

“Courage through Faith” – San Diego

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San Diego, 10-28-56

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If God be with us, who can be against us? But, you have to know God is with you, and that comes through faith. You have to know that the Presence of God within you is none other than your own consciousness, and its power. You know that through faith, having faith, through the realization of God in you, you'll have sufficient courage for all needs – “Courage through Faith.”

Let us first understand in just a few words, the difference between belief and faith. Belief carries a little doubt with it. In belief there is a hope that a thing will become true, will be true. But in faith, you know. There is no doubt. In faith, you have the absolute knowledge it will be true, or a thing will come true. Belief is good in this respect, if it stimulates you to try something – especially Self- Realization – and test it, and experience it. Then belief is good. But you have to experience it. You have to know it through experience. You have to realize God by being one with Him. So faith, which is converted, excuse me, belief which is converted into faith is all right. Belief is good. But realize, when you say, “I believe this person's going to be all right,” isn't there a little doubt there? But in faith, “I know he'll be all right.” So understand the difference between belief and faith.

The Master has given two definitions; one of belief and one of faith, which I hope you will remember, and I will record it at this time: “Belief is an initial experimental feeling about the truth of anything.” You see, there's a little doubt. You've got to experiment.

But, on the other hand, he says, faith, “Faith is the positive knowledge about the truth of anything.” And so, you realize that in faith, faith is the Intuition of the Soul; the Power of the Soul to know a thing through your own conscience, through the Presence of God within you. And so, faith is much greater than belief. Although, realize, belief, if it stimulates you to find out about these things of God, and such eternal truths, faith [belief] is good. It is good that belief preceded that. I say that, because many people, you talk to them about Self- Realization, “I believe it,” they say. But it ends there. They don't try it. Those who try – they know. Why? Because faith comes; faith is much greater than belief.

Now, belief is founded on the testimony of phenomena. Understand that. You know you see any object through phenomena. But faith is founded on the testimony of the underlying noumena, belief on phenomena. But faith on the testimony of the underlying reality, the truth behind the phenomena, which is known as noumena – realize that. And so, if you see behind worldly activity the Presence of God, and know He is the Sole Doer, the Sole Giver, and know Him, then you realize, true faith; that things seen, are not as they appear¹. You'll know, the underlying Cause, which is God Himself.

And so, if you have this realization, that behind this limited, changeable, transient body, is the Presence of God, which is Eternal, and always existing; never apart from you; always attentive; always ready to lift you up from every condition in which you find yourself; if you know that, don't you think you'll have courage? Certainly! It is the realization that your own consciousness is God's Consciousness, and your own power is God's Power; and that you can, by proper action, willingness, and deep desire, and the use of your will, merge in that, and thereby utilize it. Don't you think knowing that, you have all courage you need? Surely! Courage comes through faith. Faith gives you the realization of the underlying noumena of all phenomena in life – God Himself, which is right within each, and every one of us. Realize that, and I'm sure that you will have courage.

Now, you will remember when you were young. I do, and I think we all do – those of us who were fortunate enough to have parents – that my parents were just the thing. I knew I could go to my parents, and they would sustain me. And I knew, if everybody else failed, that my Father and my Mother were always there to support me. And so, we had that security. But then, as we grow up, or grew up, you remember, you began to see things pass away; and even your parents passed away. And so, you realized that was not security enough. Then you had to find out that behind all things, your own parents even, was the Giver of all gifts, God Himself. And when you found that out, through faith, then you had a different stability, you had a greater courage than with your own parents. Your parents give you your body, but the guru gives you God, and God is the great stability – the greatest stability, the greatest source of courage that there is.

And I remember, distinctly, when the Master came, how that changed. How the sense of security, which I had in outward things and in my parents, changed into the real security; which I found he had in knowing the Presence of God within him.

And so, courage comes from knowing that which does not change; our one Father, Mother, Friend, Beloved God, who is always with us, and never apart. Because it is His Own Consciousness that is our consciousness; His Own Power that is our power; His Own Love, which is our love. We have to know that.

Knowing that, through faith, we will have sufficient courage. Know the Giver of All. Why? Because He is the Sole Doer; He gave you your parents. He gave you your friends. He gives us one another. He gives us all things. And yet we go from day to day carrying out our worldly activities, forgetting Him, the Giver of All. What's the matter with us? That's why we are restless. That's why we fear. That's why we don't have courage. But when you know, and feel God within you. Feel His Presence. Know He is with you. Know God is with you. Who can be against you? No one! We have sufficient courage when we realize God within.

Now, Jesus pointed this out most beautifully. Jesus said these words, "Which of you by taking thought can add one cubit to his stature?2" We can't do much about this world. We think we can, until one day we wake up. We can't do a thing about it, because God is the Sole Doer. So that's why Jesus said that. All our involuntary actions; all our growth of the body; all the vegetative functions; grow – why? Or carry on – why? Because God does it; we can't do a thing about it. He makes us think we have free will; we have very little free will. We do have free will to accept the Giver, the Sole Doer, or to reject Him. That He gives us free will in. But once, once through meditation of Self-Realization you know that Father within, feel His Presence, understand that He is the Sole Doer – you don't want anymore free will, because free will, it gives us lots of trouble.

Free will gives us all the trouble. If we can realize, "Father, Thy will be done. I've had enough of this free will. Thy will be done;" and with full security in Him, full dependence on God – your troubles will cease. These are facts, and you will have security; and with that security, all the courage that you need. This comes through knowing God through faith.

Jesus also said this, "[And] why take ye thought of raiment? Consider the lilies of the field, how they grow; [and] they toil not, neither do they spin;...Wherefore, if God so clothed the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe thee [you], O ye of little faith?3"

We don't know God. That's the point. We must know Him; and we know Him through faith. And so, we must understand, and cultivate, cultivate, faith. This is very important. You must know faith. You must cultivate faith. And so, let us understand the metaphysical aspect of just what faith is. We do not realize that. If we cultivate faith, we will have God contact. Having Him, we will have all the courage we need. God is with us, who can be against us? Remember that. Only, do something about knowing Him. Get the contact.

Now, the metaphysical aspect of faith is this. The Sanskrit word for faith means what? "Without breath." You say "what's that got to do with faith?" It has this to do with it. When you're in the state where the breath has slowed down and ceased, then the Intuition of the Soul comes in and activates you, motivates your life, guides you; in that state, you know the Presence of God. Whenever you have had Intuitions of God, if you had noticed, you would have found yourself without breath, because that's when faith comes.

Now, don't think you've got to hold your breath and go around not breathing. You can't do it anyway. But, by concentration on the Presence of God within, through the techniques of Self-Realization Fellowship, your breath will slow down, and you will know God within. Realize. Isn't that a strange thing? The Sanskrit word for faith means "without breath."

Now, you say, "Well, I just don't quite understand that." All right, therefore, there are two states within us: one where we breathe and one where we don't breathe – I mean figuratively speaking. Now, the state where we breathe is the state of ego consciousness. And behind the ego is sensation, mind, intellect, and inference. Now, all our knowledge comes from that. In that state is ego consciousness – it has ego consciousness behind it, but we know that state is unstable. We know everything which comes from sensation, and through the mind, and the intellect, changes. We see this life change right before the vision which we have and right before our understanding. We know that is not the stable consciousness – is it? That's the state of consciousness with breath – ordinary breathing. Going about and doing our daily duties.

Now, the other state is the state of consciousness whereby we are sustained through Intuition of the Soul. This other state of consciousness with breath is sustained by the evidence of the senses: mind, intellect, and inference. But, the other state, the breathless state, is sustained by what? By the Intuition of the Soul within; and the Intuition of the Soul means none other than God's Presence within us.

So, in that breathless state is where, the state where we can understand things, because the noumena, we understand, in that breathless state. St. Paul said, "I die daily."⁴ Now, he died to ego consciousness, that's all. He didn't die as we take it ordinarily. He died to this state wherein we breathe of ego consciousness, but he was alive in the breathless state, wherein we contact Spirit, through the Intuition of the Soul.

Now, that's what I mean. We have to understand, metaphysically, what faith is. Faith comes in the breathless state. In your meditations, those of you who meditate, you'll find your breath quiets down.

And what do you feel? You feel the Presence of God as Bliss. But in outward ego consciousness, when you're running here and there, subject to the testimony of senses, mind, and intellect, how does your breath act? [Doctor pants into the microphone] Fast as you can. How can God get in? How can you know Him? That's why it's so necessary to have a little time for meditation. Then you will know the breathless state. Then you will realize the state wherein faith is born – the state of breathlessness within.

Now you won't die. Don't worry. It's not as easy to die as that. You cannot die by holding your breath. So let's forget that. And if the breath slows down in a scientific way, which the Master has left with us, you will find with its slowing down, with the oncoming of the breathless state, the Great Peace of God within you. You will have faith, and with that faith will come all the courage that you need.

So, the breathless state is not a state which should not be our own. It is not a state which we should be afraid of or shun. It's a state of consciousness, which we should know, because knowing it, we will know God is with us. And, if He is with us, who can be against us? Many saints have had this breathless state; St. Teresa; St. Paul, as I have just pointed out. "I die daily," St. Paul said. "I protest by the rejoicing I have in Christ, I die daily." The "rejoicing" means the Bliss of Christ Consciousness, which he had in the breathless state. He had faith. You see now, St. Paul's breathless state, where he died daily, was superseded by the positive state of Christ Consciousness, which is witnessed by Bliss within. And so, St. Paul is a great example of one who had the breathless state.

Each one of us, each one of you, can, by deep meditation, experience the breathless state. And with that state, you will know the Presence of God within you. Knowing that you will have faith, you will know God is with you. Having that realization through faith, you will know you are safe in His Immortal Arms. If the sparrow's fall is noted by the Omniscience of God, which is in and through us, and in all things; and, if the hairs of our head are numbered⁵ by the Omniscience of God's Presence within, about us, and in every one of us; why don't we have courage? Why don't we have courage?

We don't know that Omniscience. We don't know that All-pervading, All-encompassing, All-loving Presence of God, which came to us, and was manifested as our beloved Guru. We don't know that. We must know it. Knowing that, we will have faith.

And so, in conclusion, learn to get into the breathless state. Learn to get into the breathless state, that you have faith. And in that faith, you know that God is.

Now, you have the witness of God's Presence right within you; right within you as the Word of Light – the Word of God. "In the beginning was the Word, the Word was with God, the Word was God.⁶" You have that right within yourselves; every one of us has that. That's the Witness of God's Presence within us. We can know that in the breathless state. We can know that in the State of Intuition. We can know that when the Peace of God is with us; His Great Silence comes over us, and the breath slows down. Then we see God in us; we know His Word as the Great Holy Ghost, the Great Cosmic Vibration.

It has three aspects, as I often say: Light, Sound, greatest of all, Feeling. You see the Light of God at this point [points to the forehead between the eyebrows]. If you merge in it, and expand it, you'll see His Universal Light all around – the Great Glorious Omniscience of God – a living, dynamic thing, which you can know, and be one with, because in that Light is the Intelligence of God. Not just a vibrating Light. It is that way, at first; but when you merge in it, and it becomes alive, and dynamic, and you know God's Presence is there, and you realize you are That. That's quite different. Then you know, through faith, that God Is.

The Cosmic Sound is another aspect; the Great Holy Vibration; the Sound of worlds upon worlds moving. The Sound of all creation is there. And you can hear that, if you still the waves of breath and mind. You can hear, hear that Cosmic Sound. And merging in it, you become one with that vibration in all creation. It gives you Great Joy. It gives you Great Security. But, if you persevere, the Sound melts into His Great Cosmic Light. The Light "beyond the atoms" of which the Master spoke. Our Great Eternal Home of Light, where we all will go "who live right," as the Master has said. The Cosmic Sound melts into the Great Eternal Light of God. Then, then, if you further really want God, and know Him, and merge in Him that Great Light changes into the Omniscient Love of God. Then you know Divine Mother. Then you know that God is Love. And you know this through faith. So, realize faith is necessary.

Faith is that by which you know God is right within you, and that His Own Consciousness is your consciousness; His Own Energy is your energy; His Own Love is your love. And there's no difference. You will feel and know that Great Universal Love of God. And you will see it, know it, in each and every one of us. Having that realization – don't you think you'll have courage? Certainly! Through faith we can know that God is with us. And, if God is with us, who can be against us? Through faith, we can know the Giver of All; the Giver of each and every one of us – God alone.

1 Hebrews 11:3, "Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear."

2 Luke 12:25

3 Matthew 6:28-30

4 1st Corinthians 15:31

5 Luke 12:6,7 6 St. John 1:1