

# Yoga Explained 4

## The Necessity of Yoga

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Encinitas, 1-15-59

Going on, now, with the discussion of "Yoga Explained," or rather, "The Necessity of Yoga."

Yoga is very ancient, being handed down from ages past, but the truth is the same now, as it was then. It's like behind every real religion is the same underlying truth. The truth remains the same, and the practice of yoga, which means union, will give you that truth, because throughout the ages all the saints knew yoga and practiced it. St. Paul knew of yoga; St. John; and Jesus spoke about the Spiritual Eye here [at the point between the eyebrows]. And so, it's something not new, but something that is necessary for each and every one of us to, to do – to practice yoga.

Last discussion was about the Heavenly Forces. We talked about seeing the Spiritual Light here at this point, [the Christ Center], about hearing the Cosmic Sound of Om, and about feeling the Love of the One Father. Those are Heavenly Forces, those are not material forces. And they can be discerned by yoga, without question of a doubt.

So, tonight's subject is how can we apply these things to daily life? That is, how can we apply yoga to receiving Heavenly Forces in such a way that they will be beneficial to us? If they're not beneficial to us then, of course, they are not necessary for us.

So, at the Christ Center, at this point [between the eyebrows], the Heavenly Forces can be perceived. They cannot be perceived any other place. They can be perceived there. Now, perceiving those Forces, if you can apply them to your daily living in a constructive, real way, then yoga is worthwhile. And so, when we can, through the practice of yoga, keep our attention at the Christ Center, and allow that high vibration of God's Cosmic Sound to penetrate us in a conscious way, and permeate us, we are changed. Not only are we changed, but our whole outlook of life is changed, without question of a doubt.

We had a Kriya Initiation here a Saturday – two, a Saturday night or two ago – and I know that everyone who took that initiation was changed. Why? Because the Power of the Holy Ghost comes into everybody who practices yoga, faithfully, with a great reverence to God. And so, if we can learn not to keep our attention on outward things, but here [at the Christ Center] while we are performing our outward duties, then the whole picture changes. Our whole consciousness changes, and no inharmony can long remain, if you can do that.

So, if you are having a hard time in this existence, that's what you need, and you'll get no real relief until you do find the Presence of God within at this point. And finding Him, then your life will be changed. We are not changed by outward things. "Not by works of righteousness... but by the washing and regeneration... of the Holy Ghost."<sup>1</sup> (Sic) And that's just what yoga does to you. It allows the Great Holy Vibration of God's Presence to come in through you and wash you of duality; to wash you of outward consciousness, which changes, which passes away. That's why yoga is so important.

Now, it does take effort to put your attention at this Christ Center. It is not just as easy as looking at these flowers. But by practice of right yoga, scientific yoga, you can easily, after a while, keep your attention there while performing your duties. And, in time, you can hear the Cosmic Sound, and you can feel God's Guidance in every thing you do, if you will practice yoga and make it your own. It takes time to habituate the consciousness to this Center. But when the habit is formed, it's just as easy as performing a habit which you don't care for – for instance – in this worldly existence. It becomes just as easy.

Habit is habit. Although it seems as if habit to do the things which we shouldn't do is easier, that's not so. After awhile, thank goodness, it becomes just as easy to keep your attention at the Christ Center and feel God working through you. But we have to establish it there. And once we establish it, then it becomes easier from then on. Otherwise, why, why perform yoga at all? Yoga means union – union with the Infinite Father.

Our Master has said, I used to ask him, "When am I going to get this business? When am I gonna be able to do this thing?" Because at first, it's difficult. He said, "Keep on – keep on – keep on." Lahiri Mahasaya said the same thing, one of the great saints – the end one on the pictures there [pointing to the SRF altar].

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<sup>1</sup> Titus 3:5, "Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;"

He said, "Striving, striving, striving; one day the Divine Goal."<sup>2</sup> (Sic) Striving, striving, striving; one day the Divine Goal! It is there, but you will never know until you strive. You will know you've said it, you've had to strive, but you'll also know the goal is there.

Dr. Behanan went to India on a scholarship from Yale, Yale University, to test science and bring, and give a scientific evaluation of yoga. He was sent there by Yale University and, he has written a book, which some of you have read I'm sure, A Scientific Evaluation of Yoga.<sup>3</sup> And in that he explains what he did, the different tests he made. But one or two references, which I have here, will show you that yoga is scientific, and that it does produce results.

He says on page 234 of his book, "It is difficult to refrain from the conclusion that there is a similarity between the neuromuscular condition under yogic breathing and concentration" – that's simply the techniques which Self-Realization teaches – "on the one hand, and the state of relaxation and reduced tension indicated by the above experiments on the other." Tension is terrific in this world, this worldly existence, but it cannot exist if you'll perform your yoga, and feel the Presence of God within you. There's no tension, because God is above tension.

One other reference Dr. Behanan has given: "In short we may ask whether the sum total of these practices leads to an alternation of personality, attitudes, and the manner in which we react to the ups and downs of every day life." Then he says, "I cannot refrain from putting on record a change in my own emotional life, which seems somehow to be an outgrowth of these practices. They have led to an emotional stability and balance which I do not remember having possessed prior to taking up these exercises." So there's the testimony of a scientific man.

Another testimony I have here: "I've had the privilege of watching, at close range, the daily lives of more than a half a dozen of those who practice yoga, for over a period of one year. I can testify without any reservation, that there was, that they were the highest, the happiest personalities that I have known. Their serenity was contagious, and in their presence I felt, always, that I was dealing with people who held great power in reserve. If the saying 'radiant personality' means anything, it should be applied to them." And just a few testimonies about

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2 Autobiography of a Yogi, by Paramhansa Yogananda, 1946 Original Release, Chapter 27, footnote, "One of Lahiri Mahasaya's favorite remarks, given as encouragement for his students' perseverance. A free translation is: "Striving, striving, one day behold! the Divine Goal!"

<sup>3</sup> Yoga, A Scientific Evaluation, Koor T. Behanan, NY, MacMillan, 1937

the effects of yoga, from a scientific man, who was sent to India, to find out if these things are true.

So, going on with a few more notes here; at the Spiritual Eye, as we look here, as we practice yoga, we want to get above tension and all the troubles of this worldly existence. So, as you look here [at the Christ Center] and practice, and elevate your consciousness at this point, what happens? First, the universe recedes, so to speak, passes away. Then the consciousness of the body passes away. You will not die or anything. You'll be better off if you can get rid of the aches and pains. First the consciousness of outward existence slips away. Then the consciousness of the body goes, and it is replaced by the Great Cosmic Sound of Om, and the Light at the Christ Center.

And, if you persevere, and through the Grace of God He elevates your consciousness to a higher state, then that Light will pass into His Great Love, the Great Sea of Bliss, of which we sang in our chant, "I Am the Bubble, Make Me the Sea" of Thy Presence, O Father. That's what happens, if you regularly meditate and make this your home; make this your dwelling place; not this outward existence.

Convert the body into Light. Convert the body into Light, first, by meditation. You will find that this world passes away, and bodily sensations pass away. Sound, the Cosmic Sound comes, and then that passes away, and you perceive yourself as Light. Science has shown this, science does this, by mechanical means. The yogis do it by meditation. You can listen to this; but until you sit down and do it, you will not know it. But those who meditate, regularly, know that this is so.

And so, this body was created by God. It is His Creation; from His Thought, by the Agency of Light. And science has shown that all matter dissolves into energy, finally, into light. Well the yogis do that through meditation. That's the Science of Yoga. That's one aspect of it. But it must be followed, remember, by full surrender to God. Otherwise, your Soul will not be satisfied until you feel your oneness with the Infinite Father. Feeling that, nothing else matters. So, as God has created this body from Light, we reverse the process, that's all. Reverse the process by speeding up the vibration of this gross body until it registers as the Cosmic Sound. And in that Sound is God's Great Consciousness as Light and Love.

So yoga is very scientific. This is called an “expansion of consciousness.” Everything has come from the One Consciousness of God. Everything has come from that. Everything will resolve into that. But we do not want to wait for the long process of evolution when we are made in the Image of God. As it says, “I say ye are all gods... children of the most High.”<sup>4</sup> (*Sic*) We can do that without waiting, if the Grace of God descends upon us. Having that, we will have reached the goal of life, and we’ll understand that God is all. God alone is. God is Love.

I have a few references to give you at this time. First, from the Bible, from St. John, the 3<sup>rd</sup> Chapter, 13<sup>th</sup> and 14<sup>th</sup> Verses; first: “No man... And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven.”<sup>5</sup> How out of the noumenal side, so to speak, the real Spiritual side of us, is not in this physical existence, it’s in the heavenly existence, and we have come down from that place. We were one in God’s Consciousness, one with His Light, but we have come down. And that’s what it means, “...no man has ascended.” No one can go up except that he has come down from that oneness with God. And it’s the, the problem is to elevate the Son of man, which is God’s Consciousness attached to the body, and to the nature, and to this worldly living, elevate that into the Son of God’s Consciousness.

And in the next verse it says: “...as Moses lifted up the serpent in the wilderness, so, even so must the Son of man be lifted up:”<sup>6</sup> (*Sic*) How? By yoga – by the practice of yoga – especially Kriya Yoga. The “Son of man” is the Soul attached to the body. When, through yoga, we arouse within us the sleeping Presence of God at the base of the spine, it will stimulate the chakras of our spine, the Centers, so that we can perceive the Son of God in the higher regions; especially in the Supreme Center of the brain: as the Son of man, as the Son of God. “...as Moses lifted up the serpent in the wilderness...” That’s the serpent power which is in each and every one of us.

And so, yoga is very essential. If you really want to go into it and make it your own, the goal and the reward is there. All things, remember, have come from the Heavenly Forces. Our bodies are not this gross consciousness. Behind this gross consciousness is the Great Light of God, the Heavenly Power of His Presence.

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<sup>4</sup> Psalm 82:6, “I have said, Ye are gods; and all of you are children of the most High.”

<sup>5</sup> St. John 3:13, “And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven.”

<sup>6</sup> St. John 3:14, “And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:”

That's what we have to know. We can know it, too, because we have that power, being made in His Image.

Another reference from the Bible; Acts, Acts the 8<sup>th</sup> Chapter [the correct Chapter is 7<sup>th</sup>], 48<sup>th</sup> to the 50<sup>th</sup> Verses; this points out how all things come from God. And this is a great argument, or a great incentive to practice yoga, for it says: "Howbeit the most High dwelleth not in the temples made by hand..." (Sic) Not in things made in duality of consciousness. "Heaven is my throne, and the earth is my footstool: what house will ye build (sic)? saith the Lord: or what is the place of my rest?"<sup>8</sup> "Hath not my hand made all these things?"<sup>9</sup> So, the place of rest is in God's Consciousness. He has made all things. Everything comes from Him. As Jesus said, "My kingdom is not of this world..."<sup>10</sup> It is of the heavenly world, Heavenly Consciousness.

I've one or two other references in the Bible, but I'll, I'll, I gave you those the last time we had this lecture, quite some time ago, but there's one in the Bhagavad Gita I'd like to give, in the 11<sup>th</sup> Discourse, at this time, the 9<sup>th</sup> Line: "Having thus spoken, O King, the great Lord of Yoga, Hari" which is God, "Hari" means God in Sanskrit, "showed to Arjuna His supreme Form as Lord."<sup>11</sup> (Sic) His name is Ishwara, Ishwara in the Hindu Scriptures.

Then it goes on: "If the splendor of a thousand suns were to blaze out together in the sky, that might resemble the glory of that Mahatma."<sup>12</sup> God is Light. God is Cosmic Energy, and that Cosmic Energy is the source of all things. From that all things have come.

Then going on to the 17<sup>th</sup> Line, we read as follows:

"Shining, a mass of splendor everywhere,  
With discus, mace, tiara, I behold:  
Blazing as fire, as sun dazzling the gaze,  
From all sides in the sky, immeasurable."

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<sup>7</sup> Acts 7:48, "Howbeit the most High dwelleth not in temples made with hands; as saith the prophet,"

<sup>8</sup> Acts 7:49, "Heaven is my throne, and earth is my footstool: what house will ye build me? Saith the Lord: or what is the place of my rest?"

<sup>9</sup> Acts 7:50

<sup>10</sup> St. John 18:36, Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence."

<sup>11</sup> The Bhagavad Gita or The Lord's Song, Translated by Dr. Annie Besant, 1939, 11<sup>th</sup> Discourse, 9<sup>th</sup> Line, "Having thus spoken, O King, the great Lord of Yoga, Hari, showed to Pārtha His supreme Form as Lord."

<sup>12</sup> Ibid, 12<sup>th</sup> Line

And the 20<sup>th</sup> Line:

“By Thee alone are filled the earth, the heavens,  
And all regions that are stretched between;  
The triple worlds sink down, O mighty One,  
Before thine awful manifested form.”

And the One Blazing Light of God spread throughout eternity by the manipulation of that Light. That’s the miracle which God has performed in creating all things, and you and me.

I have a reference from Guru Nanak; he was a great guru of medieval times in India. He has this to say, which we might apply to our study this evening, as follows. He was speaking about the Spiritual Eye. That’s the “door” spoken of in many religions. “That door – what is it like?” he says, “And what like that home? sitting where he looketh after all.” So, if you want to be safe and secure, know that Home of Light, your Cosmic Home, of which Nanak speaks. “That door – what is it like?” Well, it’s the Spiritual Eye, which many of you have seen. “...and what like that home?” That is the Great Cosmic Light spread, spread all over: “sitting where he looketh after all.” Master said, “I go to wait for you in that cosmic home where there’ll be no restrictions, conditions to our existence.” That’s where, he means, in the Cosmic Home of Light. “There blow numerous conch shells in countless strains, and O, how many minstrels.” You cannot exhaust the music of the Great Cosmic Home of Light where God’s Presence takes care of us all.

And one other from Nanak: “This is the way” – this is the way, the way of yoga – “these are the steps to honor.” There is no honor in this world. Look about you. Do you want any of it? There’s no security in it. But in the Great Consciousness of God there’s honor, there’s security. “This is the way; these are the steps to honor; Mount, thou shalt be one with the One.” Yoga is very essential to each and every one of us.

And finally, from Kabir, a reference, which is very satisfying and consoling. Here we read: “We shall not die...” You will die if you do not practice yoga and find God, but if you do, “we shall not die though all creation die. We have found one that quickens.” So the saints knew; they weren’t fooled, these great saints of old.

Next time we go on with our discussion of yoga.