

Yoga Explained 5

Yoga Makes the Heavenly Forces Visible

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Going on now this evening, we'll hurry along a little bit; we sang a little extra amount, so to speak; but it was good, wasn't it? I enjoyed it, and I know that you all felt the Presence of Master with us. And if we feel the Presence of God in this channel, nothing else matters then, because, if we do not have that, we have nothing.

So, going on tonight with "Yoga Explained," the Series, which we have been repeating, because so many people wanted it that way; tonight we are taking up, the fact that "Yoga Makes the Heavenly Forces Visible."

Yoga means union – union with the Infinite Father within. By yoga, by the Science of Yoga, you utilize the Power of the Soul, or Intuition, within you, and thereby you see Forces and things, which you cannot see with the ordinary eyes, the ordinary vision. But by yoga, you bring into play the Powers of the Soul, or the Soul's Intuition, and you can see into the Land of the Fourth Dimension, as our Master used to speak of. You can see through the Sixth Sense, which is the Power of the Intuition of the Soul. Through the Single Eye, of which Jesus spoke, is not visible by these two eyes, but when you focus them at this point [gesturing toward the Christ Center], and singalize the eye, so to speak; then, by the Power of Intuition, you can see these Finer Forces, and the Light of the Spiritual Eye, the Force of Heaven. The vibration is higher than our eyes record, but the Intuition records it easily, if you remove the obstructions – like the restlessness of the mind. And so, "Yoga Makes the Heavenly Forces..." – that is, of the Astral or Spiritual realm – "Visible." And the kingdom¹, of which Jesus spoke, becomes visible – becomes dynamic to your consciousness.

Now Heaven; what is Heaven, and where is it? Heaven is the region of Finer Forces. The angels spoken of, who dwell in Heaven, are those rays of Spiritual Light of God, but in that Light, in those Rays of Light, is God's Great Omniscient Consciousness. So that, the Light is not just a, just a simple ray without anything behind it, God's Intelligence is behind it. Our digestion goes on, and the various

¹ Luke 17:21, "Neither shall they say, See here! or, see there! for, behold, the kingdom of God is within you."

functions of the body, they go on by these Rays of Light. We do not see them, we're not conscious of them, ordinarily, unless there's some obstruction to those functions. But they go on just the same, and those Great Rays of Light, which are throughout each and every one of us, because of God's Intelligence in those rays, the functions go on normally, and harmoniously. And so, these functions of Spiritual Force, or rather, these rays which cause the functions to operate harmoniously, are parts of Heaven, or rays of Spiritual Force within each and every one of us.

We cannot see these Forces, as I have said, with the two eyes, because the vibration is too high – the Spiritual vibration is too high. But those who meditate, and shut out the lower, gross vibrations, they will easily... well, I won't say easily... they will see them, by-and-by; just as you look out now, and see with these two eyes. And so, that, the Light at the Spiritual Eye, which led the children of Israel – it's always there, always has been there – but we've been apart from it. But by yoga, you can reclaim your Powers of Intuition, and know the Realm of Heaven, or the Force, the Region of Finer Forces.

Now, what prevents us from seeing those Forces? Vibrations of the mind; karma, karmic vibrations, which are of a grosser nature than the Rays of Heaven, or the Heavenly Forces. When you still the vibrations of the mind, the gross vibrations, and when you speed up the vibrations of your mind, through meditation, and being one with the Great Word of God; then, you can easily vibrate in tune with those Heavenly Forces. But you cannot do it with these eyes, or with these outward faculties of senses, mind, and intellect. But when, through meditation, just being in the Presence of God – “Not by works of righteousness... are we saved, but by the washing and regeneration of the Holy Vibration or the Holy Ghost;”² (*Sic*) – by being in that regularly, day-in and day-out. When you think you're not progressing, you are progressing. You are being changed. And soon, you will see the Light of Heaven coming at the Spiritual Eye.

And, if you persevere, and merge more and more, and thereby being washed and regenerated; then, that will be with you always.³ Those who meditate will attest to this. If you don't meditate, I can talk for two or three years, won't do any good. Meditate, and you will find out yourself.

² 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;”

³ Comment from Brenda Lewis transcript: [*Dr. Lewis said that once Master showed him the Spiritual Eye it never left him*].

So remember, that the vibration of ordinary mind is too gross to register the Spiritual vibrations of Heaven. But, when you speed up the vibrations of your mind – speed it up by meditation and being one with God – then they will register those vibrations.

The Bible says this: “...unless a man be born again... he cannot enter the kingdom of Heaven.”⁴ (*Sic*) That is, unless he is born again into Subtle or Spiritual Higher Vibrations, he cannot register God’s Pure Love; his vibration is too gross. But by being born again, then we can know the kingdom of which Jesus spoke, and we are born again, by Yoga Science. Yoga means union – union with the Spiritual Forces within us.

And so, this is another birth, which is not physical – the birth of the Spiritual Consciousness – and in this birth, we realize the Spiritual part of us – not the physical part – the Spiritual part of us. We realize that, and, therefore, we can realize the Heavenly Forces within.

And so, remember one thing. We consider ourselves practical people. When you meditate regularly, and do your Kriya Yoga – those of you who have that Kriya Yoga – what happens? You increase the vibratory rate of all the cells of your body – including the cells which function through the nervous system. They speed up. And speeding up, they will register the Heavenly Forces within. Yoga does that. That’s why Master always said, “Finding God is the science of all sciences.”

Yoga is the science of all sciences. Yoga burns out the old grooves of bad habits in the brain – habits which keep us tied to this worldly consciousness. Kriya Yoga will absolutely burn those out, because the vibration will bring in the higher vibration of Spiritual Consciousness, and they cannot stay. Yoga changes people. The whole being is changed by the practice of yoga, because, as I have said, it speeds up your vibration so that you feel God in you. You cannot feel Him in you with outward physical consciousness. You can feel His Manifestation; you can see that flower; but can you see the Light beyond the flower? Can you feel the Love which exudes from that flower? Yes, you can, in the calmness within. So yoga is a great thing. Yoga means union.

⁴ St. John 3:5, “Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.”

So, going on just a little bit; having been born into Spiritual Consciousness, every day, start the day right. When you wake up is the best time to begin your contact with God, because you are fresh from coming over from being with Him; even though it was in an unconscious way. Start it right then. Sit up in bed, or, if you can do the, the other postures, yoga postures – do them. Sit up, and make the contact with God. That's the easiest time. It won't be long before the thoughts will come in, and the worries, and cares of the day come, and the first thing, you'll be in a mess, with vibrations of thoughts, and all sorts of things. But for a little while there – in the Presence of God – make the contact, just as you wake up. It's awful easy, you know, to turn over and sleep a little more. Then, finally, out you go and start getting busy. No! Make the contact with God – then – that's the easiest time, that time. And in, in the evening, or the night, when you're through with the day's work, and you're somewhat relaxed, and free from that, then dive very deep into the Presence of God.

Now, I'll just say that much for tonight, and perhaps, review a little next time, because our time got away from us a little bit.

I have a few references to give you to substantiate the things which I have said. And first, from Revelation, first from Revelation, the 2nd Chapter, excuse me, 14th Chapter, 2nd Verse. Now, remember we have been speaking about the Heavenly Forces, Finer Forces, that's all. We see the gross vibration of this body, but what goes on within us? Passing right through here are x-rays, and all sorts of things. We do not see it. Certain definitely-tuned machines will pick those things up. And so, if we tune our machine to the higher vibration of Spirit, then we will record those Heavenly Forces, and not be tied to this gross vibration of physical existence, with all its trouble and limitation.

And so, in Revelation, the 14th Chapter the 2nd Verse: "And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps:" Revelation is full of all these testimonies of Heavenly Forces. This is just one small reference. "...I heard the voice from heaven, as the voice of many waters..." is the Cosmic Sound of Om. And that is within each and every one of us. And those who can tune in with that will be tuning in with the Heavenly Forces, because the Om vibration is not an ordinary Force heard by physical ears. It is heard through the Intuition of the Soul.

And then it says, "...the voice of a great thunder..." Sometimes, it comes with a great thunderous noise. Sometimes, it comes as a modification of that "voice of

many waters,” as the different chakra sounds in the spine. And that’s what is meant here when it says, “...I heard the voice of harpers harping with their harps:” The musical sounds of the chakras of the spine – some sound like harps.

And so, there you have one testimony of Heavenly Forces, and that’s the Sound, “...sound of many waters...” Remember the Great Cosmic Sound of Om has three main manifestations: the Sound, and the Light, and greatest of all, the manifestation as Feeling, which is God’s Love.

Now another, reference in Acts; Acts the 26th Chapter, Acts the 26th Chapter, 13th Verse, we read as follows: “At midday, O king, I saw in the way a light from heaven, above the brightness of the sun...”⁵ That doesn’t mean that the light is so bright that the sun fades – or rather I won’t say that – that it obscures the sun. No, it replaces sunlight, so that you do not register the sun. You register the Sun of Heaven. And sometimes, that will come. That’s what led, the Light which led the children of Israel, of which I have spoken. “At midday, O king, I saw in the way a light from heaven, above the brightness of the sun, shining around about me and them which journeyed with me.” The Light is always there. We do not always see it, but just when our karma is right, or the mind is still in the calmness within, you will see around you the Light of Heaven, at times.

And third, the reference from the Bible from 1st John, 1st John, 1st Chapter, 47th Line, and the 51st Line. And this has to do with perhaps, one of the greatest requirements of seeing the Astral Forces and feeling their presence – is humbleness, lack of ego, without guile, guilelessness, meekness. And to really succeed in yoga, you must be real humble; because with outward activity and the ego running here and yonder, the Intuition will not be perceived, because Intuition is far above ego consciousness.

So here we read: And Jesus said, “Jesus saw Nathanael coming to him and saith, Behold an Israelite indeed, in whom is no guile!”⁶ (Sic) And then, in the 51st verse, “...verily, I say unto you...” that is because he was without guile, “...verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man.”⁷ (Sic) “Son of man” is

⁵ Acts 26:13, “At midday, O king, I saw in the way a light from heaven, above the brightness of the sun, shining round about me and them which journeyed with me.”

⁶ I John 1:47, “Jesus saw Nathanael coming to him, and saith of him, Behold an Israelite indeed, in whom is no guile!”

⁷ I John 1:51, “And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man.” Comment from Brenda Lewis’

worldly consciousness, ego consciousness; and when guilelessness, guilelessness comes in – meekness, humbleness before God – then, the gross vibration is superseded by the Finer, more Spiritual vibration of God’s Presence with us. Then we can see the Rays of Heaven.

Now, from the Autobiography⁸ one reference on page 152, those of you who like to read it a little more carefully; Master has this to say about the practice of yoga: “By daily stilling my thoughts, I could win release from the delusive conviction that my body was a mass of flesh and bones, traversing the hard soil of matter. The breath and restless mind...” those of you who practice yoga techniques find the breath slows down, and the restlessness of the mind begins to diminish. And so, the Master says, “The breath and the restlessness of the mind, I saw, are like storms that lash the ocean of light into waves of material forms – earth, sky, human beings, animals, birds, trees.”⁹ Everything is a mass of Light; science attests to this. Matter resolves into energy, finally, into light, and all things are a mass of light, differentiated rays of light.

Then he says, “No perception of the Infinite as One Light can be had except by calming those storms.” “As often as I quieted the two natural tumults, I beheld the multitudinous waves of creation melt into the one lucent sea;” one great sea of Light all about, “even as the waves of the ocean, when a tempest subsides, serenely dissolve into unity.” So, when this tempest of this bodily existence subsides in the Great Ocean of God’s Light, we melt – but not in imagination – in actuality.

And so, yoga takes us into the Presence of God. Two things to remember: yoga can take you into the Presence of God, without question; but it takes the Grace of God to take you to Him, and unite your consciousness with His.

Remember that. Yoga will take you to the Presence of God. Many have attested to that. The Presence of God is the Word, the Holy Vibration. There’s the Light, and Sound, and the Great Love of the Infinite. Yoga will take you there. But, the Grace of God has to finish it, and take you into oneness with Him. Let us never forget that. That’s why all the saints are so humble: God alone. They know they can’t do a thing about it unless God’s Grace comes.

transcript: *(Dr. Lewis had this experience by going through the Spiritual Eye and seeing angels coming and going)*

⁸ Autobiography of a Yogi, by Paramhansa Yogananda, 1951 Release

⁹ Chapter 14, Page 152,

The great Nanak of India, Guru Nanak, has this to say: "Liberation from the bondage cometh by Thy will alone. No one can say anything else." Ask any of the great saints – God alone is the One. "He on whom the boon of His praise He bestoweth, is, O Nanak, the king of kings." His praise means His Grace. He was one of the greatest saints India has had.

And finally, Kabir, another great saint, has this to say: "All speak of God, but to me this doubt arises: how can they sit down with God, whom they do not know?" Yoga will take you into the Presence of God, and then God's Grace will make you one with Him, because He is the Real One, the Sole Doer. And so, yoga is so necessary to take us into the Presence of God, and His Grace does the rest.

And so, we should be thankful, at this New Year, that we have the ways and the means. Let us do our part to get into the Presence of God. After that, that's God's Business.

So, next time we'll go on further with our subject, "Yoga Explained."