[Title: Your Strengths and Your Nature]

[Synopsis: Your strengths are the main glories you’ve already received from the divine that are moving through you and expressing through you.]

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The idea of yoga is we’re trying to dispel this state of ignorance we’re in, get rid of our spell. You don’t have to blame yourself for the spell unless you encourage it and cling on to it. “Oh, this is my spell. I want my spell. Don’t take my spell away from me.” It’s part of being alive that there is this God’s spell. You can just blame it on God, you can. You can say, I said so. It’s God’s maya. It’s not something we threw together, but the way we’ve dealt with it, you say, “Oh, we could have a little more spell here and a little more spell there.” So, we enhance the spell, big time.

Under the spell of God’s maya we forget our true nature. We forget we are heir to the infinite glories—those marvelous aspects of spirit that God has. They’re in us too, if you could just wake up from the spell or oafishness and officiousness. Yoga is designed to help us wake up from the spell. You say, “It’s not working very well in my case.” Well, maybe you’re not working it very well. It’s meant to wake you up from the spell and it can help from the very first. When you do postures, suddenly you have a sense of harmony and well-being. That’s waking up from the spell. You feel like you’re in a heavenly state of consciousness, and you’re suddenly kind and loving to people instead of worried. The spell has been lifted for a little while.

So, starting now with your present spell, just starting with this way, you are thinking and feeling and knowing life now. Starting here, starting now. We’re going to look at our strengths because the strengths you have are the main glories that you’ve already received from the infinite to some degree. Your strengths are places where the spell is weak or thin. Your strengths are the main glories you’ve already received from the divine that are moving through you and expressing through you. So, you can say, “I’ve got these strengths.” You can know that you’re less hypnotized in those areas because something good from your soul is coming through there—that’s why it’s a strength. Something from deep within is expressing wherever there is a nice strength coming through.

So, strengths are a wonderful way to appreciate what the infinite has and what the infinite is giving through you to the world. You could call your strengths your talents also. Now and then it’s amazing to see talents. Your strengths are often characteristics of your true nature. Your strengths are ways that you can tune in and connect with spirit more easily. Your strengths help you to tune in with spirit, the Infinite Spirit. So, what are your strengths?