

# The Vedanta Society of St. Louis

Swami Chetanananda – Minister and Spiritual Teacher

RAMAKRISHNA ORDER OF INDIA

November 2020

Due to COVID-19, public attendance at Sunday lectures has been suspended. Lectures will be live streamed Sundays on our YouTube channel starting at 10:35 a.m. To request access to the Q&A zoom meeting following the lecture, send an email to [join@vedantastl.org](mailto:join@vedantastl.org).

## **Sunday Services** 10:30 a.m.

<i>November</i>	<b>1</b>	Thoughts on the Gita – Part 111
	<b>8</b>	Stories of Vedanta Monks – Part 34
	<b>15</b>	Adventures in Spiritual Life
	<b>22</b>	Teach Us the Upanishads – Part 3
	<b>29</b>	How to Surrender to God

## **No Tuesday or Thursday Classes in November**

Appointments for phone interviews can be made with the Swami in advance at 314-721-5118.

Membership in the Society is open to all who accept Vedantic teachings.

The library and bookstore are closed due to COVID-19. The online bookstore is available at [www.vedantastl.org](http://www.vedantastl.org). Sunday lectures are on YouTube at VedantaSTL.

ALL ARE WELCOME

### **Struggle, Struggle, Struggle**

QUESTION: Sometimes when I sit for meditation the mind calms down easily. But at other times I fail to control it in spite of a thousand efforts. It flits about here and there all the time.

MAHARAJ: My boy, you are aware of the ebb tide and flood tide of the Ganga. Similarly, everything has its ebb and flow. The same law exists in spiritual practice, but you will notice it only in the initial stage. Don't worry about it. Be up and doing. If you continue your spiritual disciplines regularly for some time, there will no longer be an ebb or flow but rather an even tenor in your life.

You should not start japam and meditation as soon as you sit on the asana. At first you should withdraw your mind from external objects with the help of discrimination, and then begin japam and meditation. If you practice in this way for some days, the mind will gradually become concentrated. . . . And when you find that you have no taste for meditation or that the mind is not settling down, take your seat anyhow at the regular hour and try to concentrate your mind with the help of discrimination. Is it possible to calm the mind complete? Struggle, struggle, struggle! You will have to struggle every moment. If you continue your struggle, then the mind, the intellect, and the senses will come under your control.

– A Guide to Spiritual Life, Spiritual Teachings of Swami Brahmananda, pp. 77-8