

Peace in Troubled Times

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Hollywood, 10-2-55

The subject this morning: "Peace in Troubled Times."

Peace in troubled times. Coming up this morning when we got off the train the young man who drove the car, it wasn't Joseph we have a new man now, I have to get that name, and ah, he says with his youthfulness, "Hi, how are you this morning?" That's when I usually say "fine," but I didn't I said, "not so good," because I wasn't so good. But if I had let that mood go on, I could have done a wonderful job on everybody I met, and whomever I was mad at. But then I changed it said, "I'm fine."

So this peace has to be understood, and in discussing this subject let us first discuss peace, and then troubled times, and then try and consummate the two factors, reconcile the two factors. And it can be done. So don't get discouraged now. Let us first discuss peace.

Now there are two kinds of peace – mainly two kinds of peace. When the Master first came, I remember he was talking to me once, and he talked about the great Swami Ram. He used to sit on his little stool, about that high from the floor, and he used to say, "Peace like a river flows through me. Bliss like a river flows through me." Swami Ram, he meant the Cosmic Peace of God, Bliss, flows through me. He doesn't mean ordinary peace of mind. And so first let us say a few words about peace of mind.

Peace of mind is just what it says – peace of mind. Why do we not have peace of mind? We do not have peace of mind because our nervous system, the nerves of our nervous system, are irritated, sometimes burned out, and they keep poking us, causing restlessness of our thoughts, uncontrolled thought processes, keep at us, keep us worried. And then they in turn, cause paroxysms of emotion, which further upset us. And even, as you know I'm sure, that certain poisons are emptied into the bloodstream by fits of anger and such things.

And so this goes on. And even death can ensue from these paroxysms of emotion. And this goes on, why? Now remember, you have no peace of mind because of uncontrolled thought processes. Remember that. So just like I came up this morning in the train, if I hadn't known what was going on, so to speak, and hadn't checked with it, it would have got snowballing, rolling, and there would have been a fine time going on by my uncontrolled thought processes. Remember that, if you have no peace of mind, it is because you have not controlled your thought processes. They are controlling you.

Now a little while ago there was a job being done, and I kind of had to look after it, and I went there. I used to go every morning to see if the workmen, and one fellow, he was painting. And so I'd go, and this morning I came. And he's pacing about two feet long, and I said, "John," we called him John, "How are ya?" He says – he looked at me with a

long face – he says, "I don't want to say. I don't want to say it." So I got out of there fast, because I knew I wouldn't have any peace of mind if I got in that state. Peace of mind, remember, ordinary peace of mind, is a negative state; a negative state due to uncontrolled thought processes.

Now, how are we going to overcome that, and what is the result? We can overcome it by living life according to the laws of health – mental and physical health – and practicing self-control. Now Self-Realization, with its different techniques, especially the techniques of...the highest technique of concentration, will enable you to control the uncontrolled thought processes and give you self-control. What is the result? Now this is the point to remember. Remember, we are talking about peace of mind, not Cosmic Peace. What is the result of the practice of self-control? Freedom from the turmoil of uncontrolled thought processes. That's all – and that's something.

And so, when you hear about peace of mind, don't think that's the end. It's a great step, because when you are free from an uncontrolled mind, you get a great relief, do you not? So remember, ordinary peace of mind, a negative state of peace, is freedom, freedom from uncontrolled thought processes, the turmoil of that. And you know, I'm sure, we all know, having been in it – the turmoil of uncontrolled thought processes – that ordinary peace of mind is due to the control through the intellect of an emotional condition within you. And when you have controlled it, you have ordinary peace of mind. But when you have that, you will not, you will not be satisfied, because even though you have peace of mind, there'll be within you another turmoil, because you have not been able to satisfy these important questions that go on within you: Where am I going? What am I doing? Why am I here? Why is this turmoil in the world? Why is this unrest? Why are these paroxysms, paradoxes going on? Those cannot be settled by ordinary peace of mind, the negative state, but can only be settled by the positive state of peace, Cosmic Peace within you. Now remember that. Don't be sidetracked and be satisfied with just peace of mind. That is not...you must have peace of what? Peace of the Soul – Cosmic Peace.

Now that Cosmic Peace is the positive aspect of peace. Cosmic Peace is an aspect of God, just like Love, Calmness, the Cosmic Sound that you hear, the Cosmic Light which you perceive, the Cosmic Love in your heart. That's positive. Having that, then you have real peace – not the negative state – the positive state of Cosmic Peace. So it is important to realize those two states, otherwise, you will stop before you know the Real Peace.

It is such a relief, those of you who have been through it. It is such a relief to be free from that turmoil. You say, "Oh my, sure it is," but it isn't, because the Soul says, "I'm not satisfied yet, and I will not be satisfied until I return home to Cosmic Consciousness, to God the Father, of whom I am a part. I won't be satisfied until I do that, because God is Peace, Cosmic Peace, because God is Love and Calmness." As the Master used to say, "There are nine aspects of God. Cosmic Peace is one of those aspects."

Now let us go on just a bit to troubled times - troubled times. And we have them right with us – now – troubled times. The world is full of it. Now, remember these words. In

the Bible, "Render unto Caesar the things that are Caesar's, but unto God the things that are God's."

Now, why do we have troubled times? Because people are following the things of Caesar, that's all. When I say the things of Caesar, I mean, they are following outward consciousness and its reward. They're following those worldly things. That's the trouble, that's all the trouble in the world. They're following the things of Caesar. And when they turn from the things of Caesar and want to know the things of God, then this place will be more livable, and we will not have these troubled times.

The Gita says the same thing. The Gita says all people are engrossed in the things of Caesar. Only it says it this way, "All men walk the earth deluded." How many know God within? How many know Cosmic Peace? No. They've taken after with the things of Caesar, and the turmoil goes on. That's why we have troubled times. The Gita says all men walk the world, the earth, deluded. But it doesn't stop there. It says, Lord Krishna says, "Get out of my Maya," get out of that delusion. Get out of the things of Caesar. Get into the things of God.

And as this applies to every human being, it applies to nations. Nations! Nations are taken up with what – things of God? You all laugh. They're taken up with worldly things – things of Caesar. Even President Eisenhower says that this state of, this condition has reached such a state that the politicians, and the rulers of different nations, and the leaders, cannot cope with it. He says we need something more. Yes. They need God. Isn't that wonderful? That's what they need. That's [what] we need in these troubled times.

Some few days ago there was a gentleman visiting in Encinitas. In talking to him I asked him a few questions about himself, and he said, "You know," he said, "I was an alcoholic." But he said, "One morning I awakened, and I realized I needed one thing - God." And he said, "From that moment on I have not been bothered with alcohol." That's what we need in these troubled times - that one thing - God. Then we will know Cosmic Peace.

And remember this, this thing; that peace will not come to this troubled world through regimentation of people, or government, but only when the hearts of men are changed by God contact. Isn't that wonderful? When the hearts of men are changed by God contact, then you'll feel the Universality of God and all of His creatures. Then you'll have peace on earth – and not until. But we will not have a change in the duality of consciousness. That will go on, but you'll be lifted up out of into the One Consciousness of God. Remember that. When the hearts of men are changed, then peace will come. Not until. When the hearts of men are changed – when we contact that Cosmic Peace within us, the Presence of God.

Now in our own time here we see that nature's forces plus man's intelligence – has made this civilization wonderful in one aspect. We have more ease, and lots of false freedom. And now it's push buttons. Sit down, sit there, and push a few buttons. Do nothing. I

remember about this radio business. Once in high school when I started it, we had to make our own sets, we had to make the coil. It was some work. But now you can sit there and push the button, scream or look, whatever you like. So in spite of the advance in civilization, which is good, but in spite of that, what has happened? The delusion is increasing, is it not? There's no stability to man's consciousness. Read the papers. Look at the young people. Are they a stable consciousness? No, because they've taken up with the things of Caesar. And so, in spite of this advance in civilization giving us more ease and freedom, there's less stability of consciousness.

People are more restless – and why, because they have forgotten the Giver, and have been taken up with His gifts. They're taken up with the things of Caesar, the gifts of God rather than God Himself. And that one thing, if you'll just remember that one thing this morning, that those who do not feel the Cosmic Peace, the Cosmic Peace of God, do not feel it because they have not made up with the Giver. They've been taken up with His gifts. God wants us to enjoy His gifts. Why couldn't we have this ease and freedom? Work four hours a day. Wonderful. I'd like it. Wouldn't you? But I will not ever give up God to have that. But if we have God, then we can have these things, and really live as children of God.

And so, let us realize that. That in this advanced civilization due to man's intelligence, and nature's laws being exploited – which is all right – the delusion, instead of lessening, is increasing. And the bad get in deeper, and cancer more engulfed. Isn't that so? Look about you and see those people who are in it. A few years ago, the young people had a different attitude towards their parents, and people had a different attitude towards their jobs. There was a dignity between – not in all cases – but between employer and employee. Where is it now? How much is there in it for me? Not even giving good work. That is not right. Why? Because people are taken up with God's gifts and have forgotten Him. They've forgotten the Giver. They are engrossed, engulfed in His gifts. "Render unto Caesar the things that are Caesar's," but in the meantime, don't forget God. Don't forget God. If we do that, we will have not just a negative state of peace. Freedom from turmoil – that's wonderful – but we have the positive things, oneness with God's Great Love, His Power and His Peace.

Now going on just a bit – man could enjoy all of these things that I have spoken of, with increase of ease and peace, if he remembered one thing. And that is, that the Soul will never be satisfied until it returns to God from whence it has come. Because God is Cosmic Peace and God is Love. We could have everything. All advances, as we have now without, without the passing up of forgetting God. We could have all that, if we'd remember that one thing. That no matter how much of Caesar's things we receive, we will never be satisfied until our Soul feels its oneness with God, feels that Cosmic Peace which is God. Let us just remember that one thing this morning, and we can have everything.

God doesn't want us to get down and do without all things. That is not necessary. But He does insist we remember Him. That's all. If you remember God and make a million dollars, fine, because God knows you'll use it rightly. And not everybody can make a

million. I'd hate to try it. Some people have the knack, I haven't. But I don't care long as I have God here with me, as the Master has pointed the way.

So let us realize that's the thing, that the Soul will never be satisfied with just ordinary peace of mind, which comes from controlled thought processes. We will never be satisfied until we know once more the Touch of God. That's why you look at all the saints. See their faces. They have Cosmic Peace. Not just peace of mind. They're not sitting there calm. They have a positive thing. They have a glow about them, which is the Presence of God in them. That's what we need in these troubled times - God's Presence – companionship with God. And you can have it through Self-Realization, because the great Master, who gave us Self-Realization, had it. Having it, he can tell you, he can tell me, how to attain it. Cosmic Peace is God's Presence in you, in me. We must have that in these troubled times.

Now going on just a bit – another point that I have here is Peace, Lasting Peace, which is God's Eternal Consciousness. You see the difference between peace of mind? Peace of mind, which we emphasize so much in when I read books, peace of mind, peace of mind, this and that. That's all right. It doesn't go far enough. We can have real peace by looking within and contacting the Giver of all things, God Himself. Then, being one with Him as He is Peace, as He is Joy, as He is Love, we have that. We'd be satisfied. The Soul will be satisfied.

Now this is pointed out in all our scriptures. All the saints say the same thing. Seek God Alone. Now in our own scriptures, which I'll quote at this time, we have it pointed out most beautifully in Isaiah. Isaiah, the 26th Chapter, 3rd Verse, and this is what we read, "Thou wilt keep him in perfect peace whose mind is stayed in Thee, because he trusteth in Thee."

Now the key to Cosmic Peace is that the mind must be stayed in God; must be firmly fixed in God; cannot be dislodged. Having that, won't depress God. Will there be any need of restlessness within you, if you know God is with you? You will know it when you become fully fixed in Him. This is the last point, a very important point. "He," as it says, "whose mind is stayed in Thee." He has "perfect peace."

And remember, now this "staying" thing. That's the important thing. How does that come? That's very important; a very important point. This comes only, only through full surrender to God. And that's very important. No mental reservations will go, because God knows your thoughts, too. You can't say, "Father, I fully surrender to you, but let this problem with me." It won't work that way. There must be full surrender to God. Full surrender to God, like the man I told you who was addicted to alcohol. He reached the point where he fully surrendered to God. He awakened in the morning, realizing he needed only one thing - God Alone – and he could get it only by full surrender. Now that's very important. This is not just an imaginative thing. This is absolutely scientific, as I will try to point out.

I was reading in a magazine about this Billy Graham – does lots of good. He says, "I read the Bible, and I feel the Power of God. I don't do a thing," he says. 'Course he doesn't, God does, but he gets in tune with God by full surrender to God. And I must say this, I think Self-Realization goes a step farther, because it gives you the ways and the means to contact God and fully surrender to Him. You understand? Brother Graham is doing a wonderful work. He knows where his power comes from. Not from him, but from God alone.

And so in Self-Realization, if you follow the techniques of Self-Realization, you will know that same power, and the fact that you'll be given the ways and the means to contact God. Isn't that a little better? I think it is. So realize that you will not be fully stayed in God – that means fully one with Him – until you have fully surrendered to God. Remember, reservations cannot stay, because they interfere with the flow of God's Omniscient Power through you. Where there is any restlessness, and that's what mental reservation too, because the mind'll be a little restless. God's power cannot flow through you like it does through Billy Graham, because, if there's restlessness there, His Power cannot flow. The instrument must be perfect. As the Master used to say, "Get the dross out of your heart. The heart must be pure gold. Then God's power can flow."

And so, we want this Cosmic Peace in troubled times. We have to be fully merged in God; "stayed in Him;" how, by full surrender. Now the old idea of the evangelist, when I was a boy, was to lug me down there, ya know, and stomp around, "let's go see." They were trying to get that full surrender. Surrender your heart to God. It's just easy – nice and hard. How to do it? They're right. The theory is right. Self-Realization will give you the technique whereby you can absolutely meet God face to face. Not in a theoretical way. You can reach Him as the Great Cosmic Vibration with His aspect of Cosmic Sound, and His aspect of Cosmic Light. And when you see that, you'll surrender to it, don't worry. That's the greatest thing.

Now Self-Realization gives us the technique whereby we can come into the Presence of God as the Word, the Holy Vibration, which is God, according to St. John, the 1st Chapter, the 1st Verse, "In the beginning was the word, the word was with God, the word was God." Now Self-Realization will take you into that Word by its highest technique of meditation, and take you into the Presence of God as the Holy Sound. It's the Cosmic Sound, the Cosmic Light; greatest of all, Cosmic Peace in your heart. That's what we must have. If we are to have real peace in these troubled times, we must have that God contact. We must be completely stayed in God. How can you be stayed in God if you have any mental reservation? How can you be stayed in God unless you fully surrender to Him? That's the greatest thing.

Now I can see way back when I was a boy, a neighbor trying to get me to do this and that – I didn't know why. Now I understand why. It's absolutely scientific. Full surrender to God is absolutely scientific. It's not an emotional, religious thing. Some people carry it that way because when emotion gets going out, then they begin to jump around. Jump up and down. You turn it in, it becomes devotion. Then you can fully surrender to God – quietly within.

Now full surrender to God is so necessary for peace, Cosmic Peace in troubled times is absolutely scientific. I want to just give you a few words from our great Master, Lahiri Mahasaya. And this has been proved, as I will point out. Lahiri Mahasaya says as follows, "In the electro, electro nervous, respiratory pause..." which is simply peace of mind that comes and you stop all this restlessness. Now, he says, in this state, in this state, there should come also, think how wonderful this is, "there should come also, a perfect state of self-surrender to God." Isn't that wonderful?

It's when that, as you feel now, that peace of mind which you feel, when that comes, that's the time when you must surrender fully to God, if you're to have the real positive Cosmic Peace. Now what does this do, if you fully surrender to God? He goes on to say, "If we do this, complete surrender to the infinite, creates a change in our entire bodily system, and being both physiologically and psychologically, giving us," as he says, "complete calmness throughout the whole being and allowing the peace of the soul," Cosmic Peace, "to come."

Now you see it's absolutely scientific. When you reach that state in meditation of peace of mind, which you surely will, if you perform the techniques of Self-Realization, you will find the path to God to rest, "that's the time I see Him best." When you reach that state, then you have to do something else. Not just being satisfied with the well being and peace of mind, then you have to surrender fully to God. The...His Cosmic Peace - then you're "stayed in Him." Then Cosmic Peace is yours. Self-Realization gives us that technique to contact God. When you reach that state of peace of mind, and then you do this highest technique of meditation, known as the Om Technique, it will take you into the Light of God - you will see it. How easy it will be to surrender to God then. That's why Self-Realization is so wonderful. It's absolutely scientific. And those who follow with humbleness in their heart will, without question of a doubt, receive God.

Remember this is an absolute scientific thing, for surrender to God is not a childish thing. I used to feel it was. When my folks would come home from... they used to go to Pentecostal Church once in a while. There the members get real excited, and I used to feel it was sad. Well, now I know what was happening. They weren't so bad off. The emotion went out and the muscles began to move around, that's all. But we can, in Self-Realization keep quiet. Find God inside. And that's what was going on. They were trying to surrender to God.

It is an absolute scientific thing because Yale University sent Dr. Behanan to India several years ago, and he conducted scientific tests, metabolism tests and all those you can tests they can take to see if you are alive, and various other, many other things. You forget about that. They did scientific tests to see if this yoga business was scientific, and they found out that absolutely it was. And as Dr. Behanan said the very same thing that Lahiri Mahasaya said. That when perfect relaxation comes, there's a corresponding effect on the physiology of each one, and psychology of us, and full relaxation comes by full surrender to God. Don't forget that. That's the greatest thing.

And so they sent Dr. Behanan to India. He performed his tests, and he wrote a book, Yoga, A Scientific Evaluation. There you can read all about it and you will find that those yogans as he said, "I found them different from other people. I found they had something which other people do not have. "What do they have?" They have the Cosmic Peace of God, because they didn't stop at yoga. They went further, completely surrendered to God. There's nothing to it. It isn't hard even. But it's much easier if you see God right in front of you as the Cosmic Light, the Cosmic Sound, the Cosmic Peace. Isn't that so?

Can't you follow me as I'm standing up here talking to you? If I'm around outside somewhere, you couldn't know, would you? Self-Realization takes you into the Presence of God. It's God in front of you. Just get that much. You won't have any trouble completely surrendering to Him. Then you'll have peace in troubled times.

And so in conclusion, once more with you I have to give you the key, key to peace in troubled times. Know God. Know Him. Make friends with Him. Remember the Master said, "He wants us more than we want Him. " Take the Master at his word, but you have to get into His Presence. How can you tell God? You must get in His Presence to get that opportunity to fully surrender to God. Then you can pray through His Presence. Then you will be completely stayed in Him.

And so in conclusion we read in Romans, 14th Chapter, 17th Verse, this is the key to the whole situation. We read as follows, "For the kingdom of God is not meat and drink," not things of Caesar, "but righteousness and peace." Righteousness and Peace and Joy in the Holy Ghost. That's the key. Not things of outward consciousness. But it is Joy and Peace, which you feel, which I feel when we know the Holy Ghost. Now to want Cosmic Peace, if you want to do your part to bring peace in this troubled world, know first, be one with the Holy Ghost, be stayed in God. If we do that, and we have the technique in Self-Realization, if we do that, see the Light in the forehead, merge in it, we'll all have Cosmic Peace.

How that will contribute to the peace in the world. You know the Master used to say, "One moon gives more light than all the stars." Be a moon for God's Light to shine through. Know of His Love. As we read in St. John, 1st John, 4th Chapter, 18th Verse, "Perfect love casteth out all fear." God is Love. God is Love. That's an aspect of God. And when, through the techniques of Self-Realization, you see him as the Holy Vibration, the Holy Ghost, and merge in it – be one with it – then your little consciousness will be superseded by the Great Spiritual Presence of God. Then you have become that "Love which casteth out all fear." Have that. Merge in that. Be one with that. Know God. You will have perfect peace even in these troubled times.