

## Yoga Explained 2 - The Key to Getting Rid of Body Consciousness

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Going on with our discussion of "Yoga Explained," which is very important. As we always say, people think yoga is something mystical, strange; it's the most natural thing, but we have not become used to it, that's all. And so, tonight we go on with "Consciousness."

Last time we discussed consciousness as the key, the key to union – our own consciousness. In our own consciousness we will find the key to Union with God, or if we can elevate this worldly consciousness, which we find ourselves engrossed in, if we can elevate it, speed it up, so to speak, so that it vibrates in superconsciousness, it is not too much of a task to expand that into the Great Omnipresence of God, or Cosmic Consciousness.

And so, this question let us ask: if our consciousness, the key to Union, is Immortal, why do we lose it? We can lose it so easily, especially when we want to speed it up, elevate it in meditation. We lose it, we lose the continuity of it. We are conscious, but we're conscious of those things we do not want to be conscious of – thoughts and such things. And so, that is the question. Why is this consciousness interrupted? In sleep, in death, and in daydreaming, why cannot we hold it?

Well, the reason is simple. Our consciousness is interrupted because of the bad habits of attachment of our consciousness to these transient things, as this worldly consciousness, plus this vehicle. Which we know, you cannot depend upon the bodily consciousness. And we know, finally, it disintegrates, that is the body does, and passes away.

And so, as the body, finally, wears out, through the karmic law, and passes away; then, because our consciousness is long attached to this outward living and this body, it, it thinks that that is the reality. It thinks the bodily consciousness is all we have. And so, when the body passes away, then our consciousness ceases to function. Or, in the state of sleep, or daydreaming, because the body is so transient, and so fickle, our consciousness passes away with it; or is occupied in things of the body, which are not permanent.

And, therefore, that is the key – the key to our failure, so to speak – to realize our oneness with God is because our consciousness is interrupted. The continuity cannot be maintained between outward consciousness through superconsciousness into the Great Presence of God in our bodies as Christ Consciousness; and out of this Realm of Cosmic Dream to the Great Consciousness of God the Father.

That's the reason why there is an interruption in our consciousness. And all our yoga is to do away with that interruption; to remove the idea that we are separated from God. And so, by keeping our consciousness, uninterruptedly in God's Presence through Self-Realization Fellowship Yoga, there'll be a, there will not be a break in our continuity of consciousness, for it will be centered and fixed in the Permanent, the Immortal Aspect of our being.

Now, you can see why yoga is so important, because it, it keeps our consciousness in that state of consciousness which does not pass away; and that's the Presence of God within.

As we said in our meditation, the "Word," or the "Holy Vibration" is the Presence of God within us. It is not just a vibration, but it has the aspects of Light and Sound, and greatest of all, Feeling, or God's Love. Now, if we keep in that more, and more, soon that will be our natural state. Our natural state, now, is the state of worldly consciousness, subconsciousness – once in a while, in meditation, superconsciousness. Finally, through the Grace of God, and the Great Ones, and our Master, we expand it to the Omniscience of God, which is the Eternal state of Consciousness.

So, as you can see, as I have pointed out, the key is to center, or fix our consciousness in that Permanent Aspect of our being, the Presence of God within. In meditation you feel it – you feel it – you feel you are not the body, as we say. And, if you keep repeating it enough, and keep at your meditation, you'll realize you are not the body. The repetition is not foolish. Some people say, "Don't you tired of saying I am not the body?" I say, "No. Because we have got to convince ourselves that we are not this transient body, but we are something far greater."

And so, then if we do this, if we keep in the Permanent state of Immortal Consciousness within us – and we have it right within our grasp by the techniques of Self-Realization Yoga, which our Master has left with us, the techniques of which many of you know. Some of you know a few of them. Some know all of them. By those techniques, then we can follow our Founder's admonitions to be "explorers in the kingdom of God," not in the kingdom of this worldly consciousness – that's too easy. The difficulty is to get out of it. But we can be explorers in the great Kingdom of God within.

And so, realize the key to union is to control your own consciousness, and the only thing we have is consciousness. The only thing we are sure of is consciousness. You think, "Oh, I am the body," but that's a state of consciousness, an idea, that's all. In meditation you soon forget that, as I'll point out in a few minutes. You forget it and everything passes away. So does the consciousness of this world. That passes away easily. But something else comes in. And that something else is the Permanent state of your consciousness within.

And so, expanding the Consciousness of God's Presence, as Peace and Bliss and Joy, and the Cosmic Sound of Om, and the Light of the Infinite; expanding that, gives the devotee the Realization, or the perception of, the existence of the kingdom of which Jesus spoke beyond this worldly kingdom.<sup>1</sup> That's what we must have, because we know this passes away.

You read the paper; you don't have to read the paper, every night in sleep you pass away from worldly consciousness, ego consciousness. But, if we know that Eternal state of Consciousness within, then we can. Because that Consciousness is one with the Internal Kingdom of which Jesus spoke, we can explore it, and we can know it, and finally, we realize, realize ourselves as that Consciousness – not this outward consciousness.

And so, what have we done instead of doing that? We have accepted and made our own the thought of the consciousness that this body is real, and that it is our ownself. You may think that isn't so, but it is so. Until you've absolutely broken the attachment of your consciousness to this body by the practices of Self- Realization Fellowship Yoga. When you've done that, then you will know and you can say, "I am not this body." Until then, you cannot say it and really experience it. It does help though through suggestion; and suggestion will finally bear fruit.

Now comes the question, how, how to expand our consciousness to the superconscious Presence of God within? How to do it? Well, meditation is the way of course. Meditation means concentration on God. And we have said many times what God is: it is the great Word. "In the beginning was the Word; the Word was with God and the Word was God.<sup>2</sup>" Or, we can say, "is the [garbled]."

So, if we, through meditation, keep in that consciousness, that's all, keep in it more, and more, until finally you are in it, doing your ordinary daily duties, which is possible. If it were not possible, what's the use of God? He's not worth anything unless we can take Him with us in every act. That's what will happen, if you persist. He'll be with you in everything you do.

And so, we find in our meditation, as we keep in Him, as much as possible, merge in Him, the Cosmic Sound of Om, in which is God's Great Love, and His Light, and His Presence we find first that the Realization of this Universe passes away – the perception of it passes away – and then we realize that we have something else besides this body consciousness. You will find in your meditation, as you sit, sit you're not conscious of the body, or the chair, or the pillows on which you are sitting. You are not conscious of it. But something else comes in – that is unless you fall asleep, daydream. And that something else is the Presence of God within.

First, it is the Cosmic Sound of Om, as I have said. And then, if you will persist and merge in it, wholly and fully, then the Om is replaced by the Great Cosmic Light of the Infinite Father, or the Light of Christ at the Christ Center, which is His Own, God the Father's Consciousness in this body as a part of creation. Then, if you persist, and are not satisfied with those things and demand, "Father, I must know Thee," then, through the Great Love you have for Him, that Light will lose its grossness. Even that Spiritual Light, which seems so wonderful when you see it – that will lose its grossness. And you become, as our Master says, has said, "the Sea of Bliss itself." God's Consciousness, the manifestation, the greatest manifestation is His Love. We know that as Bliss – Peace and Bliss.

And so, that is what we have to do, when we do it through meditation. And the Presence of God replaces this mediocre consciousness of worldly existence where there is no satisfaction, no fulfillment, and a lot of unhappiness and problems.

Jesus said, "In the world ye shall have tribulation.<sup>3</sup>" We know the tribulations, but he said, "...be of good cheer" that is, feel the Bliss within, "...I have overcome the world.<sup>4</sup>"

And so, in this lesson tonight, you can see how necessary the practice of yoga is, because it helps you to be one with the Presence of God within. Patanjali says, "Get rid of the mental cancer...the idea that you are the body.<sup>5</sup>" That's what it is. It's so hard to get rid of. You wake up in the morning and you know you are the body by the kinks that you have within you, or many things, and, if you haven't slept well, or you have kink in your neck, or a headache, and many things. Patanjali says get rid of that; get rid of the idea that you are the body; the thought that you are the body. It's a thought, that's all. It's a thought, that's all; a thought in God's Consciousness. And we have assimilated it into our own psychology. So we think we are the body. Patanjali said, "Get rid of it – get rid of the mental cancer that you are the body."

Our Master says it in a little different way. He says, “Our job is first, last, and always to get released from this jail that we are this body conscious.” And, if you have at least, trouble with the body – inharmony, you know it by the aches and pains and many things – “Get rid of that,” Master says. “Our job is to get rid of that to be released from this jail.” Undo the thought consciousness that binds you to the body.

And so, that’s our lesson tonight. I have a few references which will point this out – these points, these facts out – so that you can understand them by parallel references, so to speak.

First, from Hindu philosophy; first from Hindu philosophy we read as follows: “Repeating the Om and merging in it.”<sup>6</sup> That is, if you say “Om, Om, Om,” then, you go within and whisper it; and finally, you hear the Cosmic Sound. That’s merging in it. That’s saying Om is good, because it points you toward the real thing, which is right within us. And so, in Hindu philosophy, repeating Om, and merging in it, steps up the vibratory rate of your mind to superconscious.

Do you see how it works? It steps up the vibration – steps up the vibration of your mind and consciousness – because Om is the cause of all vibration. And when you merge in it, and keep at it, day-in and day-out, adding a little every day, it steps up the rate of vibration so that you perceive, next, the superconscious Presence of God within you – especially, at the Christ Center. And so, that superconsciousness is the Presence of God within.

I have a reference from Hindu philosophy taken from our Master’s Autobiography,<sup>7</sup> in which Patanjali speaks about meditation. And he says this: “[Kriya] (sic) Yoga,” Self-Realization Yoga which includes, includes Kriya Yoga, “consists of bodily discipline, mental control, and meditating on Om.”<sup>8</sup> That’s very important. Unless you control the body, control the Life Force in it, how can you have any concentration? But by controlling the Life Force, through Self- Realization Yoga, as the Recharging Exercises in which you control Life Force, that starts you to control the Life Force so that you can put that Life Force wherever you want to. Where do you want to put it? On the Holy Vibration; on Om. So that’s what Patanjali says, in just those words.

Yoga consists of bodily discipline, body discipline, mental control, and meditating on Om. Then he says: Patanjali speaks of God as the actual Cosmic Sound of Om heard in meditation. How much do we realize, when we hear the Cosmic Sound, that’s God? It’s so difficult, because we’re not used to it, that’s all. We’ve been thinking of other things, meditating on other things, many other things. But that Cosmic Sound of Om is the Presence of God. As it says in our scripture in St. John, “The word was God.”<sup>9</sup>

And so, in the Hindu scriptures, or scripture of the great Patanjali, the Father of Yoga, he says that: “Cosmic Sound is God<sup>10</sup>” – that sound heard in meditation, yet we don’t realize it. We have to step up our vibration by merging in it, over, and over, and over again, until we realize our oneness with that Sound.

Now we have parallel references – parallel references in our own scriptures, as Patanjali has said. We find in Philippians, Philippians the 2nd Chapter the 5th Verse – Philippians, 2nd Chapter the 5th, 5th Verse. And this is just the same as Hindu philosophy says: merging on the Om, merging on the Om steps up the vibratory rate of your consciousness, and your mind becomes not ordinary waking consciousness, it becomes Christ Consciousness. For in this reference we read: “Let this mind be in you, which was also in Christ Jesus.” Jesus spoke from Christ Consciousness – not from worldly mind and consciousness. That’s what merging in the Om will do for you. Self-Realization techniques will help you to do it.

And finally, in Titus – one which we use quite often, which says the same thing: “Not by works of righteousness...are we saved, but by the washing and the regeneration of the Holy Spirit;<sup>11</sup>” (Sic) the Holy Ghost, which is the Om vibration. That’s what changes us. That’s what gives us salvation, because then we can realize our oneness with the Infinite.

And so, we have a few references. One other I have from Master’s Metaphysical Meditations, which I think I gave you the last time we took up this subject, but it will bear repeating. As I have said, as you merge in the Om, first the universe disappears – this outward living disappears; and then next the consciousness of the body goes.

And here’s, this is what we read, he says: “The body melted into the – the body melted into the universe; the universe melted into the cosmic sound.<sup>12</sup>” (Sic) Because they have come from that Sound – so we reverse the process. Then he says, “The sound melted into the all-shining light.” Well that’s wonderful, but that won’t satisfy us, because we’re not that Light alone, we are the fullness of God. And Master describes it finally: “And the light lost its grossness in the bosom of Infinite Joy.<sup>13</sup>” (Sic) So there you have the reason why yoga is necessary. Let us utilize the opportunity which we have, by daily giving more and more concerted efforts to our meditation.

Next time we will go on with our discussion of “Yoga Explained.”

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1 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."

2 St. John 1:1

3 St. John 16:33, "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

4 Ibid.

5 Maharishi Patanjali's Yoga Sutra's

6 Manu Smriti, "A Brahmin may beyond doubt obtain final emancipation by solely repeating Om, whether he perform any other religious observance or not."

7 Autobiography of a Yogi, by Paramahansa Yogananda, Original Release 1946

8 Ibid. "Patanjali's Aphorisms, II:1. In using the words Kriya Yoga, Patanjali was referring to either the exact technique taught by Babaji, or one very similar to it. That it was a definite technique of life control is proved by Patanjali's Aphorism II:49."

9 St. John 1:1

10 Patanjali's Aphorisms, I:27.

11 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;"

12 Metaphysical Meditations, Release 1964, Page 36, Excerpt from "Tune in With the Cosmic Sound,"  
"...the body melts into the universe. The universe melts into the soundless voice. The sound melts into the all-shining light. And the light enters the bosom of infinite joy."

13 Ibid.