

The Science of Religion

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“The Science of Religion”

Religion often consists of a series of tenets, rituals, and dogmas blindly followed without testing such with the scalpel of Realization. And there's quite a difference between orthodoxy and true religion. We must realize this. Through realization we can see the underlying Universality of Religion.

You follow a certain church you follow its doc, dogmas, and its rituals. But underneath is some Universal aspect common to all religions. Now that's what we want to know. That's what we must know. And what is that? God Himself! Realize that. That the Universality of Religion is what we must have, otherwise, no religion will satisfy us, because God is the Ultimate. Having Him, we have all things. Let us understand that. And the science of understanding this Universality is “The Science of Religion.” And it's the greatest science there is, because the Science of God, knowing God, God's Presence, is behind all sciences, is it not? And so, “The Science of Religion,” or knowing God is the greatest science. It is behind all sciences.

Now, what religion should mean. What should religion mean? Not tenets, as I have said, and dogmas, and customs, and rituals. No. But it should mean, fundamentally, God Realization – God Realization. That is what it should mean. And Realization of God, both in and out – complete. That's what religion should mean to us. That's the first and greatest thing.

Also, there should be something, as I have said, common to all religions that can be universalized. Not that you can find in a Protestant Church, or the Catholic Church, or Judaism. No. Some universal aspect that can be found in all religions; that's what religion should mean, and that's what true religion is; the Universal Presence of God, which is, is in each and every one of us.

And, finally, as God is One, so true religion is one. And that is necessary for each and every one of us to know that which is behind all religion, and which can be universalized, and which can give us peace, and bliss, and understanding, and fulfillment. That's true religion. That's the Universality of Religion. Something

that can be felt, and perceived, and understood in each and every one of us irrespective of color, race, or creed. Isn't that true religion?

You mean to say that religion can be cornered, so to speak, by one denomination? Master said, "You can have several denominations, two denominations or many; but you can have only One Religion." Let us realize that. "God is not mocked."¹ God is so Universal that He has Compassion and Love for each and every one of us, irrespective of what church we go to. Such is our God. Such is the God Master taught us to love, because "God is Love."² These are the Universal aspects of Religion which we all must know and make our own.

Now, Master has said in his, the little book, The Master Said, which is a very wonderful little book, these words: "A minister of another church came dejectedly to see the Master, and he said, 'I am so confused.' The Master said, 'Then why do you preach?' And the man said, 'Because I like to preach.' Then the Master said, 'You should learn to meditate. As Jesus said, if you don't, how can the blind lead the blind, they both fall into the ditch.'" And so, the Master concluded by saying, didn't: "If you haven't God yourself, how will you be able to give Him to others?" And how wonderful that is – how true.

Speaking about preaching, a little story comes to my mind, which perhaps some of you heard on the radio. It's really quite a little story. I do hope I can tell it correctly. Sometimes I get confused myself, telling these stories.

But a mother was getting her seven-year old son ready for church, and suddenly he said to her, he said, "You know when I grow up I'm gonna be a preacher." And she said, "Is that so, why?" "Well," he said, "it looks as though I've got to go to church for the rest of my life, and if I've got to do that, then," he says, "it's harder to sit and listen than it is to get up there and holler."

So, that's one way of looking at preaching. But the other way, I think, the Master's way, is better. Meditate; contact God; then you can give something to people. Otherwise, you're giving them words, and talk, which does not help them very much.

¹ Galatians 6:7, "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

² 1st John 4:16, "...God is love; and he that dwelleth in love dwelleth in God, and God him."

When I met the Master and he showed me the Universality of Religion, then I saw something behind this outward form, which I needed, and which I thoroughly wanted. That's why I've been trying ever since, in a humble way, to help others, because he helped me. We must realize that.

Now, we are living in an age of scientific exploration of things, of which Mr. Layton spoke. There is much scientific investigation going on in electronics. I'm sure you're all familiar with the various things like radar, and television, and atomic energy, we hear all about. Why? Because there's an investigation going on; and in medicine; why you can't get any sickness, right off they have a new drug for it. Why? Well, whether they work or not's another thing, but they have them. They have them. Why? Because they investigate – scientifically. And we have these teams of surgeons and physicians; and really it's getting harder and harder to be sick. And yet, it's easier and easier. Why? Because we haven't investigated one thing, and you know what that is? Religion.

Why not? If they investigate these other things, why not investigate religion in a scientific way? Why not know why we're here? What it's all about? Where we're going? Why not know our own consciousness, which, as our Master has said, is none other than God's Consciousness? Every time you feel the Bliss of His Presence, realize that's God within you. Why shouldn't we investigate religion? And, as Master said, "to know God is the science of all sciences." Certainly, we should investigate.

Now, we read in the scriptures certain things which point out to us that we must know God in a practical way. What good is God, what good is religion unless it can be utilized? And so we read in the scripture "God is Love."³ Do you feel that fully? Do you feel that in every person you meet? Do you feel the same Love that you have in them; vibrating, giving them life, and making you feel that you are One with Him in some Universal aspect? If you do not, you haven't realized God is Love.

And do you realize when you say, "God is Bliss," do you feel in every cell of your body the vibrating Presence of God as Bliss? That's the Witness that He's with you. You may feel a little of it, but, if you scientifically investigate religion, you will find the Presence of God in you in a dynamic way; so dynamic that you will feel His Greatness vibrating in every cell. Do you feel God as Eternal

³ Ibid.

Consciousness; that is the One Consciousness which is your own consciousness manifesting as the Great Cosmic Sound, the Great Cosmic Light, the Great Cosmic Feeling wherein you feel One, not only with yourself and those near to you, but with everything in Creation; every other person, all the flowers? Do you feel that? Do you feel one with that Eternal Consciousness of God; the Word; the Holy Ghost; the Holy Vibration, the Great Comforter, of which Jesus spoke? Do you feel that? Be honest with yourself. If you do not, then you must, you must scientifically investigate your own self so that you find within yourself the Universality of Religion, God's Presence right within you.

Now, Brother Lawrence, you've read about him, he spoke about the Presence of God as something real and tangible. It is the most tangible thing in our existence, if we can but focus our attention through scientific investigation, upon that Presence of God. We must do that. And the Master has some wonderful things to say about that. I wanna read just a word or two of what he has said, to make you feel, and to make me feel, the importance of knowing God in a tangible, dynamic way. And, if we do not know Him that way, it's time we found out what's the matter, through realization, through investigation.

So, the Master has this to say from his book, Science of Religion: "If God is not conceived by you in such a way that we cannot do without Him in the satisfaction of a want, in our dealings with people, in earning a living, in making money, in reading a book, in passing an examination (sic)⁴" – we've just passed through lots of examinations, the young people have – "...in doing the most trifling or the highest duty, if God is not conceived in such a way that you feel the absolute necessity of having Him with you in every thing you do..." everything from the greatest to the least; then the Master says, "...it is plain that we have not felt any connection between God and life." We have not realized that God is our very life. "Thou art my life; Thou art the sweetness which I do seek."⁵ We have not found that out. It's time we investigate it, scientifically, religion, and found out its Universality; the Presence of God within.

So, God is the greatest thing we need. He's the Universality of Religion. Of course, He is known in certain definite ways. As I have said, within each and

⁴ Release 1957, Chapter 1, Page 2, "If God is not conceived in such a way that we cannot do without Him in the satisfaction of a want, in our dealings with people, in earning money, in reading a book, in passing an examination, in the doing of the most trifling or the highest duties, then it is plain that we have not felt any connection between God and life."

⁵ Paramhansa Yogananda's Chant: "Thou art my love; Thou art my life; Thou art the sweetness, which I do seek. Devotees knows how sweet Thou art; He knows, whom you left know."

every one of us is the Presence of God as the Holy Sound, as the Light of His Presence at this point [the Spiritual Eye between the eyebrows], and greatest of all, His Bliss. In the Bible we read, “If thine eye be single, thy body will be filled with light (sic).⁶” And we, dogmatically perhaps, take it to be, “if your eye of discrimination – is one pointed,” you will have the Wisdom of God. It doesn’t mean that at all. It means, if you focus your attention, your two eyes, at this point [the Spiritual Eye], you will see the Single Eye of your Spiritual Body, in which is the Presence of God; in which is God’s Great Love; the Great Sound of the Universe; “the Great Light beyond the atoms,” of which the Master spoke.

That’s the real meaning. That’s the Universality of this meaning in the scripture, “...if thine eye be single...” Not anything else but that. Now, you’ll never know that until you meditate and investigate it, and find it out for yourself as truth – which you will do. And, I know, there are many here in this room, who testify just to that; so let us understand that.

And so, dear friends, there is, there is a scientific method, which you can use, which I can use, wherein we can find the Universality of Religion; what we all need. There is a definite science. Yoga is that scientific method. Yoga means what? Union; Yoga means union. Union with what? Union with God. Your consciousness, as I said in the beginning, is none other than God’s Consciousness. Yoga is the science. It will give you contact with God, of which I spoke; will give you contact in a dynamic way. Yoga means union. Having that, you will have found – having contact with God – you will, will have found the Universality behind all religions; that which we all need; God’s Great Presence, and His Great Love; and greatest of all, the friendship with Him.

We say, Father, Mother, Friend, Beloved God. Do we *feel* that? Next time you pray, *feel* it as you say: “Father!” feel the Father aspect of God.

“Mother!” you know how you felt toward your mother; you went to her, and you didn’t go to anyone else. Why? Because she understood you. You *feel* that aspect of God?

“Friend” “Friend.” Have you one friend who you can really depend on and whom you know will always be the same whenever you approach that friend,

⁶ Matthew 6:22, “The light of the body is the eye: if therefore thine eye be sing, thy whole body shall be full of light.”

and will never change, and will never let you down? That's God's aspect in that friend.

"Beloved God!" do you feel toward God like you did toward your beloved? That's the aspect of God. That's the Universality of God – Yoga. Self-Realization Yoga, if followed, intently, with deep attention, and loving attention, will give you that contact with God – just that – in a most dynamic way.

And so, the Science of knowing, God within us, is yoga. And by following the Yoga as taught by Self-Realization Fellowship, as many will testify here, will give you that contact with God. Having that, following it through, until finally you fully surrender to His Presence – remember, that's a great point, and must be complied with – you can see the Light of God; you can hear the Cosmic Sound; you can Feel His Presence in your heart, but until you fully surrender to Him, and merge in Him, you will not have full God contact. Yoga, as taught by Self-Realization Fellowship, will give you – absolutely give you – God contact, which you and I want.

Just a word about yoga from the Master's writings, and then I'm through. In the Autobiography [of a Yogi] we read these following words: "...a yogi engages himself in a definite, step-by-step procedure by which the body and mind are disciplined and the soul liberated."⁷ Now, there are concise words of the Master. Remember, yoga, "...a yogi engages himself in a definite, step-by-step procedure by which the body and mind are disciplined and the soul liberated."

How wonderful that is. Well how is your liberation coming? It's not coming with orthodoxy; it's coming by merging in the Presence of God within. Yoga will give you that. And finally, the Master goes on to say: "Yoga is a method for restraining the natural turbulence of thought, which otherwise impartially prevents all minds, all men of all lands, from glimpsing their true nature, or Spirit (sic)."⁸

I read to you, or I spoke to you, about the [Bhagavad] Gita. "All men walk the earth wholly deluded."⁹ And so, you can see this method of restraining the "natural turbulence" of the mind, it's natural for us to be in this mess, so to

⁷ Revision 1951, Chapter 24, Page 232,

⁸ Ibid., "Yoga is a method for restraining the natural turbulence of thoughts, which otherwise impartially prevents all men, of all lands, from glimpsing their true nature of Spirit."

⁹ 7th Discourse, 27th Line, "By delusion of the pairs of opposites, sprung from attraction and repulsion, O Bhārata, all beings walk this universe wholly deluded, O Parantapa."

speak. It's natural, natural for us to be deluded. But it's also natural for us to get out of it, by following one as the Master, who can get us out of it.

And finally, "Like the healing light of the sun, yoga is beneficially equal, or good, for men of the East and for men of the West. The thoughts of most men are restless and a manifest need exists for yoga, science of mind and soul.¹⁰"

So, as I have said, Self-Realization Yoga, because it teaches right meditation – it teaches right meditation – will give you that contact, which you so desire. Master said about meditation, "Meditation is the missing link." Now listen carefully. If you forget everything else 'twas said this morning, except the little story, remember this. Master has said, "Meditation is the missing link," between what? Orthodox religion and realization. Understand that now.

We all, most of us here, have come from some church. Now, I'm not ~~proseliting~~ [proselytizing]. No. But, you will find that if you meditate, there'll be a missing link between your religion, whatever it was, and Realization of God, the Presence of God within you. So Master said, "Meditation is the missing link between another religion and realization;" between man and God; between your Soul, my Soul, and Spirit. Those are wonderful words. Remember those.

Finally, to know this outward world, "sensuous," as it is called, perception and thought will suffice. But, to know the Superconscious Presence of God within, they will not give you enough. It is necessary to use what? To use your own intuition – the Power of God within you; to use the power of your own Soul – which is inherent within you.

You say, "How do you know that?" Read Psalms, the 82nd Psalm [6th Verse]. What does it say? "I have said, Ye are gods; all of you are children of the most High." Don't you think the power is within us? Certainly it's within us to know God. But yet us, let us utilize it. Let us be true yogis. And why do I say "Let us be true yogis?" Because by being a true yogi, you will follow "The Science of Religion," and know the Universal Presence of God within yourself. Because in the Gita it says these most beautiful words, with which I will close: "The yogi..." the one who follows yoga, or the one who follows yoga to attain union with God, "that yogi is greater than the ascetic. And that yogi is thought to be greater than

¹⁰ Revision 1951, Chapter 24, Page 232

even the wise, (sic)¹¹" it says in the Gita. "And that yogi is greater than the man of action. Be thou, O Arjuna, a yogi. (sic)¹²" Be thou, O Arjuna, a Yogi.

¹¹ 6th Discourse, 46th Line, "The Yogi is greater than the ascetics; he is thought to be greater than even the wise; the Yogi is greater than the men of action; therefore become thou a Yogi, O Arjuna!"

¹² Ibid.