

The Art of Living

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Our subject this morning: "The Art of Living," "The Art of Living."

We simply must know, or it might consist of the knowing how to live life in the best possible way, is the simplest explanation in "The Art of Living." And that can be easily answered by living so that you never forget God, and you take Him with you in every action, great or small.

But the subject needs a little more elaboration than that. One definition I have of "The Art of Living" is: "the art of living comprises that which enables man to live in certain definite ways, which lead him to God." In other words, teaches man to live at peace with himself and others. Also, the art of living, living demands that we have radiant health. "The Art of Living" also enables him to live in happiness with himself and understanding with others; and, finally, the ability to secure the necessities of life.

There is no better storehouse for the necessities of life than the One Eternal Father who has made all things, and is the cause and end of all things. But until we reach that point, we have to follow certain definite rules concerning "The Art of Living."

First, for instance, simplicity; simplicity is one of the fundamentals in "The Art of Living." All the sages, men of wisdom, saints, they reduce their life, as much as possible, to a life of simplicity. Why? Well, the simple reason, it gave them more time to realize the Unity of God's Presence, and that they are one with Him. In this ordinary existence which we find ourselves, simplicity, that's an unknown word. Rushed, it's a pell-mell existence, just to keep the bills paid, and to keep us with the Joneses, and such things. And the poor Lord is forgotten.

So that's why the saints, men of wisdom, they invariably reduced their needs to the utmost simplicity. And instead of having nothing in the end, they have all things. They did that to have more time for God. That's all. It's impossible to give your love to the Infinite Father if you are racing hither and yon in this existence in which we find ourselves. It's practically impossible. But get Him, get the Lord, then you can somehow manage it. You can keep ahead of the sheriff, as they say, and such things. But the necessity is to reduce your life, as

much as possible, to simple living, and then there'll be more time to talk it over, so to speak, with the Infinite Father. More time for meditation and God communion. And instead of thinking we need that, we need this, running after this, and running after that, we will realize that there's only one thing we need, no matter what our station of life is, and that is God's Conscious Presence. That's a key point in "The Art of Living."

If you will do that, first, keep your first engagement, as our Master used to say, with the Lord. Or as Jesus said, "Seek first the kingdom of heaven."¹ It's the same thing. Do that, and all other things shall be added unto you. All other things will be added unto, all these things I have named – peace, radiant health, happiness, understanding, and the necessities of life – all will be added unto us, if we will but do that.

And so, our Master has said these words about simplicity, and this is the paramount point of this lecture. We have forgotten, he says, "the stark simplicity..." just simplicity of living for God alone. We have forgotten this stark simplicity, Unity with God, "now befogged by a million issues."² Everything but God. Master pointed out one time, about in Los Angeles there are millions of people. They even do not talk about God, let alone think of him; but look at the trouble. Look at the trouble that goes on simply because people do not know "The Art of Living," that is to make God first in their life. Making Him first, all other things will be taken care of.

So, let us remember that one point first. To take God with us in every action, everything you do, the easiest way is to do it to please God. Do it to please Him. Then there is no karma laid up. If you do it to please your ego and such things, the law of karma operates. You do it to please God, then you're acting from the point of Soul Consciousness, not ego consciousness. And there is no karma then.

¹ Matthew 6:33, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

² Autobiography of a Yogi, by Paramhansa Yogananda, 1946, Chapter 45, "Casting aside every inferior attachment, Ananda Moyi Ma offers her sole allegiance to the Lord. Not by the hairsplitting distinctions of scholars but by the sure logic of faith, the childlike saint has solved the only problem in human life: establishment of unity with God. Man has forgotten this stark simplicity, now befogged by a million issues. Refusing a monotheistic love to God, the nations disguise their infidelity by punctilious respect before the outward shrines of charity. These humanitarian gestures are virtuous, because for a moment they divert man's attention from himself, but they do not free him from his single responsibility in life, referred to by Jesus as the first commandment. The uplifting obligation to love God is assumed with man's first breath of an air freely bestowed by his only Benefactor."

Karma's a terrible thing. You've seen people go along nice and healthy, up to oh, middle life – suddenly disease hits them. Where does it come from? Comes from the law of karma, the fulfillment of the law of action, and then they suffer, seemingly, very unjustly. But if the whole picture of life can be seen, we'll understand that it was not an unjust situation, it was simply the law of karma working. And whenever you see those things, do not be discouraged, but realize whatever happens is a just and due thing. But you can avoid it, if you'll turn toward God and allow Him to guide your life and lead you. That's the key point in "The Art of Living."

First, radiant health – radiant health is necessary. It is much easier to talk to God when you're feeling good. There's no question about it. If you are enjoying ill health, as some people do, it's very difficult to be quiet and interiorize long enough to contact God and learn from Him what you should do. So radiant health is necessary if you really want balanced living, and it is a component part of "The Art of Living."

Now, radiant health simply means follow the health laws with common sense. Follow the health laws with common sense. Eat natural, vital food. That is, keep away from adulterated food. I will not go into the different kinds. You all know those things by now, because that's in the consciousness of people, but as Sri Yukteswarji said, we should eat natural, vital food. That's the first point.

And the second point is just as important. You should eat food which your particular digestive system can handle. Now you might want to eat lots of raw food, that vital food, it's natural food. But if you do, you'll die with a stomach ache, and such things. So don't do it. Whatever your digestive system can handle, use that. These points are important.

Just those two things: normal, natural, vital food, plus that food which you can take care of, so to speak. Otherwise, if you do not digest your food, toxins are formed in the body, and they gravitate and cause you lots of trouble. So it is not only the stomach that's the bad thing, but it's this law of the formation of carbon and toxins in the blood. So just use common sense, which is nothing else but the intuition of your Soul. Use that. Keep away from the fads, keep away from the fads – be natural. Use your intelligence, and keep within natural foods, plus that food which you can easily digest. These are important things.

Now, another thing, the Recharging and Regenerating Exercises which you have learned – those of you who have come to summer classes. They're very

important. Very important, because you utilize Life Force, and Life Force is none other than God's Cosmic Energy in you; none other than the Great Energy of God, Cosmic Energy in you, as Life Force. And it is very vital to keep that active. And, even if your digestion is a little bit weak, if you keep the Life Force active, it will offset that weakness, without question of a doubt. Realize these things. Do your Recharging and Regeneration Exercises, because you utilize Life Force. Life Force is God in you. That's what we do not realize.

What is God? Consciousness plus energy – Cosmic Consciousness plus Cosmic Energy in us. What is it? Our own consciousness, plus Life Force; that's God in us. How do we go about without wires or anything directing our activities and motions, and all the different functions of the body go on? Why? Because God is in us as Consciousness, All-pervading, All-knowing, plus the Power of that Consciousness, which is His Energy – Life Force. That's why we have no trouble, if we keep within the law. When we break the law then, sometimes, we have difficulty. Realize, it's God in us. That's what we must understand, if we are to have radiant health.

If we have some bad karma and it is bothering us, what of it? It will soon be gone. If you have God, then it makes no difference whether you have bad karma or good karma. Such is His Power; such is His Love for you and for me. We owe Him that. We owe Him that. Never mind the karma, but at least give God that simple thing he asks of us, our love. And He will be only too glad, and is waiting, crying for us, to give us His Love, if we will just receive it. Having that, you will not be bothered with ill health and such things. If you have them due to karma, it will not touch you. It cannot touch you. If God is with us, who can be against us? What karma can stop us? Nothing, because God is what we all want and must have.

And so, radiant health is good, and it will help us, if we carry out the teachings of the channel from God, our own beloved Master, through Self-Realization Fellowship. He learned these things. It was his contribution to yoga; the Recharging Exercises was our Master's contribution. They're very important. All the days I saw him, he never missed his Recharging Exercises – every time, every day. He was a living example of the Presence of God, and "The Art of Living." Why shouldn't we follow him? We should. Let us do that.

And so, I remember one time, perhaps you have passed through the state when you figure, "Well, if God is all, what's the use, this body is nothing, let it go." God is everything, and I told him that. I talked that way, and he said, "That's not

right." He said, "You must take care of this body. It is the only vehicle you will have to know God." Did you ever think of it that way? So don't, don't cast it aside. Take care of it, reasonably, with common sense. It is through this vehicle that we can attain the Light and the Love of the Infinite Father, not through anything else. So it is very important. But don't get, don't get frightened if it gives you trouble. God in an instant can change the pattern of your body, if He wants to. If you have full faith, when it's necessary, He will, according to His Will, His Own Will. If it is necessary that you play a part as an example of standing pain and such things in spite of that attaining God, then you'll be glad to do it, if it is God's Will. We must realize these things.

And so, those are Master's words. It is the only vehicle that you will have to know God. So we must take care of it. We must not only take care of the body, have a big strong body with big muscles, and such things. Some, one boy, at Mount Washington, he had such big muscles, couldn't flex his arm any more than that. He was no use, no good. So, he left, because he couldn't do anything. His muscles were so big. He, this is a fact, great big muscles; too much, too much attention to bodily development.

Master said what? We must have all-round development of body, mind, and Soul – body, mind, and Soul. And so, that is why the rest of the techniques of Self-Realization Fellowship are so important. Do not miss them – every day. Let not a day go by but you do your exercises and your meditation, because we must have not only a healthy body – radiant health – we must have a sharp mind, and above all that, ignorance of the Soul must be eliminated from our consciousness. That's why in Master's prayer he says, "Heavenly Father, give us food for the body, efficiency for the mind, but greatest of all, Thy Love for our Soul."

Now these techniques of Self-Realization and the meditation, especially Kriya Yoga, will give this to you; will make you healthy in body, in mind, and in Soul. And there'll be no separation, gradually, between you and the Presence of God. And being in His Presence, then you have some chance to ask Him that His Grace be upon you. That's the important thing, as the great Lahiri Mahasaya said, "Practice of yoga, classic Kriya Yoga will take you to the Presence of God."

It's wonderful! But you will not be satisfied until you and your Father are one. That comes by full surrender and His Grace will come upon us. Full surrender is necessary. He will not settle for anything less than full surrender, because you cannot give Him your whole love and consciousness until you give Him not only your consciousness plus the Cosmic Energy as Life Force in you. That's what

Kriya Yoga does, enables you to give God yourself fully – consciousness plus energy.

Now, many people live a one-sided life. We see it all about us, and they perish in incompleteness. They perish in incompleteness. There's no complete fulfillment in this outward consciousness. There's no question about that. Millions live that way. Some are very animalistic. Many are worldly, intellectual, and they follow pseudo-religions. This constitutes the run of people. But that's not enough. That's not enough, because, as I said in the beginning, we are not only human beings; we are children of God, Divine beings, if we will make ourselves as such.

And so, we must not be caught up in this lackadaisical living as most people do. You all read the papers; you know what's going on. It is not necessary to say anymore. But following these states of consciousness, and this pell-mell existence, so to speak, we cannot, we cannot find that Great Peace, and Security, and Joy of the Infinite Father, and that is our goal.

Master often said we don't belong here. We do not belong in this existence. Well, we have proof right in front of our eyes. We see what's happening, we read the paper, and we know from our own activities. We should know, as Master says, we do not belong here, we belong in the Bosom of God, and we'll never be satisfied and peaceful and happy and joyful until we attain that. We must attain that. Why? Because we are rays of His Own Presence, His Love, and His Peace, and His Bliss. We are parts of Him. This body is simply an emanation from the One Eternal Consciousness and Energy of God, and our Soul is a direct ray, an Atom of Spirit, an Atom of God the Father, His Consciousness and His Energy. So that's where we belong, and we will never be satisfied until we attain that.

And so what, what happens from this existence? We end up with nothing but fears, and worries, and uncertainty, because we have not returned to our first love which is the Infinite Father. So we must not allow this imposition to go on. We, children of God, made in the Image of God, allow this thing to go on. We should not do that. Let us end it. In this worldly existence, the world will cause you to do certain things, will cater to you, and influence you, but when you are sick, and when you are in delusion, there, that will, will not come to help you. Let us cease allowing this imposition of worldly consciousness to rule us. Let us turn to God where we belong, and make it a rule that every day, every day we meditate until we contact Him. How easy to contact God.

Whenever you hear in your meditation just a little of the sound of the Centers of the spine, or the Great Cosmic Sound of Om, or at the Christ Center you see a little Light – just a little even – or you feel in your heart that Love, you are in God's Presence. Let not your meditation stop until you attain that much, that much. Then, whatever you ask, God knows you need it. That's the greatest thing. Master says, "Keep your first and most, foremost engagement with God – every day."

At the end of this Convocation let us make that resolve that we will, from now on, every day, meditate enough to make the contact with God. It's very easy. Any or all those things I have spoken about, the Great Word within us, especially the feeling of Love, it's easy, because in our heart, God naturally placed the Love. His Love is naturally in our heart. Don't you see it's easy? If you'll just turn your attention within you'll feel it. There you have made contact with God. From there on it can be, or range to, complete merging in God. But just a little contact will satisfy the Soul, then, it will grow and grow; a flower of Spirituality within you will grow and grow, until, finally, it merges in the Great Ocean of Spirit from whence it has come. So let us make that resolve at the end of this Convocation.

Now, most people are automatons. Master used to say, breakfast, lunch, and dinner. Go to work, breakfast, lunch and dinner. Go home. Go to the movies some, if you can find time in this rush of existence and then sleep. Once in awhile get a little meditation in. That's the usual run. I think we leave the meditation out of automatons. They're like that, and the worst is that millions of children who are born have no plan, so to speak, for their life. They have no plan, they have nothing to look forward. So this must cease.

Millions just, just simply are automatons – wake up, do what the impulse comes from ego consciousness, and they say, "I'm gonna do just what I like today." But they're not. They're gonna follow the internal promptings of habit and these inherent latent impulses within them and they, instead of doing what they want to do they do what they have to do, because of the law of habit. They are automatic machines. Their viewpoint is from ego consciousness. But the person who knows how to live rightly, their viewpoint is not from ego consciousness but from Soul Consciousness, from the Presence of God within them. Then they cease to be automatons, they act as they should as children of God.

And so, to live rightly we must, we must take God with us in every action. We must have that communion with God, and that comes by regular meditation, planning your life. If you have contact with God, if you really feel you're one with Him, then you can attain right guidance. Most people wanna do right. There's no question about that. Most people are honest. They're good. But why do they not succeed? Why are they in trouble all the time? Because they do not make the contact with God whereby they can receive right guidance; then they can live properly, then they can attain right living.

Many people come to me and they say, "I, I wanna do right..." I know they do, "but I don't seem to know what to do." I say, "Make the contact with God. He certainly can guide you right." Then they say, "But how will I know when I have the contact? How will I know God's gonna guide me right?" I said "Then ya must have faith. Faith must come in then." And faith, if you are sincere and determined to know God, is not too difficult. But if you contact God, remember that, in any of the ways I have spoken of, then contacting Him, then ya must have faith, you should.

The Word is the Presence of God – it is God Himself. Don't cha think the least you can do is have faith in God, if you know through the scriptures and the testimony of saints that the Presence of God is there? Don't cha think you should have a little faith in Him? No. We get frightened. We cannot see the end, so then we try with our ego to fix things up, and we make a mess of the whole business. If you could leave it to God, it's much easier, and He seems to be pretty willing, but He does it so easily, that then you don't know whether God has done it or not. That's the worst thing.

But finally, after a long while, you'll see His Hand working, silently. Don't think you can follow Him. He's too clever. He's an awful good fellow, but He's very, very clever, because He is behind your very thought and consciousness. You see His Hand working throughout life, then, faith is easy. That's one of the important things is to have faith in your Father, in my Father, who does all things.

And so, then finally, we come to some practical suggestions about "The Art of Living." Never lose your calmness. That's difficult, isn't it? Someone looks at you, and says something mean; you're ready to fight, right off. Master said saints never lose their calmness. I saw him looking at me – not that I was a saint – but I knew he meant for me to remember that. Saints never lose your calmness, never lose your calmness. Be relaxed and calm within.

You think that that is impossible. It is not impossible. Never lose your calmness, because when you lose your calmness you are not in the Presence of God. You are not in the Presence of God whereby you can act as you should under His Guidance. These are important things. You take yourself and analyze yourself, and your mind is restless and running here, and there. Can you act intelligently? No. Never lose, let us never lose our calmness. Let us relax and be calm within, realizing that God is always backing us up. He's always behind us, ta give us that courage to go ahead.

One time I had an experience. I was really in quite a condition, financially. Master and I were trying to make a little money to help this cause along, and things looked real bad this day. It's something to do with stocks, and you know they're not very favorable things. So I came home, and I'd been told that if by a certain time the next day I didn't have so much money, which I never, never thought I'd have that much, and I told him, and I was shaking, ya know, and he was sitting there, and I said, "Sir, if I don't get this amount of money the next day at 10 o'clock, they're gonna get rid of the account," or something like that. He says, "They are, are they?"

Well, I began to feel better right then. And so, the next day things happened, and I was able to get out of that predicament. Then I came home with great glee, and I said, "Master," I said, "How is it, how is it you can retain your calmness under such conditions? I wish I could do it." He said, "Remember, remember Doctor, the same Father who protects me protects you. He is our common Father." I'd never thought of it that way. And so, that applies to each and every one of us in this room – the same Father. You think God could be partial even to the Master? No. He is not partial. The Master is better equipped to make Him answer, I'll agree to that, but God is not partial. He is your Father, He is my Father. Let us realize that, and treat Him as such.

And so, if we can keep our calmness, we can feel, we can feel the Presence of God. We can feel His nearness, and He'll take you right up to the brink of the precipice, so you can look over even, but He won't letcha fall. Such is God. He's a wonderful fellow. I say this with the greatest reverence and realization that everything we have comes for Him.

And so live in the Self, not in the past or future. Live in, and that's another thing that bothers us in "The Art of Living," we're always living in the past, or in the future. Master says, "Live in the eternal now," right now. Let's begin right now

to make up our mind we're going to live in the right way. Live now. Not in the past or in the future.

I remember Master himself had the experience. Don't think it simply, it is with people, ordinary people, but he himself had that experience in Phoenix, carrying this great organization, which he handled all alone. He reached a point, and he said, Lord, he said, unless I know You are with me, I don't wanna go on anymore. I go back to India. Well, we're happy he didn't. But the Lord said to him, I am always with th, with thee. I've always been with thee. I am with thee always. You didn't know it because you were looking for me in the future.³

When we meditate, do our Kriyas so long, then, we will, will see God. He's right with us now. You cannot tell the moment He will come. Such is God. He's so Great, and so Wonderful. And so, let us remember the words of the Master that let us not look for God in the future, but right now. Live in the eternal now, and suddenly He will be there with you. Such is God.

Lahiri Mahasaya said, "Be in the world but not of it."⁴ (*Sic*) That's what we have to do, we ordinary people living in this world, doing our best to perhaps, to play our part in the Great Drama of this Cosmic Dream. Lahiri Mahasaya gave the greatest advice, be in the world but not of it. Certainly we have to be in the world. We have to take responsibility, we'll come to that in a moment, but we cannot, we do not necessarily have to be attached to this world. Be in the world but not of it. Be able, at will, be able at will to leave the consciousness of the mind and the Cosmic Dream and be with the Infinite Father's Love and His Light, which is always with us. That's what we have to learn to do. Doesn't make any difference how you do it, but we must be able, at will, to be attached, detached from this worldly existence, and there, in calmness within, we feel that Consciousness and Light and Love, which cannot be disturbed. That's God

³ Treasures Against Time, by Brenda Lewis, 1991, Chapter 3, July 11, 1931, "I am more than ever with God. I have entirely lost consciousness of defeats and victories for God told me in Phoenix when I asked I wanted freedom from everything. He said, "You are already free but think you are not because you looked for freedom in the future. Whether dance of death or dance of life come at your doors – know they come from me and as such rejoice." Ever since I ceased to expect anything."

⁴ Op. Cit. Autobiography of a Yogi, Chapter 24, "The ideal of selfless service to all mankind, and of renunciation of personal ties and ambitions, leads the majority of swamis to engage actively in humanitarian and educational work in India, or occasionally in foreign lands. Ignoring all prejudices of caste, creed, class, color, sex, or race, a swami follows the precepts of human brotherhood. His goal is absolute unity with Spirit. Imbuing his waking and sleeping consciousness with the thought, "I am He," he roams contentedly, *in the world but not of it*. Thus only may he justify his title of swamione who seeks to achieve union with the *Swa* or Self. It is needless to add that not all formally titled swamis are equally successful in reaching their high goal."

Himself. We can do it, because God has given us the power to do it. All will is in Him.

If we unite our will with God's Will, it can be done, it will be done. Let us make up our mind that we're going to do our very best, and I know God will not disappoint us, because He Loves us when everybody else forgets us. We came alone with the Infinite Father, we will go alone with Him. But going with Him means we will not go alone we will have His Great Love with us. Never let us lose our calmness, cause then God cannot be perceived in restlessness. In the calmness within, after a little meditation, Kriya Yoga, and such things, you can, at will, still the waves of the mind, still this Cosmic Dream consciousness, and then, there'll be no trouble feeling God's Love within.

Nobody can disturb you if you have Him. Master used to say, "Forget this body. Burn it in the flame, but keep your oneness with God." That's what we have to do, that's the key point in "The Art of Living."

Oh, I have a reference or two, which I'll read at this time from Master's Autobiography. Sri Yukteswarji was fiery, as those of you who read about it know. One time some official came and began to show off, of course, as they sometimes do. But Sri Yukteswarji wasn't disturbed. His disciples were more disturbed, and they were going to finish off the official when Sri Yukteswarji said, don't disturb him, he's just doing what he should do. So in the Autobiography we read, and this is the way we should be: "Amazing it was to find that a Master, with such a fiery will, could be so calm within. He fitted the Vedic definition of a man of God: 'Softer than the flower, where kindness is concerned; stronger than thunder where principles are a stake.'⁵"

That's what we should be. I used to see it so many times in the Master just in the little story I told you. I was upset, told him what they were gonna do, he says, "They are, are they?" And in that you felt the command of the Infinite Father, and I ceased to worry a little bit, then, and it worked out nicely. Remember, "The same Father protects you that protects me. He is our common Father."

And then, from the little book The Master Said. Some student was talking to the Master and he said, "When you have learned to be happy in the present," in the

⁵ Ibid, Chapter 12, "Amazing it was to find that a master with such a fiery will could be so calm within. He fitted the Vedic definition of a man of God: "Softer than the flower, where kindness is concerned; stronger than the thunder, where principles are at stake."

eternal now, right now, “you have found God.”⁶ (Sic) Think of that. Very few people then are living in the present, the devotee observed, which is true. True, the Master said, most are living in the thoughts of past and the future. So we can remember that and cease living in the thoughts of the past and of the future.

Now, finally, Oh, I have one or two other points here, then, we’ll be through. We must balance our idealism with our practicality. That’s an important point. Balance your idealism with your practicality. Use practical, creative methods of making money. Some people think when you become religious you haven’t any more use for money. Oh yes you have. You’re still playing the part of the Drama of Life. So we must balance that, but we must not make, use, moneymaking, sensible moneymaking means and forget our idealism. That’s very important.

And on the other hand, we must be ideal, practice it, but those who do not take care of their practical obligations show great weakness, and they are in delusion. It’s a very important thing. You don’t have to compromise your idealism to be practical, but you must be practical, as you follow this science of religion. Science of religion, the most science of all sciences is to know God, which you are following. But you must be practical, and you must realize that in being practical you cannot afford to sacrifice your ideals. If in making money necessitates that you forget God, don’t do it. Cling to God always, under all conditions. Never leave His side.

Now, I have a story or two, just while we get our breath, so to speak, about being practical. I remember this lady; she was having trouble with her husband. There’s lots of it around. And so, she went to this judge/counselor, and told him what was going on. And he asked her, he says, “Is your husband a good provider?” She says, “No, he doesn’t bring much money home. He doesn’t seem to care for those things.” “But,” she says, “He thinks a lot of the children.” See the difference between idealism and practicality. He loved the children, but he didn’t take care of them. He didn’t bring home the money to take care of the children. And so, we must be practical, and also along with our ideals.

⁶ The Master Said, Self-Realization Fellowship, 1952, Page 48, “In God, everything is going on in the present. The movie can be turned backward or forward in time, but it is all being shown in the present tense. When you can learn to be happy in the *present*, then you have God.” The Master was having a profound discussion with some of the monks. A disciple spoke up, “Very few are living in the present, then, Sir. Isn’t that true?” And the Master replied, “That’s right. Most are living either in the past or in the future.”

Well I see that, let me tell you another little incident, which, I think I told it to ya, but it's a little warm, we need a little change, and it's about being practical. You know be, be practical, no matter how you have to do it.

This little boy, he went to the baseball game. I don't whether the Dodgers, doesn't make any difference – it was a big game. Sometimes in meditation you get all set. You say I'm gonna have a good meditation and the mind gets busy and says, "I wonder how the Dodgers came out today?" So these things are very practical.

So, this boy, he was a quite practical boy, and he was a, a, eh, a Mexican, a Mexican boy. His name was Jose. Jose. So, he went to the ballpark and wanted to get in, and there wasn't any room for him, but he was quite practical. So, he used his ingenuity, and he got some of the, the, hands there to heist him up on the flagpole so he could see the game, and he was all fixed. So, he went home, and he was telling about his episode, and he said how he saw the ball game, and how he did it, and he said, "Ya know they're awful nice people down at that ballpark." He says, "I not only had the seat up there," he says, "but they, they all stood up and said, 'Jose can you see?'" So there you have it. That's the height of practicality. I know I told you that before, and I appreciate your response. But it is quite silly, isn't it, even though it is practical.

So practicality must, must be thought of, and the great Lahiri Mahasaya was the example of practicality when he said be in the world but not of it. He believed that everyone should be self-supporting, that is practical, and take care of his, himself, and his obligations, and his family. And in the solitude of his own home practice Kriya Yoga, and yoga, and attain Self-Realization. That's why Lahiri Mahasaya came, as a, an example for the householder, and for us all. We should follow that in the world, but not of it, attaining Self-Realization in the solitude of our own hearts and Souls, and in our home – taking that, but taking care of our honest obligations. That's why Lahiri Mahasaya came, that's why he was so great.

And so, to conclude, to sum up, in the mad rush of today and outward living, there is no peace. There is no peace, nor joy. That comes when we will turn to the Infinite Father, and there we will find it, in spite of the rush and pell-mell existence, it can be done. It can be done.

I was in Boston many years, practicing. Master kept me there, and I thought, "For heaven's sake, when am I going to get out of this place, out of this debt."

He said, "But you stay there awhile." And I did, and you can be in the Peace and Bliss of God in spite of being in this rush and turmoil of this earthly existence. That's one of the important things to remember.

And another thing, if you will simplify your life, then you can escape some of this toil of this worldly existence, this turmoil. And what will be the result? You will have time for God. Listen, God needs a little time. He can't, He wants to come, He wants to come, but He has made laws that make it possible, or make it necessary for us to eliminate these things from our life that we can feel His Presence by having a little more time to give for God. That's why the Master said, "Keep your first and foremost engagement," which is with God Himself.

And then, another point which we should remember is that in the Realm of God Consciousness within, there is unconditional – think of it, think of it, make your mind stop and let you think through the Soul's Power in the silence within – in the Soul Consciousness within, is the Unconditional Love of God. Think it. No conditions whatsoever. We simply are asleep. God's Unconditional Love is there waiting for us. That means, under any and all conditions, no matter how low we sink, or how high we attain, God's Unconditional Love is there waiting for you and for me.

And a final point, final point is we must do our meditation. Meditation is necessary. Meditation, as you know, means contact with God, concentration on the Presence of God within. If we attain that, we will then have His Guidance. That's the important thing. Having His Guidance, then we can live rightly. Then "The Art of Living" will be easy for us, because we have made the contact with God.

We have everything right within us, especially God's Love. His Presence is within us, but we are searching for it some other place – in the past and in the future. And to make the point clear, the story of the musk deer, which Master told so often.

The musk deer has in its navel, musk. But it smells the musk. We feel the Presence of God, we know we want it, it's somewhere around, just like the musk deer smelled the musk and wanted it. And so, it began to run in search of the musk. It ran, and ran, and ran, until it came to the precipice, and in its eagerness for the search of the musk, which was right within its own navel, it crashed over the precipice to its, precipice to its death. So we, we have God right within us, not something foreign and outside. Right within us, like the musk deer, and yet

we are searching, and running pell-mell in all directions, instead of looking within our Self to find the Infinite Love of God. So let us look.

[Tape ends abruptly]