

## **Exercise (the heart-lotus)**

Please try to imagine a lotus inside your heart. Then try to imagine that the lotus is not only inside your heart but that your heart itself is a lotus. When you look at the lotus or imagine the lotus try to be deeply absorbed in the beauty of the lotus. It is your own heart-lotus.

Then your mind will have no time to roam. When you enter into a garden you look at the flowers and enjoy their beauty and fragrance. At that time you do not pay attention to anything else. You have no thought. You are only enjoying the experience that the flowers are offering.

In the same way try to be deeply absorbed in the lotus which is inside your heart. Then a day will come, when you will see that this lotus is not a flower at all. It is your heart itself which is full of beauty and fragrance. If you start appreciating the beauty and fragrance of your own heart, then there will be no time for your mind to think of anything else.

## **Class 6 Goals**

- 1) Continue your daily meditation if possible including reading, chanting and singing for around 20 minutes.
- 2) Read chapter 17 of the Meditation book.

# ***meditation***

## **Class 6 – The Spiritual Master**

Your Master is the sacred bridge  
To help you cross  
The turbulent life-river  
And reach your destined goal.

Sri Chinmoy

If you have a teacher who is a realised soul, his silent gaze will teach you how to meditate. A master does not have to explain outwardly how to meditate or give you a specific form of meditation. He will simply meditate on you and inwardly teach you how to meditate. Your soul will enter into his soul and learn from his soul. All real spiritual Masters teach meditation in silence.

It is not obligatory to have a master, but it is certainly advisable. You know that there is a goal and you want to reach that goal. If you are wise, you will accept help from someone who can show you the easiest, safest and most effective path to the goal.

To achieve realisation by oneself alone is like crossing the ocean in a raft. But to achieve realisation through the grace of the Guru is like crossing the ocean in a swift and strong boat, which ferries you safely across the sea of ignorance to the Golden Shore.

Each person has to have a meditation of his own. He has to get it from the inmost recesses of his heart or from a spiritual teacher. If you want to launch into the inner life of aspiration, the life of the soul, then you will need a teacher who can teach you to concentrate, meditate and contemplate. Until you get a teacher, you may not be sure what message your inner voice is giving you. You can start by reading scriptures and spiritual books. These books will instruct you how to discipline your life to some extent. But if you want to go to the end of the road and reach your inner Goal, then you need true meditation.

It is the spiritual Master's job to make his disciples feel that without love, without truth and light, life is meaningless and fruitless. The most important thing a spiritual Master does for his spiritual children is to make them consciously aware of something vast and infinite within themselves, which is nothing other than God Himself.

**Question:** Why do we need a teacher or Guru? Is it important to have a teacher to follow the spiritual path?

**Sri Chinmoy:** In this world we cannot do anything without the help of a teacher. The teacher may be necessary for a second or for a year or for many years. If I want to learn music, at the beginning I have to go to a musician. If I want to learn how to dance, I have to go to a dancer. If I want to learn about the sciences, I have to go to a scientist. In order to learn anything in this world, we need a teacher at the beginning. Then how is it that we do not need a teacher to help us in our inner, spiritual life?

When the Master accepts someone as a disciple, that means the Master makes a solemn promise to the seeker's soul that he will take the seeker to God. At the time of initiation, the Master promises to the seeker, "Don't worry about your weakness, about your darkness, about your ignorance. I will take care of them. You just give them to me. From now on your limitations, your imperfections and bondage are all mine; I will take care of them." The Master does not take away the disciple's individuality or personality. The Master only takes the disciple to God.

The human Guru is only an instrument of the Supreme. I always say that I am not the Guru: the real Guru, the only Guru, the supreme Guru is the Supreme Himself. I am a representative of the Supreme for my disciples.

A spiritual Master is only an elder brother in your family. The younger brothers do not know where the Father is or they do not know all about the Father's capacities. The elder brother teaches them about the Father's capacities or he takes them to the Father. Then his role is over.