

# The Development of Spiritual Consciousness

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The subject this evening: "The Development of Spiritual Consciousness; The Development of Spiritual Consciousness."

We might ask the question, why should we bother to try to develop Spiritual Consciousness? Why try at all? Well, that is a good question. Sometimes, or perhaps, sometime during our lives, we seem to go along pretty well, and we wonder if we should try to really develop a higher state of consciousness. But that seemingly good time will not last, because until we go back to Spiritual Consciousness from which we have come, we will never be satisfied. And so, there are two very good reasons why we should make the effort to develop Spiritual Consciousness.

The first is that we may free the Soul from the bondage of desire. That's very important. We should aim for this Spiritual Consciousness that we may free the Soul from the bondage of desire. It is desire that keeps us attached to this wheel of births and deaths; to this outward consciousness, which changes and passes away. It is desire that is at the basis of all this material consciousness, because desire is born of bodily attachment.

When you have the Soul attached to the body, you have the ego; and in that bodily attachment, we have likes and dislikes. You see something, and you like it. Right then is born a desire – a material desire. That cause is put into operation, and the effect will be there. And then something else comes along. There's no end to it. It is desire that causes the bondage. Remember that.

And so, this first reason, why we should seek Spiritual Consciousness, is to free the Soul. We are the Soul. The ego is the Soul. This, which seems so real to us, is the Soul. But the Soul is attached to the body. Therefore, bodily consciousness is the seed of desire. The bondage of desire, remember, comes from bodily consciousness; and to free the Soul from that is the first and greatest reason that we should try to attain Spiritual Consciousness, that the Soul may be free to go back home to God.

And then the next, the second, and perhaps, as great a reason that we should cultivate Spiritual Consciousness, is that we may prepare for a better life hereafter. We may prepare for a better life hereafter. Because, remember, when you get through with this life and start on the next one, you're not going to pick some pot of gold then. You're gonna stay right where you are. And, if you're filled with desires, that bondage of desire is going to bring you right back, that those desires may be fulfilled. And so, we must prepare ourselves, right now, by getting rid of those desires, that we may enter the next life in a better condition, because we're going to enter, just as we are now. That, perhaps, is the greater reason why we should cultivate Spiritual Consciousness.

Remember, in Spiritual Consciousness, there's absolutely no bondage of desire. Desire, remember, is born of outward consciousness, bodily consciousness, not a Spiritual Consciousness. And so, the moral is, let's get into that Spiritual Consciousness as much as possible. Remember, when you're in Spiritual Consciousness, right now, for instance, if you're paying attention to the Presence of God, here, there's not a desire there. You look within. Nothing – there's no desire, remember, in Spiritual Consciousness. So, the sooner we get into that, the more we cultivate that, the better.

Now throughout the, mankind, throughout the ages, mankind has given more attention to material things. There's no question about that. And that's why we're in the delusion that we are in. And so, now it behooves us to give more attention to Spiritual things, because they are lasting, and it is that bondage of desire, which we must get rid of. As Lord Krishna says, "Get out of my Maya." Get out of it. He means get out of the bondage of desire.

You remember, I told you, about the time I was looking at the Master's Cadillac. See, and I was lookin' at it. I says, "Looks pretty good." He says, "Don't get any desire, don't get any desires now; otherwise, you'll have to fulfill them." And so, I says, "I'm satisfied with my own car. I don't want to come back to get a Cadillac, I'll tell you that. I'll take my own car, now." He says, "That's good." He says, then, he says, "I have it, because I have to have it. I'm the head of the Organization." That, he really meant it, too. So, right then, he checked that which might have been a, a desire of bondage, see.

Now, going on just a bit; the body-bound ego, remember, the body-bound ego, which is the Soul, that body-bound ego gives rise to desire; to material desire. You know you cannot have material desires in Spiritual Consciousness. Realize that. So the way to overcome it is get out of it. And remember, bodily

consciousness is the seat of desire, because that's ego, and the ego is the culprit. It wants this, and that, and this, and that and no end to it. So, remember, that desire is born of body consciousness.

Now, within us goes on a psychological battle, which you will notice, if you look within. You will feel the, the tendencies coming up – all sorts of mental tendencies – creating these desires within. You go down the street and you walk by the bakery. You're minding your business, and you walk by and you see a big chocolate pie. "Boy!" that mental impulse says, "you need that." But, if you look a little deeper within, there'll be another one'll come up there, known as the discriminative impulse, which will say, "Do you need that? Do you really need that? Aren't you big enough, now, and so forth? And, uh, really, do you wanna be bound by desire?" And you say, "No," and you walk right by.

So, this psychological battle goes on all the time. Not just with pies, but with everything; everything. That battle goes on, because within us, in the spinal region, especially, in the lower centers, are these mental impulses, which keep coming up. Because a desire, a previous desire, has made those causes and the effect is the mental impulse. Is that clear? You see, it's cause and effect. The desire starts the cause, and the impulse, suggesting to your conscious mind is the result - the Law of Karma. And so, that's why, that's why it is called the bondage of desire. If you don't have that desire, there'll be no mental impulses coming up to suggest to you these various things. We will come to that just in a bit.

And so, the key to the smashing of this material desire is to do away with body consciousness. Remember that. I don't mean to go down the street in a daze. That isn't it. No. But do away with the attachment to body consciousness. That's the point. You can't go down the street dreaming, you'd get killed, especially, out here in the highway. But you can go down the street without attachment to anything. That's the point.

And so, the key is to do away with attachment of body consciousness, and remember, in Spiritual Consciousness, no material desire can exist. It cannot stay there, because it is not of that nature. Bodily consciousness is dual. Outward consciousness is duality. But Spiritual Consciousness is Unity, and there can be no desire in Spiritual Consciousness. So, if you wish to escape the bondage of desire, then keep more in Spiritual Consciousness. The Master has, has said this, "King material desire and all of his armies of sense tendencies, are instantly slain." The minute you lift your consciousness to Spiritual Consciousness, there's no desire can stay. No desire can stay. That's why the Master put that

phrase. "King material desire," and he is king in most of our lives, "King material desire and all of his armies of sense tendencies..." See, they come from those desires. That's very important. "They are slain immediately in Spiritual Consciousness." Body attachment to the ego just evaporates.

You say, you notice as you sit here in meditation quietly, tonight. Where was your ego consciousness? Where was your body? It evaporated. It was superseded by Spiritual Consciousness. Just like when you bring in the light. This room is dark, and you bring in the light, where is the darkness? So goes out all trouble. So goes out all disturbance, all delusion, when you bring in the light of Spiritual Consciousness.

Now, going on just a little bit; meditation is the battleground – and it sure is. Meditation is the battleground. In the beginning, the ego, plus its impulses of the different senses – the breath within the body, the movement of the internal organs, the senses – like when you sit in the seat, the ego is very strong, it is very powerful. That's why it's such a hard battle, in the beginning, to get away from bodily consciousness. But, if you persevere, if you persevere, you will feel the Spiritual Consciousness emanating from the Silence within. Now that's true. But this meditation, surely, is a battleground.

The ego is so strong in the beginning, and the impulses, sense impulses, are so strong, that you hear, you hear the breath, rubbing of the internal organs, you hear all the bodily sounds, and they shut out the more Spiritual, Astral Sounds of the discrimination in the Centers of the spine. Those Centers of Discrimination have different Sounds. Like the Bee Sound, Water Sound, Sound of the Stringed Instrument. But they are shut off. Why? Because the ego is so strong, and so, a great battle takes place. We have to win that battle that these Spiritual Sounds are not shut out.

Now another thing, this is a very important part. Any material vibration set forth by the ego in meditation, awakens; awakens the material desire, to revive the body consciousness. Now, that's something you should write down. That's a very important thing. Any material vibration, set forth by the ego in meditation – any material vibration – and that includes the vibration of memory thoughts, because they come from desires, fulfilled perhaps, long ago. And so, any material vibration, set forth from the ego in meditation, aids in awakening the material desire to revive body consciousness. That's the point. That's what we're trying to get rid of – body consciousness. But any, any vibration, the ego sends out, awakens the desire, to bring that back – to get back in power, so to

speak. And so, that's the second thing we must fight, in this battleground of meditation.

And then, the third is we must fight the battle of meditation, because ego puts up an awful stiff fight in the beginning. There is no question. Why? Because, for incarnations we've been attached to the body; incarnations we've thought, "This is the thing, this is it." But now, we are awakening – trying to awaken the Spiritual side of us – and so we have to win that fight, somehow. But, if we fight, that's when victory comes. People say, "Oh, I'm not getting anywhere in my meditation." "Oh, I'm worse than I ever was." But they are not, if they are trying, if they are fighting. And from that fight, so to speak, will emanate, will come out from the Silence within, that Spiritual Consciousness, that Light of God and His Great Love. But the battle will be, still. Nothing was ever won easily. You all know that. Sometimes the greater the fight, the better the result; and I'm sure, it is in meditation, because it takes greater effort, it takes greater effort, to win over greater odds; and we have to win this battle of meditation.

Now another point is this – I have to see how much time I have – the effort to develop Spiritual Consciousness is logical. In the beginning, we've said, should we give the effort? It is logical, because, remember, up to this point, it has taken eight million lives to reach the human stage – eight million lifetimes, in different forms. Imagine, eight million lifetimes to reach the human stage that we are in now. So, we should make the most of it. We should not waste time. As the Master once said, he said, "This is the only vehicle you will have to reach God." And so we must use it. When we've spent so much time getting here – eight, eight million, imagine, eight million lifetimes in various forms – now, we should make the most of it.

But, we are made in the Image of God, and we have the ability, and the power to awaken Spiritual Consciousness within. And the logical thing is to do it where we have such a vehicle, and it's taken such a time to reach this point. This, remember, is the only instrument that we will have, and if we think we're gonna get it after death, it won't be there. We've got to do it, right now. And so, the cleverest man is the one who seeks God, rather than material things. Remember that. The cleverest man is the one who seeks God, in preference to material things.

Now, the effort is logical, because, through meditation, when the attachment for material things is lost. Remember that. We have to be in matter. We have to for material things. It's the attachment for material things. It is that that creates the

desire. Remember that. It's the attachment that creates the desire. The desire cannot come, of course, except in body consciousness. But it is the attachment to things that creates the desire.

Now, when through meditation that body consciousness is resolved, so to speak, then the Soul is free. Then the Soul is free. Then, Spiritual Consciousness is right with us. We can enjoy everything without attachment. That's the point. The Master always said, "Enjoy everything without attachment, even eating." I used to think we're gonna take this business up, now, we've gotta do away with all the nice feeds, and so forth. No. You'll enjoy them *more*, because you take God with you – but you're not attached. In other words, you live, I guess, you eat, rather to live, rather than live just to eat.

And so, we should remember that it is the attachment, the attachment is trouble. If we are bound to anything, no matter how good it is, still it will keep us from realizing the Spirit within. If you are bound to your children, no matter how wonderful they are, it is a detriment. It'll hold you back from realizing your birthright, oneness with God. But, if you realize those children are God's, and they are given to you to, are God's children, and they are given to you to take care of, and to train, and to lead back to God, then there's no attachment. So we have to learn to do that.

Now, as to a practical approach to the problem, it is this. Wherever we find ourselves, let us remember this, because so many people feel that the world is against them, that everything is bad, for them only. But that's not so. Wherever we find ourselves, right now, whatever trouble even we are in, it is the result of our own action up to the present time. The sum total, the sum total of your actions up to the present time determines what you are now. So those who are all right, they've got nothing to worry about. Those who aren't, blame no one but yourself. That's the practical way, and that is so. That is true.

The second thing to remember, in a practical approach to this matter, is that we require time to work out our desires until purified, and we can return home to God. But, there are different ways to quicken our evolution, and thereby cut down the time required. If we are traveling to Los Angeles, for instance, we can go by a carriage, or we can even walk. We can go in a shorter time by the train, and, of course, the airplane is the shortest possible way to reach Los Angeles. And so, in working out our desires through the Law of Karma, which we have laid up, we can use Self-Realization Fellowship techniques, which will give us the desired result in the shortest possible time.

The third thing to remember, in the practical approach to this problem, is that this is a Cosmic Show, and that it is kept running by material desire through cause and effect. And, if we wish to get out of the Show, we must get out of that consciousness, or body consciousness, wherein cause and effect works. Material desire is the bugaboo to attainment of Spiritual Consciousness. The Master has put it nicely, when he says the following words: "As long as we have mortal desire, we will have mortal lives. If you die with desires, by cause and effect, or the law of karma, you will have to reincarnate to satisfy those desires. Third, unless you practice being in Spiritual Consciousness now, you cannot attain it just by virtue of death." And finally, and I think perhaps this is one of his greatest sayings, "When you contact God, there will be no other desire, as the desire to know God counteracts all desires pertaining to matter."

And so, if we want to get rid of this material desire, which is the cause of all the trouble, let us realize that through God contact, the desire to know God, which comes from that contact, counteracts all other material desires – all desires pertaining to matter. Then the Master goes on as follows: "Those who act in the best way to please God, they are free." You can see there is no attachment to that desire. Then he goes on to say, "Desire nothing, for you have everything in Spirit now." Everything is within us. "The Soul will be satisfied only, when it returns to Spirit, and becomes cognizant once more that it is one with Spirit." And so, we have everything right with us. "Spiritualize your desires and ambitions, and only desire to please God in everything you do. If you do this, you will have Spiritual Consciousness, and you will be happy."

And so, in closing, regarding this subject of Spiritual Consciousness, the attainment of it, we should realize that the effort we give now is what counts. Because, if we think, if we think, that just by dying we will become an angel, we are sadly mistaken. For the Master says, "Be an angel now, and you will be one after death." "By persevering," following the techniques given by him, "some day, we will wake up in God," in Spiritual Consciousness, "and then, we will see and realize, we are not a fleshly being, but that we really are Life Eternal. We are, the Cosmic Energy in which is God's Love, which always is, always will be, and so is Eternal."