

The Importance of Introspection

Dr. M.W. Lewis

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“The Importance of Introspection”

Introspection of what? Introspection of your own consciousness, my own consciousness, for that is what we truly are, a bundle of ideas – conscious ideas. Of course, we are in this body, this vehicle, but what we truly are is our consciousness of what has happened and what is going to happen – our various states – things of beauty in this world, knowledge, experiences – are simply a matter of consciousness, and that is what we must introspect and know about.

If we can realize that our everyday consciousness soon becomes, in time, a State of Consciousness, and so, you can readily understand that it behooves us to introspect the day-to-day consciousness which we have, that we may, by proper effort, lift our consciousness into the Superconscious State of Spiritual Truth, and from that State of Consciousness, we can act in a proper and right way.

And so, you can readily see that introspection is a very important thing. Introspection of what you really are: a State of Consciousness. That consciousness, tied to outward existence, attached to outward existence, gives you a state of being, the background of which is mundane consciousness, with all its paradoxes and its injustices. And you can understand that, if that is your State of Consciousness, that it may lead you to all sorts of mental troubles and conditions. Whereas, on the other hand, if you are acting from the vantage point of Spiritual Consciousness of the Presence of God within, it is easily understandable that your action will be entirely different, and that your consciousness will not be of a heavy, material nature, but of an Ethereal Divine Nature. And so, introspection is very important.

Our Master has written these following words, which I would like to give to you at this time. He has said: "Studies in consciousness by modern psychologists are largely confined to investigations of the subconscious mind and to mental diseases that are treated through psychiatry and psychoanalysis." Then he goes on to say: "However in the yoga systems (sic), the ancient yoga systems of philosophy, the normal mental states of consciousness were studied (sic), such as the intellect with its discriminative principle, and egotistic principle of mind and senses, plus," and this is the greatest part, "the intuitive principle, wherein we

know we are not this body but that we are children of God, and that it is His Consciousness that is our consciousness, it is His Bliss, which is our own true nature."

Now you can readily understand, if you know these states of consciousness, and understand them, then you can act to better your condition of consciousness, eliminate those things which are pulling you down, so to speak, to mundane consciousness, and to supersede the undesirable states of consciousness with the Presence of God within, in a dynamic way. That is why yoga is so important. This ancient yoga, which was handed down, because they understood the normal states of consciousness rather than emphasizing all the frustrations and those things which keep us tied to mundane consciousness. And that's why I'm not speaking against psychiatrists. They do lots of good. But, some of the problems cannot be solved by psychoanalysis or psychiatry. They have to be solved by what? By God, or by the Presence of God in you, in a dynamic way, by yoga, which means "union." And that's why it is so important, through introspection, to know just where we are, just where we stand, whether we are acting in an automatic way through the effects of environment and mundane consciousness, or whether we are acting in an independent way through the Presence of God within us in a dynamic way.

So, let us realize, that from ancient yoga teachings we can learn much, and we can apply that learning first by introspecting, and then by doing the next, and perhaps the greatest important thing, to do something about it. That is, to follow introspection by Spiritual action. That's the greatest thing.

Now, just a word or two about our states of consciousness; states of consciousness which we must know. If we are going to correct a thing, we must know about it, I'm sure. We have perhaps three main states of consciousness: "waking consciousness," which we are exercising now – I hope you're not using subconsciousness and sleeping, nicely. Waking consciousness, which we, whereby we know of this mundane, or Cosmic Dream Consciousness. We're all familiar with that, we've had enough of it sometimes.

The next state is the subconscious state, state of "subconsciousness." But in this state we find all memory. This is a very important state. If we utilize it not just to pass into oblivion and sleep all the time, but to use it for what it is meant; to be used to supply us with those things whereby we can improve ourselves through introspection. Subconsciousness is another state.

Then we have the state of “superconsciousness,” superconsciousness, in which state of consciousness Spiritual Truth is known; in which state of consciousness Spiritual Truth is recognized. Unless you know that state of superconsciousness, how can you improve yourself toward a better Spiritual State of consciousness? That’s why the teachings of Self-Realization are so important, because they give you the ways and the means to know these states of consciousness in an organized way – normal states of consciousness – and then do something about it, by correcting ills that need to be corrected, and to be emphasizing those states of consciousness which help us to act from a high vantage point of Spiritual Truth and Consciousness.

Self-Realization, the channel which God has sent through the Master, who left the ways and the means, is very important to each and every one of us, because, if you really mean business, you want to know how to improve yourselves, utilize introspection, and then do something about it by following one who had already done something about it, and who knew the Presence of God within him as his nearest and greatest, his Beloved. Master has left the ways and the means for all who will, to do this.

If we, through introspection, understand these states, as I have said, then we can do something about changing the things which are undesirable, knowing our good and bad impulses within. Unless you know those good and bad impulses, mental and discriminative tendencies, you will go on doing the same things, and you will not correct it. But, if you will know the states of consciousness within you – the mental and discriminative consciousness, the states of mind, and the states of discrimination or intellect, and finally the, the, the state of Intuition, the intuitive principle, whereby you know the Presence of God within you – if you know those things, then you can correct the ills which we all have.

Let me give you an illustration. If you are influenced, as I have said, by the values of mundane consciousness, outward consciousness, and you are sad and dejected – and I can see where we have a right to be, sometimes, the way things go on – if we are subject to these values, then naturally we are to, apt to lay up these mental diseases, which are so prevalent in this time – this day and age. But, on the other hand, if in spite of dire circumstances, in spite of all these injustices and paradoxes, we can know that God is in us, and that His Presence is in us, and that we can be one with Him; then no condition of outward consciousness can change us. No condition of outward consciousness can make us sad or dejected, because we know God is with us. God is our Father and that it is His Consciousness which is our own consciousness.

So you can see you have the two illustrations. One person, acting from the effects of the attachment to outward consciousness, mundane consciousness – naturally you feel sad and dejected. Why? Because what have you got to look forward to? Nothing! Because everything of outward, mundane consciousness passes away. But, on the other hand, the person, in spite of dire circumstances, realizes that God is with Him, even though he has nothing – everything is piling up against him, he realizes God is with him – then he keeps “that serene consciousness,” as the Master used to say, “in spite of the crash of breaking worlds.”

Now, you cannot do that unless you know and are one with the Presence of God within you. You cannot do that unless you have made the One Great Light and Consciousness of our one Father, your own. If you have done that – and you can do it by knowing the intuitive principle of consciousness, and then being in that, merging in it, and acting from that standpoint – then you can be peaceful and calm, in spite of all the machinations of the devil, so to speak, or Satanic influence, or duality of consciousness. Duality of consciousness is the Satanic Force. If we can, by meditation – and I know many of you do – lift our consciousness from the duality of Satanic influence, and there, in the Light of God, see the Unity of His Presence; then we act in the right way, and we can remain serene, because “when God is with us, who, who can be against us?”

Introspection is necessary to find out what it is that’s preventing you, and preventing me, from knowing our oneness with God. Introspection, therefore, is very important.

Introspection is “conscious memory.” Introspection is conscious memory. It means to analyze yourself; self-analysis, as you know. We can do that, because we are made in the Image of God. We can do that. We can consciously look back, so to speak, and see what we have done, or what we haven’t done.

There was a boy who was working for us in the greenhouse a few years ago, and whenever I’d come toward him, he’d say, “Now what is it? What I have done or what I haven’t done?” So introspection means, conscious memory, whereby, we can consciously – and this is a great thing – consciously look back and see what we have done right and what we have done wrong, and also we have the power of being children of God to correct it. Animals cannot do that. Of course, they act from instinct, but that’s not conscious memory. That’s an entirely different form of intuition. But that’s near, neither here nor there, the point is, we can

consciously look back, and by being able to use the mirror of introspection, we can correct those things, which have produced inharmonies in our body, in our mind, and especially in our Souls, because the ignorance of the Soul is the greatest sin. To realize not to know that you are one with the Heavenly Father, and that it is His Great Love that is in your heart; and that it is His Power that is in your will; and that it is His Power behind your thoughts and sensations even. Not to know that is the greatest sin. That's ignorance. We have the power to overcome that, because we are made in the Image of God.

Now, let us introspect just for a minute...just a couple of minutes, let us introspect our own consciousness. As you look within, not all of you, but some will find that your consciousness, instead of being light and ethereal, of a Divine nature, is heavy, is bound, is material. Don't say it isn't, because everybody, everybody born, is born with some delusion. As the Gita¹ says, "...all men walk the earth wholly deluded."² (Sic) So, I take a chance and say, some of us find our consciousness is heavy, attached, bound to outward things. That we must admit.

Now, going on just a little bit; what are we gonna do about it? We must do something. We must take the ways and the means, and I have pointed out, Self-Realization Fellow, Fellowship techniques whereby we can change our consciousness; change our consciousness so that instead of it being bound and heavy, through this outward existence, with its paradoxes and injustices, it is light, it is of an ethereal nature, it is of a Divine nature. Why shouldn't it be? We are children of God, made in His Image. That's what our state of consciousness should be, in spite of the fact that we're in this Dream. And in this Dream Consciousness, I know, it's very difficult to get out of it, because the delusion is strong. But, nevertheless, we, being children of God, made in His Image, we have the power to rise above this mundane consciousness, supersede it, and know ourselves as a Divine, Spiritual Nature, made in the Image of God. That's a, the power we have, and that's what we must do.

Now, introspection, as I said, is very important, but the greatest thing is what? Is to follow your introspection with action. Many people say, "Oh, I know, I know I do this. I know I do that, but I can't do anything about it." Of course they can do something about it. Introspection is necessary. But the greatest thing, and the key to all Spiritual progress, is action, right Spiritual action. Now, if after introspection, and you find out what the difficulties are, and you follow the

¹ The Bhagavad Gita or The Lord's Song, Translated by Dr. Annie Besant, 1939

² Ibid, 7th Discourse, 27th Line, "By the delusion of the pairs of opposites, sprung from attractions and repulsion, O Bhārata, all beings walk this universe wholly deluded, O Parantapa."

teachings of the Master, who, he himself overcame, just like Jesus had to overcome, if you follow those teachings; you will find first, first, that you will be able to supersede this waking consciousness, with its attachment to mundane existence. You will realize that you are not the body, and that the body cannot limit you anymore. That's the first step.

Now the next step you will find, by right action after introspection is, to realize that your consciousness has expanded outside of this little limited body into the Creation which God has made. And you will find with that, that you are tapping a greater source of power. Not this little limited body with its limitations, of which we are familiar. But you will find, coming within you a Source of greater Power. Why? Because you've expanded your consciousness from the limitations of the body, the bodily vehicle, to the Presence of God in His Creation. That's the second stage which comes. That's the stage of superconsciousness which comes upon you, and gives you not only your little...the power of your little limited will, but your will is backed up by the Presence of God in Creation. That's why you feel – those who follow Self-Realization – they feel a greater strength coming within them, because they have expanded their resources from the little limited body to the Presence of their Father in Creation.

And finally, finally, if you can expand your consciousness so that you feel yourself, not this body, but you feel yourself one with the Presence of God within you, in a dynamic way, and you know there is no separation between you and the Father, you really realize that by being one with it; then you can understand that your life will be a life of fulfillment, rather than a life of unfulfillment. You will find that God is working through you. You will find that it is His Will that is being manifested through this vehicle of yours, and knowing that you are doing His Will, you will feel a Great Presence. Greatest of all, that you are doing the Will of God.

And so, finally, compare your state of consciousness with those who act from outward consciousness, with its promises and its disappointments. Compare that state with those who have made the Presence of God within them dynamic to their consciousness, and you know that He is with you. If you act from that high standpoint of visibility, so to speak; if you act from that standpoint of the Presence of God within you, your own Father, your own consciousness, how can your life be one of disappointment? It cannot. It must be one of fulfillment; one of joy; and greatest of all, one of freedom.

We are not free, attached to this body. We are not free attached to the limitations of this mundane consciousness. We are bound; we are heavy; we have a material consciousness. But, when you have superseded this mundane consciousness with the dynamic Presence of God within, and you feel Him in your heart, and you see His Light in meditation, and you feel in your heart His Great Love, and then you see His Light outside of meditation in everything you do, and you feel His Love in every action; then, then your life will be free. You will be as you should be, a child of God. You will have reached your heritage, a true son of God, a ray of His Great Spiritual Light.

Introspection is necessary. But greater than introspection is Spiritual action. Then you will make that, the result of introspection, your own. And you will realize, as the great Lord Shankara said, "I am He, I am He, blessed Spirit, I am He."