

# Salvation Through Yoga

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San Diego, 10-9-55

Subject this morning: "Salvation Through Yoga;" "Salvation Through Yoga."

What is Salvation? What are we trying to be saved from? That's the point. Well, Salvation means to be saved from sin, or the consequences of sin, and especially, to a life hereafter. But that point is secondary, if we, right here in this life, overcome sin, rise above it, we needn't worry about the next life. So Salvation means to be freed from what? To be freed from delusion, iniquity. Sin, iniquity, means delusion. And remember the greatest sin is ignorance. Ignorance of what we really are.

Salvation means to be freed from delusion. Liberation goes a step further. Liberation means to be free from the effects of karma – causes which we lay up, which have to be fulfilled. When you are freed from even karma that you've laid up, that's Liberation. But still, Salvation is very much to be desired, to be freed from the duality of outward consciousness, wherein lies the delusion. There is no delusion in the Unity of God's Presence within us. The delusion lies in Maya, outward consciousness. Not in the Christ Consciousness within. And so, metaphysically speaking, to be saved means, to supersede the duality of outward consciousness, worldly consciousness, mundane consciousness, by realizing the Unity of Consciousness within you – the Christ Consciousness – God Himself in you – the Unity of Consciousness; to realize that, means that you are saved from delusion.

Now that's the important thing. Even though we have to return once more to this existence, or twice more, because of certain karma we have laid up, if you know, that it's a show, if you know, the One Underlying Eternal Consciousness while you are playing the part, who cares? Long as you know what it's all about. But, if you do not know that, and are subject to the laws of this Cosmic Drama, and this Dream with its paradoxes and injustices, then you have something to be saved from. So realize that it is as simple as that. Salvation means, to supersede outward, mundane, worldly consciousness by the underlying Christ Consciousness within.

Now that is characterized within us as the Light, of which I have spoken, and the Power of that Light. Love of God is in that Light. They are one and the same thing, like the fire and the burning power. You cannot separate them. And when you know that, and realize that as producing this body, have that Consciousness, you have Salvation.

Now, about yoga; now, as to yoga – remember, yoga means “union.” Yoga means union. There is so much misconception about yoga. But to give you a scientific definition of yoga, which I hope you’ll always remember, the gist of it is this: “Yoga is a scientific system of procedure, correlating the physiological and psychological human functions, so that his consciousness is lifted and becomes one with the Supernatural Consciousness, or Spirit, within.”

Let me repeat it once more. It’s a, a very exact definition. You cannot perhaps remember all the words, but remember the gist of it, “that yoga is a scientific procedure,” not just a hit or miss method – it is absolutely scientific – it is a scientific procedure which correlating the psychological, the physiological – those are our bodily functions – and psychological functions – those are the mental processes; processes of mind and inner processes. Correlating these which leads to union - remember yoga is union - union of the devotee’s consciousness with the Supernatural Consciousness within, or Spirit. Now that’s what yoga is. Now yoga will give you that. Yoga will give you just that - union. So remember, Union with God within us is the important thing in Salvation.

Now, yoga in itself is not the end. Many people mistake that. “I practice yoga,” and they go on through life practicing yoga, and it ends there. That’s not the end of yoga. The end of yoga, which is a process, a scientific process, is union; union with God; union with the Supernatural Consciousness within. And so, remember, yoga is simply a means to the end. The end is what: oneness with God. So remember that’s what yoga should mean to you. Especially, those two things: yoga is scientific, and it brings about Union with God. The next time someone tells you yoga is dangerous, or this, or that. Forget it.

Yoga is absolutely scientific. Now you go to paint a picture, for instance. Painting a picture, I understand – I don’t paint, but I understand it’s scientific. You put certain colors, and another color on top of it, and all that, and so forth, and you get a nice picture. Now that’s a scientific process. Now you have a brush you’re painting with, see. And in the meantime, while you’re painting, you take the end of the brush, and you’re poking it in your ear, and you go through the ear drum, and you’ll blame the painting as unscientific. So with

yoga; the same thing. We're getting places this morning good enough.  
[Someone hands Doctor something.] Thank you. Think I'll put that there.

Now, yoga is scientific, just like painting a picture is scientific, but they get all sorts of ideas and functions from that. I must read you a story now. This is just the time for it. Little story comes to my mind. One of the disciples found it, and said this, this will go good. I think it will, right now.

Asked what he learned at Sunday school, the ten-year old boy began, "Well, our teacher told us about when God sent Moses behind the enemy lines to rescue the Israelites from the Egyptians. When they came to the Red Sea, Moses called for the engineers to build a pontoon bridge. After they had all crossed, they looked back and behold, they saw the Egyptian tanks coming. So, quick as a flash, Moses radioed headquarters on his walkie-talkie, and said to send bombers to blow up the bridge, and they saved the Israelites." Said his mother, "Bobby, is that really the way your teacher told the story?" "Well," said Bobby, "Not exactly. But if I told it her way, you'd never believe it."

So, the same with yoga; if we'd followed some of the ideas, which people promulgate in the name of yoga, it wouldn't amount to anything. But remember, yoga is scientific, absolutely scientific.

Now, going on just a bit; if you follow yoga – and those of you who are interested in the science of it, read Dr. Behanan's book, Yoga, a Scientific Evaluation<sup>1</sup>. He was sent by Yale on a foundation to study in India. And he took all sorts of equipment; made all sorts of tests and experiments; and he proved, beyond doubt, that yoga is absolutely scientific. In fact, he ended his book by saying something more than just the science of it. He said, "Those yogins, with whom I lived a year, had something which I found in no other people." So don't be afraid of yoga. Realize yoga is absolutely scientific.

Now, there are different kinds of yoga. Just briefly, there are different kinds which I'll name: Hatha Yoga, Bhakti Yoga, Gyana Yoga, Kriya Yoga, Raja Yoga. Those are a few. There'll all divisions of these scientific processes, dealing with different aspects of it. Of course, the greatest is Raja Yoga. Raja Yoga is inculcated in the SRF teachings. Raja means the best of all yoga. Hatha Yoga has to do with postures, which you learn on Saturday nights, here. And those postures, by manipulation of the body, control the Life Force. The Master has in

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<sup>1</sup> Yoga, a Scientific Evaluation, by Dr. Kevoor T. Behanan, NY, MacMillan, 1937

his recharging exercises the control of Life Force. Gyana Yoga means that yoga of Wisdom; Bhakti Yoga, of devotion; and other yoga's, Karma Yoga, which means work – some people get to God by work. So there we have these various yoga processes and branches of yoga. But remember, remember, that Raja Yoga is the best, because that takes the best of all systems. You take the Master, how much devotion he had, but he was very practical, too.

Now one branch of yoga is Kriya Yoga. Kriya Yoga is the most scientific method known to man to lift one's consciousness from attachment to the body, to oneness with the Spirit. That's why Kriya Yoga is so important. And Kriya Yoga is a part of the Self-Realization Fellowship teachings.

Now how did the old yogis find this out? Remember the subject: "Salvation Through Yoga." Now they found, they found, that Jesus' teachings, that you could not enter the Kingdom of Heaven, until you were one with the water, and the blood<sup>2</sup> – or the Consciousness and Energy – which came down from Heaven. They realized that. So what did they do? They did it. Devised certain processes and exercises whereby they withdrew the Life Force from the body – this vehicle – from the senses; from the muscles; from the nerves; from the internal organs; especially, the breath, which ties the Soul to the body. They devised these methods and techniques of withdrawing the Life Force, and placing it in the spine and brain, which is the Seat of the Soul.

Now, Life Force, they could control. But remember, Consciousness and Life Force go together. Jesus said you cannot enter the Kingdom of God, unless you do so by being one with the water and the blood – or Consciousness and Energy. So they withdrew the Energy to the spine; Consciousness followed to the spine. There they found the Soul. There they found the Soul.

Now, the Soul is complete in itself, because it is God in us. The Soul is a ray of the One Eternal Spirit. It is complete, has all the Fullness and Power of God; is right within each and every one of us. It, it resides, deep within the spine and the brain, in the Centers of the spine, of which I spoke of this morning. That's where we find the Power and the Completeness of the Soul. So you can see, yoga, which is scientific, withdraws the Life Force from this outward vehicle, breaks the attachment, and when it does that, then you have the freedom of the Soul – then you have Salvation.

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<sup>2</sup> Read both St. John 3:5 and 1<sup>st</sup> John 5:8 to understand this.

So the yogis, knowing this thing, knowing that Life Force was the key, the Power of God's Consciousness in us – Life Force is simply Cosmic Energy in the body; Cosmic Consciousness is God's Omniscience – the Power of that Cosmic Consciousness is Cosmic Energy. That's what we have to be, to enter the Kingdom of Heaven. In the body, Cosmic Energy is Life Force. The yogis, controlled the Life Force, withdrew it from the vehicle, broke the attachment, and their Soul was freed. So, remember, Salvation lies in not being attached to the duality of outward consciousness – to the body consciousness – but to the Soul within. The Soul is free. The Soul is the Omniscience of God, in each and every one of us. When we merge in that, then we have Salvation.

Now, Salvation becomes a fact when, through yoga, we free our attached Spiritual Nature, from attachment to the body. Now, there is one way to do that, which is the greatest way. Kriya Yoga gives it. But the techniques of Self-Realization give it. The quickest way to free our attached Spiritual Nature is to merge in the Holy Vibration within as the Word of God. In St. John [1:1], I always quote, "In the beginning was the Word, the Word was with God, [and] the Word was God."

Self-Realization Yoga, Raja Yoga, through its Kriya Yoga, gives you, not only through its Kriya Yoga, through its own techniques, highest technique of meditation, gives you actual contact with the Word within – with the Word of God – the Holy Vibration. Not in imagination. The Holy Vibration, the Holy Ghost within you has its vibration of Light, which can be seen at this point [points to the spot between the eyebrows – Spiritual Eye]. It has its vibration of Sound – the Great Cosmic Sound – and in that, is God's Omniscient Love.

Now, if you contact that, and keep merging in that, you'll become that. That's why yoga is so important in Salvation. Remember, if through yoga you can contact God within you, as an absolute something – not in imagination, but in reality – and you keep at contacting Him; finally, you merge in it. You become Him, do you not? If you mix with worldly people, keep at it. You'll become just like they are – no difference. If you mix with God – not in imagination – but in a positive way; through the scientific processes of yoga, and keep at it. You'll become God's Consciousness, Itself. So, Salvation is absolutely possible, through yoga, because it is scientific.

Now going on just a little bit; why you should practice yoga to attain Salvation? Why you should do it? Why you should not miss the opportunity. Well, first, first, let us go back to the Bhagavad Gita – one of the oldest scriptures, long

before Jesus came from India. Jesus went to India on good authority, and he learned from the great masters there. Then he came back, and preached. So, in that book, the Bhagavad Gita, the Hindu Scriptures, Lord Krishna, who was the Incarnation of God said, he said these words to Arjuna: "Devotion leads to God."<sup>3</sup> There are many other paths lead to God; work, as I have pointed out; the path of wisdom. They lead to God. But, he says, "Greater than all these paths of devotion, and work, and action, is the path of yoga. Therefore, O Arjuna, be thou a yogi." That's why you should practice yoga, that's why I should practice yoga. That's one reason.

Now, Babaji, who gave this Yoga to Lahiri Mahasaya, in turn gave it to us, through the Masters – Sri Yukteswarji, and our own beloved Master – Babaji said, "A little of this yoga will prevent one from dire suffering." And Lahiri Mahasaya said, he didn't say pray every day, do this or that. He said, "Do a little yoga every day." And by that I mean Kriya Yoga, the highest type. But even yoga, "Do a little every day." Salvation will be yours in the end.

And finally, you should practice yoga, because, all the great ones, down through the ages, have practiced it. From Elijah, the great saints of India, Krishna, Patanjali, Lord Shankara, Kabir, Jesus, St. Paul, St. John, and others – other disciples, all knew about this yoga. They knew about it. They practiced some form of it. St. Paul said, "I die daily."<sup>4</sup> He couldn't have died daily except through yoga. Yoga withdraws the Life Force from the body, and we die to outward consciousness. And St. Paul proved it when he said, "I protest by the rejoicing I have in Christ" Consciousness, "I die daily." He felt the Bliss of Christ Consciousness, proving that he had withdrawn the Life Force from his vehicle, and the consciousness, and was one with the Christ Consciousness within. Remember, in Salvation, or Salvation lies in merging in the Unity of God's Presence within as the Christ Consciousness. St. Paul, having that, died daily to outward consciousness. Jesus said in the Matthew, the 6<sup>th</sup> Chapter, "If thine eye be single, thy whole body will be filled with [light]," the Light of Christ Consciousness. Yoga will lift you to oneness with the Light of Christ at the Christ Center, if you do it, because yoga is scientific. And so we see throughout the ages, and throughout the different scriptures, we see the reasons why each and every one of us should follow yoga.

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<sup>3</sup> Chapter 6

<sup>4</sup> 1<sup>st</sup> Corinthians 15:31

And finally, in conclusion, human Salvation is the common reason why all, in the East or the West, should follow yoga. Now yoga, yoga, like any science, is not limited to climate, or time. Yoga can be practiced by all, irrespective of color, race, or creed. And in America, here, I have seen all kinds following; and I have seen all get the same result. Now, a yogi is one, or is everyone, who practices the scientific method which gives them God contact, or Union with God.

And so, yoga is very important – very scientific. And finally, and this is the proof – all – irrespective of color, race, or creed – all – married or unmarried, worldly or with formal church affiliations, it doesn't make any difference – all who practice yoga – see the same Spiritual Eye, the same Light at the Christ Center, spoken of in Matthew. Isn't that proof? I have taken them all – Protestants, Catholics, Jews – all kinds, all colors. And, if they do yoga, they see the same Light of Christ at this point [Spiritual Eye]. So that, in itself, is proof that yoga is very important in giving us Salvation.

And remember, yoga will give you God contact. Yoga, as promulgated by Self-Realization teachings – especially, its highest technique of meditation, and Kriya Yoga – will give you absolutely God contact. Contact with the Presence of God in you as the Holy Vibration, the Holy Ghost, with its Great Light, and its Cosmic Sound. But greater than that, in that is God's Intelligence, His Wisdom. Greater than that, is God's Love in it. That's what we need. That's what yoga will do for you. It will give you Salvation.

#### Closing Hymn and Prayer

Now let us rise please, sing our closing song. Sing with your heart. Feel God in you as His Great Light and Love.

Mrs. Kennell plays the organ and Mrs. Gonsullus plays the violin to the music "In the Beauty of the Lilies" on the .mp3 file, while Doctor and the audience sing together.

Raise the hands. With your deepest attention at the Christ Center, feeling God with you, His Power and His Strength, His Great Love. Let us pray. Heavenly Father, Friend, Beloved God. 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; make my love Thy home. Be Thou the only King, reigning on the throne, of all my desires. I bow to Thee, O Father. I bow to Jesus, I bow to the great Masters, Babaji, Lahiri Mahasaya, Sri

Yukteswarji, and with my love and devotion, on the altar of my heart, for his sacrifices for so many, and for me, I bow to the Beloved Master. Om, Peace, Bliss, Amen. God bless you.

The .mp3 file has a very short piece of organ music as people leave the church.