

The Short Route to Heaven

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The subject this morning: The Short Route to Heaven. The short route to heaven, or you might say the airplane route of Self-Realization yoga; “The Short Route to Heaven.”

The Master used to give an illustration in discussing, as he called it, “the airplane route to heaven,” by saying that, if we were traveling from Los Angeles to New York we could travel in several ways. We could travel even by bicycle; we could travel by motor car; we can travel by a fast train; but the fastest way is by airplane. And when we consider some of these jets now, they are really fast in traveling from Los Angeles to New York City – I believe in three hours or so, they can cross the country.

And so we should remember what it says in the Bible: “Make straight the way to the Lord.” “Make straight the way to the Lord.” And that we can do by traveling in the shortest possible time to heaven, by following the correct method, the scientific method.

Now before we book our passage on this airplane for heaven, let us consider for a few minutes just what and where heaven is. Now Jesus said, “My kingdom is not of this world.” That should help us. “My kingdom is not of this world.” What is this world? This is a world of the duality of consciousness. It is a world of relativity. It is not permanent. This worldly consciousness is transient. This worldly consciousness began at birth, and having a beginning, it will end at death. But it can end sooner – it can end sooner, if this worldly consciousness of delusion, and uncertainty, and ignorance is superseded by the Consciousness, the Eternal Heavenly Consciousness of which Jesus spoke when he said, “My kingdom is not of this world.”

And so, the heavenly kingdom is not of worldly consciousness. Heaven is the abode of energies, of the Angels of God, the rays of Spiritual Consciousness. It is the region of the Finer Forces. It is the region from which this world, as we know it, and worldly consciousness, has come. It is *behind* worldly consciousness, and therefore, it remains, it stays, it outlasts worldly consciousness. It is that Consciousness which remains with us when worldly things, material things, pass away.

And so, remember heaven, heaven is the Force of the Realities of Life, the place of the Realities of Life. Those Forces which made us, made this world, made our worldly consciousness. Those are the things of heaven. That’s the heaven which we must know. And we must know it in the shortest possible time.

You cannot see heaven, but can you see x-rays when they pass before you? No. But with a fluoroscope you can see the x-rays. And so, when your consciousness is superseded by the Christ Consciousness within, then you can see the Forces of Heaven right in front of you, just as you see the x-ray when you fulfill the proper conditions.

There is a veil, no question of a doubt, between us and heaven – the Heavenly Forces. But that veil is not something different. It is simply a different rate of vibration, that's all. That is what constitutes the veil. In this worldly life, this worldly consciousness, the vibration is gross, and so we cannot see beyond it. We cannot see the Heavenly Forces beyond it, because we are one with the grosser vibration.

I had this illustrated most uniquely to me. I was down in Florida, traveling there, and we passed through a place – perhaps some of you have been there – called Silver Springs. And we went in the boat. And then we went downstairs, so to speak, in the boat. And there you could look out through the glass portholes, and you could see under the surface of the water. And you could see fish, and the marine growth, and the different things underneath the water. But I noticed that when I looked up, I couldn't see – I couldn't see above. Now there surely was a veil there, wasn't there? And yet there was nothing different. Simply it was this – the vibration, the grosser vibration of the water stopped me from seeing beyond into the finer vibration of the air and the atmosphere.

And so it is with heaven, if you'll remember that little illustration. That heaven is *there* all right. The veil is nothing but the fact that we are attached to the grosser vibration of this worldly consciousness. You cannot see the Finer Consciousness while you are one with the grosser consciousness. So remembering that little illustration, let us realize what Jesus said: "Unless a man is born again, he cannot enter the kingdom of heaven." Unless we lift our consciousness – the consciousness of the son of man – unless it be lifted up into a Finer Consciousness, we cannot enter that kingdom of heaven. But when this worldly consciousness is superseded by the Presence of the Transcendental Consciousness of God within us, then we can know and perceive the Presence of Heaven and its Forces. Not after we die. Right now, in this earth. Right now, on this earth. Right now, in this state in which we find ourselves.

Now, in Matthew, Matthew – I like to give a few Bible quotations, because you'll remember, those of you who have read The Holy Science, that when Sri Yukteswarji met Babaji, he told him to show by parallel references the underlying unity of religion of all scriptures. And so, we have right in our own Bible these words of Matthew, the 25th Chapter, the 31st, 34th Verse, we read as follows: "Then shall the kings say unto them on his right hand, Come ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world;"

Now the Holy Vibration, the Holy Ghost, the Eternal Consciousness of God, the Cosmic Light is the foundation of Cosmic Energy from which this universe and this world of ours is frozen. Let us understand that clearly. This Cosmic Energy, which makes up the Holy Vibration, the Holy Ghost, in which is the Presence of God, His Great Love, from that Cosmic Energy is frozen this universe of ours. Now remove those requisites, which keep that Consciousness of God and His Energy frozen, remove those requisites and this world and its consciousness disappear. That is so.

I can give you one illustration. If you will remember, the Master used to use it. It is this: we have a cube of ice. That cube of ice, under the conditions of delusion – otherwise

known as temperature and pressure, and so forth – that cube of ice has shape; it has size; it has weight; it has temperature. You can move it from place to place. But remove those requisites, remove those things, and the ice melts into the reality from which it came – that is for our purpose – water. Remove those conditions, and that ice, which had solidity, which you can move about, which occupied space, is no more.

And so, when we resolve our consciousness by removing the requisites of delusion, then we resolve it into that underlying Eternal Reality, the Presence of God within us – the Transcendental Consciousness, the Cosmic Light, the Holy Ghost. Then we know that we are really children of God. Then we have once and for all done away with delusion, the ignorance which keeps us from knowing that God is the reality.

And so, those are the things of heaven. Those Forces – the Cosmic Energy, the Eternal Light of God – the Cosmic Energy is the Burning Power of God’s Light and Love. Remember that. It is the Force of it. Those Heavenly Forces are ours when our consciousness is superseded by the Presence of Christ Consciousness within; the Transcendental Consciousness within.

So, in St. John we read: “When ye have lifted up the son of man,” – that is when you have broken the attachment of our souls to this body, which seems so real. “When you have lifted up the son of man, then you shall know that I am He.” Jesus said when you shall supersede your worldly consciousness with the consciousness that I have – the Christ Consciousness – then you will know that “I and my Father are one.” Just like you and your Father are one, “I and my Father are one.” We have to remove the veil. We have to supersede our worldly, gross consciousness with the Fine Consciousness of the Presence of God. These are eternal truths. These are the things we must know, if we, our Souls, are to be free and satisfied.

Now going on just a bit further, if you follow dogma and religious rites without realization – once more – if you follow dogma and religious rites without realization, we might say that you are traveling by, motor car, so to speak, toward heaven. If you have devotion, perhaps, we can say that you are traveling by fast train. But, if you will travel the airplane route of Self-Realization yoga, “The Short Route to Heaven,” then you will reach heaven in the shortest possible time. Why, because Self-Realization yoga is scientific. Self-Realization yoga, being scientific, will take you into the Presence of God as the Holy Ghost in the shortest possible time.

Now, those of you who have a scientific bent of mind, read Dr. Behanan’s book, Yoga: A Scientific Evaluation. Dr. Behanan was sent from Yale University on a foundation to, to experiment in India about yoga. And, if you read his book, you will find that his experiments prove yoga to be scientific. And so, if we follow that short airplane route to heaven of SRF yoga, which is scientific, we will reach our destination in the shortest possible time.

In Titus, you’ve heard me give you this reference in Titus, the 3rd Chapter, the 5th Verse: “Not by works of righteousness are we saved...” No. We are saved “by the washing and

regeneration of the Holy Ghost.” Washing and continued regeneration of the Holy Ghost. Now, Self-Realization yoga, the airplane route to heaven, will take you into the Presence of that Holy Ghost in the shortest possible time. That’s the thing I want to impress upon you.

Why waste time fooling around? Why not take the scientific way to heaven, and once more reclaim your birthright, which is to have the knowledge of the Eternal Part of you – the heaven within you. So Self-Realization yoga gives us mergence – this is important – in the Holy Ghost, without question of a doubt. I wouldn’t stand here and tell you unless by the Grace of God, and the Master’s interven, intervention I have proved these things. How far I’ve gone doesn’t matter. But I can say to you that Self-Realiz... say to you that Self-Realization Fellowship yoga is the shortest possible route to heaven. Why? Because one of its techniques, its important techniques, known as Kriya Yoga is the greatest spiritual accelerator known to man, without question of a doubt. That’s why, Self-Realization Fellowship yoga is the short route to heaven.

Now I’m going to give you a few little figures to think about, which I have copied down here. Don’t get discouraged. It’s not too bad, except it takes a million years to break up this business of ego consciousness.

One million years as you, when you became a human, to the time when the Soul is completely free from attachment to the body, and you can know, and merge in those Heavenly Forces. One million years to do it. One million years to enjoy Cosmic Consciousness. One million years of *solar* evolution. That’s a slow process, isn’t it? But evolution, as you know, solar evolution, is caused by our earth flying around the sun, and the Spiritual Force from the sun cuts the magnetic lines of Force in the spinal column of the six Centers of the spine – six positive and negative aspects correspond to the twelve zodiacal signs – we won’t go into that deeply. But just remember, that it is the Spiritual Force from the sun, as the earth flies around that, cuts the magnetic lines of Force in your spine, and in one year you have one year’s solar evolution.

Now the yogis of old found out that the Life Force in the body – which is the same as the Cosmic Force of God, or the sun’s Spiritual Force – they found that they could revolve *that* around the spine, and produce the same result in a far, far shorter time. The soul ~~resolving~~ revolving the Life Force around the spine will give you evolution – Spiritual evolution – in a far greater, far shorter time than waiting for the sun’s evolution. These are facts, and I often wondered, how do saints, and how the great yogis knew so much; because they sped, had sped up their evolution. It had increased their evolution by revolving the Life Force in their bodies around the spine.

Now this is the point which I want to remember: if you do this particular technique of Self-Realization Fellowship, instead of taking one year to attain the ordinary one year of solar evolution you can, in one-half minute produce the same evolution. But of course, it has to be done right. It has to be done properly. You have to prepare the ground, just like you take that jet plane. In three hours you are in New York. That just didn’t happen. That has taken years of experimentation; years of effort to bring that about. So to

perform this Kriya Yoga you must prepare yourself. And that's why, as the Reverend Joseph has said, "We require that you wait one year preparing the ground with the other techniques of Self-Realization yoga – then you can, when you take up Kriya yoga, get somewhere."

And so, these techniques are very important – all of them. Illumination – realization of the Heavenly Light of God can take place without even Kriya Yoga. I've seen it done. So don't minimize these other techniques. They are wonderful. They are very necessary. But this particular one is, as I have told you, the greatest spiritual accelerator known to man. Imagine! In one-half minute, when it is done properly, you can attain one year's evolution.

And so, I'll just give you one or two figures for you to think about. If you do 25 of these things, morning and night, it takes 15 minutes in the morning; twice that is 30 minutes – 30 minutes – in one year's evolution... solar evolution. You attain by this method 17,000 years of evolution. Imagine it! These are facts. Otherwise, how could we ever get out of this mess we're in, which is gonna take a million years?

Now going on, if you do 50 of them in the morning, and 50 at night, it takes 30 minutes in the morning, 30 at night – one hour. In one year you attain 36,000 years of evolution. Now you can see in the first case, 17,000 years of evolution by giving 30 minutes a day. In 12 years you have 200,000 years of evolution. In 36 years, 600,000, over 600,000 years of evolution. In 48, 48 years – just imagine it – in only a half an hour a day doing this particular one, in the right way, you have 800,000 years of evolution; almost a million. It doesn't seem possible, but it is so. And as the Master used to say, "If you can't make it in 48 years, you better turn the old car in and buy a new one."

And these things are right of course. But, just to go on to make it a little more interesting. Now say that you are energetic, and have a lot of zeal, and feel good toward finding God. And say you give 30 minutes in the morning, 30 at night – that's only an hour. And the Master often said, "If we cannot give an hour to God then we shouldn't be hunting for him." That is, at least we must give one hour of our time daily of the 24 to finding God.

Now, giving one hour – 50 of these Kriyas in the morning, and 50 at night; in one year, I have said, you'll have 36,000 years of evolution. In 12 years, 438,000 years of evolution; in 30 years – just in a lifetime – over one million years of evolution.

Now if you're *really* energetic, and *really* want God, and do 100 of the, a 100 Kriyas in the morning, and 100 at night, and give 2 hours a day to this particular thing; in one year, 73,000 years of evolution; 12 years over 900,000. Imagine it, in 12 years. That's why the Master said, and many of you have heard him say, "That it is possible to find God – to find heaven, to know the Heavenly Forces in one lifetime." And so it is so, because of these wonderful techniques of Kriya Yoga.

Now going on just a bit, I hope I haven't tired you too much by these figures, but they say figures do not lie. But I can tell you, if you do, if you do the techniques of Self-

Realization, you will find that it is surely the shortest way to heaven. Now going on just a bit, Self-Realization yoga, or, and its special techniques, with its special technique, of which I have spoken, is the automatic pilot which shortens your route to heaven. How does it do it? Because it keeps you on your course. You know yourself many people start out in Self-Realization. Anything, they go fine for a little bit. Then they are off the course. That's human nature, I presume. But if you do these Self-Realization Fellowship yoga techniques, and especially the one I have just described, it will automatically keep you on your course to God.

Now you take ships when they get out of the coastal regions, they set the ship on an automatic pilot, which keeps it on its course. Therefore, time is not lost by deviation from the true course. And so it is so with SRF yoga. It will absolutely keep you on the right course to God – the right course to heaven. Now, if we remember this, we will know why Lahiri Mahasaya said these words: “Do, do a little Kriya each day.” He knew what the key point was. Do your meditations each day, and then you will be kept automatically on the course to heaven, in the shortest possible time.

The great Babaji said the same thing about Self-Realization and its techniques, which are described in the Bhagavad Gita. He said, “A little of this religion will save one from dire suffering,” which is so. And then in the Bhagavad Gita, this is the greatest thing; we read in the 6th Discourse, the 46th Line this: the one who follows Self-Realization yoga or, as it says, “The yogi...the yogi is greater than the ascetics; he is thought to be greater than even the wise; the yogi is greater than the man of action. Therefore, become thou, a yogi, O Arjuna.” So you see there are the words of Krishna, who was Babaji. “Become thou a yogi.” Follow the short route to heaven – the airplane route of Self-Realization yoga.

And finally, going on, if you follow the airplane route, the short route to heaven, then you will meet the real Spiritual Pilot – the real Spiritual Pilot. This automatic pilot keeps you on the course. But you're gonna meet the real pilot to take you to heaven. What is it? The Real Pilot is the Transcendental Consciousness. The Christ Consciousness within, which is far above worldly consciousness. That is the Spiritual Pilot. The Great Cosmic Light, which can be seen by following the airplane route to heaven. That's the real Spiritual Pilot, because rays of that Transcendental Consciousness – rays of that Eternal Light – what are they? All the saints – Jesus, our great gurus, and our beloved Master, whose ray is so near and dear to us – they are rays of that One Transcendental Spiritual Consciousness, which is your real Spiritual Pilot – the Presence of God within you.

Now, if you regularly follow this airplane route, and then you will allow that Transcendental Consciousness to enter into your spinal region by following SRF yoga, and you keep the spine open so that that Presence of God can get in and guide you. The Great Reality of the Universe – He who has made all things – He *is* that Transcendental Consciousness. If you keep the spine open by the performance of SRF techniques, especially Kriya Yoga, then, then the Transcendental Consciousness, the Presence of God within you, can become dynamic to your spinal Centers; your spinal highway and brain, and guide you back home to heaven. That's why this tecqu...technique is so wonderful,

because that Presence of God as the Transcendental Eternal Flame of God becomes dynamic to your spinal region. Then you can be guided properly.

Now we have a reference in the Bible, which says this very thing. I was surprised to read it. It says this in Isaiah the 30th Chapter, the 20th and 21st Verse – do not forget it: “And though the Lord give you bread of adversity, and water of affliction, yet shall not thy teachers be removed into a corner anymore, but thine eyes shall see thy teachers.”

If you follow the techniques of Self-Realization airplane route to heaven, you will see the rays of Transcendental Consciousness flowing through you. By the Grace of God you can see the Centers of the spine, which are rays of His Presence. They are the things that guide you, because God’s Omniscience is in that consciousness. His Intelligence, which He has created universe upon universe is in that consciousness. Don’t you think that can guide you? Certainly it can. We must know it. We must make it dynamic to the spinal highway, “the straight way” to God which is within us. That’s why this airplane route is so important.

And finally, “And thine ears shall hear a word behind thee.” It is, that is the witness of the Presence of God within you; the Great Transcendental Consciousness of God, His Eternal Light, in which is the beloved Master. Thine ears shall hear the testimony of that as the Cosmic Sound, the great sound of Om. “Thine eyes ears shall hear a word behind thee saying, ‘This is the way...’” That’s the guidance. When you hear the Cosmic Sound, merge in it. How? By following the techniques of Self-Realization. Merge in it; be one with it. “This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.”

So that Transcendental Consciousness is “The Short Route to Heaven.” Merge in it. Follow the airplane route of Self-Realization Fellowship. You will never regret it. Make straight the way to God. That’s the straight way to God – the straight way to heaven. And then, as Jesus said to Nathaniel, when he said, “Here comes an Israelite who is without guile,” – without guile and with humbleness, and zeal, and faith in God – follow, follow the airplane route to heaven of SRF yoga. “The Short Route to Heaven,” and then as Jesus said to Nathaniel – Jesus was speaking, not as Jesus the man, but as Christ Consciousness – he said to him these words: “Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the son of man.”

If you follow the airplane route to heaven – become one with that Transcendental Consciousness, the Christ Consciousness which Jesus spoke through, then that Consciousness will say to you, “Follow me. Keep on. Keep at it. Follow the Self-Realization route to God. And then you shall see the rays of Cosmic Energy, the Presence of God ascending and descending in the Realm of Heaven.” Follow it. It is worth it. Follow the airplane route. It is your birthright, because each and every one of us is a child of God, and is entitled to know the Realm of Heaven.

Closing Meditation

Let us meditate just a moment.

God's power is with us – the power of His Eternal Flame and Light. The ray of the beloved Master is with us. Let it permeate your being. Let it change you so that from now on you *will* be changed. You will be nearer, nearer to heaven and His Presence.

Closing Prayer

Heavenly Father, from our hearts, we thank Thee for the channel of the beloved Master which Thou hast sent. We thank Thee for this communion together in Thy Holy Presence. When Thou art with us, who can be against us? Father, help us to take this security, this Peace and Joy, with us in every action. Om, Peace, Amen.

(Audio ends with violin and organ music by Mrs. Kennell and Mrs. Gonsullus playing "Beyond the Sunset")