

Expand Your Consciousness

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Our subject this morning, "Expand Your Consciousness."

Expand your consciousness so that you realize your Divine Heritage, the Bliss of God's Presence within you. All men are united in the bond of consciousness. That consciousness is from the One Great Ocean of the Sea of God's Consciousness, God Himself, or Bliss Consciousness. Our Master has said, those of you who will remember, "That without doubt the Bliss Consciousness which the devotee feels, is God's Consciousness."

And so you see, right within us, even in this morning's meditation, I could not help but notice how peaceful it was, and how we were transported from this worldly duality of restlessness and outward consciousness, into that stillness and that Sea of Consciousness, which is God Himself. Our consciousness is simply a part of that Great Sea of God's Presence, but of course it is identified and attached to this worldly dream, therefore, we feel a separation. But in reality, in truth, there is no separation between any one of us, and God, if we can but realize it. But as long as we stay in the consciousness of duality, where the separation is felt in ego consciousness, just so long, we cannot see the Unity of God's Presence.

And so, we have to do something about it. We have to meditate deeply, unite with the Unity of God's Presence as much as possible, and then break the duality. And when we break the duality, to break this Cosmic Dream duality, then the Unity of God's Presence will come, and then the separateness will go, and you will not feel, "Thou and I, Oh, Father," but as Lord Shankara said, "I am He, I am He, Blessed Spirit I am He."

So, there, in a few words is what we truly are. If we are that, happiness will flow naturally from us. We will not have to coax it to come. But until that time we have to work. But we can always, in our moments of silence, which we should make these periods every day, not just on Sunday, and Wednesday, and Thursday, or whatever meeting nights or days you have, but every day – every day – we should allow God's Great Consciousness, and His Great Light, and His Love to flow through us. Then that happiness will come itself, because we are made in the Image of God, and happiness within us is natural, spontaneous, and it's right there, if we will but make it our own by regular meditation, allowing

the Great Light of God and the Power in that Light, the Great Love of God and the Power of His Love to change us so that happiness will naturally be with us in every moment. Then who cares where we live? Who cares what we do in this worldly existence? If you can feel the Presence of God, it matters not. But, if you have all the money in the world, and lots of position, and your thoughts run off, and you don't have. . .do not have God, you have nothing, because God is All.

That's what we must realize. We must understand these false values of this human existence, and ascertain, and make our own, the true values of God's Presence within us. If we have that, then we will have true happiness – we will have expanded our happiness from the little satisfaction of worldly desires, and the little pleasure that comes, to the Unending, Unceasing, Inexhaustible, Peace and Bliss of God's Presence. That's what it means by "Expanding Our Consciousness."

Unfulfilled desires simply means unhappiness. There are three kinds of unfulfilled desires.

- Material desires, of which you are familiar, the desires for wealth, and for objects of senses, and position in this world. When they're not fulfilled, then you're unhappy.
- Then we have the desires – mental desires – when there's restlessness of the mind, you're most unhappy, because there's no peace at all. When the mind is restless, or when in your mind you have the envy of someone who has the better automobile than you, or a better house, or whatever it is. Then you see this unfulfilled desire. And with that unfulfilled desire comes unhappiness.
- And finally, the worst thing is the spiritual desire. The unfulfilled spiritual desire that you don't know what it's all about. You don't know where you're going when you get through here. You just hope something good's gonna happen – something good is going to happen. You're not sure of it. That's the worst unfulfilled desire. And that gives us most unhappiness. And that's known as "ignorance."

So there you have the different types of unfulfilled desires that lead to one thing, unhappiness.

Then we have fulfilled desires – fulfilled desire lead to two things. Do not be mistaken. Fulfilled desire leads to peace of mind, or the true happiness of the soul. Now when the restlessness of your mind is alleviated, then you feel peace of mind. You feel a great relief from the violence of the restlessness of your mind – the turmoil of an unregulated, if that's the words used, or uncontrolled is better – mind. There's a great relief when you feel peace of mind, but that isn't the true happiness which you want. That's the negative aspect of happiness. That's a relief from a turmoil. That'll not satisfy you, because the thing will come up again, and start up again.

But true happiness, true happiness is the positive thing. True happiness is natural with the soul itself. True happiness is God. Now that's what you want, and that comes from fulfilled desires – the highest type: to know God; to be one with Him; to know, and demand, and claim your birthright as a child of God. That's true happiness, and that's true fulfilled desire, because in God you'll find all fulfillment.

You may have 16 houses and will not be happy. You may have no houses and God, and be the happiest person in the world, because all fulfillment is in God – Complete and Eternal. Now when you have the money, you feel good. You lose the money, how do most people feel? But when you have God, you will feel Eternally Happy. Not for any length of time, but Inexhaustible, Eternally. That's what true happiness is. That's what we have to create from worldly happiness.

And even peace of mind is not the answer, but the positive aspect of happiness, which is our natural state of consciousness, because we are waves in the Great Ocean of Spirit of which we have been singing and meditating upon this morning. And that Ocean is God's Bliss and Peace. That's happiness we want. That's what we must create.

And so, true happiness, realize, or the Bliss of the Soul, is natural. It lies in the Soul, and it is natural and spontaneous. It's bubbling up there, but we have so many troubles it just clogs it – it can't bubble up. It's just covered up, so to speak. And so, realize that happiness is the natural state of being. It cannot be acquired through any external means: by the money you have, or the position you have, or whatnot. It is the natural state of consciousness. It cannot be acquired by artificial means, or outward means. It comes of itself. When you remove the obstructions and the inhibitions, then the happiness of God's Presence within you, or God Himself, who is Bliss, will be there. Remember, happiness, true happiness – not just happiness, or pleasure – true happiness, is natural and

spontaneous. You do not have to create it, you just have to allow it to come up, and bubble up within you.

Now, going on just a little bit. We see illustrations of this naturalness of happiness within us, the spontaneousness of happiness. We find it in children. Little children. They're jumping around, and joyful. Why? Because that Natural Bliss of the Soul is bubbling up in them. They've just come over, so to speak, not too long ago, from being with the Source of Happiness, true happiness, the Presence of God within them. And so, they're naturally that way, and they feel buoyant, and God's Love, and His Bliss, and Happiness bubbles up within them.

But later in life, when they get mixed up in many things, in marriage, and all sorts of things – marriage seems to be the culprit – but that's not the only thing. Listen, I can point out to you many happily married people. Why? Because they made God first in their life. One of the greatest saints was Lahiri Mahasaya. He was married. That's why he was the saint he is, and that's why he's one of our gurus - to show that marriage isn't the cause of unhappiness, altogether. There are other things. And the thing is, that we must claim our birthright. We must, as these little children, be spontaneously happy, which is our Natural State of Consciousness.

Little story comes to my mind. I was just thought of it, just a minute ago, and so I have brought it along. It is this, and it has to do with a Boston minister so, although it didn't happen to me, even though I do come from Boston. But this, this minister from Boston was walking along the street, and he came upon this group of joyful urchins. They were jumping around, and yelling, and hollering, and he says – around them they had. . .they had a dog of doubtful pedigree, just a little pup they had – and so, the minister said, "Boys," he says, "what goes on here, anyway?" "Oh," one of them says, "we're just swopping lies," he says – "the one who can tell the greatest lie gets the pup." And so he says, "My, my, boys," he says, "when I was a boy," he says, "I never told a lie like that." So all the kids hollered, "You win. The pup's yours." So, there you are. Natural exuberance of children, even though they are urchins around a pup.

Now, that we've got that off our minds, so to speak, there are others who are naturally spontaneously happy, and they are the saints. They are the saints. They feel, they feel the Great Joy of God's Presence in everybody, and especially when they can help someone, they feel that Natural Joy and Exuberance. Because, why? They see God in everyone. They see God in the sinner, and they see Him in the saints. So they feel God in everything. They have found out that God Alone is the answer. Whether it be happiness, or opulence, or whatever it is. It is God Alone, and the saints feel that. And so having Him, feeling God in everybody, that Natural Joy of God is bubbling up in them, and they feel it all the time, and especially in those who turn towards God.

Now, in Psalms, the 5th Psalm, 11th Verse, most beautiful, "But let all those that put their trust in Thee rejoice. . ." That's why the saints are joyful. Master was very joyful. Those who knew him many years ago, especially. He was always joyful, and that natural exuberance, although he carried a tremendous load with this organization, all alone, and he went through many trials of people who shouldn't do such things, still he was always joyful. And is this the answer in this Psalm. "But let all those that put their trust in Thee rejoice. Let them ever shout for joy, because Thou defendeth them. Let them, also, that love Thy name, be joyful in Thee."

Those who hear the Cosmic Sound of God; those who rejoice in God's Name; who are always eager, and anxious to be in that Holy Vibration and the Presence of God; they are the ones whom God defends. And they are the ones who, having the defense of God on their side, or His Great Security and Power, they are joyful all the time no matter what comes, because they know God is with them. As Master said, "Leave everything else, but never God's side. Leave all else, but never God's side."

So, the happiness of saints is not limited to human consciousness – that's the point. When you depend on people to do this, and do that, you'll be disappointed. But when you depend on God, and then see Him in people, then you'll find people will not disappoint you. But don't look to people first. Look to God first. See Him in the person, and your chances are much better to receive from that person happiness, and satisfaction, and not be disappointed in them. That's what the saints do. Realize the saints feel, and know, and feel the joy in others.

I remember, a couple illustrations come to my mind. Master, he would just beam with happiness when talking to a devotee – you'd see that devotee change. His face would just beam. Why? Because he felt the Joy in that devotee. He felt God's Presence in that devotee, and he saw the effect of God's Presence on that devotee – he saw the devotee change. So realize, saints feel the Presence of God not only in themselves, but in everybody. That's why they have that tremendous amount of happiness bubbling up within them.

Another instance comes to my mind. Down in Encinitas, Master and I used to come home – you know this was long ago – late at night, sometimes early in the morning, and the rest of the ladies, and others would go to bed. We'd go out on the lawn, and walk back and forth by the ocean. That's where I learned a lot of philosophy, and SRF [Self-Realization Fellowship]. And he used to talk to me. . . we'd walk back and forth. . .and it was most wonderful. And this particular night, I remember we went in, and I said, "Well, I must go now, sir." I didn't want to keep him up all night, but you couldn't get away. I lived down in the end room in the hermitage. So we went in, he says, "Come on in." He says, "Come on." We went in the kitchen, and he got just a little vegetable – I don't know what it was now – and he began to cook it. And he cooked it, and he put things on it – salt and pepper – and he was just beaming. His eyes were half shut, and he was must making it, and I was feeling exceptionally good then, exceptionally happy. And when we ate it, it was the most wonderful thing, that simple vegetable. Why? Because he was feeling God's Presence, and he was also feeling the effect it had on me. And I remember, when I left him that night, and walked down to my room, as I went into the room, the room was all lighted by a soft spiritual light. It was most beautiful.

So the next morning I told him about what had happened. He said, "You know," he says, "when I cooked that stuff," he says, "I was pretty much in Divine Consciousness." I said, "Yes, you were, sir. I saw its effect when I went to my room." And so saints have that exuberance of happiness, because they feel God in everybody, not just confined to themselves, or their limited action, but they feel the Presence of God, especially in devotees whom they are trying so hard to lift up from this ocean of delusion.

When we think of others, and when we serve others, that's when we expand our happiness, because, as Jesus served his disciples, and washed their feet, he expanded his happiness to the Great Reservoir of Happiness, God's Presence. But when we work selfishly for ourselves, then we limit, we constrict, our happiness. It cannot expand naturally, as it should, and allow God's Great Love and Bliss to flow through us. We restrict it. We circumscribe it, when we work for ourselves and not for others, because then we're working, not for God Alone, but for our own personal reasons, and ambitions. Understand that.

If you want to expand your happiness, see God in everybody as the saints do. Work to please them, by pleasing God. Don't expect anything from others. You'll be disappointed. But, if you see God in others, then whatever He gives you is all right. "Let come what will," Master used to say when he was putting out the food – we used to eat a lot in those days, could eat more than I can now. I don't wanna now, of course. And sometimes an extra big piece would fall off, and I'd say, "No, no sir." "Oh," he says, "what comes of itself, let it come." So what comes of God's Presence, let it come. But you have to be true with God, because He knows whether you mean that or not, because He is behind our thoughts, and all things.

And so, when we think of others, as I have said, then we increase our happiness, because then our happiness depends on the Soul Happiness, which is natural and spontaneous. But when we work for ourselves, then the happiness depends upon the results of the manipulations of ego consciousness. And ego consciousness is very limited, because ego depends upon bodily consciousness, which passes away, and which is not eternal like Soul Consciousness.

And so we should serve others – serve them. And we can do better, if we realize God is the Doer. That's the important point that I want to bring out, is that you can serve others without feeling any constraint, if you feel God as the Doer. If you know He's in others, and you know He's there – feel Him there – then it's not too difficult to work and serve others. That's the key. Know God as the Doer – even in your enemies. That's why Jesus was able. . . Jesus was able to say, "Father, forgive them for they know not what they do." Because he knew God was the Doer, even in his enemies. Knowing that, then he could serve them, as he did spiritually, to such an extent when he said, "Father, forgive them for they know not what they do."

And so when we learn to serve others – then what happens? – because we see God in them, then the happiness of God becomes ours. When you work for selfish reasons, and serve others perhaps for gain in this earthly existence, then you see the happiness depends upon the fulfillment given by the object of senses, or the conditions of this worldly existence. But when you serve others because you see God in them, then you attain the happiness of God Himself. That's a very important thing – realizing God is in every one of us. Work to please God, knowing that He is in the others, and then His Happiness, His Bliss becomes yours. A very important point.

A reference from the Metaphysical Meditations, I'd like to read at this time, which is most wonderful. "In the cheer of all hearts," Master has written, "I hear the echo of Thy Bliss." When you see somebody else genuinely happy because God is coming into them, then, as he says, in that, "I hear the echo of Thy Bliss." "In the friendship of all true hearts, I discover Thy friendship."

Master said, "God loves us so silently, and so wonderfully, and through the hearts of His devotees." But it cannot be a personal relationship, a human relationship. It's a Divine Relationship, which is between all true devotees. And I know that some of you feel it with one another. That's because it's real relationship, true friendship.

Then he goes on to say, "I rejoice as much in the prosperity of my brothers as I do in my own prosperity. In helping others to be wise, I increase my own wisdom. In the happiness of all, I find my own happiness." These are words from Master's Metaphysical Meditations.

Now, the greatest way that you can serve others is this – and it will give you the greatest happiness – it is that you enable them to have Inner Realization and Divine Contact with God. That's the greatest way you can serve a person, because you know, if they have that, they, too, will feel what you feel. But that means that you first must have that realization. You cannot give it to another unless the Grace of God descends upon you, and flows through you. Then you can give it to someone else. But that's why it is the greatest service.

And so, do not try to help others, but rather try to ask God to allow His Grace to come in upon you. Then you will feel His Bliss and Happiness. Then you can give to others. And when you see them, when you see them finding God; and when you see their hearts responding to God's Love, and they are . . . have . . . Divine, the Inner Realization, and the Joy which you see was Indescribable, because you know they also

feel as you do. "He knows whom God lets know." God is the Doer. He's the one who lets the true devotee know that He is with them, and that they have His Happiness.

Now if you can help someone, if you can serve someone so that they, too, can have God contact; they, too, can have the friendship with God; they can, they, too, can feel God in every action, isn't that the greatest service? That will expand your happiness more than anything, because then you're giving them God Himself. It's the greatest thing. That's one reason why the saints, and all true devotees are so overwhelmingly happy, because they know God, for some reason, is utilizing them. His grace has descended upon them, and His Great Love flows through them.

If you want to expand your happiness, get the contact with God yourself first. Get the realization of His Presence, and then, if possible, give it to others. First know that you know nothing. First know that you yourself are nothing. God is the Doer. Then, if His Grace flows through you, then others feel it, and you feel exceedingly happy, because the devotee is feeling the Presence of God. That's the greatest way – remember – to serve others. Make the contact – make the contact.

Master has given us these words, "Let your life. . ." – I remember he wrote, told me this, wrote this to me – "Let your life be a spiritual example for others to follow to our One Abode of Light where all will be who live and do right." Isn't that beautiful? Doesn't that inspire you to be good, and to find God? Let Him take care of what you do after that. You may not say a word. Some of the greatest saints don't say a word. They're silent. But the effect upon the world is tremendous, because God is Silent. He's made universe upon universe. He doesn't say anything. But it goes on, doesn't it? Why? Because He is Supreme. So you make the contact with Him, and as Master says, "Let your life be a spiritual example for others to follow to our One Abode of Light where all will meet who live and do right."

That brings up one point I'd like to make, and that's the point of the role of yoga. Yoga gives you the ways and the means to contact God. How can you be a spiritual example in the highest degree unless you contact God? That's why yoga is so important. I don't mean just certain branches of yoga, but Raja yoga, which gives you spiritual contact with God, or which develops the spiritual side of you.

Yoga is very important, because, if you follow, yoga left by one as our beloved Master, who had the contact with God, who lived in God, and through whom God flowed so wonderfully, if you follow him, follow the yoga he has left, you too, will attain that contact, and then you can do some real good in the world. If God flows through you, His Grace descends upon you, He can use you in His own way. But first you have to know Him through yoga. Yoga means union. So realize, Self-Realization has a great part to

play, because it has taken, and does take, ordinary religion out of the realm of ideas, orthodoxy, and creed. It gives them the ways, and the means, to feel God – not as an idea – but as a Reality, as something tangible, as His great Cosmic Sound, His Great Light, Eternal Light, and above all, His Great Love.

That's why yoga is so important, because it now gives to the world something that they can utilize to make God – not an idea – but a Reality within themselves. Having that, then they can take God with them in every action, not as an idea, but as a Real Tangible Force, the very force of their existence, their very life itself. Yoga is very important, because it gives us the ways, and the means to contact God.

And so finally, radiate the Soul's Natural Exuberance. If we claim our birthright, then that will flow through us naturally of its own accord, and that's what we should be. We are children of God. We have a right to His Happiness and Bliss. We're made in His Image. As our Master, and all saints say, "He loves us more than we can imagine." So that surely is our birthright, to claim and to have our happiness. If you have this, if you realize that your Soul is Happiness itself, naturally, you don't have to gain anything. All you have to do, is allow it to come forth. If you can realize this, that it, that within you is the Natural Exuberance and Happiness of the Soul, then you will naturally expand your happiness from this limited worldly consciousness with its peace of mind and happiness to that Unending, Eternal, Bliss of God's Real Happiness, Unending Happiness.

And I'll close with Master's few words from Metaphysical Meditations, in which he says, as we sang this morning, "I am the bubble, make me the Sea." If you feel the natural Presence of God within you, that little bubble of ego, of happiness, will expand to the Great Sea of God's Presence. That's what we are. Sometimes you close your eyes, you meditate deeply, especially, if see the Light at this point [Doctor points to the point between the eyebrows], and, if you can penetrate it, you will see around you the Great Light of God's Presence, all over. That's what you are. But we think, we're this little body, and we look around so much, and do so much. That's what we are. That's our Natural Home – the Sea of Bliss.

Master said, "Expand your consciousness from the limited bubble of ego to the Great Sea of God's Presence. . ." That's what we are. In meditation you can prove that, if you keep on. ". . .if you can penetrate. . ." as Master says, "penetrate the spiritual eye into the Omniscience of God." Do that, then you will see yourself – not as a little idea of this body – but the Great Sea of Light in God's Presence. Isn't that worthwhile? Isn't that worth striving for? If you do that, you will have expanded your consciousness from the little ego to the Great Sea of God's Presence.

And finally, from the Metaphysical Meditations, and this is the most wonderful thought which Master has given us in this little book, where it reads as follows, "I want no monument on the mountains of human fame. . ." .. (incomplete)