

Can Man Hasten His Evolution?

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San Diego, 8-16-59

The subject this morning: "Can Man Hasten His Evolution?"

I looked in the paper and I saw the subject was, "Is Life Just?" Well, I thought I handled that last Sunday pretty well, but evidently I didn't, or something. But I'm prepared this morning to take care of this subject. So I guess we'll have to do it. "Can Man Hasten His Evolution?"

In other words, the subject is "evolution." And it's a very important subject, because according to the speed in which we evolve, the sooner we're going to get out of this delusion – this outward consciousness – and enjoy, enjoy the freedom in God's Great Bliss, His Love, His Peace. So we must know a little something about evolution. I'm not going to say too much about it, because I don't know very much about it, and it's an intricate subject. But there are a few key points, which we all should know, and those few key points I'll give you just briefly.

In the first place, we all know that the earth revolves around the sun, and other planets revolve around the sun, and the sun with, its planets, it revolves around its dual – as I understand it – some star in the Milky Way. Well, that's a long ways off. But the point is, that evolution is going on, because this earth is revolving around the sun, and the sun and its planets, is revolving around its dual, so that at the end of 12,000 years – that's all, 12,000 years – our sun, and its system, of which we are a part – our earth is nearest to the Supreme Spiritual Center of the Universe. Now in another 12,000 years, it returns back on its orbit to the point 12,000 years distant from that Supreme Center – the Spiritual Center of the Universe. That's the important thing to remember.

Now, as it comes up again toward that nearest point, of the Supreme Center, which we'll imagine here, it passes through different eras. First 20th of the cycle, on this side of the most distant point is known as Kali Yuga. Now in that time the earth being the greatest distance from the Spiritual Center, dharma, or mental virtue, is very weak. You just know that the dark ages, which we have left behind us not too long ago, Spiritual things were hardly thought of. That is, man could not comprehend the real mental virtue. They talked about religion, and they had all sorts of religions. But the truth could not be comprehended, or very little. Now the swing is upward, toward the peak, where we will reach the point nearest the Supreme Spiritual Center of the Universe.

Now the next 2/20th is called the Dwapara era [Yuga]. And in that time, as we come up, men will be able to understand the electricity's of this universe. We're in that era now. We're somewhat up in that era, and that's why we know about these different things of the universe, the mental electricity's, the fact that matter resolves into electromagnetic force, and finally into light.

And then the next 3/20th is the Tetra Treta Yuga. And there man will be able to understand the magnetic qualities and mental qualities, so that the things which seem quite difficult to us are easily understood.

And then the last 4/20th, I think I've got the figures correct, the last 4/20th is known as the Satya Yuga. It will be easy for men to understand Spiritual things.

So this cycle goes on, and it's easier to understand about God and such things. Down we come again to the lowest point. It goes on and on. Now, not everybody gets out, even at the top part. So, if we can speed up our evolution, by the science of yoga, especially pranayam Kriya Yoga, we can, instead of waiting the million years it takes to eradicate the ego consciousness, or the soul consciousness which has become attached to this body and this universe, known as the ego, we can, by this particular science, even in one lifetime, eradicate the ego, or attain a million years of evolution. Think of it. It can be done in three years. But that's a difficult task, because to do it, it has to be done absolutely correct, and there cannot be any bad karma, or serious karma within us in order to do that. But, we'll all be satisfied, I'm sure, to attain it in a lifetime of 20 years, say.

And so this is a very important subject, this evolution – especially when the Lord has sent us, through our Master, and other great masters of India, this science of yoga – especially Kriya Yoga, pranayam Kriya Yoga. Pranayam simply means “prana” and “yam,” the control of prana, which is Life Force in the body. And that Life Force is the same force which comes from the sun. The same force which comes from the Infinite Father. The same force which moves all things. The same force which operates this vehicle, whereby, if we properly evolve, we can attain not a listless, worthless life, but a Divine Life, right here, as we live on this earth.

And so, just those few words about evolution, and let us realize that in that last era, near the top, just think of a big cycle, that's all. Near the top, nearest the Supreme Center – or the Great Cosmic Energy of God in that Supreme Center – all can understand, easily, Spiritual Dharma, or Spiritual Virtue. If we can attain that state without too much time passing, while we have the energy, and the desire, and the ability to speed up our evolution, and reach that point, we surely should do it. And then, if God's Grace descends upon us, He will take us across into His Glorious Home of Light.

Two things are necessary, don't forget. First is to attain the Presence of God by the practice of the science of Kriya Yoga. The second is to attain His Favor, or that the Glance of His Grace fall upon us. The great Nanak said, "Unless I receive the Glance of Thy Grace, even though I am known throughout universe upon universe times ten, thought well of, if I receive not the Glance of Thy Grace I am worse than a worm."

You can see what matters in life. The goal of life is to know God. The goal of life is to merge your consciousness in His Consciousness so that you know there is no separation between you and His Great Love. That's the goal of life. If we speed up our evolution, we will be able to develop within us the intuition necessary to perceive the Presence of God. That's why evolution, and the speeding up of evolution, is an important subject. And man can do it. Man can do it. And even in one lifetime. And even in a few years, if you have the necessary determination, and God comes into you. It can be done.

And so if we, if we speed up our evolution by these definite yogic methods, instead of passing a useless life being taken up, taken up with the simple things of life: making money, palling the senses, sometime doing nothing at all but waste time. If we will do that, then we can find the Divinity within us. And so there's the problem. Either to spend time wasting our life, or to do something about it, and know God is in us, and express Divinity. We can do it. How, why? Because we're made in the Image of God.

And so we are not only are human beings. Understand this one point. But we are Spiritual beings. For it says in the scripture, "I say all of you, every one of you are Gods, children of the Most High." And so we must, we must somehow culture the Spiritual side of ourselves. And there's no better way, than speeding up the evolution so you'll have the ability to culture it.

The person in the dark ages couldn't do it hardly if they wanted to. But now it's becoming easier, if we'll only do our part so that we can feel the Presence of God within us. Then His Grace can take us across into that Home of Light, of which Master used to speak, "For all will live, where all will dwell who live and do right." Doing right is what? Doing spiritual things; studying the science of yoga, made possible through the efforts of God through His great saints, brought to us. Use it. Develop it. Speed up your evolution so you will know that you're not a human being, but a child of God, without question.

And another thing; speeding up our evolution, feeling the Presence of God, knowing we are one with Him, we will not have to come back here over and over and over again. I'm fed up, aren't you all? But, if

God is with you, it makes no difference. If you want to come back and help people, that's fine. But I want to know, and you do, that you're coming back for that purpose. Not thrown back here. Put in this place and that wrong environment. No. That is what we can do, if we will do our part.

And I asked the Master, I said, "Well that's the fine thing, isn't it?" I said, "We get out of it, and we feel our oneness with God as the cycle goes up, and when it comes down, we're back in again." He says, "No. Once out, always out." So I felt better. "Once out, always out." Such is the Grace of God. Such is His Love for us. These are truths. Deep truths; given to us by one of God's greatest channels of Light, our beloved Master.

Now we come to the point, how to do this; how to do this. First we must resurrect ourselves from a useless life. Remember, that's the first thing. Resurrect yourself from this useless life in which you are not accomplishing any definite thing. And then you have to use these different methods of yoga, especially Kriya Yoga, to realize the goal of life, which is to once more unite your consciousness with God. That's the goal of life. Those two things are necessary. First to stop the useless living; secondly to do something about it to make yourself able to reach the goal of life, which is oneness with your Father.

We had that Consciousness, as it said in Ezekiel. "Thou wast upon the Holy Mountain of God." We had the Consciousness of the Supreme Center of the brain. We walked up and down amidst the stones of fire. We had the Consciousness of the Centers of the spine, which control the body. All the bodily functions are controlled there. We had that Consciousness, but we lost it. Why, because iniquity, or delusion, or attachment to this worldly living, came in upon us. And so we were thrown out of the Holy Mountain, of this Consciousness, Supreme Consciousness of God. We were thrown out, because iniquity came within us. And then it multiplied, so much so as it says in the scriptures, that spiritual, little spiritual consciousness which we had, even that will be taken away, unless, as we read in the scriptures, you do something about it. You do something about receiving the Holy Ghost in a conscious, intelligent, real way, and knowing what you truly are. These are the truths of life. We, being free agents, having free will, we can do what we like about them. We can accept them, or we can reject them. What are we going to do?

I know all of you here are going to make great effort. And when you are able, I know you are going to attain that science of Kriya Yoga, whereby you can do something definite. Think of it. I will come to the tables of progress by the practice of pranayama yoga, and you'll be surprised what you can do, because we're all made in the same pattern. As the saints, we're all God's children. And one thing, thank God, God is impartial. He will take care of even the worst sinner. He's waiting to do it. He's dying to do it. He's crying for us. We're indifferent. So let us realize these eternal truths.

Now I have a reference before we go on just at this time, from one of Master's, this is from the [Bhagavad] Gita, about life, the goal of life. Listen to what it is, and you will find the sooner you discard the ego consciousness, which is always messing things up, and get in contact with the Presence of God, you're going to be better off.

It says in the Gita, "Have no personal interest in the immediate event," think of it, "without attachment carry on your duty in life." How far from that we are. The least little thing that happens, we're all upset, and we tell everybody. Everybody's upset before we get through with it. These are facts. "Have no personal interest..." That means, do the Will of God without attachment.

And so, "Have no personal interest in the event," immediate event, "carry out the duty imposed by the position in life." Wherever you are, do it. Do it willingly as the Will of God to please Him. You cannot fail. For it goes on to say, "Realize that Ishwara," which is God the Father, "at once Lord and Law, is the Doer working out the mighty evolution that ends in bliss and peace."

That Kingdom of God, of life, is Peace and Bliss. That's what we want. Not a utopia on earth, because we'll never be satisfied with it. That's the rule. But in God only, in God alone will we find fulfillment and full satisfaction. "Therefore," it says, "be identified with Him by devotion." He is easily attained by devotion,

but not by mind, nor intellect, or ego consciousness. "Be identified with Him by devotion, and then perform duty as duty, fighting without passion," without it touching you, that's the hardest thing to do, "or desire, without anger, or hatred." That is, do it to please God, whatever your duty is. "Thus, activity forges no bonds," there's no karma laid up, "yoga is accomplished, and the soul is free." From the Bhagavad Gita, there's a statement of the goal of life, what we should do, and the end result, Peace and Bliss in God's Presence.

Now, something about meditation, or Kriya Yoga, or the Science of Kriya Yoga: As I have said, pranayama is the control of Life Force in the body. That's what yoga does. Life Force is that which activates us. Life Force is our very existence. We couldn't do a thing without Life Force, and consciousness and Life Force go together. Understand that. If you can regulate the Life Force in the body, consciousness will go there. If you can take the Life Force, which is attached to this body, break the attachment, put it in the spinal region, it'll supersede that region to the Supreme Center, and consciousness will go with it. That's the

point which we must understand. This is the most scientific thing. If you can take the Life Force, which attaches the Soul to the body, and through the practice of Kriya Yoga, take it into the spinal region, then it will naturally go up to the Supreme Center where God and His angels dwell. It will go there naturally, and the consciousness goes with it.

That's the key, that's what Kriya will do. It will break the attachment of your Soul to this body. With its limitation being broken, so to speak, the attachment being released, the attention being released, it will go into the spine, and form a great magnet there. By this process, of speeding up evolution; I'm coming to it in just a moment. The Master has this to say about it. He says, "Kriya Yoga is the fastest spiritual accelerator known to man." "Kriya Yoga is the fastest spiritual accelerator known to man," if you do it. Some people get it, and they feel good in the initiation ceremony, and they sleep again. But if you will do it, as the Master says, it's "the fastest spiritual accelerator known to man."

And so that is why the world needs Kriya Yoga. The world needs to be spiritually accelerated, doesn't it? Look about you. It needs something. I'll take a chance on Kriya Yoga it needs, to get out of the lethargy, and the sloth in which it has found itself, or gravitated to. Kriya Yoga is necessary as the Master has said.

And so, Kriya Yoga enables the true devotee, the sincere devotee, to speed up his evolution, thereby being free from attachment to the three bodies. This one we're pretty sure. There's another one, the Astral Body, which ties us, and finally, the Causal Body. Kriya Yoga liberates the Soul from attachment to these things, and then the devotee is free in the Infinite Presence of God. Patanjali said, "Get rid of the mental cancer that you are the body." Get rid of it. As long as you think you are the body, you're stuck with it, so to speak, and you're bound by its limitations. Kriya Yoga will without question of a doubt, get rid of that idea that you are the body. And you'll know you are not the body, as we say in our prayer, "I am not this body. I am the Infinite Presence of God within." Kriya Yoga is a wonderful thing, and by it man can surely hasten his evolution.

Now how it works. How this works, it speeds up evolution. First, first you are able to take the Life Force, which is distributed throughout your body to every little thing. You feel that little there, because the Life Force is there. And the Life Force ties the Soul to the body. Kriya Yoga takes the Life Force, breaks the attachment to the body, and places it in the spine, which is the way home to God, and forms a huge magnet in the spine.

Kriya Yoga, in Kriya Yoga you revolve the Life Force around the spine – around the Soul, which is the same as the sun and our earth. The same energy is in the sun. The same energy is in us. Therefore, in

Kriya Yoga, we revolve the Life Force, the Great Energy of the Universe, around the sun of the Soul. And as we get one year's evolution when the earth goes around the sun, so when you revolve the Life Force within you around the sun of your Soul, in the spine and brain region, you get one year's evolution. Think of it.

How long does it take – half a minute. But to do a certain numbers of Kriyas, say 14, plus two other aspects of Kriya, plus two other aspects of the same Kriya, it takes 5 minutes. Think of it. Five minutes it takes. Understand that. And what do you get – 12 years evolution; 12 years evolution in 5 minutes. Think of it. These are facts. These are facts. I'll give you the table in just a moment.

And so that's how it works. It magnetizes the spine and pulls the Life Force and consciousness into it. How can there be any attachment to your consciousness to the body then? It's impossible. That's what Kriya does. That's the first thing.

The second thing, it breaks the attachment of the Soul to the body. And it takes a million years, it takes a million years to destroy the ego consciousness, or to allow the Soul to realize it's not this body – it's not attached to it. It is a part of the Infinite Presence of God. It takes a million years of evolution from the time, when we're a first little entity of life, to what we are now. We know the ego exists. We know it all. That's what it's taken. A million years to get into that predicament. Now, if we can get out of it in a lifetime, think what a wonderful thing Kriya Yoga is.

Now, and thirdly, one thing it does, as you magnetize the spine by this Kriya Yoga, you burn up those seeds of karma, which are located in the lower spine. You know you have tendencies. I know I have tendencies. Some of mine aren't any good. And they're always there to poke us, and get us into trouble. Kriya Yoga will burn those up so that you can be free from these things, which tie our consciousness to this world, and the body, into things that are not pertaining to God. Kriya Yoga burns up the seeds of karma. Master said, "Roasted seeds do not germinate." Kriya Yoga will do that. It is so scientific. Let us understand those things.

Now this Spiritual evolution by Kriya, I'll give you the table, just, I've eliminated a lot of it, because it would keep us here it too long. But here's what you will, can, do by Kriya Yoga. These number of Kriyas of which I have spoken of – 14 regular, plus two of another type of Kriya, and the third, too – they will give you, 5 minutes, 12 years of evolution. Now 1 hour daily, one hour daily gives you how much evolution? 144 years. Think of it. One hour with the practice of Kriya will give you 144 years of evolution in one day.

Now, going on – 1 year of 1 hour a day - now you're not going to get off without doing it; 1 year gives you 50,000 years evolution. Think of it. You can multiply just as well as I can, and figure it out. So 1 year will give you 50,000 years' evolution, and 20 years about 1 million years' evolution. Now, these are not just imagination. These are real, tangible, and you can easily, in one lifetime, say 20 years, supersede ego consciousness, and be ready to receive God's Grace to take you into His Presence. It can be done in 3 years, as I have said. But we'd be satisfied with the 20 years.

Now this Kriya Yoga, as the earth came down in that cycle to the dark ages, it was lost. Kriya Yoga was lost. It was known then, through those dark ages, only by the priesthood, and those of extreme renunciation. But it has been revived again by Lord Krishna, the same Kriya, which you can attain through Self- Realization. It was the same Kriya which Krishna gave to these great saints years ago. He gave it to Arjuna millenniums ago. He gave it to Patanjali. He gave it to Lord Shankara. He gave that Kriya Yoga to the great saint, Kabir – same Kriya.

In our time it has been revived so that Lahiri Mahasaya received it in 1861. And then his disciple was, as you know, the great Sri Yukteswarji. And in 1893 was established this work of Self-Realization. And finally in 1920, his disciple, our own founder, Paramhansa Yogananda, he brought it to America in 1920. Same Kriya. Think of it. That has been going and coming in these great cycles, because it's a mathematical Law of Spirit. Just like two and two make four, this Kriya will always be there so that men will always have the Mercy of God to get out of their dilemma. These things are very interesting, and we are thankful that they are there.

Now from Master's book, just one more reference, speaking about how the saints were most practical. This is what we read. "The Master never counseled slavish belief," those things which binds us to delusion, to dogma. We are children of God. We're not satisfied with dogma. "Words are only shells," he said, "Win conviction of God's Presence through your own joyous contact in meditation. No matter what the disciple's problem, the guru," the great Lahiri Mahasaya "advised Kriya Yoga for its solution," because Kriya Yoga takes you to the Presence of God. All problems are solved in Him, but we are not satisfied. We must do it. Ego must do it, and we get into more trouble. So this reference should be remembered.

Now, as I have said, before we go on just to, before we finish, a little incident comes to my mind, which illustrates how, illustrates evolution. How even, even an animal can assume a semblance of a human being. I go to the desert, once in a while, and just beyond Escondido, going along there, was this little clearing, and a little shed. On one part of the clearing was this great big palomino. Are those the yellow horses? Palomino horses – big, nice horse. I think it was a mother horse, a mama, because right by her

side was this little animal, and he was always by her side. He wasn't exactly the same color she was, but he was always there – looking wise, not moving much – and he had two big ears that went this way. And sometimes they'd go up. And he wasn't just the same color, but he was a donkey. Somehow, he was a donkey, and he was right there with his mother. And he was the cutest thing, his knees were together, a little knock-kneed, I think they call it. And he would stand there quietly. Every time we went by, for weeks there he was – there she was. And then one day we came by, and lo and behold, you know the donkeys are knock-kneed, and I think they rub their knees or something, and he had little things on his knees, little growths like warts, and I think they bothered him. Anyway – evolution works.

One time we came by, there he was with pants on his front legs. It was the funniest thing I ever saw. Somebody had taken dungarees, split them up somehow. There he was standing, looking, with pants on, and up to here the blue came up, and they had a strap over his shoulders. There he was as near a human being on that part of his self as could be. When I saw that I said to Mrs. Lewis, "I've seen everything." She said the same thing. I never saw such a sight in my life. Just think of it; a donkey, with his big ears, quietly waiting, with pants on, and knock-kneed. It was the strangest thing. It shows what can be done.

Now that we've got that settled let us finish, just realize that the, the lesson is this. If we practice Kriya Yoga, we can supersede this delusion in which we find ourselves. Where we do not know what we really are. We can supersede that and be, and know what we truly are, and that is, children of God, made in His Image. We can express Divinity. And we can speed up our evolution so that instead of coming here again, and again, over, and over, to this vale of tears, we can speed up our evolution, and then be able to awaken within ourselves those powers which make us able to realize what we truly are, and that we are not this body, but that we are made in the Image of God.

And so we can speed this up, and instead of being in misery and trouble in this delusion, we can live in Peace and Bliss. These are facts. We can live in the Presence of God. We can live knowing we're never apart from Him. Isn't it worth speeding up your evolution a little bit? It surely is.

And I'll close, just once more one of Master's references, which he points out better than I can, "Kriya Yoga is a simple psycho physiological method by which the human blood is decarbonized and recharged with oxygen."

Our whole trouble is that our blood is filled with carbon. Toxins they call it – all sorts of names, it's simply carbon. We can eliminate that. Then the heart slows down. Then the breath slows down. Finally, stops, and we know we are Immortal. Such is what Kriya Yoga and the techniques of Self-Realization Fellowship will do. "It is done by recharging with oxygen. The atoms of this extra oxygen are transmuted into Life Current to rejuvenate the brain and spinal centers."

And one Dr. Creel found out that all tissue of the body except the brain and the spinal centers are negative in reaction. But the brain and spinal centers are positive. That oxygen is what is needed to rejuvenate them.

(kindly excuse as the talk is incomplete)