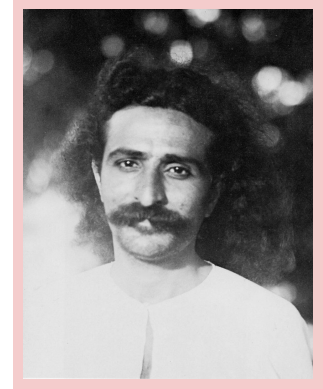


The River of Your Life with Meher Baba

Session Two: Love, Forgiveness, and Surrender

Co-facilitated by Laurent Weichberger



- Welcome to all.
 - Opening Song by Ron.
 - Did anything come up for anyone during the break to discuss before we begin session two?
 - Okay, let's dive in:
 - Part One: Love
 - Part Two: Forgiveness
 - Part Three: Surrender with Meher Baba

Part I: Love

Quotes and sharing (roughly 10 minutes):

- Before we tell you about love, what does this word mean to you?**
 - Briefly each person can share a little something, we have over 20 participants.**

Share Laurent's diagram about love:



- Primitive love (eg. gravity, magnetism)
- Subhuman love (insects, reptiles, fish, birds, animals) mixed with mostly lust, greed, anger.

- d. Human love (still mixed with lust)
- e. Divine Love (free of lust).
 - i. Meher Baba said that Mary and Joseph conceived Jesus without lust, and this was the meaning of “immaculate conception.” And that Jesus was naturally born.

We have great quotes collected for you from Meher Baba:

- What is love?
 - *“Love is the reflection of God’s unity in the world of duality. It constitutes the entire significance of creation.”* ~ Meher Baba (*Discourses*, Volume I, p. 164, “Love”)

Here is one quote which sums this all up, from December 31, 1926 and is being called Baba’s last handwritten discourse [See: *Lord Meher*, p. 757 on-line here: <https://www.lordmeher.org/rev/index.jsp?pageBase=page.jsp&nextPage=757>]:

1. “Love is all pervading in the universe but the types of love differ. The love in inanimate things in creation is mere attraction — like in a magnet. In the animal kingdom there is love among animals and birds, but it is passionate, full of desires and carnal. Carnality signifies bodily wants — eating, drinking, procreation, and fear. Suppose a tiger pounces on a deer, kills and eats it; this is also love, but it is of the lowest type. Consider to what mean level love descends in an animal that is hungry and wants to satisfy its hunger by killing another innocent animal. And consider also to what length the lover (tiger) haunts his beloved (the victim, the deer) by following it stealthily.

“In human beings, love is also sometimes passionate. If a person is hungry, he first thinks of a favorite dish; his mouth waters and he longs to eat it. If sweet laddoos are there, the person wants to fill his stomach to his throat. This is called “laddoo love.” Once he is satisfied and his stomach is bloated, he is finished. One or two good belches and no hunger and no more laddoo love. There are people whose desire for name and fame or money surpasses their reason, so much so that they lack hunger and sleep. Thus greed too

means a type of love — money-love, name-and-fame-love, greatness-love. This is not the case with animals.

“But a true hero longs intensely for the nectar of divine love and he is an exception. Such pure love is not found in the ordinary run of mankind. This love is not inborn; it is given and imparted by a Master.

“Love is therefore one, but it is of several kinds. The lowest is attraction. It develops with progress in evolution and transforms into real love, which is like a stream flowing silent, serene, passionless, eternal, perfect and pure. Divine love is the highest of all, but it is not silent. It has terrible longing; it is not peaceful. The winds of evolution, reincarnation and involution blow the stream of attraction through the inanimate world, turning it into a river in the animal and human kingdom, and finally transforming it into an ocean of divine love upon Realization.”

2. “Love and happiness are the only important things in life, and they are both absent in the dry and factual knowledge which is accessible to the intellect.”
~ Meher Baba (*Discourses*, Vol. I, p. 138).
3. “I have come to awaken in man this divine love. It will restore to him the unfathomable richness of his own eternal being and will solve all of his problems.” ~ Meher Baba
4. “If the aspirant is to love and serve the world which does not understand him or even is intolerant towards him, he must develop infinite forbearance.” - Meher Baba (*Discourses*, Vol. III, p. 119)
5. “By loving, your whole being will be changed and your life will end in Freedom.” - Meher Baba (*The Everything and the Nothing*, p. 39)
6. In what setting or circumstances do we love?
 - a. “The life of the spirit is an unceasing manifestation of divine love and spiritual understanding, and both these aspects of divinity are unrestricted in their universality and unchallengeable in their exclusiveness. Thus divine love does not require any special type of

context for making itself felt; it need not await some rare moments for its expression, nor is it on the lookout for sombre situations which savour of special sanctity. It discovers its field of expression in every incident and situation which might be passed over by an unenlightened person as too insignificant to deserve attention.

Ordinary human love is released only under suitable conditions. It is a response to certain types of situations and is relative to them. But *divine love which springs from the source within is independent of stimuli*. It is released, therefore, even in circumstances which would be looked upon as unfavourable by those who have tasted only of human love. If there is lack of happiness or beauty or goodness in those by whom the Master is surrounded, these very things become for him the opportunity to shower his divine love on them and to redeem them from the state of material or spiritual poverty. His everyday responses to his worldly environment become expressions of dynamic and creative divinity which spreads itself and spiritualises everything to which he puts his mind.” ~ Meher Baba (see *Discourses*, Volume I, p. 126, “The Life of the Spirit”:

<https://discoursesbymeherbaba.org/v1-126.php>)

7. “The present chaos and destruction will engulf the whole world, but in the future this will be followed by a very long period in which there shall be no war. The passing sufferings and miseries of our times will be worth enduring for the sake of the long period of happiness that is to follow eventually. What will the present chaos lead to? How will it all end? It can only end in one way: mankind will become sick of it all. Man will be sick of wanting and sick of fighting out of hatred. Greed and hatred will reach such intensity that everyone will become weary of them. The way out of the deadlock will be found through selflessness. The only alternative that can bring a solution will be to stop hating and to love, to stop wanting and to give, to stop dominating and to serve.” ~ Meher Baba (Discourses)

Part I Exercise (roughly 10 minutes):

Back to the River of Your Life diagram, with a starting point of the flow of your life in this lifetime, can you slowly trace the stream and currents of LOVE in your life?

- Maybe the love you received
- Maybe the love you have been giving
- Or any other aspects of LOVE you wish to remember.
- Maybe name a few special times or memories, and see this current of LOVE in any of the ways we discussed above.

Part II: Forgiveness

1. Many people are confused about what Forgiveness means, what it is and what it is not.

- a. What does this word mean to you?
- b. To me Forgiveness means not punishing, even when you have the right to punish. The dictionary says:

Verb, forgive:⁷

: to give up resentment of or claim to requital for <forgive an insult>

: to grant relief from payment of <forgive a debt>

: pardon <forgive one's enemies>

: to stop feeling anger toward or about (someone who has done something wrong)

: to stop blaming (someone)

: to forgive someone for (something wrong)

Noun, forgiveness:

: the act of forgiving someone or something

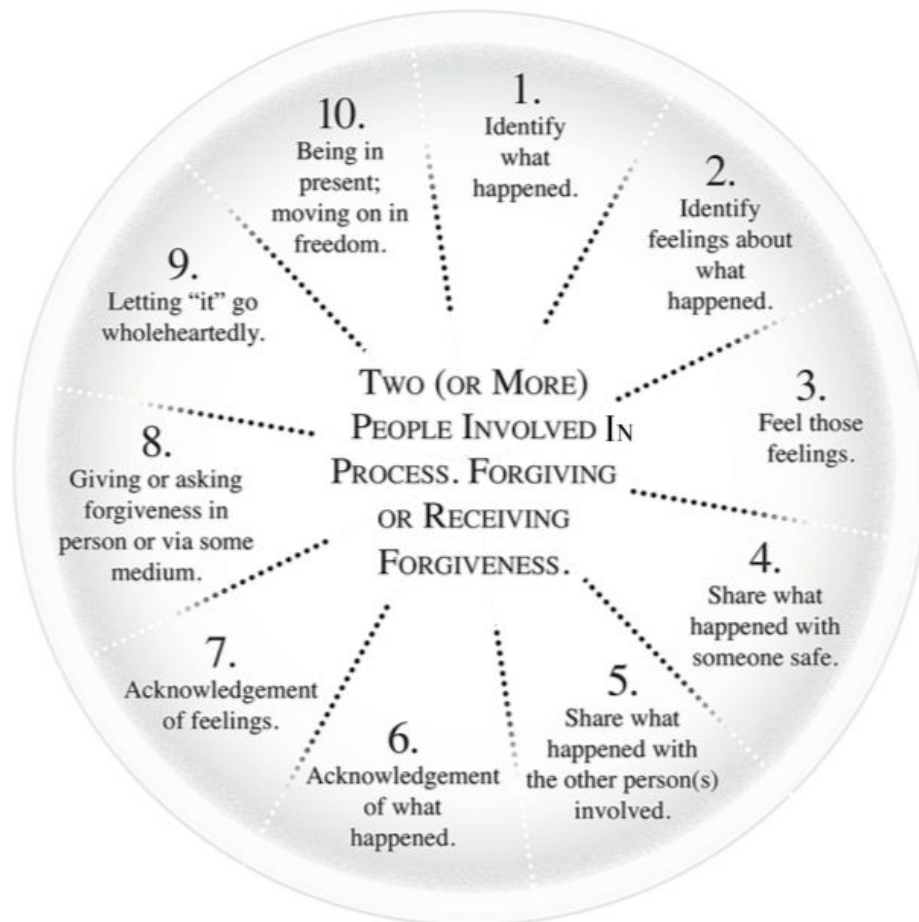
: the attitude of someone who is willing to forgive other people

2. Dr. Martin Luther King, Jr. said, “Forgiveness is not an occasional act, it is a constant attitude.”
3. On a humorous (also profound) note, someone once said, “Forgiveness means giving up all hope for a better past.”
4. Meher Baba said, “Forgiveness consists in loosening the bindings of duality in maya, which makes you feel and find the One as many. Therefore 'I forgive you' amounts to the loosening of your bindings. Although it takes a lot of time to build a big stack of hay, a single lighted match can burn all of

it in no time at all. Similarly, regardless of the accumulated dirt and refuse of sins, divine forgiveness burns them away in no time.” [*Listen, Humanity*, by Meher Baba, (Don E. Stevens editor), p. 68.

5. When I wrote Forgiveness with Meher Baba I was inspired to create a Life-cycle of Forgiveness:

Life-Cycle of FORGIVENESS



6. “Who did it? They should come forward and acknowledge their guilt so that I may forgive them. They should not be afraid, because I am Infinite Forgiveness.”~ Meher Baba [*It So Happened*, by William Le Page, p. 59]
7. “Without love, none can cultivate the noble habit of forgetting and forgiving. You forgive a wrong done to you in the same measure in which you love the wrong-doer ... Forgiveness follows love.” ~ Meher Baba

Part II Exercise (roughly 10 minutes):

Back to the River of Your Life diagram, return to that starting point of the flow of your life in this lifetime, can you slowly trace the stream and currents of FORGIVENESS in your life?

- **Maybe a time you felt you needed to forgive someone for their words or actions?**
- **Maybe a time you felt you needed to ask forgiveness for your behavior?**
- **Maybe name a few situations, and see this current of Forgiveness in some of the ways we shared above.**
- **Maybe something you still need to forgive today?**

Part III: Surrender

1. A poem:

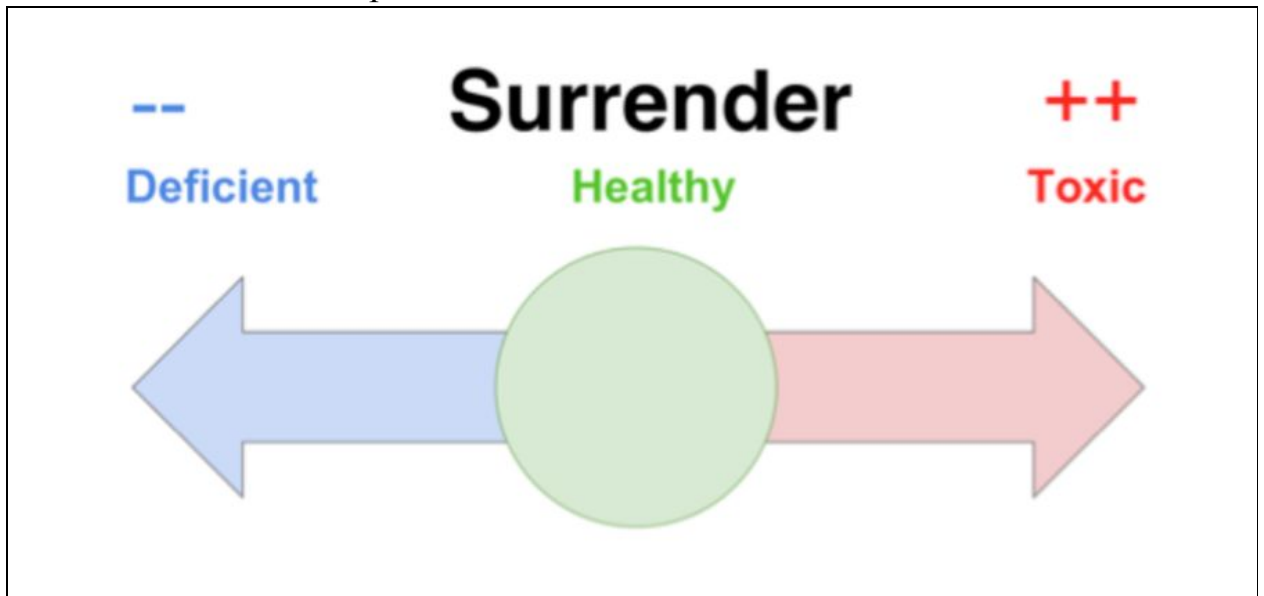
**What is the difference
Between your experience of Existence
And that of a saint?
The saint knows
That the spiritual path
Is a sublime chess game with God
And that the Beloved
Has just made such a Fantastic Move
That the saint is continually
Tripping over Joy
And bursting out in Laughter
And saying, "I Surrender!"**

**Whereas, my dear,
I am afraid you still think
You have a thousand serious moves.**

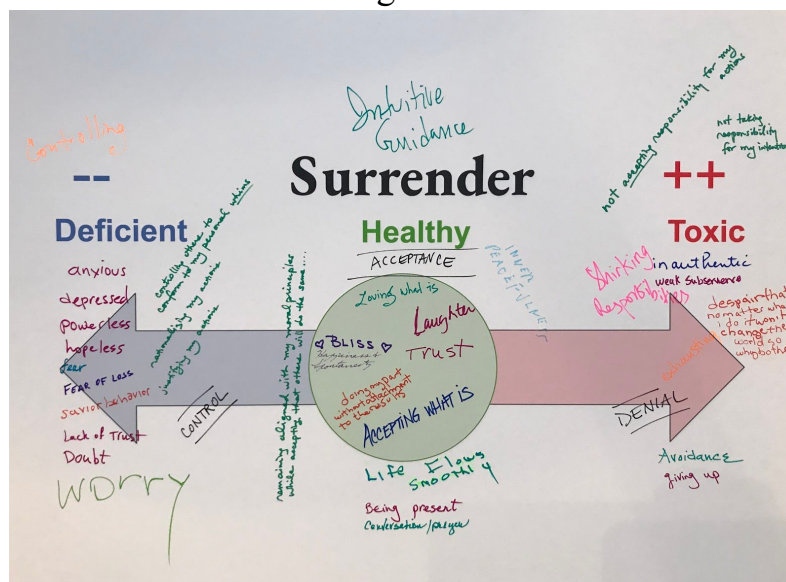
This poem, inspired by the fourteenth-century Persian poet Hafiz, appears in *I Heard God Laughing: Poems of Hope and Joy*, by Daniel Ladinsky (Penguin, 2006) and is used here by permission of the author.

2. **"Through unfathomable ways, I lead you to liberation. Accept My rhythm, come in tune with it without reservations. My rhythm of Truth shall redeem you; It will open your heart, it will give you new love."**
~ Meher Baba

3. “Understanding has no meaning. Love has meaning. Obedience has more meaning. **Holding of my daaman** has the most meaning.”
~ Meher Baba [*Lord Meher*, p. 4441 (accessed Sept. 2019), See also: *The Everything and the Nothing*, by Meher Baba, p. 64]
- a. What is the relationship between **holding Baba’s Daaman** and surrender?
4. I was inspired to create a diagram regarding healthy, deficient, and toxic states of Surrender for a previous seminar.



- a. We had the participants fill in the diagram during the seminar and then I read out the sharing and we discussed it:



b. Healthy became this:

Healthy Surrender

- Remaining aligned with my moral principles while accepting that others will do the same.
- Conversation/prayer
- Being present
- Remember not to worry
- Accepting what is.
- Doing my part without attachment to the results.
- Trust
- Bliss
- Happiness and spontaneity
- Laughter
- Loving what is
- Acceptance
- Inner peacefulness
- Intuitive Guidance
- Letting Go

c. Deficient became this:

Deficient Surrender

- Worry
- Doubt
- Lack of trust
- Survivor behavior
- Fear of loss
- Fear
- Hopeless
- Powerless
- Withholding love
- Depressed
- Anxious
- Controlling
- Control
- Controlling others to conform to my personal whims.
- Rationalizing my actions
- Justifying my actions
- Making up stories

d. Toxic (meaning too much in a way that is harmful to self or others) became this:

Toxic Surrender

- Giving up
- Avoidance
- Denial
- Exhausting
- Weak subservience
- Inauthentic
- Shirking responsibilities
- Fear-based, "I know best"
- Not taking responsibility for my intentions.
- Not accepting responsibility for my actions.
- Despair that no matter what I do it won't change the world so, Why bother?

5. Resistance to surrender (excerpt from *Surrender with Meher Baba*):

While working with Don Stevens, and living in England, I experienced a few insights that came suddenly, like an intuitive flash-of-knowing, quite unexpectedly. I wrote these intuitions in my diary. One of these I titled, “Why we don’t surrender,” and it is about the reason people are adverse to surrender. Throughout the extremely long process of evolution of consciousness, which according to Baba includes association with countless prehuman forms, such as stones, metals, vegetation, worms, fish, birds, animals, and lastly humans, we experience deeply rooted primal fear. This is a rational fear based on repeated experiences of the food chain and our place in it for ages. This fear can be summed up as – What is trying to eat me? It is accompanied by nearly constant anxiety and a sense of – “looking over one’s shoulder,” to survive. To not be consumed by another. It is the “Don’t eat me,” problem.

Once we arrive in the human form, as a result of this long series of evolutionary forms, we are no longer so easily eaten. We hold a spear, or a bow and arrow, or a gun. However there still remains a deeply seated fight or flight response that can be triggered based on this past storehouse of survival impressions. Such psychological triggering can be quite profoundly felt when the human being comes into contact with a Perfect Spiritual Master or the Avatar (Christ), because such a Master can consume the spiritual aspirant – not physically of course – but energetically, mentally, emotionally, and spiritually. In other words, the Master is one of the only beings capable of consuming even the spiritually minded human, and this ancient fear makes it quite difficult for even the spiritual aspirant to completely surrender to the Master.

6. **“To love me as I love you, you must receive my grace. Only my grace can bestow the gift of divine love. To receive my grace you must obey me wholeheartedly With a firm foundation of unshakeable faith in me. And you can only obey me spontaneously as I want when you completely surrender yourselves to me so that my wish becomes your law and my love sustains your being. Age after age, many aspire for**

such a surrender But only very few really attempt to surrender to me completely as I want. He who succeeds ultimately not only finds me but becomes me and realizes the aim of life.” ~ Meher Baba [Listen, Humanity, p. 190]

7. Baba said, **“When God becomes man (Avatar, Buddha, Christ, Rasool), He can bestow both love and obedience upon and accept the surrenderance of any and all individuals.” ~ Meher Baba [Listen, Humanity, p. 21]**

Part III Exercise (roughly 10 minutes):

Back to the River of Your Life diagram, return to that starting point of the flow of your life in this lifetime, can you slowly trace the stream and currents of Surrender in your life?

- **Maybe a time when you felt that you could actively surrender to God, or someone in your life in a healthy way?**

PART IV (roughly 30 minutes):

Gentle closing and final sharing from the group about the experiences of this seminar.

~ Avatar Meher Baba Ki Jai! ~

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