

## How to Conquer Death

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Our subject this morning, "How to Conquer Death."

Kind of a gruesome subject, isn't it, on a hot Sunday morning? That's because we haven't found out yet how to be in that One Consciousness which is above duality. The One Presence of God.

And so, life and death, realize, are aspects of the same thing: the Eternal Consciousness of God manifesting as the wave and the ocean. The wave rises and falls, and dies. But the underlying ocean does not. And so, behind this outward consciousness of duality is that one Eternal Consciousness and Energy of God which does not pass away. As we identify ourselves with the wave, we are subject to the laws of the wave. The wave is born, the wave dies. But, when we arouse ourselves, and realize that behind this outward consciousness is that Ocean of God's Presence, and merge in it, then we are not subject to the wave, nor its laws. Realize that.

And so, death is an expression of change, that's all. This wave of this life is finished, and passes away. The only thing is, that our consciousness has become identified and one with the wave consciousness. And so, when the body wears out, and tires out, and begins to disintegrate, our consciousness, believing that it is the body, loses the continuity with the underlying Presence of God – an underlying consciousness which always was and will be is right within us. But, because of the bad delusion of attachment to this vehicle, as it passes away our soul thinks that it too is finished. A sad thing for children of God.

We must realize, if somehow we can be one with that underlying Unity of God's Presence, whether this body is here, or not, makes no difference. As our Master used to say, "When Thy song flows through me, then life is sweet, and death is sweet." How could he say that? He realized the underlying Unity of God's Presence. So can each and every one of us do the same thing we want, underlying life, we must know. But do not think you're going to know it when death comes, unless you know it right now in this life, you will not have it with you after death. You must know it now. You must now, wake up, arouse yourselves, and meditate deeply, regularly, so that you will not lose the continuity of God's Presence which is in each and every one of us. That's the lesson. And how to conquer death simply means, how to keep your own consciousness, which you are using right now, listening to me, how to keep it intact through all the

changes – of subconsciousness; waking consciousness, you know; subconsciousness; superconsciousness; through sleep; through death; you have to be able to simulate death consciously – then you can never die. It is not difficult. It simply means doing something which you have not been in the habit of doing.

When we go to sleep, we lose consciousness. But by the practice of Self- Realization methods, you can consciously sleep, and even consciously die, so that you are in the breathless state, fully awake to the Presence of God within. That's conquering death. And all of those who regularly follow the teachings of our Master – who had conquered death, who lived in that one uninterrupted consciousness of God – those who follow him, will also reach that state when they can live through the Conscious Presence of God within – His Conscious Energy – they can live in that, and it will not be interrupted in this state of death.

Such a wonderful thing the Master has done and left for us – the ways and the means whereby we can realize, here on this earth, our immortality. And unless we do it, here and now, we will not know it later. We have to, right now, know, that we are immortal, that we can live, not subject to the laws of this Cosmic Dream. We can live one with the Presence of God within. It has to be done in this life, or you will not be able to do it in the next life. We must be conscious of it right here, on earth, now. We look. . .think, “Oh well. I'll take care of that later.” You never will. You have to do it right now!

St. Paul said, in 1st Corinthians, 15th Chapter, 31st Verse, "I protest by the rejoicing which I have in Christ Jesus, our Lord, I die daily." He died to outward consciousness. But he didn't go into unconsciousness. He knew the one underlying Unity of God's Presence – the Christ Consciousness – for he says, “I protest. . .” or which means declared, “by the rejoicing I have. . .” He was conscious of the Christ Consciousness within, therefore, he died every day to this worldly consciousness, which causes us so much trouble.

Now you, too, can do that same thing. You, too, can die to this outward consciousness. You, too, can do without breath, and you, too, can slow the heart down so that you will know that you can live without breath and heartbeat – without this duality of consciousness. You will still be fully conscious, and you will know that you are immortal. That's the lesson from the words of St. Paul – “I die daily...” to outward consciousness. I live in the Great Presence of God within – in His Peace and His Bliss. “I die daily...” to this worldly Cosmic Dream Consciousness.

Our beloved Master has said these words, "Death comes to the saint and to the sinner. No one escapes." "But," he says, "that the saint overcomes and conquers death – the sinner has to submit to this change of death." He has to lose his consciousness, because he is subject to its laws. But the saint, right here on this earth, overcomes these states of sleep and death in a conscious way, and, therefore, he knows the One Indestructible Omniscience of God, which always is and always will be. The Glorious Omniscience of God is an actuality, and you can contact it, and know it, if you will remove the obstructions which prevent you realizing that you and your Father are one.

Now the work of Self-Realization is to give you the methods of removing those obstructions, those habits, which make us think that we are this little body, which passes away – that we have to have air and oxygen. We do, while we're in this Dream. But let us realize, that our consciousness is indestructible. Our consciousness is one with God's Consciousness. Until we remove the limiting barriers of this ego consciousness, then we will never know it. But when we practice, regularly contacting God, who always was and always will be, and make that our own, then we are not subject to this Dream Consciousness.

To win lasting freedom our Master has said, "Man must conquer death by realizing, himself, what he really is through scientific meditation." Meditation means, as I'm sure all of you who are attending this Convocation know by this time, concentration on God. Scientific meditation gives you God contact – gives you contact with His Great Holy Vibration, with His Great Cosmic Light from which you have come, and which has formed all things, and which science has shown that all things come from that Light. That's what God is. And the Bliss you feel in your heart, that's what He is. And so, by scientific meditation, that's right meditation, we have to contact God. Not think about Him, and think He's this – He's that. Know what He is – feel Him – and know that you are one with Him. His Consciousness is in everything, from the smallest atom to the greatest world is God's Consciousness – nothing else. It is His Consciousness that is in each and every one of us as we commune here together. There's no difference, except we think we're separated from Him.

We have to remove that delusion which makes us feel separated from God by following those who have removed the separation, as our beloved Master. He set the example. He lived with God. He was in God while he was walking around here. And so, by following one who has the experience, it's a matter of experience, that's all, isn't it? All we are is the experience of our own consciousness. If you can consciously feel that your own consciousness is one with God, then you have it, and you can never lose it. And so the Master set the example. He left us the ways and the means, because he lived one with that underlying Unity of Consciousness that always was and always will be, God's Glorious Omnipresence within us. So we have within us the Presence of God. We must prevent the loss of its continuity, as in death and sleep.

Now when we sleep, we lose the continuity. We go back to God, because in the morning you feel rested, and, if you did not go back to God there'd be no evolution. Now when you can consciously pass through the subconsciousness into the superconsciousness within, by following the simple techniques of meditation, then you will consciously go back to God. And when you can do it at will, there you have immortality. And when you can simulate – simulate the consciousness of death – the disruption which takes place in the body of death – when all the organs stop, the heart, the lungs, and the breath, the internal organs, the nervous energy in the involuntary nerves – when you can consciously watch that, how can you die? It's impossible to die.

And so, those who can, at will, practice conscious death – when this fellow death comes along with all its terrors – it will not trouble us, because we know what's going to happen. We know we can live without breath, and the heartbeat; we know we are immortal. How can death touch us? But you cannot say that unless you can do that. Let us realize that. If we can conquer death, we can be conscious of the Heavenly States right here and now. If you do not do it, how can you be conscious of those Heavenly States afterwards? You must know it now. But it's not as difficult as you seem [to feel]. We've been brought up to think that heaven's way off, or somewhere around, when it's right within us. The Superconscious Presence of God is right within us. His Consciousness, God's Consciousness, plus His angels, is found from the Christ Center to the top of the head. This is the Seat of Virtue, the Seat of Spiritual Consciousness. Now when you can take, at will, your consciousness from the body, from the internal organs, from the lower centers of the spine, and keep it here [Doctor points to the Spiritual Eye] at will, you have God, then and there.

Now these are facts. Those who have meditated and follow these facts will testify to these things. But we have to break the attachment of this consciousness which is God's Presence in us – imagine, He who has made universe upon universe is our own consciousness – we're a ray of that, attached to this little, miserable changeable body. We have to break that delusion, and realize that we are one with God's Presence within us. Remember now, once more, God lives in the Thousand-Rayed Lotus, the Supreme Center at this point [Doctor points to the Spiritual Eye], and in the centers of the spine, the main part, or point, is from here [Doctor points to the sacrum], to the top of the head. This is the Seat of Virtue, ten fingers – the ancients called it – from the Spiritual Eye to the crown of the head. That's where you find Heaven – that's where you find God.

As it says in Revelation, "The kingdom of God is within [you]." So it is not way off someplace. It's right here, within us; only our consciousness is diffused throughout the body, attached to objects of senses – like these worldly things, and to the senses, and muscles, the internal organs. We have to break that

attachment that we may allow our consciousness to go to the place where it belongs. The Presence of God within us.

Now, if you can do that, then you can conquer death, because death is change, that's all - change. The wave comes up in the Great Ocean of Spirit – it rises, and it dies. But the Ocean does not die. Now when you know the Ocean, you will not die. When you're in the wave, and identified with it – which is the wave of this body – as this body passes away, and you are identified with it, you are bound to die. But, if you break that identification, and know the underlying Ocean of God's Great Love, His Bliss, and His Great Presence within us, then as the wave recedes into the Ocean, you are undisturbed, because the Ocean does not die.

Now let us continue just for a few minutes in our discussion of how to conquer death by careful consideration of two verses in the Bible. Revelation, the 2nd Chapter, the 10th and 11th Verses, "Be thou faithful unto death, and I will give thee a crown of life," is the first one. And the second one is, "He that overcometh shall not be hurt of the second death."

"Be thou faithful unto death." "Be thou faithful," through the practices of meditation, which give you contact with God, until death comes, and then it will not touch you. "Be thou faithful unto death," and what happens? Then you, knowing, the underlying Eternal Consciousness of God, you will receive the Crown of Life, or Eternal Consciousness.

And the second one, "He that overcometh shall not be hurt of the second death." When you overcome the states of sleep and death, consciously – that's all – when

you can consciously pass through the states of sleep, and the state of what we call death – when the heartbeat slows down, and the breath slows down, and you get the breathless state – then, as it says in the scripture, he "will not be hurt of the second death." That is, when it comes, you'll know it; it will not disturb you. But a soul who is not grounded in the Presence of God, when the cataclysm of death comes, he becomes trembling and shaking, he loses his calmness, and passes into unconsciousness.

But the devotee who meditates regularly, and is used to the Presence of God, is used to the stillness within, is used to that Great Silence in which is the Omniscience of God; when this phenomena of death comes, when all his internal organs stop – his heart stops, his breath stops – he doesn't suffocate, because he practiced that. He knows, he knows the Presence of God within, and he is undisturbed, and

he stands, as was said before on this platform, “unshaken through the crash of breaking worlds.” What is death? Nothing – we must realize that we can attain, we can conquer death.

Our Master has said it in these words, to bring it down more from the inspirational to the practical. I want you to listen carefully, he says, “Those who try by devotional yogic methods...” – those are simply the methods he has left – yoga. Yes, yoga. Yoga means union with God. And so, he says, “Those who try by devotional yogic methods to understand and perceive the phenomena of sleep and death,” – just what I have been saying – “can consciously pass through the change of death and retain their consciousness after death.”

Now, if you want to be conscious in Heaven, let's get busy. This is the way. This is from a Master – one of the greatest Masters that has been in our time. If those, or rather, “Those who try by devotional yogic methods...” Now yoga is good, but yoga alone will not do it. You gotta have the Love of God in your heart. You can practice yoga, you can see the Light of Christ at this point [Doctor points to the Spiritual Eye], but you will not receive God until you really want Him in your heart, and His Great Love pulls you, and you give Him your love. That's what, that's what it means by “Those who try by devotional yogic methods to understand and perceive the phenomena of sleep and death. . .” during their conscious physical existence “. . .can consciously pass through the change of death and retain their consciousness after death.”

Unless you do that ,when death comes, you'll be so overwhelmed, you'll lose your consciousness. Of course, it'll be a peaceful sleep, but you'll lose your Dynamic Consciousness of the Presence of God. But, if you practice these methods, which are left, as many of you know here, you will be able to do that. It is a matter of experience, as I have said. If you can once experience it; if you once can see the Great Omniscience of God; if you can see the Kingdom of Heaven – His Great Light spread all over – you will never doubt. It's a matter of experience. But, you have to experience it.

And so, so Christ said, once we meet death consciously, never will it trouble us again. It's a state of consciousness – of change – that's all. But underlying the state of change is that Presence of God, which does not change, which always was and will be – in you – in me. But, we have to know it. We have to be cognizant of it.

Perhaps, if we could take just a minute on this long subject of what happens after death, the classification – I'm often asked for this classification – I'll give it to you, very briefly, of what happens after death – where we all go. Well we wanna conquer death, so we want to know where we're going.

We've made up our minds we're gonna finish off this fellow called death. And so, we wanna know what happens after death.

Well, there are two kinds of souls. They are the developed and the undeveloped. That's all. The developed ones have followed the Master's words when he said "Those who try by devotional yogic methods..." They have followed those methods, and they have been able to retain their consciousness while the breath slows down, the heart slows down, and the internal organs are inactive. They have done that. Those are called the "developed" souls after death. The "undeveloped" are those who don't – ordinary human beings. That's all that's gonna be in heaven – those two. Those who have developed souls, who have known the Presence of God while here on earth, and those who have not.

Now in the first classification, the developed souls are what? Yogis, saints, and true devotees – that's all – yogis, saints, and true devotees. Those who practice these things, yogis, are those who are trying to attain union with God. Some succeed. You may be just started. You're a yogi. There are those yogis, saints, and devotees, they are the developed ones. And the undeveloped ones are moralists, worldly people, wicked people, and those who try to commit, who commit suicide. Now there you have this classification – is the most wonderful. There you have the souls that'll be on the other side. Where are you? Where am I? Are you a developed soul? Have you been able to perceive these states consciously, or are you in the class of moralists, worldly people, wicked men, and those who commit suicide?

Now there are one or two general characteristics about these different souls – developed and undeveloped. The first classification, the developed soul will have, after death, different degrees of self-consciousness. Now don't you see, if you do not have the self-consciousness while here on earth of the Presence of God, how will you have it after death? And so, the developed souls will have different degrees of self-consciousness. They will all understand that they are living in the Spirit world, or in the world of Spirit. And every one will be conscious of the Om vibration. Now that's a wonderful thing to work, work for, because those of you who have heard the Om vibration know how wonderful it is – how it sustains you, how you are lifted up, because why? In that Om vibration is the Presence of God, His Great Intelligence is there.

And so these developed souls will have some of these general characteristics – vary in the date in the difference of self-consciousness – if they have contacted God throughout this world, worldly life, and are able, at will, to be in His Presence, they will have that on the other side. If they have tried, and struggled, and had partial success, they will know that they are existing in the Spirit world, and they will be conscious of the Om vibration. If they have been, as the Master used to say, "indifferent yogis,"

indifferent, just doing a little now and then, still they will have consciousness of the Om. So remember that developed souls will have these characteristics after death.

Now the undeveloped souls, the moralist, "The moralist," as the Master says, "has occasional consciousness after death." Now you know good moral people, but they're not religionists. They do not love God, wholly. That's the difference. And so, once in awhile they have consciousness after death. The worldly people, one in a thousand – if I remember his figures – will have consciousness after death. Why? Because they're seeking worldly things – not God. The wicked people, well, I don't have to answer that. They're in delusion, they're in matter, they want it, they get it, and they will have no consciousness after death. The suicide is so taken up with sorrow that he does not, of course, have consciousness after death.

And so that's a, a short resume of what happens after death. So you can see, that we must conquer this thing called death. We must follow the Master's teachings. As he conquered, so can we. As Jesus conquered, so can we. We must be able to retain our consciousness during this cataclysm of death when all our functions stop. Think now, this minute, those who depend on breath, and your breath is stopped – when suffocating – will you keep your calmness? No. But, if you

practice, following the methods whereby the breath slows down, and you're still fully conscious, then you'll be able to do it. That's what will happen at death. Let's get used to it. Be master of the situation.

And so, finally, to conquer death we have to know it while living. Realize, we have to know it while living. We have to know this change. We have to be familiar with the phenomena of the wave resolving in the Ocean and keep our continuity of consciousness, that's all. We have to do that. If we can do that, then we will slip peacefully, silently, and joyfully into the Great and Glorious Ocean of God's Omnipresence. If we will do that, we will peacefully slip in, being glad to get out of this delusion. And greater than that, as we slip in to the Glorious Omniscience of God – His Great All-Pervading Light – there we will find all the saints and the sages, and greatest of all, our great gurus of Self- Realization, and our own beloved Master. Why? Because everything has come from the Omniscience of God. From the smallest atom, as I said, to the greatest world is from His Omniscient Consciousness.

And so, there, when we are one with It, we will find all fulfillment. All the saints are there; ideas, and God's Great Consciousness. The Masters are there. The Master has promised to walk by our side, and guard us with invisible arms. How can he do that, unless, except, he be in the Omniscience of God's

Presence. And so, realize it's worth striving for. Know, know the Presence of God within you in a conscious way. Be one with it, and death will never touch you again.

Now, I'll close with a few words the Master wrote to me from one of his letters, which are most wonderful. As he spoke, and wrote these letters, these words rather, he was speaking from the Glorious Omniscience of God, as you will see when I read them. Apply them to yourselves. Know, know this Omniscience of God.

He said, "Stand by God and His humble servant..." Stand by God. Have faith in God. Have faith in the channels He has sent, as our beloved Master. We have faith in everything but God. What's the matter with us? God, who is our very life and existence, who is behind our thoughts, and our emotions, and our heartbeat. All things we have because of God; and our loved ones we have because of Him – and yet we don't have faith in Him.

So he says, "Stand by God and His humble servant, and when your need is the greatest, at the end of the trail..." – at the end of this trail of life – "you will find me waiting. Keep faith steadily."

So you see, it's well to know that Omniscience of God. It's well to follow God through the channel He has sent. And when we reach the end of the trail, when death is ready there to snatch us up in to oblivion and unconsciousness, there we will find the Glorious Omniscience of God, and His True Teachings, those who follow Self-Realization, our beloved Master.