise (if he does not become that strong), he will leave the society and go off to the mountains or fall into the grip of* [*Maya*](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Maya) *as he loses his Soul in it.*

 Let’s go to the next slide. These are the Spiritual Practices of the **Mission of Maitreya** that we are going to cover [read list].

Slide 2

* **Meditation**
* **Bath**
* **The Reminder**
* **Sabbath**
* **Spiritual Chanting and Dancing (Kirtan)**
* **Songs**
* **Fasting**
* **Prayer**
* **Study of Spiritual Scriptures**
* **Yoga Postures (Asanas)**
* **Rosary**
* **Service**
* **Satsang**
* **Lungota (for men)**
* **Tantava (for men) and Tantavi (for women)**
* **Holy Days and Feasts of the Lord**
* **Tithes**

We are really Blessed to have so many different spiritual practices in the **Mission**, and we will try to give an introduction to each of them.

So here we go. Hold on to your hat (or your meditation pillow), because we are going to move very fast☺. We hope you will enjoy this journey. There will be a lot of information given. We would ask that you hold your questions until the end if there is time, or post them in our Facebook Room, **Learn More About the Mission of Maitreya**, so that the lecture is not disrupted as we continue.

The first spiritual practice to be discussed will be on the meditation practices in the **Mission of Maitreya**, and Tahirah will be the speaker.

**MEDITATION (Tahirah) – 7 minutes**

**(Slide 1)**

**One of the most important – calms the mind, cleanses the soul.**

THE PURPOSE OF MEDITATION IS TO KNOW SELF (know self to know GOD). And the word, “meditation” means the process of directing our attention from going outward to going inward [Be(come) One with God].

In Sanskrit the word for meditation is “Sadhana,” which means struggle. So we struggle to know the self, the relationship of the self with the universe and overcoming those forces which are in our way toward the Goal [To Be(Come) Divine].

There are many forces of the crudifying power of the tama guna over the Soul which is ignorance. When the soul is under the influence of the tama guna, the mind becomes crude and will be attracted toward the desires and impulses of the lower nature. This source which binds the soul towards becoming self-centered, narrow-minded, lost and having a feeling of separation from the universe is in other words, The Devil.

So when we focus on the mantra in our meditation, we shut out those worldly senses and become inwardly still. It is in this stillness, that we can calm our minds, and cleanse our souls.

Each breath has two points of Oneness, the silence of breathing in, and the silence of breathing out. In that silence is the most important part of your meditation.

**Can be found in most religions of the world.**

Meditation is found in the First Seal of **The Greatest Sign**, “Awakening your spiritual forces.” Most religions of the world such as Hindus, Buddhists, Sikhs, Old Testament, New Testament, Sufis, Native Americans, etc., practice some form of meditation to awaken their spiritual forces.

**Each breath has 2 points of Oneness, the silence breathing in, and the silence breathing out!**

**There are different types of meditations in the Mission of Maitreya.**

There is Formal Individual Meditation, Collective Meditation, Transmission Meditation, and Informal Individual Meditation.

**(Slide 2)**

**FORMAL INDIVIDUAL MEDITATION**

**Recommended: twice daily, AM and PM:**

 **6:30 AM**

 **and around 9:00 PM, before bed**

Individual Meditation: Which is recommended twice a day, **6:30 am** (after **THOTH** reading, or 5:20 am before **THOTH** reading and then contemplate on what was read after 6:30 am) and around 9:00 PM BEFORE BED.

**(Slide 3)**

**COLLECTIVE MEDITATION**

**One of the best practices in the Community.**

**Always should be done with three or more people in the same room.**

**Usually associated with full Order of Service.**

Collective Meditation IS ONE OF THE BEST PRACTICES IN THE COMMUNITY. IT ALWAYS SHOULD BE DONE WITH THREE OR MORE PEOPLE IN THE SAME ROOM, AND IT HAS USUALLY BEEN ASSOCIATED WITH THE FULL ORDER OF SERVICE.

**(Slide 4)**

**TRANSMISSION MEDITATION**

**Transmission Meditation is done Sabbath mornings and evenings.**

**The Order of Service is followed.**

**Then each person goes to an individual area and meditates by himself or herself, transmitting love and good thoughts to the universe.**

**After 30-minutes of transmission meditation in the evening, the community comes together as a group for a community meeting.**

Attunement and transmission groups can tune in Saturdays at 6:00 AM and 6:00 PM MST. In this powerful spiritual uplifting, please tune in at either time, whichever is most convenient for you, or tune in at both times. When attunement is done collectively and is directed to a Center, a more focused and much greater effect is created. With this a Central Focus will be generated and the energy can be used for a greater uplifting of Consciousness. Concentration and opening your thought vibrations to Rio Rancho (NW suburb) of Albuquerque, NM is therefore encouraged. **Maitreya** also transmits many messages and realizations at these times 6:00 AM and 6:00 PM until 6:30 am/pm/ MST Saturdays. After **Maitreya** leaves His body, meditate on the people in charge of the **Mission** to strengthen them to do the **Mission** well and manifest the Will of God Purely.

**(Slide 5)**

**INFORMAL INDIVIDUAL MEDITATION**

**This can be done anywhere, any time.**

Individual informal meditation can be done anytime a person feels he or she wants to meditate.

**(Slide 6)**

**WHAT DO WE MEDITATE ON?**

1. WE MEDITATE ON **THE UNIVERSAL MANTRA, HAREE OM SHRII HUNG, OM NAM KEVALAM**… (THE GOAL OF THE LIFE IS TO BE(COME) DIVINE…

2. **THE INTRODUCTORY MANTRA** – So Hung or Hung So was the first introductory mantra **Maitreya** gave to the beginner meditators.

3. **The WORD**

**Requires utmost commitment**

… **Maitreya** reveals the true Vibration of the sacred name of the Lord (Father) and His Son which has 4 parts. Each part will be revealed to you in 4 levels in the initiation process. However, initiation itself has 7 levels. They are: Meditation on the HOSH Mantra for a while, Introduction and/or preparation to be initiated (accepting Maitreya as your only Spiritual Teacher, Covenant with Maitreya, paying your tithes, meditation on So-Hung or Hung-So, etc.), the four initiations of the four parts of The Word, and with the Final Merging with God there are 7 levels in the Mission Meditation process). These Names (Names of the Father and the Son) cannot be pronounced or written in the material world. When their Vibration (Sound) merge INTO ONE (the Son and the Father become ONE, it is called, The WORD \* …”but speak the word only and thy servant shall be healed.” (Matthew 8:8).

So, there are 7 levels of Initiation which briefly are: HOSH meditation, Introduction, the 4 levels of the Word: the first part, LOVE, the second part, POWERS, the third part, KNOWLEDGE, and the fourth part LIGHT, and the Final stage of complete Oneness with God.

This Meditation of “THE WORD” requires utmost commitment. You can use this state of Oneness for deep thinking and realizing the answers to the questions you might have about our teachings, etc.

Since all of the complete information given to us on THE WORD is quite long, I will suggest that you go to the website and read the complete instructions. (See “THE WORD (The Holy Name)” on the Mission Website).

**The Goal = Pure Consciousness**

**(Slide 7)**

**MEDITATION: OTHER POINTS**

1. WE **DO NOT LOOK FOR EXPERIENCES** OR TRY TO COMPARE OUR MEDITATION WITH ANOTHER’S MEDITATION EXPERIENCE.

2. WE **CONTINUE TO TRY, EVEN IF WE ARE HAVING A DIFFICULT TIME… IT IS ALL GOOD**. WE MAY EVEN JUST GAZE AT **THE GREATEST SIGN** WHEN WE ARE HAVING DIFFICULTY MEDITATING. THAT IN AND OF ITSELF IS ALSO A GREAT MEDITATION WHEN WE GAZE AT **THE GREATEST SIGN**.

3. WE MAY **NOT ALWAYS HAVE A CALM, FOCUSED MEDITATION, BUT THAT IS OK.** WE CAN EVEN JUST BEGIN TO LAUGH DURING THAT TIME, AND ENJOY A LAUGHING MEDITATION.

4. THERE IS SO MUCH KNOWLEDGE OUT TODAY THAT SHOWS AND PROVES HOW **MEDITATION HAS BECOME AN ACCCEPTED THERAPY** FOR NOT ONLY RELAXATION, BUT FOR ILL PEOPLE WHO ARE TAUGHT TO MEDITATE AND BEGIN TO LOWER BLOOD PRESSURE, ETC. AND BECOME SELF-MEDICATING BY MEDITATING☺

5. IT HAS BEEN **RECOMMENDED BY THE MISSION TO TAKE A HALF BATH PRIOR TO MEDITATION**.

6. AND, **IT IS RECOMMENDED NOT TO MEDITATE ON A FULL STOMACH**!

REMEMBER, MEDITATION CAN ALSO BE DONE AT ANY TIME WITH EYES OPENED AS IN DOING DISHES, OR CHORES, ETC. SO MEDITATION CAN AND SHOULD BE OUR FOCUS OF HAVING AN INNER CALM AND PEACE WITHIN, NO MATTER WHAT IS GOING ON AROUND US.

The Goal of the Life is to Be(come) Divine… That Divinity, God, is Everything. Meditate to know self, meditate to know God.

**BATH (Sarah) –7 minutes**

When you go to take a bath, you can be in a rush and just turn on the water, thinking about your day and all the things you have to do…

 Or you can make it a spiritual experience, a beautiful purification of the body/mind/spirit.

Water is necessary for life on this earth.

Water is the Universal Solvent.

Water is also a purifier.

[**Water**](http://www.maitreya.org/FILES/THOTH/ESSAYS3.HTM/Essays3-1.html) **as a purifier is found in many different religions.**

One can find many practices in different religions using water for spiritual rituals [for example in Genesis in the Old Testament there is the verse "...and water to wash his feet, and the men's feet that were with him" (Genesis 24:32); there is also the practice of washing before prayer in Islam, or Hindus immersing themselves in a river, etc.].

Water can be used for cooling the body, because “Too much heat in the body creates lethargy and is responsible for many diseases. Therefore it is recommended to keep the body as cool as possible. The best way to do this is by washing with cool water the entire body or those places which create heat.”

So what are some of the ways recommended by the Mission of Maitreya take a bath? First, there is the:

**Full Bath**

 A full bath is recommended to be taken every 2 days or so. It is best to take the bath sitting, or squatting, if possible, and with warm or cool water. It is recommended to avoid very hot water. While preparing for the bath, we ideate on the Bath Ideation Before and During Bathing.

Bath Ideation Before and During Bathing

**1- I wash myself with water which is the symbol of purity.**

**2- Not only do I wash my body with this water but also I will ideate that this is an act of** [**baptism**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/B.html#Baptism)**, and I will be free of my previous bad habits.**

**3- This water also will wash away my fears, unnecessary desires, and attachments.  I will only be attached to** [**God**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/G.html#God)**.**

**4- Only then will I be free, pure, and clean enough to stand in front of the** [**Father**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/F.html#Father)**, the Ancestors of humanity, and the Sages in the past, and pay my salutations to them.**

 Then, after the bath, “**<8>**It is recommended that the bath ideation after bathing be done with the [proper gestures (mudras)](http://www.maitreya.org/FILES/THOTH/ESSAYS3.HTM/Bath-Ideation.pdf) in front of the sun or a white light while the body is still wet and dripping. The water on the body will absorb the light and because each drop is like a convex lens, it will concentrate the [energy](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Energy) of light to the body.”

Bath Ideation After Bathing

(Repeated Three Times)

**1- My reverent salutations to the Ancestors of Humanity.**

**2- My reverent salutations to all the Sages and Messengers.**

**3- They were all in the path of becoming** [**Pure Consciousness**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/P.html#Pure Consciousness)**.**

**4-** [**I am**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/I.html#I am) **one with them in Spirit.**

**5- Therefore it is the goal of my life to become** [**Pure Consciousness**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/P.html#Pure Consciousness) **and help the whole universe to become the same.**

**6- (Third time only) The act of offering, the heat which was used to offer, and the one who offers are all He.** [**Sal-Om**](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Sal-OM).

“With the bath ideation, every time you take a bath, you baptize yourself. You promise that you're going to be pure and you're baptized. That's an act of baptism. And every time you baptize yourself you have a new start, don't you? You can have a new start every day…”

Other times, a half bath can be taken, especially when a quick lift is needed, or before meditation, before reciting the Reminder, before eating, before sleeping, or when cooling off is needed:

**Half bath**

**“<18>**The half-bath cools the centers which create heat, the nervous system, and consequently the spinal cord, and the [energy](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Energy) centers ([chakra](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/C.html#Chakra)s). It releases the body from the burden of doing this itself. **<19>**Therefore the [energy](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Energy) ([prana](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/P.html#Prana)) of the body can be used for other functions in the body. With this a healthier body will be gained.

**<21>**Cool water should be poured over the genital area first. This will cool off the second and first [chakra](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/C.html#Chakra)s ([energy](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Energy) centers) and also the lower part of the spinal cord.

**<22>**Then the knees to the toes are cooled with water (or at least the feet). This cools off the endings of many nerves in the feet, and also the nerves which come from the spinal cord to the legs and that part of the spinal cord from which these nerves arise.

**<23>**Then water is poured over the elbows down to cool the lower part of the arm below the elbows. This will cool off the nerve endings in the hands and the upper part of the spinal cord.

**<24>**Next cool water is taken into the mouth. While the water is kept in the mouth, water is splashed into the eyes. The eyes should stay open while water is being splashed into them.

**<25>**It is recommended to breathe in deeply through the nose before splashing the water to the face, and then exhale after each splash, and inhale again and splash the water. **<26>**This will develop the habit of inhaling through the nostrils and deep breathing, and also helps to absorb more [prana](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/P.html#Prana) from the water splashed into the face and eyes. **<27>**Seven to fifteen times of splashing is recommended to cool off the eyes and the face. However this number can be increased or decreased according to a person's desire.

**<28>**Then water should be sucked in through the nostrils until it passes through the nose and comes out the mouth.

**<29>**This will help the whole nervous system in the face, the sinuses, and the glands in the brain to be cooled, therefore preventing many diseases and the common cold.

**<30>**Then the neck, back of the head, behind the ears, and if desired, the hair, can be cooled off with the water. **<31>**When this half-bath is completed, a feeling of freshness will prevail.

**<32>**The half-bath is especially a blessing in hot climates and/or in the summer. However, it can be taken even in the winter and causes the body to become accustomed to cool weather and therefore stay cool.

Then there is the:

**One-Fourth of the Bath**: **<33>**is the same as the half-bath but only the hands and face part is done. It is recommended when a quick cooling of the body is necessary or the situation does not allow a half-bath.

**<34>**The hands are washed with cool water, water is kept in the mouth, water is splashed into the eyes and face, and the neck and behind the ears are cooled off.”

**In addition, there is the Cool Bath:**

**<35>**is recommended upon arising in the morning. The best way to take a cool full bath is to take a half-bath, then after finishing it also cool the navel area and the opposite side of the navel at the back. Then massage the surface of the body with wet hands and while sitting on the heels, pour water from the crown of the head to run over the back of the spine down the body.

**<36>**Then one can pour cool water all over the body and wherever much heat is felt. It is a great disciplinary act and accustoms the body to withstand cold weather. It makes the body healthy, refreshed, and ready for [meditation](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Meditation) and the day.

**Also, there is the Cooling of the Genital Area:**

 **<37>**is done by pouring cool water over the genital area after urination. This will squeeze the urethra and the remaining urine will be drawn out. **<38>**Also it keeps this organ cool, prevents many diseases, and lowers the unwanted sexual stimulations. **<39>**This act should become so habitual that the person does it without a second thought.”

Lastly, it should be mentioned that hand washing/scrubbing should be done often during the day to prevent the spread of diseases.

So that is a quick look at the Mission of Maitreya recommendations for bathing; again they are all available in **THOTH** in Essays 3.

Next Sadhana will talk about The Reminder.

**THE REMINDER (Sadhana) – 6 minutes**

**Repeated 3 times at 5:50 AM and 3 times at 5:50 PM MST, and once before going to bed or 9:00 PM MST.**

The Reminder is repeated 3 times. The Reminder should be done at 5:50 AM and at 5:50 PM MST, and once before going to bed or 9:00 PM MST.

The beauty of it is that the number of times to do the Reminder in the day is seven: Doing the Reminder 3 times in the AM, 3 times in the PM, and only once in the evening. That makes 7 times!

**Similar to prayer in Islam, called Namaz.**

**It is done accompanied with postures (the postures have an effect like yoga asanas) and can be done slowly or quickly.**

**While doing The Reminder individually, you can enhance the effect of the yoga part by further stretching.**

A recent modification of the Reminder includes bending of toes inwards in the beginning and fists drawn together to touch the forehead (third eye) instead of the floor.

**Recommended: Half Bath before The Reminder.**

**Should be done with awareness, not as a ritual.**

**If circumstances do not allow you to perform it with the postures, just repeat the words silently.**

**If you missed the time as recommended, perform it later with one extra time.**

 Why three times: <http://www.maitreya.org/FILES/discourse/3timeady.html>

“The first time we do it, we come to it with excitement -- Oh, let's do the Reminder. The spirit of worldliness is still with us. When first we do it, it's just the words, we are still in mundanity. We're not really hearing what we're saying. We're just saying it, and the mind starts wandering here and there.

“The second time we say it, it goes deeper. And the third time it completely surrounds the person, and the person starts hearing himself or herself, and if he's sincere, he will see the real meaning of the Reminder and its effect. [...] actually, the more you say it, the better.”

“TheReminder is very powerful and very effective. It has a lot of effect on the body. You stretch muscles that you never use. Actually it's a kind of yoga in itself. It's a kind of I-Ching at the same time, because you are concentrating on higher thoughts, in higher energy. It makes you very healthy, it pushes the mucus out of your body. When you bend your head, the mucus comes out of your body. It helps to get rid of some of the toxins in your body. Mucus is a toxin. Mucus is not something that comes from nowhere, it's a toxin.”

“With the bath ideation, every time you take a bath, you baptize yourself. You promise that you’re going to be pure and you’re baptized. That’s an act of baptism. And every time you baptize yourself you have a new start, don’t you? You can have a new start every day, and on and on. There’s so much there that it’s hard to go over all of them.

“If you don't use these tools, you won't see the effect. You have to do them and do them constantly, every day, for a long period of time to see the effect. Just like an athlete who doesn't exercise for a couple of days or a couple of weeks is out of shape, this is the same thing. If you don't do these exercises for a long time, you will be out of shape. You will no longer feel like doing them anymore.

“Also it is a discipline. It disciplines you to do these in a specific time period. You create a stronger mind and a stronger will because you have to do it, and you want to do it. There are a lot of wonderful reasons behind using these tools. It's not just a silly “Haree Om Shrii Hung”. Of course, it's very hard for intellectuals to do the “Haree Om Shrii Hung” because it sounds silly to them, they are so tight, they are so intellectual. "I should dance like that? Am I crazy or something? What are these silly things this guy is telling us to do?" But if they do it they will love it. If they do it for awhile they will love it especially when more people are doing it.

“As I said, just imagine five or six hundred people singing “Haree Om ShriiHung” together. You would go to Samadhi! It is a very powerful thing.

“So that is the way we prepare ourselves for the next Feast. When the next Feast comes then we are going to sing “Haree Om Shrii Hung” very well. Oh, we're already doing it.”

http://www.maitreya.org/files/Feast/Paravpra.html

The most useful and detailed explanation of the Reminder, the meaning of the seven parts of the Reminder we find in Essays III, tablet eight: http://www.maitreya.org/FILES/thoth/ESSAYS3.HTM/Essays3-8.html#THE REMINDER

The Reminder is an invocation and can be done individually or collectively. The Reminder has many spiritual effects on the Spiritual Body (as well as many other benefits, including effects similar to yoga on the physical body!)

It would be good to say the Reminder (together) now: [next slide]

1- We pay our salutations to The Divine Father [The Divine Logic], who has helped all come from ignorance to the Path of Enlightenment. Ignorance is the state of unawareness of the reality behind this universe, and enlightenment is the state of Pure Consciousness.

2- We open our hearts to Your Grace [The Divine Mother, The Holy Ghost] and pray for Your Guidance in overcoming the power of the tama guna [crudifying force, principalities] over our Souls and detaching ourselves from Maya [illusion of separation from God].

3- We adore and promise to endeavor to help the whole universe to reach higher consciousness and eventually Pure Consciousness.

4- In reverence we bow our heads in front of all those Great Souls in the past and those to come who have helped and will help all to understand Your Compassion and Mercy in Your Actions and Creation.

5- We surrender ourselves to You, the Words revealed to us through Your Prophets, and Your Greatest Sign which clarifies the confusion between all.

6- We submit only to You which is formless, nameless, and invisible, [neither male nor female]. You in this state unify -- in any other state, humanity will be divided. Also, this will prevent us from surrendering to false prophets and teachers.

7- However, in reverence we bow our heads in front of all those Great Souls who will teach us how to know You and show us the way to become Pure Consciousness, as is the goal.

**SABBATH (Ananda Ma) – 4 minutes**

Sabbath starts at 6 PM (MST) on Friday and continues 24 hours until 6 PM (MST) Saturday. **Maitreya** said that eventually the Sabbath services will be done in each of your time zones. But for now the services start on Pal Talk on Saturday at 5:30 AM and 5:30 PM MST.

**Maitreya** has spoken about the Sabbath in many Satsangs, and has written about It in **THOTH**, pointing out Its benefits, as you will see as we go through these points:

**Sabbath is a necessary spiritual practice.**

 Let’s start in the Glossary where Maitreya writes:

   [Sabbath](http://www.maitreya.org/FILES/THOTH/glossary.htm/S.html#Sabbath): day of rest and attunement to [God](http://www.maitreya.org/FILES/THOTH/glossary.htm/G.html#God).

   “The very base of [God](http://www.maitreya.org/FILES/THOTH/glossary.htm/G.html#God)-realization and spiritual progress is to be able to calm the [mind](http://www.maitreya.org/FILES/THOTH/glossary.htm/M.html#Mind), contemplate, and attune the [self](http://www.maitreya.org/FILES/THOTH/glossary.htm/s.html#Self) to the truth of the universe.  That is why [God](http://www.maitreya.org/FILES/THOTH/glossary.htm/G.html#God) has [emphasized the Sabbath](http://www.maitreya.org/files/discourse/Sabbath.html) as being one of the most important Commandments.  That is because if a man cannot rest and calm his [mind](http://www.maitreya.org/FILES/THOTH/glossary.htm/M.html#Mind), he would never realize anything.

   So it is very important that at least one day of the week be for rest, fasting, and kept [holy](http://www.maitreya.org/FILES/THOTH/glossary.htm/H.html#Holy) by calming the [mind](http://www.maitreya.org/FILES/THOTH/glossary.htm/M.html#Mind) and contemplating creation, [God](http://www.maitreya.org/FILES/THOTH/glossary.htm/G.html#God), and the truth behind them.”

**Sabbath is given in God’s Scriptures to follow.**

In the Old Testament God commands: “Remember the Sabbath day to keep it holy.”

In the New Testament we find that Esa followed God’s Commandment: “And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the Sabbath day, and stood up for to read.” Luke 4:16

We also find much written by **Maitreya** in **THOTH** about keeping God Commandments and that the Sabbath, as written in the Glossary and given for the first slide, “…God has emphasized the Sabbath as being one of the most important Commandments.

**Sabbath is a day of rest, fasting, quietness, contemplation, Satsang, meditation, etc.**

  In **THOTH** in the Essays, in "The Base of History and Dating": “Saturday (Sabbath) should be used to fast. Also on Saturdays the silence should be observed and solitude is recommended. After a day of rest, [meditation](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Meditation), and deeper thought, it is a good idea to have the community meeting to resolve community problems.”

**Transmission meditation is done on the Sabbath, then community meeting.**

**Maitreya** explains how to perform transmission meditation, “In Transmission Meditation, reach out to humanity and the universe.  Again go to the Calm Place within (without going through the process) and then imagine the Love and Light of God touches everyone.  See what the problems on earth (or the universe) are.  Seek solutions to them and see how the Mission will solve all of them, etc.  Pray for humanity (universe) and visualize Peace will come after the Mission is established, etc.  Then visualize how you can join the COLs and help this process, etc.”

**Sabbath is also a day to think about your week.**

Sabbath and Sabbath Community Unity Meeting reveals:

“We eventually have to reach a point where we feel as God felt about His Work.  We look and see that it has been blessed by God.  When God created the universe and saw that it was Good (God), He blessed it and was pleased.  <8>He did not look for approval or disapproval from anyone.  He did not need to be praised by anyone. But He was pleased with Himself that He had done a perfect job.

“That also should be our approach to life.  We do the job (His Will) but leave the results to Him.

“On the Sabbath we re-evaluate our work and improve it to a higher level, as God also is perfect.”

**Sabbath creates a joyful rhythm for the week.**

It is with following God’s Way that we can create that joyful rhythm for the week. In Feasts and Holy Days Of The Lord, “The Feasts, Festivals, and Holy Days also should be for Him so that man’s thoughts might be directed toward its goal, which is to dissolve the self into the Universal self and realize he is a part of the All.”

Next, Keyosha will talk about Spiritual Chanting and Dancing (Kirtan)

**SPIRITUAL CHANTING AND DANCING (KIRTAN) (Keyosha) – 6 minutes**

 \*Kirtan can be described as combining the use of music, chanting and
dancing."

Slide – (Kirtan) **HELPS TO CALM THE MIND AND LOOSEN THE DRY INTELLECT**

…so it brings the mind to the present, to the now and that is the secret of controlling the mind, ie, "Be still and know that I am God"

... so it helps the mind to be still and know the Lord.

“people often might shy away from kirtan because with this practice the ego dies fast, and many don't want that to happen. It can actually be frightening for some people to let go to the point of going to that level of devotion.

“however, even if it does not appeal to you it is recommended to try this practice enough to get somewhat familiar with it... because of it being one of the spiritual practices of the **Mission**.

Slide – (Kirtan) **BRINGS A UNIFIED RHYTHM TO THE GROUP**

  \*it helps when people are often coming together from different states of consciousness, different places, and with different experiences.
   \*so these people are then chanting, playing an instrument and dancing which brings together all three aspects of human life, ie., physical, mental, and spiritual. So as they are all engaged, they become in tune with a balanced being achieved between them.
   \* eventually they all become One in Spirit instead of separated in the flesh
  \* I would like to share what **Maitreya** said in response to one lady who described that she at times she had trouble flowing with the kirtan when she had done it with a group at the **Mission**.  **Maitreya** said, "But did you notice when we were doing The Reminder, the whole thing was so together.  Everyone was One, mixed together as one energy just like it
was one voice coming from all the people. That's what the kirtan is supposed to do.”

Slide – (Kirtan) **HELPS US UNDERSTAND OTHERS WHO PRACTICE KIRTAN**

  \*one of the things about doing the practices recommended by the **Mission** is that some rituals used in other religions or cultures won't look so strange to you (this is true of the kirtan as well)

\*doing the kirtan helps us to understand others who practice it such as the Dervishes in
the Islamic teachings, the chanting and dancing done by Buddhists and Hindu traditions, etc.

 \*we even find it in the Old Testament and in Christianity.  In Samuel 10.5 we read "that thou shalt meet a company of prophets coming down from a high place with a psaltery, and a tabret, and a pipe, and a harp, before them; and they shall prophesy.

Slide **- IDEATE THAT THE WHOLE UNIVERSE IS REJOICING WITH YOU!**

   \*think about it---this whole universe is nothing but vibration, so when you are dancing and chanting in the ideation of Om Nam Kevalam you affirm "that Divinity God is everything," even the whole universe

 \*kirtan awakens devotional feelings in man, so that is why those who engage in this spiritual practice receive a blissful feeling from it. They rise from a rational plane to a devotional one...where the feeling can be described as indescribable, so we feel devotion to God who is everywhere and everything, again, the whole universe. So what separation could possibly exist in that ideation?

Slide- **THE DANCING IS SIMPLE BUT RHYTHMICAL. CAN BE DONE WITH
INSTRUMENTS, DRUMS, BELLS, ETC.**

\* because the technique is simple it makes it easy to lose yourself or give yourself over to God in the process of your senses being totally engaged.

\*That's when you get to the real Haree Om Shrii Hung. When you really get to that rhythm, you never will be tired. Actually, you want to go on, and on. You can't stop it. You can just go on, and on. Then after you finish singing, still you see it is going on within you. The vibration starts expanding to the room, to the house, in everything that we look at, that rhythm is there.

\* when you sing, dance, and play an instrument, it brings a greater degree of rhythm between your physical, mental, emotional and spiritual bodies. You become more graceful, more in tune with all the levels. Your physical body doesn't take you this way, your mind takes you that
way, and your Spirit is gone. You just bring them all together. You become healthier because by bringing these three in harmony with one another, you bring greater health to yourself also.

So happy chanting and dancing all! In Joy!!

**SONGS (Sadhana) – 3 minutes**

[first slide]

**Samgacchadvam is a song we use during the Order of Service (before Collective or Transmission meditation). It is from the Rg Veda and sung three times.**

**Devotional songs and poems bring you closer to God. Lower-natured songs and poems take you away.**

[second slide]

**Samgacchadvam**

**SAMGACCHADVAM SAMVADADHVAM**

**Let us move together, let us sing together.**

**SAMVOMANAMSI JANATAM**

**Let us come to know our minds together.**

**DEVABHAGAM YATHAPURVE**

**Let us share, like Sages of the past,**

**SAMJANANA UPASATE**

**That all people together may enjoy the universe,**

**SAMANII VA AKUTI**

**Unite our intention,**

**SAMANA HRDAYANIVAH**

**Let our hearts be inseparable.**

**SAMANAMASTU VO MANO**

**Our mind is as one mind,**

**YATHAVAH SUSAHASATI**

**As we, to truly know one another, become One.**

**FASTING (Keyosha) – 4 minutes**

**Refraining from food for a period of time.**
 “A complete fast is one without food or liquid. However, those who do long fasting and/or those whose bodies are not used to fasting, can fast with water and/or juice.”
<http://www.maitreya.org/FILES/THOTH/ESSAYS3.HTM/Essays3-3.html#FASTING>

So fasting is another way of healing oneself. According to our teaching, you can fast eight days a month: the four Sabbaths, the full moon, the first moon, eleven days after the full
moon, and eleven days after the first moon(this is especially good for single
people).  So you can fast so much and it won't bother you.

**We do this during Sabbath and Holy Convocations.**
From a Satsang with **Maitreya**: “When you fast on Sabbath (or the Holy Convocation), you stop your system and your system has time to get on with those parts of your body that it never had time to heal, and it starts cleansing them... If you keep eating, and eating, and eating, the body doesn't have time to burn out the fats that you eat.  It says, "I'll put this fat here. I'll put this fat here. I'll burn them out later on." ......We start getting body fat because the body doesn't have time to burn them.

“So the Sabbath fast is a very good healing process. Actually, you can fast ten days of the thirty days each month without jeopardizing your health. You can actually fast one third of your life if you want to. If you live for ninety years, you can fast for thirty years. Of course, not continually [all laughing].”

**Fasting quiets the mind, calms the senses and allows the Spirit to be felt stronger.**Fasting has many benefits, physically, mentally and spiritually.  It cleans the body of toxins, stills the mind, “Be still and know that I Am God” (Psalms 46:10), so this purifies the soul (becomes closer to God). (From **Golden Keys 4**)

in other words ... by fasting you get rid of toxins which is physical purification. You get rid of the energies that pull you toward the external world which is mental and spiritual purification. With the fast you really calm down your senses because your senses are not as powerful, as effective as when you eat all the time... the food you eat has energy that awakens different parts of your tendencies. With fasting and purifying your food, you purify your physical body and more...”
<http://www.maitreya.org/FILES/discourse/Purifyng.html>

So when you fast it's also a great time to pray and meditate, or for that matter to do any of the spiritual practices of the **Mission**!

**A fast should be broken slowly**
In fact the longer the fast the more important this is. **Maitreya** has suggested that starting with a piece of fruit or juice is a good idea. Then increase slowly over time with FOLKS  (Fresh, Organic, Local ,Kosher, Seasonal) food. (Tell the story of the man who ate the lamb and
died the next day, if time permits.)

**Can be a very helpful spiritual practice if you feel uninspired or are making a difficult decision.**
We find reference to fasting in the Scriptures illustrating this point:

-ie, Christ fasted for 40 days and 40 nights); and,

-when the people of Nineveh realized that God was unhappy with them, they fasted and
wore sack cloth and ashes, and avoided great disaster.

And as **THOTH** says: you do all these things for your own benefit to progress to Pure
Consciousness. You do not do them for the Lord. God does not need your fasting, alms-giving, etc ...
[www.maitreya.org/FILES/THOTH/MATTEW.HTM/Mattew9.html](http://www.maitreya.org/FILES/THOTH/MATTEW.HTM/Mattew9.html)

**Fasting can be started at puberty. No fasting for pregnant and nursing women. After age 60, it is optional.**
I might add that **Maitreya** did say, "Before the age of puberty, the individual can try light fasting (a few days in a year) if they would like."

So as with all spiritual practices, in fasting we consider the time, place, and person (or people)... and that it be done from knowledge (for spiritual progress), not ignorance or passion.

Next speaker is Tahirah, who will talk about Prayer….

**PRAYER (Tahirah) – 4 minutes**

(first slide)

**Pray for His Will to be done.**

To pray is to talk to God.

Our prayers are not for our personal desires and wants, our prayers are to become aware of HIS Will.

In that way, the talking to God is really the acceptance of Him in our daily lives and understand that we are here to do His Will.

So we pray (accept) and meditate (listen) to HIS essence within each of us; that which guides us to do His Will.

Always remember the Father, the Son, and The Mother in your prayers by invoking them. The Son is used in the middle (between) the Father and The Holy Ghost, to show his mediating position. He manifests the Father and the Mother (The Holy Ghost), as the Messiah, in the manifested world. Each of them are necessary in creation. However, they are not separated as three but are One.  That is why there is only One God who is the Father (Logic), Mother (Grace) and the Father/Mother God is manifested as the Messiah or the Prophet from God.

**Prayer is found in all religions.**

Whether one is a devout Christian, Muslim, Jew, Hindu, etc., the one thing that is a common denominator is the Formless, Invisible, Nameless, and Eternal, FINE.

In Judaism there is The Shema, from the book of Deuteronomy, Chapter 6. In Hinduism there is The Gayatri Mantra from the Vedas. In Islam there is The Fatiha from the opening words of the Koran. In Christianity there is The Lord’s Prayer from the Gospel of Matthew, chapter 6. In Buddhism there is The Refuge Prayer, and etc.

We all pray to the same GOD, through different methods and words, however, the end result is devotion and praise to the Highest: The Formless, Invisible, Nameless, and Eternal, FINE.

Prayer and chanting with utmost devotion is the cleansing process of the Soul. To pray is to talk to God; to meditate is to listen to Him!

**Prayer is a wonderful practice to teach children.**

Prayer is like a shower for the Soul.

When we teach our children to pray, they become more aware of their true self.

They can leave the value of their true self in prayer. Teach them to Pray for guidance so that they might become an instrument for His Will. Lead by example. Chant the mantra, say The Reminder, create a daily routine for your children to pray, etc.

When you teach the children to pray to become an instrument for HIS will, other things will be given to them. They will learn to be surrendered and submitted to the Will of God.

(second slide) Here is a sample of prayer from **THOTH**:

**Prayer from THOTH,** [**Essays 3**](http://www.maitreya.org/FILES/THOTH/TOC.HTM/essays_3.htm)

**Praise be to Thee O Hidden and Manifested ONE. Praise be to Thy Glory, to Thy Might, to Thy Power and Thy Great Skill.**

All things belong to God.

**O Lord, to Thee all greatness, power, beauty and perfection belongs. Thou art ALL.**

Let us always give credit to Him, whenever anyone praises us for anything, we surely know that we are not the doer (if it is good), it is GOD. If it is not good, then it is our EGO.

**Give us, O Lord, a steadfast heart, which no unworthy affection may drag downwards; give us an unconquered will, which no tribulation can wear out; give us an upright mind, which no unworthy purpose may tempt aside. Unto Thee we surrender. Amen.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Let us not be drawn into the worldly Maya where we are forgetful of our purpose and reason for being here. And keep us strong in God’s ways and may we always be surrendered to only Him.

Although God has Name we cannot invoke Him by His name.  We always should remember that the Sacred Name (The Word) cannot be pronounced (uttered) in manifested words.  However, if we heard His Name (Word) in our Deep Meditation; that is the Best Prayer one can have.  Indeed you are an Instrument in His Hands!

**STUDY OF SPIRITUAL SCRIPTURES** (Sadhana) – 4 minutes

**Is a necessary part of spiritual progress**

**It is one of the Thirty-three Virtues and Fifteen Commandments.**

**Meditation alone is not enough.**

**We need to know God’s Laws and His Hand in history, and how He has been guiding humanity.**

**How blessed we are to have so many Scriptures to choose from!**

The greatest of the Scriptures is **THOTH**.

Holy Scriptures can now be understood with having **The Greatest Sign** in mind.

They are related and are sent as guidance to humanity, have been a part of the gradually unfolding Plan of God, which is completed with the Revelation of the Seventh Seal!

Five days a week live readings on PalTalk from the latest website version of **THOTH** is done as a service followed by 30-minutes of meditation. Meditation after the reading is for contemplation on the section read, while audio options are also available on the website.

 **YOGA POSTURES** (Niama)

Sal-Om Everyone

My topic is Yoga Postures. I am going to start with the essay on Yoga Postures from **The Holiest of the Holies (THOTH), The Last Testament**:

[YOGA POSTURES (ASANAS)](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/Y.html#Yoga)

<20>As the muscles become stronger by exercise, the [ethereal body](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Ethereal%20Body) becomes purified and stronger by [yoga](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/Y.html#Yoga) postures (asanas). That is why we can call asanas "innersize" in contrast to exercise which affects the external.

<21>These postures affect the glands which control the [energy](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Energy) centers in the body ([chakra](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/C.html#Chakra)s) and bring a balance between the physical body, [spirit](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Spirit) ([ethereal body](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/E.html#Ethereal%20Body)) and [Soul](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Soul) ([Self](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Self)).

<22>It is also recommended to practice asanas, especially in the beginning of the spiritual journey and so strengthen the [spirit](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Spirit) and become familiar with the body and how it functions.

<23>However, a person should not become obsessed with this kind of practice and use it only for physical fitness. Unless such a person is a professional teacher of asanas, the spiritual effect of this practice should be kept in mind more than the physical. <24>Like any practice or habit, it should not become a person's master.

<25>Eventually a person will become so familiar with the body that he realizes many other things affect it. <26>By avoiding ones which bring negative forces and accumulating more positive forces, the need of doing asanas can be eliminated or brought to a minimum and only used as an occasional tool to tune the body, [spirit](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/S.html#Spirit), and [mind](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/M.html#Mind) together. <27>It is not only practices that make a man free but knowledge of the Laws of the Lord and His [Grace](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/G.html#Grace). These practices make a person become more sensitive to understand His Laws and become purer to feel His [Grace](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/G.html#Grace), <28>so he might eventually find the way (Eternal Divine Path), receive The [Holy Ghost](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/H.html#Holy%20Ghost), <29>and by trial of The [Holy Ghost](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/H.html#Holy%20Ghost) (His [Grace](http://www.maitreya.org/FILES/THOTH/GLOSSARY.HTM/G.html#Grace)), reach the Goal.

All Thanks To God for these valuable information in **THOTH**.

Asanas affect every aspect of the human physique; they balance the glandular secretions, relax and tone up the muscles and the nervous system, stimulate circulation, stretch stiff ligaments and tendons, limber joints, massage internal organs and calm and concentrate the mind.

The best time for asanas is in the morning before breakfast and in the evening before dinner. After meals, depending on the amount of food consumed, wait 2 to 4 hours for digestion to occur before practicing yoga.

At the same time it is not recommended to eat or drink half an hour after practicing. After the practice of asanas the body sets up a new equilibrium, new muscle tone, new flow of blood and energy. Eating too soon after asanas changes the blood flow from the muscles and glands to digestive tract, thus inhibiting the full benefit of the asanas.

For more information on yoga asanas you can read or listen a full presentation about innersize.( <http://www.maitreya.org/fot/2010/Lectures/Innercise-Unus.htm>)

We also have introductory videos for man and woman for those who would like to practice basic asanas. (<http://www.maitreya.org/Videos/Classes/Yoga/Yoga-Index.htm>)

All thanks to God.

Sal-Om.

* **ROSARY (Keyosha) – 2 minutes**

**Gives the EDP in a graceful and condensed form!**

**A helpful tool to use, on Sabbath or other times.**

**Calms and concentrates the mind.**

**Easy to carry, can be worn, fun to make!**

**SERVICE (Jessica) – 4 minutes**

Service is of three kinds: from ignorance, from passion, and from knowledge.

Service is from ignorance when it is done for the wrong person (he does not need that service), at the wrong time, and/or at the wrong place.

Service is from passion when it is done in the spirit of gaining something in return. In fact such an act is not a service but is a business.

Service is from knowledge when it is done for the right person, at the right time, and at the right place, without expectation. However, service done to do God’s Will is always from knowledge.

**Goes hand-in-hand with other spiritual practices.**

When you do something for God, you are not doing it for Him, you are doing it for yourself. It is a Blessing bestowed on you to focus on Him instead of this world. You surely are Blessed!...

The more man concentrates on God, the more God concentrates on him/her!

FIFTEEN COMMANDMENTS

13- Satsang, Service, and Meditation: <26> To attain true Satsang (when people talk only about God, the universe, and His Will), to practice penance in the service of others (as being done for the Lord, in creating Communities of Light), and to sincerely meditate and/or do The Reminder at least twice a day.

Find the many talents God has given you. Know and use these talents to benefit the **Mission**. When you benefit the **Mission**, you benefit humanity/yourself.

**Service allows you to be humble.**

To give physical, mental, or spiritual help to others with no expectation for any return, or to serve others in the spirit of serving God.

THIRTY-THREE VIRTUES

6- Performance of sacrifice – selfless service, not being self-centered, to be(come) humble.

12- Renunciation (to offer the result of your actions to the Lord, and ideate that your body is a tool for Him to perform Divine actions)

27- Setting an example by individual conduct before asking anyone to do the same.

**Service for the Mission is expected from all the members of the Mission.**

If you have realized the wonders of **Maitreya’s** teachings and The Plan, get on with the work, the rest will be added to you. As it has been said in the Bible, “The workman is worthy of his meat,” (Matthew 10:10).

Many are those who talk much (have many leaves) but manifest no fruit. They are not the Chosen Ones. There are a few who might not talk much but bear great fruit, those are the ones chosen. You know them by their fruit!

Help in the Creation of the Communities of Light (this could apply differently to each person according to their capacity, situation, community, etc.).

Everyone is required to render selfless service (volunteer work). How much selfless service, that is up to the individual. The more one Loves God and the Mission the more s/he wants to help selflessly!

**SATSANG (Ananda Ma) – 4 minutes**

**Satsang means “good company.”**

“Satsang: A company of people who gather together to talk about God and truth; good company.”

**Satsang is a gathering where the topic is God.** In the Glossary three kinds of gatherings are explained. “The third kind of gathering is the one in which people gather to talk about God, His creation, and Truth. This kind of gathering is the most desirable.”

**Satsangs are given by highly spiritual Beings.**

“Satsang should be given by spiritually advanced people, and with no previous preparation.”

**Satsang is food for the Soul.**

“…Satsang in general is whatever helps us to know the self (Chit), God (CHIT), which is truth (SAT).”

**Faith comes with hearing (Satsang).**

“One of the most important…” (techniques used in spiritual progress) “is Satsang: Faith comes by hearing the words of God.” Also, “Scriptures are written from the revelations by God to those who are in tune with Him. They are Satsangs which cleanse the Soul.”

We should mention the four pillars of spiritual progress, of which Satsang is a part:

**Four Pillars of Spiritual Progress:**

**Satsang**

**Service**

**Meditation**

**Prayer**

Would like to close this section on Satsang by mentioning that we have a very useful tool in YouTube where many of Maitreya’s Satsangs and the most recent lectures by disciples are available to watch on videos.

**LUNGOTA (for men) (Sarah) – 1 minute**

(READ SLIDE)

* **Lungota is an ancient underwear worn by Yogis, Masters, etc.**
* **It helps to control and direct sexual desires to higher chakras.**
* **There are many different kinds. The Mission’s is a simple and effective lungota** (and an original design).

There is a link on the last word of this slide, to a video of how to tie a lungota and also shows how one can order a handmade, 100% white cotton lungota from the **Mission**. We have been amazed at how many people have ordered them already, including many complete newcomers to the **Mission**. Thanks to Jessica for helping out with sewing the lungotas. So far, the supply has met the demand and there are many happy (we hope!) wearers of **Mission**-made lungotas out there.

Besides offering the fully sewn lungotas, we are also offering the pattern and directions of how they are sewn.

Also I understand that for males, lungotas can be very physically supportive and beneficial to wear while doing yoga (innercise) and exercising.

Of course, I do not wear a lungota, so will defer any questions or discussion about the use of lungotas to the Divine Brothers group in Facebook.

Next Sadhana will talk about Tantava and Tantavi.

**TANTAVA AND TANTAVI** (Sadhana) – 4 minutes

There is a Video demonstration of Tandavi/a, starting at about 51 minute: http://

www.youtube.com/watch?v=TMmnuZ7PSbw&list=TL940awX91fgglQ7A-

iJ78NyJjeLCataZV

Tantava (for men) and

Tantavi (for women)

**Tantava was invented and danced by Shiva.**

**It is a dance between birth and death.**

**Between these two points, it shows that life is a struggle to overcome obstacles.**

**We dance by putting obstacles, impurities, problems, etc., under our feet and dance on them so they are destroyed. We live as pure a life as possible.**

**Tantavi is an adaptation of Tantava for women.**

An invigorating dance, recommended for males as it produces testosterone:

http://www.maitreya.org/FILES/THOTH/Suplements.htm/Supplements2/

tantava.htm

There is a Video demonstration of Tandavi/a, starting at about 51 minute: http://

www.youtube.com/watch?v=TMmnuZ7PSbw&list=TL940awX91fgglQ7A-

iJ78NyJjeLCataZV

**HOLY DAYS AND FEASTS OF THE LORD** (Radah) – 6 minutes

To celebrate the seven Feasts and Holy Days of the Lord is another way to serve God and to make our spiritual journey progress.

**The Feasts of the Lord are commanded in chapter 23 of Leviticus in the Bible**

We can read in Essays 1, Tablet 14, from **THOTH** that it is because of the false ego of the human that man separates himself as a self-centered entity away from the rest. That is why God always had demanded from man to exalt, adore, and worship Him instead of self. The feasts, festivals, and Holy Days also should be for Him so that man’s thoughts might be directed toward its goal, which is to dissolve the self into the Universal Self and realize he is a part of the All.

**These are the only acceptable Feasts of God to be kept forever**

It’s time for unity.

If we really believe that humanity wants to be united and to become one planet, one people and bring oneness to the whole of humanity, then we cannot go on and have many holidays all over the earth. If we want to accept every nation and every religion and their holidays, then we are going to have 365 days off. Nothing will get done.

Following the same Feasts and Holy Days all over the earth (and the universe) will become a tradition which is the Will of God. By keeping these days Holy as the only Holy Days for everyone, we can unify humanity at a much faster rate.

* **The best way to do this is to follow the Calendar of God**

The Mission of Maitreya Calendar contains both a Solar and a Lunar Calendar. The Lunar Calendar is for calculating the Feasts and Holy Days which The Lord had commanded for humans to observe forever and ever, and the Solar Calendar is mostly used for business and worldly activities. For more details, you can go to the website to “Explanation of the Calendar of God.”

We can easily find the Feasts and Holy Days in the “Calendar of God.” They will be described in brief [next slide]:

-**Sabbath**

**-Other Feasts and Holy Days:**

**First Feast**, The **Lord’s Passover**: This night is for putting away the sins and coming out of the lower nature (Egypt), which is symbolized by putting the yeast out of the house and eating unleavened bread.

**Second Feast**, The **Feast of Unleavened Bread**: Is following the Passover, with no servile work. For seven days we have to practice sacrifice, with knowledge, when it is needed and is for the good and progress of others.

**Third Feast**, A **Holy Convocation**: At the end of the Feast of Unleavened Bread, with no servile work.

**Fourth Feast, Feast of Revelation (Yearly Sabbath)**: This day is for the offering of the “firstfruits” (as explained in Leviticus 23:10, which no longer is necessary; Christ was the firstfruit!)

**Fifth Feast, Feast of Trumpets**: Sabbath, a memorial of flowing of trumpets, a holy convocation, with no servile work. “*The trumpet is an instrument with a tremendous sound, and if blown strongly, it can awaken people*.” So it is a symbol of truth which comes by the seven Angels, an announcement of the coming of God on earth.

**Sixth Feast, Day of Atonement**: A Holy Convocation, with no work at all. We celebrate this Sabbath by atonement to the Lord, to repent and purify ourselves to be worthy of standing in His Presence during the period of the Feast Of Tabernacles when He is on earth in Force!

**Seventh Feast, Feast of Tabernacles**: Fifteenth day of the seventh month shall be the Feast of Tabernacles and for seven days there will be a feast. On the first day there is a holy convocation and after seven days of feasting, a Sabbath, on the eighth day, which is a solemn assembly.

“*A tabernacle is a tent, a house, a place that god wants for Himself*. He wants to have a house, or to be invited to this place, so humanity can refer to Him and glorify Him for these seven days. They can gather together, meditate together, sing together, praise the Lord together, and in Joy, have a feast.

In conclusion, there are two weeks that God chose as His Holy Weeks. One is the week following Passover, week of Unleavened Bread, in the spring, and the other one is the week of the Feast of Tabernacles. So we can have this kind of gathering twice a year. The Feasts or Holy Days are usually quiet and sober. The Feast of Tabernacles, however, is a joyous celebration of the energy of God on earth at Its Greatest! The Messiah is here! Listen to Him and know His Message! No one goes to the Father except through the Christ, and it is the Christ, as the Seventh Angel (**Maitreya** GIWH), who reveals everything to humanity. This is the salvation for humanity!

Note: *“It should be clearly understood that the rituals in religions are not important, but the meaning behind them is the important part.”*

 **TITHES (Ananda-Ma) – 4 minutes**

[Tithes](http://www.maitreya.org/FILES/THOTH/Suplements.htm/Why%20tithes.htm)

**God commands 10% of your gross income to be given to His Chosen Cause (Mission).**

Although all things belong to God, God only asks for 10% of all the wealth on earth (and the Universe). He generously wants humans to use the rest (90%) to reach Pure Consciousness! M   [[[Posted to FB by M 4/12/13]]]

It is God who demands that we tithe.  His Prophets just remind us of what God has demanded. [[[<http://www.maitreya.org/english/Newsbrief/2012/1-January-February/Articles/Save-Your-Change.html>]]

Where does God command tithes? Read Malachi 3:7-10, “Even from the days of your fathers ye are gone away from mine ordinances, and have not kept them. Return unto me, and I will return unto you, saith the Lord of hosts. But ye said, Wherein shall we return? Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.”

**By paying tithes, you purify your income, become disciplined to budget your life around 90% of your income.**

The tithes (10%) given to the system are a purifier of one's wealth. They are given as a thanksgiving for His Kingdom and for the tranquility, justice, etc, which it brings.

Thanksgiving is the first Law.   [[[Mt Zion and Zion, Tablet 14 vs 18]]]

“The whole idea is to create a culture in which people learn to live on 90% of their gross income without borrowing.”   [[[Supplements #4 Tithing]]]

**It is a sign of commitment and dedication to God.**

It is, “To realize that to contribute their financial duty of 10% is a sign of commitment.”  [[<http://www.maitreya.org/english/The%20Word/initiation.htm>]]

**It enables the Mission to accomplish its task on earth.**

“…tithes are what made the Hebrews a great nation. Tithes are the reason Mormons created a worldwide outreach.  Tithes are the Command by God to see His Kingdom to manifest on earth.  So those who want to follow God's Will, will accommodate His Revelation and follow as obedience to His Commands and pay their tithes and more.

Since the Mission is the Last Revelation from God and is the Revealer of the Mystery of God and the Implementer of God's Will and Kingdom, It is the only Religion (organization) that everyone should be giving their tithes to.  Giving any money and/or tithes (or anything) to any other organization is disobedience to God and His Revelations (Words) and Will!  [[Supplements #4 Tithing]]

Tithing is the way God has instructed His people to finance the work of His Prophets.  Maitreya (GIWH), the Prophet of God (Messiah, Christ, Kalki Avatar, etc.) is now on earth.  He has fulfilled the prophecies that God gave whereby we should recognize that He is the one expected by all religions to come with the Plan of God for humanity.  <http://www.maitreya.org/english/Newsbrief/2012/1-January-February/Articles/Save-Your-Change.html>

**Those who pay their tithes have the right to ask for a report of financial activities in the Mission.**

“…a well managed accounting system will be kept to provide answers as to how these funds were spent. These records will be available to the supporters and governmental agencies for inspection. This will also help to analyze how the finances are used and further the efficiency of the system.”  [[The Plan, MAP, Part III: Financing the system]]

**Tithes are different than service or donations.**

There is a difference between tithes and rendered selfless services (volunteer works) for the Mission. Some people think when they render a service that can be counted as tithes (or a part of it). Tithe is different than service. Although both help in Spiritual Progress they should not be mixed.
  Tithe is a Commandment from God and is specific (10% of the gross income). Everyone should strive to increase their income so they can give greater tithes. The Mission needs this if it ever wants to become a powerful and effective religion on earth.
Everyone is also required to render selfless service (volunteer work). How much selfless service, that is up to the individual. The more one Loves God and the Mission the more s/he wants to help selflessly! [[[A post on FB 2/10/14]]]

**CONCLUSION (Sarah) – 3 minutes**

So there you have it!  17 Spiritual Practices of the **Mission of Maitreya**, for us to practice, enjoy and progress with.  Of course, no one is expected to do all of them!

It is recommended to try them all, at least once, again to understand different cultures and their practices and to reap their benefits.  For example, after a while if you have practiced chanting and dancing, and are comfortable with it, if you are in a situation where the people are chanting, you feel totally at ease with it…[read slide now].

**If we make anything we do Godly, that is a spiritual practice!**

**For example, the clothes we wear.**

**Or, keeping aloof from talkativeness.**

**Or, exercise, eating, sleeping, walking, talking, etc….**

Even saying “All Thanks To God” or pausing before any action, closing the eyes, ideating that God is doing the action through you, are spiritual practices.  Or when someone thanks you, you say, “Thanks God,” meaning, I don’t want the praise..  all praise goes to God…

But it needs to be mentioned that 3 of these practices are required Commandments given by God.   These are tithing, and the Laws of Sabbath and the rest of the Holy Days of God.

As these practices become a part of your everyday life, you will understand more the benefits and reasons for what you are doing.  (Also you will see that many of the practices have multiple benefits, for example, doing The Reminder:  you are performing a prayer, and also reaping some yoga and stretching benefits.  When you take a Half Bath, you are cleansing your body and also cooling your body.)  Overall you may enjoy more peace, health and happiness, and are able to manifest God’s Plan in a more effective way

So it is recommended to try all these practices, but for the maximum benefit, “you have to do them and do them constantly, every day, for a long period of time to see the effect. It is just like an athlete who doesn't exercise for a couple of days or a couple of weeks is out of shape, this is the same thing. If you don't do these exercises for a long time, you will be out of shape.

However, we should remember that, “… the goal of spiritual practices and progress should not be to gain siddhis or spiritual powers, because they can result in regression or become a trap in the Path.   If a siddhi is gained in the process it should be used to help others in the path, with the ideation that it is not ours, but we are only channels [of God] (submission).”

Also, obviously, the goal of spiritual practices is not to judge others what they are doing or not doing!

The idea is to completely wrap yourself up in God! [next slide] but also remembering the time, place, and people…:

**Greater than meditation is to share God (Satsang) with someone.**

**Greater than prayer is to fulfill someone else’s need.**

**Greater than fasting is to feed someone who is starving!             Maitreya**

Again we could mention that most of these practices can be found in Essays 3 in **THOTH**, and there are videos for many of them.   This PPP will be up on the website and the links in the presentation hopefully will be helpful.

So, [next slide]

**Any spiritual practice that awakens your spiritual forces, worships God (not man) and is not against His Commandments is FINE!**

**However, practices which work to create harm for others are not spiritual practices.**

“The essence of the teachings of **Maitreya** is the **Eternal Divine Path**, which leads a person to become Divine. So he who follows this path and has become it does not need to follow any rituals or laws, but the recommendations and laws [given] are helpful for a person to follow the **Divine Path**.

“So it is a two-way consideration – those who follow these recommendations (or any other practices helpful to them) will find it easier to follow the **Eternal Divine Path**, and he who is following the Path and has become it will easily follow these recommendations, understand their depth, and greatly benefit from them.

“However, no rituals, meditation, exercises, etc. are valid if they do not lead a person to follow the **Eternal Divine Path**.”

[next slide] …and then there is the Grace…

**Without Grace, following laws or practices becomes very legalistic. Grace without Laws is chaos.**

Grace is the Fastest Way to go to God….

So, it looks like we are at the end of our time.  ATTG and if there are further questions, please post them in the FB room **Learn More About the Mission of Maitreya** …. [or if we have time, if there are some questions that would need some clarification, we could open up the floor for questions and discussion].  Also, the viewing of the Mission of Maitreya Spiritual Practices Video is recommended as part of this Feast. Thanks be to God!

Expand your mind. Expand your consciousness so you can include anything that is Godly and exclude anything that is not; include anything that helps you to go to God and exclude anything that takes you from God. Also in the society, from the Path to be(come) Divine, create the Communities of Light, the Kingdom of God on earth; create an environment that everyone can progress physically, mentally, and spiritually.

So in a billion years from now in your meditation you can think back and say, “Yes, I helped many unit consciousnesses to progress and go to a higher level. They are with me in that state. I did not waste my time and life a speck in the time line of the universe to be worried about mundanity and the small little things that pulled me down to earth. But I concentrated on greater things in life and therefore I became a super-human.”

That is how you can create supermen. A superman is not the one that puts on the blue colored clothes. A superman is the person who is not brought down by the mundanity.

That is the goal of the Communities of Light. The goal of the Communities of Light is to create an environment that the mundane things will be taken care of with many people so you can concentrate on expansion of the mind and Godliness, and create an environment that everyone, including you, can progress physically, mentally, and spiritually.

<http://www.maitreya.org/FILES/Conversation/2005/08_27_2005_maitreya_conversation.htm>