

Yoga Explained 7

The Cloud or Seat of Virtue – Part 2

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Every time we have a good meditation, as I am sure you all felt this evening, it seems foolish to talk. And yet, some of that must be done, because within some of us, there's a desire to know about things in an intellectual way, and a reasonable way. That's why we say a few words at this time. But Master used to always say, he said, "Meditate with people; meditate with people; that's the greatest thing; that'll do them more good than anything." But some people, of course, have to be brought along, so to speak, to meditation, until they understand it and appreciate it. And that's why this part of the service is given at this time.

We have been discussing, and we'll go on discussing tonight, under the subject of "Yoga Explained."

Yoga means as you know, union. That which unites us with the Supernatural within us, or with the Presence of God, is known as yoga. Yoga is very important, because yoga gives us the ways and the means to consummate religion. Religion means to bind; that which binds us to God. Yoga helps us to consummate that, because yoga is the practical application of the theory of the Universality of Religion. The Universality of Religion is that underlying Presence of God which is perceived and found when we rise above the outward form of religion. And yoga gives you the practical ways and means to do that. That's why our work of Self-Realization Fellowship Yoga is so important, because it helps us to do that.

Last time we were discussing the Seat of Virtue, which is very important. So, we will go on tonight with it. The Seat of Virtue is that point between the Christ Center, which is located between the eyebrows in the forehead at this point, and the top of the head – or as the ancients said, ten fingers, ten fingers from this point to the crown of the head is where all the Presence of God is found and where Heaven is located.

And so, it's very important to know about this Seat of Virtue. If we can learn through meditation to keep our consciousness more at that point, instead of

being engulfed in outward consciousness, then we can know the Spiritual Presence of God within us. In other words, the Seat of Virtue, the Spiritual Consciousness at this point, near the crown of the head, is the link between worldly consciousness, mundane consciousness, and Spiritual Consciousness within. That's why it's important to know the right meditation, so that you can keep your consciousness at the Seat of Virtue.

Of course, at first, it's not possible to do it. Like, if you've ever tried to play the piano and you can't; why, you know it seems impossible. But, if you keep at it, you'll be able to play it – and so with this. If you keep at it, with regularity, and especially devotion, the Seat of Virtue, or the Consciousness in the Seat of Virtue, will be known to you, because that's where the Presence of God is found. And so, this Presence of God is perceived at the Seat of Virtue, as the Word, the Holy Vibration with its different aspects, because from that one vibration all things have come.

The beginning is the Great Cosmic Sound of Om. "In the beginning was the Word, the Word was with God, the Word was God.¹" And from that Cosmic Sound of Om, the Great Holy Vibration, all things have come. And that's why it's so important to merge in that Holy Vibration, because that's the Presence of God – His first manifestation as movement, or as vibration. "The spirit of God moved..."² "...God created heaven and earth."³ "...they were without form and void."⁴ They were in His Thought, in His Consciousness. Then He created Light.⁵ The Spirit of God moved, and then He created Light. So that vibration, or movement, of God's Consciousness is perceived within us as the Great "Word," the Holy Vibration. Not just a word of the scripture, but that Real Comforter⁶ of which Jesus spoke, which is vibrating within us.

His Own Consciousness plus the Power of His Consciousness is within each and every one of us, and can be perceived at the Seat of Virtue. That's why it is so important to know about this Seat of Virtue. And so, the Unity of Consciousness, or the Presence of God above all outward form, no matter what your religion is,

¹ St. John 1:1

² Genesis 1:2, "And the earth was without form, and void; and darkness was upon the face of the deep. And the spirit of God moved upon the face of the waters."

³ Genesis 1:1, "In the beginning God created the heaven and the earth."

⁴ Genesis 1:2, "And the earth was without form, and void; and darkness was upon the face of the deep. And the spirit of God moved upon the face of the waters."

⁵ Genesis 1:3, "And God said, Let there be light: and there was light."

⁶ St. John 14:26, "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you."

has been, above that, everybody perceives the same Unity of Consciousness. They see the same Light at the Christ Center. They feel, they hear, the same Cosmic Sound. They feel the same Love of the One Father, because God is not partial. He would not be what He is – the Great Father of all. “Father, Mother, Friend, Beloved God” is our prayer, because He is the Father of everybody and everyone, irrespective of color, race, or creed.

If they perform the right technique of yoga, which has been handed down throughout the ages by the various saints of all religions – especially those from India – they will perceive the same One Father. And all of those that I have worked with that have been of different casts, and creeds, and colors; they all see the same One Light of the Spiritual Eye, the same Presence of God, and they all feel the One Love in their hearts. And when that Love comes, all other differences disappear. That’s why God is so wonderful, and why we all need Him more than anything else in the world.

And so, at this Seat of Virtue, of which I have spoken, that’s why you close your eyes in meditation and look at this point [the Spiritual Eye between the eyebrows]. If you keep your eyes open in the beginning, it will be difficult, because you see the outward vibrations through the sense of sight. If you close your eyes and look at this, at there, and after a while will come a nice mellow Light of God’s Presence. And if you keep on, there’s no end to it. That’s why it’s so important. And the proof of the existence of God will be found there. Not in books, not in theory, but in practical application of these Eternal Truths, which have been handed down, and which always will be ready for those who want to do it.

So, the proof of the existence of God can be found by lifting your consciousness to the Seat of Virtue, through the practice of yoga. That’s why yoga is very important. It’s not some mysterious performance; it’s the most natural thing. Every night in sleep you’re a yogi. So am I. Because the eyes go up to this point [the Spiritual Eye], and, although sometimes we do not know about it, if you practice a little, you can be conscious, and your eyes will be there.

So, every night in sleep we’re all yogis, whether we like it or not. Now the old yogis said – the great yogis – let us try, in a conscious way to perceive the Soul’s Presence there, as the Presence of God. Only we’ll be awake when we do it, that’s all. And, I’m sure, it’s much better to know God in a conscious way than an unconsciousness way. So that’s why the proof of the existence of God will be

found there, as that's the Seat of Spiritual Vision, the Seat of the Great Presence of God in a conscious, dynamic way – not in an idea.

We've had enough ideas. We've read all about philosophy, and all this, and that. We will never be satisfied until we feel the Presence of God as something real and tangible. Something we can fall back on and something that nobody can shake us from. We get all set in this life, and we get all things, things all lined up, and we say, "Now, everything's fine." And soon, they'll be not fine, because that's not the Reality. But, if you find God first,⁷ as Jesus said, at the Seat of Virtue, and then do your best in your work; everything is fine whether the work is good or bad – such is the Presence of God.

All the saints say the same thing – God Alone. If you have all other things and not Him, you have nothing. Because other things pass away, but God's Consciousness does not. And so, we are sensible people, and we know we wouldn't be here unless we're dissatisfied with outward consciousness. We want to know about this Seat of Virtue, of which the ancients have spoken – the Seat of Virtue, the Spiritual Eye, the Seat of Spiritual Vision, the Seat whereby God can be contacted right within the forehead of each and every one of us.

So this vibration, which we feel and perceive, at this point, the Great Cosmic Sound of Om, the Light of Christ, spoken of, the Dove Descending from Heaven, the Spiritual Eye, of which Jesus spoke, is made up of the One Vibration of God's Presence, with its different aspects of Light, and Sound, greatest of all, His Love. If you just had the Light and the Sound, it's wonderful, but without His Love it can, cannot be compared to the Great Solace, and the Great Feeling, and the Great Security, in everything we want, which comes from the Presence of God. And that's why we should regularly practice yoga, and know, know the Reality of the Presence of God at the Seat of Virtue.

And so, as I have said, in this Seat of Virtue, in the Holy Vibration, or the aspect of Light, is Sound, and Feeling. Just a little bit about the Light Aspect; and this is taken from our Master's book, The Autobiography of a Yogi⁸, which I'm sure most of you have read, and those of you who haven't, I know you should read it. On page 278 it speaks about light. "'Let there be light! God said, and there was light.'" in Genesis, 1st:3rd Verse. In the creation of the universe, God's first

⁷ Matthew 6:33, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

⁸ 1951 Release

command brought forth, or brought into being, the structural essential...⁹” (*Sic*) Science has shown all this – that everything can be reduced to electro-magnetic force, and finally, into light. And speaking about the great force of the electro-magnetic force of splitting the atoms – a force which is released when protons are made is a million times greater, I think it’s about that – than that from electr, from the electro-magnetic force of fission, or the atomic energy. Imagine! That’s what the yogis were searching after.

And so, this “structural essential: light” is there. God’s first command brought into this, into being this underlying substance, the matrix of all things that were to be. “On the beams of this immaterial medium occur all divine manifestations. Devotees of every age testify to the appearance of God as a flame and light. ‘His eyes were as a flame of fire,’ St. John said (*sic*)¹⁰, ‘and his countenance was as the sun shineth in his strength.’” The Sun of Righteousness is the Great Light of God, the Great Cosmic Energy which motivates universe upon universe. That’s why it’s called the Sun of Righteousness.

“A yogi that through perfect, perfect meditation has merged His Consciousness with the Creator perceives the cosmical essence as light; to him there is no difference between light rays composing matter, or water, and light rays composing land.¹¹” (*Sic*) Well, you see the movie, and you see the light and shadow, and in that light and shadow you can have everything you want; from love scenes, fights, cowbo, cowboy fights, and all sorts of things. What is it? Light and shadow of the One Light from the Projection Booth. So God has made this universe from that One Light, the Great Cosmic Energy.

And then, finally, about this Great Light of God, which is ready for us to merge into, at the Seat of Virtue. If you can fully become one with God’s Presence in the Seat of Virtue, as the epitome of Cosmic Consciousness in the little star in the Center; if you can do that, if you can expand your consciousness to that, then you can, as Jesus said, “I and my Father are one,¹²” and be that, because that’s the Presence of God’s Great Cosmic Energy at that point. It takes deep meditation, but it, I think, it takes, more than anything else, the desire for God’s Love.

⁹ Chapter 30, Page 278, “‘Let there be light! And there was light.’ In the creation of the universe, God’s first command brought into being the structural essential: light.”

¹⁰ Ibid. “...St. John tells us...”

¹¹ Ibid. “A yogi that through perfect mediation has merged his consciousness with the Creator perceives the cosmical essence as light; to him there is no difference between the light rays composing water and the light rays composing land...”

¹² St. John 10:30, “I and my Father are one.”

Because when we think of what He has made – millions of suns and universes – surely, we feel very small. But in His Love we feel one with Him.

Let us remember, that God is the Doer, and not to be frightened by the immensity of the task, but to be meek and humble; then God comes in and takes care of it. If we perceive the Presence of God in the Center of this Great Spiritual Light in the forehead, then we have the Vision of God. God is Light, remember. God is Light, and in that Light is tremendous energy. We think about a little atomic bomb. Compared to God's Power it is nothing. And yet, we are his children, made in His Image. And so, we can, by merging wholly in the Presence of God at the Christ Center, we can have the Vision of the Great Sun of Righteousness – the Vision of God.

A few words I wrote down here, which I picked up, which describes that by merging in that, the Vision of God is fixed. "The day when in His clear shining light all wrong shall stand revealed,¹³" (*Sic*) because in that Light there's no wrong. "When justice shall be clothed with might and every hurt be healed; when knowledge, hand in hand with Bliss, shall walk the earth abroad; the day of perfect righteousness, the promised day of God."¹⁴ (*Sic*)

And that's open to His children, without question, if you persevere and really want Him. "Seek and ye shall find, ask and it shall be given to you."¹⁵ (*Sic*) And so, the Seat of Virtue is worth exploring, and by so doing, we'll get out from this "jail," as our Master has said.

I have one or two references to give you at this time. First, from our Bible, about the Seat of Virtue – some I gave last time – there're a few more from the Book of Psalms, the 4th, the 3rd Psalm the 4th verse: "And I cried unto the Lord with my voice...¹⁶" "God is a Spirit and must be worshipped in Spirit."¹⁷ (*Sic*) When you cry unto God, you cry through the Sound of His Voice, the Great Om Sound, the

¹³ Advent Hymn, "Thy Kingdom Come," Words: Frederick Hosmer (1840-1929). Tune: 'Irish' "The day in whose clear-shining light All wrong shall stand revealed, When justice shall be throned in might, And every hurt be healed;" "When knowledge, hand in hand with peace, Shall walk the earth abroad: The day of perfect righteousness, The promised day of God."

¹⁴ Ibid.

¹⁵ Matthew 7:7, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."

¹⁶ Psalm 3:4, "I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah."

¹⁷ St. John 4:24, "God is a Spirit: and they that worship him must worship him in spirit and in truth."

“sound of many waters¹⁸” – that’s the Sound of God. And if you merge in that, you will merge in His Holy Presence, in His Consciousness.

So it says, “I cried unto the Lord with my voice, and he heard me out of his holy hill.” That is, if you can lift your consciousness and cry unto Him at this point [the Spiritual Eye], this is the holy hill, the Supreme Center in each and every one of us where God’s Consciousness abides; if you can lift your consciousness to there, then you can cry directly to Him and He hears you in the Holy Vibration.

In Isaiah, in Isaiah, the 40th Chapter, the 3rd Verse, here, once more, it speaks about the, the Voice of God. “The voice of him that crieth in the wilderness...¹⁹” As you begin to meditate, first it’s just a wilderness – it’s darkness – nothing seems to be growing there. But you will hear the Sound of His Voice, as “the sound of many waters.” If you merge in it, that’s the straight way to God – for it says, “The voice of him that crieth in the wilderness, Prepare ye the way of the Lord, make straight in the desert a highway for our God.²⁰” That’s the straight way to God is to lift your gaze to this point, hear the Cosmic Sound. That’s the straight way to His Presence.

Also in Isaiah, the 60th Verse, 60th Chapter – sixty – the 19th and 20th Verses, just parts of it; at the Seat of Virtue as your consciousness is merged in that point, the outward light of the sun and the moon, they go away. They are replaced by a Light that does not set. And that’s the Light of the Great Spiritual Presence of God; Real and True, the Sun of Righteousness will rise, and will not set as our sun and our moon does.

So, here we have a reference to that in the 60th Chapter the 19th and 20th Verses: “The sun shall no more...shall be no more thy light by day...²¹” Those who meditate, they close their eyes, bright sunlight – there is the Light of God. “...neither shall thy moon withdraw itself: for the Lord shall be thine everlasting light, and the days of thy mourning shall be ended.²²” That’s the important thing. When you perceive, at will, the residing Light of God in the Seat of Virtue,

¹⁸ Revelation 1:15, “And his feet like unto fine brass, as if they burned in a furnace; and his voice as the sound of many waters.”

¹⁹ Isaiah 40:3, “The voice of him that crieth in the wilderness, Prepare ye the way of the LORD, make straight in the desert a highway for our God.”

²⁰ Ibid.

²¹ Isaiah 60:19, “The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee: but the LORD shall be unto thee an everlasting light, and thy God thy glory.”

²² Isaiah 60:20, “Thy sun shall no more go down; neither shall thy moon withdraw itself: for the LORD shall be thine everlasting light, and the days of thy mourning shall be ended.”

your days of mourning are finished, because in God there is no sorrow. Of course, we all have our trials, and we have to pay up karma; but behind that, underneath that, is the Light of the One Father. And in that Light there is no sorrow.

In the 20th verse, “And the sun shall no more go on...the sun shall no more go down; neither shall thy moon withdraw itself:²³” (*Sic*) That Light is never set. “...for the Lord shall be thine everlasting light, and the days of thy mourning shall be ended.” The part I didn’t read: “The sun shall be no more thy light by day, neither for brightness shall the moon give light unto thee: but the Lord shall be unto thee an everlasting light and thy God, thy glory.²⁴” That’s the real life we want. That’s the Everlasting Light spoken of in Isaiah. And that Light is perceived at the Seat of Virtue.

I have one or two other references here; 1st John, 1st and 5th Verses, 1st Chapter, 1st and 5th Verses. Here we’re speaking about the Seat of Virtue. “That which was from the beginning...²⁵” that is, that Holy Vibration is the beginning of all things which we perceive. “That which we have from the beginning, which we have heard, and which we have seen with our eyes, and which we have looked upon, and our hands have handled the Word of life.²⁶” (*Sic*) That means touch. Touch is the greatest thing. This life would be of not much value if we couldn’t touch and feel things. So its the feeling of God is the great thing. And that’s the main thing in this great Word.

Then, finally, in the 5th verse: “This then is the message which ye, we have heard of him and declare unto you, that God is light, and in him is no darkness at all.²⁷” (*Sic*) Real Light, Real Spiritual Light, and no one can shut it off, once God’s Grace gives it to you. So it’s worth practicing yoga, and it’s worth loving God.

And, finally, the last Bible reference from Hebrews. There are so many places in this should urge us not to give up, but to keep at it, everlastingly, until we reach our goal. Here is the 12th Chapter, the 1st, the 1st Verse: “...let us lay aside every

²³ Ibid.

²⁴ Op. cit. 60:19

²⁵ I John, 1:1, “That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life;” “

²⁶ Ibid.

²⁷ I John 1:5, “This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.”

weight...²⁸ Let us make meditation and the search for God first, putting aside all other things, because they don't amount to anything. So it says, "...let us lay aside every weight, and the sin which doth so easily beset us..." That means the delusion, that's all. "...and let us run with patience the race that is set before us." God is very patient with us, for we haven't listened to Him for a long time. So we should patiently do our part.

From the Bhagavad Gita²⁹, 8th Discourse, 9th and 10th Lines; this shows that in Hindu philosophy they also spoke of the Eternal Truths of God's Presence at the Seat of Virtue, of which we have been speaking. "He who thinketh upon the ancient, the omniscient, the All-ruler," the All-ruler, "minuter than the minute, the supporter of all, of form unimaginable, refulgent as the sun beyond the darkness...with unshaken mind, fixed in devotion, by the power of yoga drawing together his life-breath in the centre of the two eyebrows, he goeth to the Spirit, supreme, divine."

And so, there in one statement from Hindu philosophy we find the same Eternal Truths spoken of. "In the beginning was the Word, the Word was with God, the Word was God."³⁰

Kabir, one of the great Hindu saints, has this to say about the Seat of Virtue, at that is the Unity of Consciousness. "I and you are one blood, and one life animates us both; from one Mother is the world born, the great consciousness of God." And the one blood that animates us is His Great Life Force – His Cosmic Energy – and in that is His Love. "From one Mother is the world born; what knowledge is this that makes us separate?" Why do we feel apart? Why do we feel separated from God and with each other? That separation is a delusion, and that's the hardest thing to get away from.

And, finally, from another great saint, Nanak, Guru Nanak, which Master quoted many times. And now, he is speaking about the channel by which you can, through the Grace of God, contact the Seat of Virtue. The Great Teacher, the Guru, with those who follow his teachings, and his great truth, which he has left here on earth: "Following in the footprints of my Guru, teacher, and enlightener, did I hear the eternal song."

²⁸ Hebrews 12:1, "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,"

²⁹ The Bhagavad Gita or The Lord's Song, Translated by Dr. Annie Besant, 1939

³⁰ St. John 1:1

If you follow his teachings, if you follow the Guru, you will hear the Cosmic Sound, the “eternal song” – life’s eternal song. “Following in the footprints of my Guru did I know the Vedas” or the Holy Scriptures. That is, we read the word of God, but under the teachings of the Guru, we know the realization behind it; not just as the words. “And following in the footprints of my Guru did I remain immersed in Him,” that is in God. That’s if we can just feel our oneness with Him, then life becomes worthwhile and sorrow vanishes.

Next time we’ll go, one more, I think, about the Seat of Virtue.