

How to Make Life Worth Living

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Subject this morning is, "How to Make Life Worth Living"

Once in a while it becomes a bore æ sometimes quite often. So there's something wrong æ something wrong and we've got to do something about it so that life will be full of enthusiasm, exuberance, power. There's no reason why it shouldn't be that way, except something is preventing it. Something's preventing our feeling, our oneness with God.

Now if you'll look back in your early life, you will remember how full of pep you were, so to speak, and joyful. You felt the freshness of the Spirit. When you were quite small there was that exuberance. Life seemed worth living. Now why was that? There's a reason for it even though that has departed. There was one time, in our early life, when we felt good, we felt the Presence of God; we felt like doing things. Life was worth living. Why was it? Because we were fresh from God. We were fresh from the Spirit æ feeling, bringing with us His Great Joy and Bliss.

In ordinary sleep, when you have a good sound sleep, when you wake up in the morning, you will feel a little of that. You will feel a little of it until in comes all the trouble. You will feel that Joy æ sometimes just a little bit æ but it's there. Why, because the Life Force has been withdrawn from our senses æ bodily parts æ and especially the involuntary nerves, and they have had a chance to rest æ the heart, the lungs, and the involuntary organs. They've had a chance to rest, and we feel good.

Now, when we pass away, we die, then all the Life Force is completely withdrawn from the senses, organs, and the involuntary nerves, and we have complete rest, complete rest, and we pass into God's Presence. What is God? Ever-conscious, Blissful, Eternal Existence. We are in that Joy. Perhaps, unconsciously, but, nevertheless, the Soul is once more recharged with the Presence of God, and when we come back, in early life, we feel that. We feel wonderful, and we have the pep, we have the enthusiasm, we are fresh from Spirit. That is why. Then in comes, I call him King Karma, to exact his pound of flesh. You cannot escape from the karma that you have laid up.

And so, just shortly, not too long, as you begin to grow up a little, then in come the impulses that you have brought over. They begin to crowd in upon you in adolescence, youth, until finally, in old age, you have the whole bunch all at once, it seems. But those are the effects of karma that you have laid up. You grow up a little bit, and you begin to do just the normal little things of life. You go to a party, or something, oh, about high school age, and you're lookin' around, and suddenly, you see someone, and the beam goes from her eyes to yours and back and forth, and first thing you know you're in love. And you're just as, you might say then, you're finished as far as that goes.

In other words, these things are natural. They're there. Why, why not face them? Because God has suggested real strongly through the law of karma that these things go on, that His Play may go on. And, of course, with that union œ unless you have the, the intuition to see that both can go to God, that's what it's for, unless you see that œ then you have a lot of confusion, and trouble, and things which keep you from realizing your oneness with God, that's all. That's all there is to it, but God has suggested it, very strong, and so it keeps us from feeling that Joy of Soul Consciousness. But, remember, Lahiri Mahasaya said that in spite of all these troubles of earthly life, and family ties, one can remain unattached, —like the lotus in the pond.“ So there's no excuse, no matter how hard it is. We can rise above it, and feel, feel the Joy of Soul Consciousness, and then, and only then, will life be worth living.

So we must make the effort. Otherwise, when the end of life comes, or even you don't have to wait till the end, there's nothing but hopelessness, anguish. You see the ordinary people. What do they have? They're just hopeless. Anguish, you see in their faces, because they don't know the end of things; they don't know what's coming; they don't know which way to go; and the only thing they have, if they have anything at all, is hope, a little hope, that's all, which is inherent in their Soul.

And so we must do something about it. We've got to do something about it, because, remember, we're made in the Image of God. We're His children. Why should we be this way? Why shouldn't we be buoyant, full of His Spirit? Why shouldn't we feel the Joy of Soul Consciousness? We should. Scriptures say we should. Let us just for a moment see what is spoken about this subject in the scriptures.

In the Bible Jesus said what? He said, —What does it profit a man if he gains the whole world,“ of material things, and loses that Joy of Soul Consciousness. Then he goes on to say, he gives you the remedy. What? Seek first, seek first that Joy of the Soul, the Kingdom of Heaven. And what's the result? Life will be worth living, because —all other things will be added unto you.“ Not just a few. Everything will be added unto you. Life will become worth living.

And then in the Bhagavad Gita, or the Vedas œ of which the Bhagavad Gita, you know, is the textbook, so to speak œ there we are admonished in the 9th Discourse, in the 29th Line and to the 30th Line, what

does it say? It says get God contact. Get God contact, which you get through the teachings of Self-Realization Fellowship. The Master gave, by his sacrifice of his life, he gave the way where it's easy for everyone who will, to contact God and feel the Joy of the Spirit æ have that freshness again to make life worth living.

So it says in the Gita, get God contact, in these words, "They verily who worship Me with devotion..." You cannot worship God with devotion unless you feel and know Him æ unless you are one with Him. So it says, get God contact. "They verily who worship Me with devotion, they are in Me and I also in them. Know thou for certain that My devotee perisheth never." Won't you be exuberant, won't you feel good, won't life be worth living, if you know God is with you and that you will never perish? So it says in the scripture of the Vedas.

Then the Koran, in the 9th Surah, 10th Surah, 9th Verse, "Those who believe, (cough), pardon me, those who believe, and work righteously, their Lord will guide them because of their faith. Beneath them," æ this is the key æ —beneath them will flow rivers of bliss." That's the proof that you have God contact: The Bliss of Soul Consciousness - the Joy of His Love in your heart. So from the scriptures we find these eternal truths. We must do something about it. We must somehow get the contact with God.

And in the Avesta, what do we read? The Avesta of the Zoroastrians, "Live in the world, but take your mind from the world, for the world is a snare and a labyrinth."

Lahiri Mahasaya said the same thing, as I repeated a minute ago. —In spite of all the distractions of family life, one can remain unattached if the Presence of God is in your heart, like the lotus in the pond." I'll come to that in a few minutes, about living a worldly life. In spite of that, you can have the contact of God.

Now at this time I'd like to read an excerpt from one of the Master's letters. I know you love them very much as I do, and there are no words like his to put the conviction in our heart. So he says in one of his letters concerning making life worthwhile. "If you are despondent and give up hope, how can you receive help? The Divine can only help when we can unceasingly, uncomplainingly," æ when God tests us, we begin to crybaby, so to speak. We mustn't do that. We must take it, having faith in Him. Faith is the great thing.

And so he says, "Unceasingly, uncomplainingly, keep the window of faith open." If one door closes another opens, if you do not give up. That faith we must have in God, come what will. We are His

children, we're made in His image, He is in us. Why should we lose faith? So the Master says, "Keep the window of faith open. It is our age-long unfaith." These are immortal words. "It is our age-long unfaith which shades our soul opening and prevents the ever-shining light to get through."

God is in us. His Light is there. Still the waves of the mind; you see His Infinite Light; you feel His Great Presence. We simply have to keep the shade open so he can get in. This shade can only be kept open how? By unceasing faith in spite of reverses in everything, and the nearer, the nearer you reach God, the trials are gonna be worse, he says. "The trials seemingly appear very severe, but the one who steadily believes and thus deserves God's direct action and help, will find some magic wand dissolving all menacing mountains of testing tribulations."

You will see the Hand of God working, if you have the contact. You cannot follow Him, He's too shy; He's too clever, but just humbly wait; you'll see His Hand working, guiding you back home to Him. "I have found this many times," says the Master. "Why don't you have patience?" This is to me. "Why don't you have patience?"

Then he says, "Financial freedom can bring spiritual freedom only to those who are constantly trying to be spiritually free and are on the watch." That is, financial freedom will not give you peace; will not make you feel life is worthwhile. You look about you, you'll see that. In the end there'll be hopelessness, that's all, because financial things pass away. God is the only thing that does not pass away. And so he says, "Financial freedom can bring spiritual freedom only to those who are constantly trying to be spiritually free and are on the watch. Otherwise, financial freedom is the cause of bondage, harbinger of all false happiness and sense pleasures."

Then he says, "A certain amount of worries are stimulants to our soul." Well, that's right, but not too many of them. Not too much œ you gotta have a little more of God to offset it. Then he says, finally, "Besides financial freedom, many other freedoms have to be sought œ freedom from disease, accidents, misfortunes, separations, and lastly, death."

Freedom from death œ that's why people are so uncertain about things. They do not know what's coming after this. But those who have God contact, through the dispensation of the Master, and can experience those phases of consciousness while on earth, they do not fear death. Then life will surely be worth living.

Then he goes on to say, "Of course, financial freedom plays an important part, but spiritual freedom plays the most important part, for then you are free when even in a cage." Then he goes on to say, "Stone walls and diseases do not a prison make, nor iron bars a cage; minds innocent, God protected, take that for a heaven, a hermitage."

The most beautiful letters, I try to read one once in awhile that you all feel the inspiration of the Master. And so, it is necessary as I have said to bring back that freshness of the Soul to make life worthwhile.

Now we come to the point of a worldly life. You know a worldly life gives nothing but trouble in the end, as I have pointed out. Most people have nothing œ helplessness, anguish in their faces, at the best, a little hope. But, we can live a worldly life, if we have our center in God. That's the point. That's what Lahiri Mahasaya meant when he said, —In spite of the worldly things, in spite of the troubles of family life, the worries, the responsibilities, in spite of that," he said, —one can remain unattached like the lotus in the pond." How can you do it œ only by having your center of consciousness in God, then you can absolutely do it. Many devotees have proved this to be true.

And so, as I have said, the man of Realization he, he experiences the different phases of transcendental consciousness while here on earth. That's nothing but saying he experiences those things of Heaven while on earth. He experiences the Bliss and Joy of the Soul. Experiencing that, life surely is worthwhile.

One other thing in passing, we must avoid the small things in life, the little things œ trivial things. Why? You all know why. How can God get in if your mind is cluttered up with those little things? He cannot. So let's forget the little things. When you see His Infinite Light and feel His Love in your heart, they do not exist. The Love of God is everything. Feel that in your heart, forget the trivial things. They keep God out. We want Him in. We do not want to be separated from Him. We are not separated from Him. It's just delusion that says we are separated from Him. We want to remove the idea of separation from God. Then life will be worthwhile. Then the freshness of Spirit will come to us.

And so, those who have the Consciousness of God and the saints, now, and know that that Consciousness will ever be with them, they have a poise and stability, and the freshness of God's Presence within them that cannot be equaled. Now that comes how œ through the practice of the Self-Realization yoga.

Yoga simply means "union," that's all; union with God through the practice of Self-Realization yoga. We have that union with God. Yoga is scientific.

For those of you who have a scientific mind, you look up and read the book by Dr. Behanan, *The Scientific Evaluation of Yoga*¹. In there you will find that he says that he lived for a year with those who practice yoga, and he said, "I never felt such buoyant people. They had something that other people do not have." Sure. They had the Presence of God with them, that's why. And he also said, —That he had to admit that his own emotional stability was changed." He was much better for the practice of yoga. Yoga is scientific. So look it up, those of you who have to have the scientific aspect of your mind satisfied. Look up and read Dr. Behanan's work.

And so to make life worthwhile, finally, we must remember that man is a Spiritual animal. People think he's just a human being. No, no. He's an animalistic side, he has the animalist side, he also has the Spiritual side. Now we take good care of the animalistic side. We dress it up in good shape; and we feed it; we go to movies; and we have an automobile; and we go around; but how about the Spiritual side?

The most important side we're apt to forget, unless we're wise and catch on a little bit that we're gonna have that side after we're through here, and not the other. And so, to make life worthwhile we must feed, we must feed the Spiritual side of us, because that will, that will survive. And remember, realization, this is important, through the techniques of Self-Realization Fellowship, will give you God contact. That's feeding the Spiritual side. Remember, yoga by action, by definite action of God contact, is the best and the greatest œ in fact the only food that will satisfy your soul.

And so, in closing, I'd like to read just a bit of one of the Master's letters, then I'm through, when he says œ now listen, "We are children of God, made in His Image." And this life should be full of something other than trouble for us. It will be, if we realize that we are children of God, made in His Image. And it says that in the scriptures, "I say ye are gods, children of the Most High." We must instill that into us, into our consciousness, so that we never forget it, and make the effort for God contact.

And so he says finally, "Be not afraid, child of eternal lightening..." We are simply one with the Great Flame of God, which is, and ever was and shall be. That's God. We are a ray of that. We must know that through Self-Realization. "Be not afraid, child of eternal lightening. March on with unperturbed steady steps, elbowing through a million darknesses. What is the body?" What is it compared to God's Light and Love? It's nothing.

—What is the body?“ he says. "What is this passing show? They are gone. But the candles that you are lighting and burning in your Father's house will show you your path here and hereafter.“ The candles that you are lighting through definite effort to know God, they will light your path here and hereafter. So he says, "I can speak no more. Stand by God and His servant, and you will see His Hand working with Infinite Love to all."

So those are the Master's words that make it imperative that we have God contact. How do we have it œ through meditation; through meditation. One part of meditation will give you contact with the Great Light of God, His Presence, and the Sound of that Great Vibration of God. It will give you that, but that's not all of it. That's just preparation for the second part of real meditation. Through the first part you can know, you can know through intuition the structure of the whole cosmos, but that will not satisfy our Souls.

The second part is that we must realize Ecstasy, our oneness with God. We must have that Joy of the Soul. And that comes when œ when the wave of our little Soul merges in the Great Ocean of Spirit. When we want God completely, surrender everything to want Him, what happens? Then the wave of our Soul, the little wave, melts in the Great Ocean of Spirit. And when His Love comes, when His Love comes, and your Soul merges in the Great Spirit of God, you'll want nothing else. Then surely life will be worth living.

That is what the Guru has done for all who are loyal to Him, and will do for each and every one of you. When God comes, through the channel of the Master, and you feel, and are one with His Great Love, there's nothing else. No words can describe. When He will come, that's up to Him, but He surely will come. And so remember, feel that, have that, work for that, and when you have that, life surely will be worth living.

Closing Meditation

Let us sit upright just for a moment. Don't let the outward thoughts come yet. Just feel in your heart Great Love of your Heavenly Father, my Heavenly Father; our common Father. Feel that for a moment.

Closing Prayer

Heavenly Father, we thank Thee for this communion together in Thy Holy Presence, the presence of Jesus, the saints, the beloved Master. We thank Thee, O Father, and we pray that we may be able to retain this love and feel the Joy of the Soul in every action. Om, Peace, Amen

Rise and sing our closing song. Sing with your heart. Keep the center of consciousness on God while we sing.

Doctor leads the audience in singing —Glory Hallelujah“.

Final Prayer

Let us, in His presence, His Great Love, lift the hands. Heavenly Father, may Thy Love shine forever on the sanctuary of my devotion, and may I be able to awaken Thy Love in all hearts. Make my soul Thy temple, make my heart Thy altar, and make my love Thy home. Be Thou the only King reigning on the throne of all my desires. I bow to Thee, I bow to Jesus, I bow to the Great Ones, and with my deepest devotion, I bow to the beloved Master. Om, Peace, Bliss, Amen.

1 Yoga: A Scientific Evaluation by Kovoov T. Behanan, The Journal of Religion, Vol. 17, No. 3 (Jul., 1937), pp. 294-296