

Treasures Along the Path Study Guide

Ananda Community Goals

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Key Points

The Ananda movement has specialized in spiritual communities that can help people progress toward to ultimate goal of God realization.

The following thought is the essence of what Yogananda taught on the subject of learning to behave. Whatever lesson life brings you, meditate on it and take it to the center of what that lesson taught you, and relate that center to the center of your own being. When you've really understood it, you'll know how to behave in all circumstances.

Try to find people who have the qualities you wish to have, then develop new patterns in yourself to bring these qualities into your daily life.

When someone is angry with you, here is a suggestion from Kriyananda on how to respond. He once wrote a letter to someone who talked angrily about him. The letter said, 'you know, you've blessed me every time you talk against me, because you help to affirm that my love for you is unconditional.'

Yogananda said, ' You'll never, never find God unless you spend much time alone.' One can live with other people and still find time to be alone.

Colors reflect your aura. They improve your aura and also help to create it.

Draw on the divine and ask 'how can God use me?' Be creative and try new things.

When you are trying to make decisions, common sense can be a guide. We can stand back from a thing and look at it as it really is, and as our experience shows it to be, not as some rule or letter says it must be.

Questions

Think of an inspiring time when you asked "how can God use me" and received an answer.

How can you relate to people on their level? Have you encountered situations where practicing this principle worked well?