

Attaining Inner Peace

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The subject: "Attaining Inner Peace." Attaining inner peace. One great saint, Swami Ram, said, "Peace, like a river, flows through me." He might have said bliss, like a river, flows through me. Bliss is inner peace, cosmic peace. Peace, like a river, flows through me.

Now ordinary peace of mind must be understood before we can talk about cosmic peace in an intelligent way. Ordinary peace of mind is simply an emotional adjustment through the intellect brought about by self control. That is, if you have a little self control, you can escape the turmoil of a restless mind. And when you do that, you will have ordinary peace of mind. It is a relief from an uncontrolled mind that gives you ordinary peace of mind. But this is a negative state.

This is not the positive state of bliss or cosmic peace, or inner peace - realize that. We hear lots nowadays about peace of mind. Well, it is a wonderful thing to escape that turmoil of an uncontrolled mind that carries you hither and yon and you cannot escape. If by self control you can still the waves of that uncontrolled mind, that's a wonderful thing. That is, as I have said, ordinary peace of mind. But it is a temporary state. It is not a permanent state. It is a negative state. It is a relief, without question of doubt, it is even a lack of worry, but it is not the positive state of cosmic peace. And we must remember that our souls will not be satisfied - we might as well make up our minds to this - our souls will not be satisfied with this state of ordinary peace of mind. The soul will only be satisfied when it goes back to its real nature, which is a part of the spirit of God - cosmic peace, bliss eternal. So if you want inner peace, know the soul, know the Spirit within you, know the presence of God within; then you will have the positive state of peace.

Now this state, ordinary peace of mind, is easily attainable - those of you who are having trouble with your restless minds - by following the techniques of Self-Realization Fellowship, especially the technique of concentration. If you can attain concentration, and I know you can, by following one of our techniques, the highest technique of concentration, you will easily attain freedom from an uncontrolled mind. You will easily have self control. You will easily attain onepointedness of mind. And if your goal is to attain that and that alone, you can do it even by this technique of Self-Realization Fellowship. You will know self control of mind. Knowing that, you will have freedom from a restless mental condition, and you will have ordinary peace of mind.

Now, cosmic peace is quite different from ordinary peace of mind. Cosmic peace is not temporary - as I have said ordinary peace of mind is temporary. Cosmic peace is a permanent state, and it is a positive state. Ordinary peace of mind is not a positive state. It is not permanent; it is temporary because as soon as the mind becomes restless again, you lose that peace. But if you attain the positive state of your own soul - cosmic peace of the soul - it will be permanent, because it does not depend on outward consciousness. It depends on the inner consciousness of God within you as your own soul. So realize the difference between these two states. Ordinary peace of mind is temporary, it is not permanent, but cosmic peace, cosmic peace cannot be exhausted. It is permanent and it is your own natural makeup, so to speak, to be blissful and peaceful. But we are in the other so long and have been so long that it's difficult to think that we can ever get out of it. But you can get out of it. You can surely get out of it.

And so this positive state of cosmic peace, inner peace, is lasting. And it is a property of Spirit and your own soul, just like cosmic calmness, cosmic love, cosmic calmness, cosmic sound, cosmic light. Those are properties of Spirit. Those are properties of your own soul. And so cosmic peace is a natural inherent quality of your own soul, God within you. It is not negative; it is positive. And so the attainment of cosmic peace also can be brought about through one of the techniques of Self-Realization Fellowship which comes after the first technique of concentration, of which I have spoken. In this technique, you are given contact with the Holy Ghost. If you perform the technique after preparing your body and your mind by previous exercises and a way of life, when you follow this technique of which I am speaking, the highest technique of meditation, you will contact the Holy Ghost, without question of a doubt. Contacting the Holy Ghost, as we read in the scriptures, you will go forth in peace and bliss. So there you see is the positive way to attain inner peace - is to follow a way, a technique, a way of life which has been given to us by one who had cosmic peace - who had inner peace, not just peace of mind, but the positive state of inner peace - none other than our beloved Master who came here to show us the way of attaining cosmic peace. And by following his teachings which he has left for us we can, as I have said, by one of these particular techniques, and especially Kriya yoga, attain contact with the Holy Ghost - and in that you will find everything you need, of course, cosmic peace, cosmic inner peace.

How to attain cosmic peace is what now we want to know - how to attain it. Of course, I have told you that if you, those of you who are not members will join the work and learn these techniques, you'll be able to do these things, but then we have to have the reason why you will be able, and we find that right in our own scriptures. We have the key in Romans, the 14th Chapter, the 17th Verse. It's always nice to point out to people the authority from which you speak. I know that in one time speaking of yoga, there is a book written, "Yoga, A Scientific Evaluation," by Dr. Behanan. He was sent from Yale to investigate yoga in a scientific way, which he did; and he inculcated his finding is this book. And so in speaking of yoga, I always speak about this book and the moment people realize that it's authentic, and that you can read it and it has been shown by experimentation to be true, and so forth, then they like that. And so in

this case of cosmic peace, we point out, we have pointed out to us here in Romans, the key as to how to attain inner peace. "For the kingdom of God is not meat and drink, but righteousness and peace and joy in the Holy Ghost." Could it be any clearer? Do you need any other reference? Know the Holy Ghost. Know the Comforter within. Know the great Cosmic Vibration from which all things have come, and which sustains all things. Know that. Know that in a dynamic way. You will have the kingdom of God and with it you will have cosmic peace. It is very clear.

And so, by merging, not just to listen to the Holy Vibration, which you can hear at times, but by merging in it - that's the important thing - by merging in this Holy Vibration, by merging in the Word spoken of in St. John, by being one with it through right techniques of meditation - following one who had that, as our Master - by doing that, then you will attain inner peace. Why? Why? Because in that Holy Vibration, in that great Word of God, the great Cosmic Sound reverberating through universe upon universe - in that great Cosmic Sound is God's intelligence, His love, and, of course, Cosmic Peace, Cosmic Love, Cosmic Bliss, Cosmic Joy, Cosmic Calmness, Cosmic Sound, Cosmic Light. Everything is in His intelligence, isn't it? And His intelligence is in the Holy Vibration. That's why by merging in it you can attain inner lasting permanent complete inner peace. Those are the reasons. By expanding our consciousness from this little limited ego consciousness, which at its best can only attain ordinary peace of mind, to the great ocean of God's presence which is in us - by doing that, by merging in that through this technique of which I have spoken especially, and through Kriya Yoga, you will without question of a doubt, contact the Holy Ghost. Knowing that, being one with it, you will have cosmic peace because God's great intelligence and His love and His peace and His joy is in that. Therefore, if you want to attain lasting, cosmic peace, inner peace, know the Holy Vibration; know the Holy Ghost in a dynamic personal way. Make it your life, then you will attain inner peace.

Now one more important point which I want to point out in attaining inner or perfect peace, is this, and this is a very important point: Many people will follow the technique of which I have spoken of contacting the Holy Ghost, or knowing the Holy Vibration, but it takes complete merging in it - that's the important thing. That's why people miss out. We must not forget that merging is important, and by merging I mean complete surrender to the Infinite. Do you understand the difference? Hearing the Cosmic Sound, hearing the Holy Vibration, knowing God's Intelligence is in it, gives you wonderful inspiration, but you will not have the dynamic presence of God and complete inner peace until you have fully surrendered to the Infinite without any reservations. This is a very important point.

My reference is as follows: In Isaiah, 26th Chapter, 3rd Verse, of which I'm sure many of you are familiar - perhaps you have not felt the importance of the underlying reality of this verse, we read: "Thou wilt keep him in perfect peace whose mind is stayed on Thee." Now, "stayed on Thee" means that you have fully surrendered to God, and thereby by that full surrender, you are completely merged in Him. If there's any mental reservation; if you have not fully realized the importance of knowing the Holy

Vibration and then have carried it out and merged in it, you are not completely “stayed” in God. “Stayed in Him” means full surrender - this is a very important point. And you will find if you can do that, that you have carried out all the requirements of attaining inner peace. Complete surrender - complete surrender is so important, because inner peace, true inner peace will not come - the load will not be lifted completely until you fully surrender to God, to the Infinite Father.

I remember on Christmas Eve 1920, when I first met the Master, and he said to me - I remember his first words - and then he showed me many things. His first words were not of “What can you do for me?” or this or that, but, “Will you always love me as I love you?” And by the power of the Spirit within him, which came to me through those words and as he looked at me, he stilled the waves of my mind so that - so that I could contact the presence of God within me and when I said, “Yes, I will,” he rubbed his hands like that and he said, “Fine. I take charge of your life.” And in that moment when he said that, what happened? He had stilled the waves of my mind so that in the respiratory pause, the electro-magnetic change, whatever you want to call it, that takes place in deep meditation, I was able to contact the Infinite and fully surrender, because when he rubbed his hands and said, “I take charge of your life,” a great load lifted. The load lifted completely. Why? Because in that moment, I had surrendered to the Infinite Father. Of course, the Master was the instrument, but the omniscience of God takes the forms of all things, and so that Omniscience took his form; and by that - by his grace, which he gave at that time, I was able to carry out the last requisite for attaining inner peace - and that was full surrender to God. Because the minute I did that, and I felt when I said, “Yes I will,” - that wasn’t ordinary relationship between man and man; that was a relationship between God and His child. And when he said, “I take charge of your life,” the load lifted. So that’s what we want, isn’t it? To attain inner peace is to have the load lifted completely so there’s no vestige of delusion or darkness left in us. So that’s a very important point. The last and most important point is to attain inner peace you must fully surrender to the Infinite.

Now, one of our great saints, Lahiri Mahasaya, has written these following words which will help you. He said, in the electro-nervous and respiratory pause of meditation, when in your deep meditation all functions of the body cease, - respiration and the ordinary functions of the body cease - that’s when you can contact the Infinite, and only then. And so at that point - at that point, he said there should come a perfect sense of self-surrender. That’s what it means. Now you may reach that respiratory pause, at which time you are one with the Infinite - at which time your little soul is one with the great Spirit, the great ocean of God’s presence - you may reach that point, but unless you carry out, as Lahiri Mahasaya says, the perfect sense of self-surrender, you will not attain inner peace. The load will not be lifted. And he goes on, complete self-surrender to the Infinite creates a change in the entire body system, and being. All decay is arrested. The body is perfectly toned and quite at rest. As long as there’s any movement within us of any nature we cannot fully surrender to God. As long as there are any reservations in our mind we cannot surrender fully to God. And that’s why the great Lahiri Mahasaya has pointed this out as so necessary, as he says most beautifully, “There should come a perfect sense of self-surrender.” That means full, doesn’t it? That means complete surrender to God. And so, in your

meditations, those of who you regularly meditate, when that moment comes when you feel a cessation of all bodily, mental, and movement of the soul's aspect - when you feel that, know you are in tune with God, then surrender to Him. You will have perfect peace. You will have cosmic peace.

And so in concluding, ordinary peace of mind is not enough. That will give us great relief, but when - when through the full surrender to God, when through the complete union with Him and a deep desire within our souls that we know Him and Him alone, because He is the only living reality, the only thing that is in us or in this universe or universe upon universe - and when we realize that and then feel Father, "Here I am, accept me. I want nothing else." When that comes, then the union with the Holy Ghost takes place. What's the result? Cosmic peace, perfect inner peace.