

Shortcuts to Salvation

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[Not given before an audience.]

On the .mp3 file Doctor begins his lecture by playing a cheerful organ piece of music.

“Shortcuts to Salvation.”

What do we understand by salvation? We are to be saved from what? Salvation means: “to be saved from pain and suffering, all kinds of losses, especially to be saved from oblivion,” for we know not what is to happen to us after we are through on this worldly plane.

And so, salvation means to be saved from delusion. Delusion is found only in the outward consciousness of duality. As all consciousness of duality, or outward consciousness, is temporal and fleeting, salvation can come only by being one with that Consciousness which is Eternal, complete in itself, sufficient in itself, and, therefore, can satisfy all the longings and desires of the heart. Namely, that which saves us, which gives us salvation is to be one with the Eternal Consciousness of Christ within, of God. This Christ Consciousness is spoken of in the Bible as the Lord. And so, whenever you read “the Lord said,” remember, it means that the Christ Consciousness said.

Metaphysically speaking, salvation will come only when the ego consciousness is superseded, or expanded into, the Christ Consciousness, or Cosmic Consciousness. “Salvation” means saved from delusion. You can realize this delusion, when you merge in the Christ Consciousness within. When you see the Light of the Infinite; then you know that all things come from that Light, and that the outward consciousness of delusion is not the reality. The reality is the Light of Christ within.

Now, liberation is different. Whenever we perceive and are one with the Light within, the Light beyond the atoms, the Light of Christ Consciousness, and we realized that as the reality, then we have salvation. Of course, we may have to come again, and play our part, fulfill our karmic debt in this Drama of Life. But still, we do have salvation from delusion, because we realize our delusion.

Now liberation is different. If we have liberation, we have completely paid our karmic debts, and it is not necessary to once again come and play our part in the Drama of Life. This liberation, or the expanding of the ego consciousness into Cosmic Consciousness, takes roughly one million years. So, you can see we really do need some shortcuts. But, even if we do learn these shortcuts through the teachings of Self-Realization Fellowship, we cannot escape giving effort. We must give effort.

That reminds me of a little story. I was talking, a short time ago, to one of the gentlemen in Mount Washington and I asked him to do something for me, and he said that, "All right, I will do it, and I'll tell you about it next Monday." You see, I go there every Monday. I said to him, why not write to me, and not wait until Monday?" Well, he kind of smiled and he said, "Well, you know," he said, "I'm not writing much nowadays. You see I learned to write in night school." Of course, this illustrates the fact that we must not put off giving necessary effort. In fact, we cannot escape effort, if we are to attain salvation.

Now let us review just for a few moments, evolution. That is, ordinary evolution is produced by the earth's movement around the sun, plus the Life Force liberated from food. In this process of the earth revolving around the sun, the Life Force revolves around the spine, uniting with the Life Force from food, and this produces one year of evolution. In other words, this evolution takes three hundred and sixty-five days.

Now, the yogis offset this one million years required to change from ego consciousness to Cosmic Consciousness, by circumventing solar and food evolution. They used the same Life Force that comes from the sun, and which is found in the body – they are one and the same thing – and they found that by revolving that Life Force around the Soul, which is found in the Spinal Region, they could attain the same end. In other words, they could speed up evolution. The thing to remember is this: that instead of taking one year to produce so much evolution, they could produce a year's evolution in about one-half a minute. And so you can see, by giving even an hour or two a day to the Kriya technique of Self-Realization Fellowship that evolution can be greatly speeded up.

And now, going on to the shortcuts to salvation, or we might say, shortcuts to the secret place of the most High. We cannot, we cannot talk to God. We cannot

be one with God, unless we first gain His Presence. And so, these shortcuts, which I will point out, are shortcuts to take you into the Presence of God.

There was one Bible reference, which is very clear in telling us just what it is that will give us salvation. And that reference is in Titus. Titus, the 3rd Chapter, the 4th, 5th, and 6th Verses. In the 3rd Verse, which precedes these Verses, we read these words: "For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures..." And then, it goes on to say in the 4th, 5th, and 6th Verses: "But after that the kindness and love of God our Savior toward man appeared," Now, it distinctly points out just what it is that gives us salvation; it is the Presence of God himself – His Great Love.

And so, to attain salvation we must somehow, be one with His Consciousness, which is within us. Now that Consciousness of God within us, is the Holy Vibration, the Holy Ghost, or in St. John, the 1st Chapter, the 1st Verse we read: "In the beginning was the Word..." Now remember, "the Word" is the Holy Vibration. "In the beginning was the Word, the Word was with God and the Word was God." And so, if we can merge in that Holy Vibration right within us, we are in the Presence of God.

Now, it further reiterates this in [Titus] the 5th Verse and the 6th Verse: "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; Which he shed on us abundantly through Jesus Christ our Savior;" And so, it is the Holy Vibration in which is the Consciousness of God throughout creation as the Christ Consciousness that really saves us. And it is, by merging in that again, and again, being regenerated in that by contacting the Holy Vibration, or the Presence of God within us, that we are saved. Therefore, we should remember this: that the more that we can be one with this Holy Vibration, the sooner that we will attain salvation.

You all know that if you mix with worldly people, you become like them. If you mix with professional people, you soon have the speech, and the carriage, and the actions of professional people. If you mix, therefore, with God, you become like Him. If you mix with God, and merge in His Presence wholly, then you have His Consciousness.

Now, going on to the part played in the hastening of salvation by Self-Realization Fellowship Yoga. Remember, that the techniques of Self-Realization

Fellowship Yoga, especially the three main techniques, take you into the Presence of God as the Holy Vibration in our being.

Now, the first technique, the Hong-Sau technique, characterized by the two Sanskrit sacred words of "hong" and "sau;" it is this technique, which breaks the attachment of our consciousness to the flesh. It is very important to break this attachment for how, how, how can we take our consciousness, and merge it in the Spiritual consciousness within of Christ, when it is attached so completely to the body, when we feel our consciousness and flesh as one? And so the first thing we have to do, is break the attachment of our consciousness to the flesh. This is done by following the Hong-Sau technique of Self-Realization Fellowship.

Then after that, the next technique is called the Om technique. And this technique will absolutely take one into the Presence of God as the Holy Vibration in our being. By following this technique we will see the Light – the Light of that Holy Vibration. We will hear the Cosmic Sound of that Vibration, and we feel, within our hearts, the Christ Consciousness, the Divine Consciousness in that Holy Vibration.

And finally, the Kriya technique, which is so scientific, will gradually cause the humble devotee to become one with the Divine Consciousness within. As we read in St. John, the 1st Chapter, the 33rd Verse: "On [Upon] whom you see the Spirit descending, and remaining [on him], ~~it is~~ [the same is] he who baptizeth with the Holy Ghost." In other words, when you hear the Holy Vibration, see the Light of that Vibration, or merge in the Christ Consciousness of that Vibration, to the extent that you become one with it, then God flows through you as an instrument of His Own Divine Love.

It is by being one with the Holy Vibration that we are saved, and we attain salvation. And Self-Realization Fellowship Yoga will absolutely give you that contact with God. Will absolutely take you into His Presence first, and then enable you to merge, and become one with Him, that you may realize that that is the reality and outward consciousness is the unreality, or delusion. When we do this, the fleeting, transient, outward consciousness is replaced by the Eternal, All-satisfying, Emancipating, Inner-consciousness of Christ and God. This Consciousness has now become dynamic to consciousness.

And now, a few more shortcuts to salvation, especially, pertaining to our conduct during the daytime of delusion. You know, when we're in our daily

activities we are playing a part, we are in delusion, and it is very difficult to keep reminded of our Divine Nature during that time.

Now, moods especially keep us tied to outward consciousness, to material consciousness, because moods operate, and thrive, and live in ego consciousness. And so, we must watch our moods. If they come upon us, we must quickly eradicate them. We can do this by lifting our consciousness to the Christ Center, seeing the Divine Light of God, if possible, but at least praying to Him. Moods cannot exist in the Divine Consciousness at that point (between the eyebrows).

Another thing we must do is to continually affirm that God is with us. We must affirm that continuously during the daytime of delusion.

And finally, we must not forget to keep our engagement with God. For, if we want salvation, we must keep our engagement with God every day, and especially, with long, nightly meditation. If we keep affirming during the day that God is with us; if we watch our moods, and keep our consciousness lifted as much as possible; and then reinforce that consciousness with long nightly meditations; by keeping our engagement with God, we surely, will attain salvation. We should never forget that, as it says in Titus, that we are saved by nothing else, except the merging in, and the regeneration, the renewing, of our contact with the Holy Vibration within us, for this is the Presence of God.

And in conclusion, we must remember what it says in the 91st Psalm: “He ~~who~~ [that] dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.” He continually keeps His Consciousness at the Christ Center, which is the door to the secret place of the most High – the Spinal Region, the Centers of the spine, the Great Thousand-petalled Center in the Brain – he who keeps his consciousness there, or dwelleth in the secret place of the most High, shall abide under the shadow of the Almighty. In other words, whenever we keep our consciousness there, we are in the Presence of God. Being in the Presence of God, we can merge in Him. It is those who do this who shall be saved – none other.

Now, Self-Realization Fellowship way of life with its teachings and techniques, takes you into that secret place of the most High in the shortest possible time.

Thank you.

On the .mp3 file Doctor Lewis plays the chants "From This Sleep Lord Will You Wake Me," "Door of My Heart," "I Have Made Thee Polestar of My Life," and "In the Garden."