

# Yoga Explained 6

## The Cloud or Seat of Virtue – Part 1

Dr. M. W. Lewis  
Encinitas, 1-1-59

... which is within each one of us. It is called sometimes the “Cloud of Virtue,” because after practice, by lifting your consciousness so that you are in tune with the Light of Christ at the Christ Center, that Cloud is always there, that Cloud of the high vibration of God’s Presence.

And so, this Seat of Virtue, or the Cloud of Virtue, as spoken of by Patanjali is very important, because it is the Seat of Truth. And even though we are engrossed in this worldly activity, have to live in it, still, we can at the same time keep our consciousness at the Seat of Virtue at this point. The ancients used to speak of it – that is, when they located it – *as the region consisting of ten fingers high from the Spiritual Eye at this point, ten fingers to the crown of the head.* Now right there is where all Truth is found. Right there is the Kingdom of God. The Kingdom of God is with men. The vibration is of God’s Presence. That’s His Manifestation in us as His children.

And so, we have His Power right with us. We have Heaven right with us at the Seat of Virtue. And the more we keep our consciousness tuned there, as we spoke of last time, the more we will become like God’s Consciousness at that point. That’s easily understood. If you dwell in this earthly existence, in outward consciousness, taken up, being taken up with worldly things, you become more worldly. And as the world is delusion, we read in all scriptures, you will become deeper, or sink deeper and deeper into delusion. But, if while you’re in this earthly existence you keep your attention at this point [the Spiritual Eye] – and it can be done – then instead of becoming more worldly, or sinking more in delusion, you rise above the delusion, until finally through the Grace of God you are freed in His Consciousness, as He is.

And so this Seat of Virtue is a very important place. It is the Seat of the Spiritual Kingdom, of which Jesus spoke. It is where God and His angels dwell. Angels are the Great Rays of God’s Light. And those who meditate, and keep at it,

finally, one day, it will, the veil will be lifted, and you will see the Kingdom of the Infinite. As Jesus said, "My kingdom is not of this world."<sup>1</sup>

Now, this location here [the Seat of Virtue] is from here [the Spiritual Eye] to the top of the head, is the Seat of Virtue. From here we perceive the Mouth of God, or the Medulla Center, where His Great Cosmic Energy comes into us. We see that at the Seat of Spiritual Vision, because there is a Spiritual Tube runs from this point [the Seat of Virtue] to the Medulla Center. And you can, with concentration, see the Spiritual Eye – many have seen it – which is the reflection of the Medulla Center. Also there is another tube runs from this to the Thousand-Petal Lotus. That's why, sometimes, through the Grace of God, that is visible. So this Seat of Virtue is very important. It's our life, only we do not realize it. It is our Spiritual existence.

And so, we can realize the Consciousness of God plus His Great Cosmic Consciousness, or His Energy, Cosmic Energy; we can realize the Consciousness of God plus His Cosmic Energy at the Seat of Virtue. But we cannot record or vibrate in tune with something unless our consciousness is elevated to that vibration, no more than a little child can talk philosophy until he elevates his consciousness. So must we. That's why yoga is necessary. That's why the meditation of yoga is so necessary; that we do that, and then begin to live; not just grope around like human beings. And so, this Seat of Virtue is a very important place.

God has left these channels open, and all who meditate will attest to this. He has left these channels open, whereby we can see the Medulla Center, or the Mouth of God at this point [the Spiritual Eye], and we can see the Supreme Lotus at this point [the Seat of Virtue], because God has left those subtle channels of Spiritual Energy open. And all who will keep at it will be able to prove this through Realization.

And so, we can say that the Presence of God is, as the "Word," the Presence of God as the Word is at this Seat of Virtue, from here to here.<sup>2</sup> The Holy Vibration is the first manifestation of God, with His Light, His Sound, and His Great Love is perceivable there. Therefore, we can say the Presence of God is found in the

---

<sup>1</sup> St. John 18:36, "Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence."

<sup>2</sup> Doctor again illustrates the ten fingers from the Spiritual Eye to the top of the head where the Seat of Virtue is located.

Seat of Virtue. It surely isn't found in sensation, or other places, because they fool us many times. And reason cannot give us the Presence of God. But by elevating our consciousness, especially through love to this point [the Spiritual Eye], we can easily perceive the Presence of God as Love. Pure Love – not human love – Unadulterated Love, or Feeling of the Infinite Father. And so, this Holy Vibration is found especially here [the Seat of Virtue].

Now, sometimes, we can hear the Holy Vibration vibrating throughout our bodies. Sometimes, it seems out in the room. It is not out in the room, it is right within us. It is at the Seat of Virtue, more especially. But we are used to thinking of things outside, therefore, it seems outside.

Sometimes, it will be heard in the right ear. But, if you can lift your consciousness and focus it at this point, then you will merge in the Holy Vibration and become one with it. Becoming one with that, then you can surely realize the Presence of God to the fullest extent, according to His Grace. These are very important things – God is the Doer. We can prepare the way for His coming; but He has to do the coming, finally. So this Seat of Virtue is a very important point.

And so, the Word, the Holy Vibration, which is the Presence of God – “In the beginning was the Word, the Word was with God; the Word was God<sup>3</sup>” – makes contact, or keeps contact, so to speak, God's Presence keeps contact with us through the Medulla Center, at this point. *Many of you know about it – just beneath, in this little hole here that stops at the Medulla Center<sup>4</sup>.* That's where His Great Presence keeps in contact with us, so to speak.

And then, it comes in and has made our bodies, sustains it. And the surplus, so to speak, is stored in the Supreme Center of the brain, or the Seat of Virtue. So we have sufficient power for everything we need, if we can but make the connection, so to speak, and realize God at the Seat of Virtue.

And so, God manifests it – His Nature – or rather, we should say the Word manifests its Nature, its Divine Nature, at the Seat of Virtue. So, if you want to know more about the Word or God, keep your attention here. As it says in Revelation, the 20, the 21<sup>st</sup> Chapter – just let me read a verse or two of it – Revelation, the 21<sup>st</sup> Chapter – it speaks definitely about this Seat of Virtue, and

---

<sup>3</sup> St. John 1:1

<sup>4</sup> At the base of the skull.

it's very interesting. "And I saw a new heaven and a new earth...<sup>5</sup>" That is, this outward gross heaven passes away. But there comes the Great Light of God's Heaven. "And I saw a new heaven and a new earth: for the first heaven and... earth had passed away..." Master says that the universe resolves into the Holy Vibration, and then the Holy Vibration resolves into Light, and the Light loses its grossness in the Great Sea of Love of the Infinite Father.

And so, in the Light area, so to speak, is the Heaven of which is spoken here. "And I John saw the holy city, the new Jerusalem, coming down from God out of heaven..."<sup>7</sup> This is the new Jerusalem; this is Zion; this is the Holy City. We do not have to run way off somewhere, for it is right within us. And those who meditate deeply, will find it. It is a reality.

"And I heard..." this is the proof, "And I heard a great voice out of heaven saying, Behold the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God."<sup>8</sup> The tabernacle of God, which is the Holy City of Jerusalem, or Zion, is with men – right here to here [the Seat of Virtue].

It doesn't seem possible, but everything has come from Light. This universe is made from Light. All the elements are made from Light. Therefore, Light is the underlying truth and reality. Light is the virtue, so to speak, and from that Light, and in that Light, so to speak, is Heaven and all things Spiritual, right within us. So we have something to strive for.

So, we should keep our attention at that point, as much as possible, so that we more and more become as God would like to have us be – as He is. Why not? We're His children. We didn't ask to come here that I remember of, do you? But here we are. But I do feel that God is with us. So let us make that our own.

And one other note: the link between mundane consciousness and the Spiritual Consciousness of the Seat of Virtue is what? Is the Word, the Holy Vibration. So, whenever you look here [the Spiritual Eye], try and hear the Cosmic Sound. First, if you see the Light, then you have that – that's the Holy Vibration. If you

---

<sup>5</sup> Revelation 21:1, "And I saw a new heaven and a new earth: for the first heaven and the first earth were pass away; and there was no more sea."

<sup>6</sup> Ibid.

<sup>7</sup> Revelation 21:2, "And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband."

<sup>8</sup> Revelation 21:3

feel God's Love, that's the Holy Vibration. If you can see and feel all of them that's fine – that's the greatest thing.

And so, remember the link between worldly consciousness and mundane consciousness and Spiritual Consciousness is the Holy Vibration – the Word. And that, if you can feel and realize it here [the Spiritual Eye], then you are connected with the Seat of Virtue, or the Seat of Truth, or, putting it in plain words, with the Presence of God in you.

Truths are simple, but we make them complex, because we're in duality – we're not in the Unity of God's Consciousness. So let us realize that one thing – that the link, or we might put it in a more practical way – the way to get out of this "jail", as Master calls it, is to keep our consciousness more here [the Spiritual Eye]; and then instead of being jailed in this cage, then we will expand our consciousness into the freedom of the Soul in God's Presence.

How shall we know – I have the next question here – how shall we know that we have reached permanent tenancy at the Seat of Virtue? Everybody wants to know that. How shall we know it? Well, the answer is very simple: Joy, Ever-new Joy Inexhaustible. That's the way. That's the test. If you, in your meditations, feel more and more waiting for the time to get at it, waiting for the time to come when you can get where you can meditate and feel the Presence of God – that's the proof that you're at least nearing the Seat of Virtue; perhaps, have tenancy in the Seat of Virtue. When the Joy doesn't leave, no matter what comes; then, you have your little place in the Seat of Virtue.

And so, when, at will, you can compass... when, at will, you can pass from anxiety and restless consciousness of this existence to Peace – when you can do that at will – then you have a permanent place in the Seat of Virtue. Sometimes, we can at times. But when you can, at will – no matter what comes – keep your consciousness here, get it up there and keep it there; then, you have a permanent place in God's Heart. That we must realize.

Now, I have one or two references to substantiate what I've just said. First, from Psalms, the 48<sup>th</sup> Psalm; I'd like to read a portion of it to you – first three Verses, parts of it, to substantiate where the Seat of Virtue is and that it is something, that it is not something imaginary, way off some place, but it's right here within us. The kingdom of God is with men.

And so, here we read: "Great is the Lord, and greatly to be praised in the city of our God in the mountain of his holiness."<sup>9</sup> Well, this is called the Holy Mountain,<sup>10</sup> because this is where Spiritual Consciousness, Holy, Spiritual Consciousness, is found. And so it says here, the Lord, or Christ Consciousness, Cosmic Consciousness in us, is "...greatly to be praised..." because that's where mostly, that's where it is mostly concentrated – it is there, "...the city of our God in the mountain of his holiness."

You say, "Well how do you know that?" Well, let's read a little further: "Beautiful for situation..." the Light of the Thousand-Rayed Lotus, the Great Spiritual Sun, which can be seen at the Seat of Virtue, is beyond description. As Master says, "Celestial things cannot be put into words." That's true. And so, here we have the same thing: "Beautiful for situation, the joy of the whole earth is mount Zion, on the sides of the north, the city of the great King."<sup>11</sup>

Well, the "great King" is God's Consciousness, God Himself. This is the east of the body<sup>12</sup>, as we often say; the west is the posterior part<sup>13</sup>; the south is the base of the spine, where the Kundalini power is found; and the north is the Supreme Center, or the Seat of Virtue. So there you have a definite location for the Seat of Virtue.

One other, on the 3<sup>rd</sup> Verse: "God is known in her palaces for a refuge."<sup>14</sup> There's no refuge like the Love of the Infinite Father. There's nothing that'll take away your troubles like the coming down into your being, consciously, His Great Love. And so, this is a wonderful Psalm, the 48th Psalm. I'd like to read it, over the first three verses.

Now, one other Psalm, the 16<sup>th</sup> Psalm, also, there's something to say about this, the 11<sup>th</sup> Verse. Those who can keep their attention at the Seat of Virtue will find, just as it says this 11<sup>th</sup> Verse of the 16<sup>th</sup> Psalm: "Thou wilt show me the path of life..." There's no life in this outward existence worth anything, you all know that. Look about what's going on in the world. They can have it! But, "Thou wilt show me the path of life: in thy presence..." God's Presence must be here,

---

<sup>9</sup> Psalm 48:1

<sup>10</sup> Doctor points to the Seat of Virtue

<sup>11</sup> Op.cit. 48:2

<sup>12</sup> Doctor points to the Spiritual Eye

<sup>13</sup> Doctor points to the Medulla Center

<sup>14</sup> Op.cit. 48:3

“in thy presence is fullness of joy; at thy right hand there are pleasures for evermore.”

In other words, this is the Seat of Eternal Consciousness. Not worldly consciousness. That is not our path to follow worldly consciousness. We have to do it, because we’ve engulfed ourselves in this delusion and we have to work out the karma. But that doesn’t mean we’ve got to stay in it without knowing God while doing it! We can get out of it. And that’s our job, so to speak. Our task is to know God. This is the path home to Him – the Seat of Virtue.

In St. John, the 8<sup>th</sup> Chapter, several references, which is short, but which is very much to the point: “...If ye continue in my word...<sup>15</sup>” if ye continue with your consciousness at this point, what’s the result? The Word “...shall make you free.<sup>16</sup>” In other words, the Word is the Presence of God. God is free – He’s not attached to His Dream. And so, if we continue in that Holy Vibration at this point, the result is freedom in the Great Presence of God.

And finally, the last reference from Isaiah, Isaiah the 35<sup>th</sup> Chapter the 10<sup>th</sup> Verse. Then we read as follows. Now, those who stay there, as we try to do in our meetings – we try to conduct our meetings as if we were in the Presence of God – there’s no better way to conduct any religious service than in God’s Presence. That’s why we all try to hear the Cosmic Sound of Om, and if we can, we can keep our consciousness here; sometimes, see the Great Seat of Virtue, the Cloud of Christ Consciousness, and feel in our hearts something which we cannot get any other place, except in God’s Consciousness.

And so, this is what we read in the 35<sup>th</sup> Chapter the 10<sup>th</sup> Verse of Isaiah: “And the ransomed of the Lord...” Those “ransomed of the Lord” are those, who, once more, have returned to His Consciousness. They’re not satisfied with this outward existence. “And the ransomed of the Lord shall return, and come to Zion...” that’s this place [the Seat of Virtue] “with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.” There couldn’t be any promise more direct to His disciples from God than that. We all are God’s disciples. We all are His children, if we but claim it once more.

---

<sup>15</sup> St. John 8:31, “Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;”

<sup>16</sup> St. John 8:32, “And ye shall know the truth, and the truth shall make you free.”

So much for a few Bible references; now, the reference from the Bhagavad Gita<sup>17</sup> to round out our references: from the 5<sup>th</sup> Discourse, a few excerpts, from the 27<sup>th</sup> to the 29<sup>th</sup> Lines. And this describes how you can contact the Seat of Virtue.

“Having external contacts excluded...” that is, close the eyes, as we say, or if you have will power, you can shut off visual sensation, “Having external contacts excluded, and with the gaze fixed between the eyebrows; having made equal the outgoing and ingoing breaths...” That is without the “aha – aha – aha” as we do in worldly existence, but calmly – when the breath has been subdued by proper yogic practices, and the senses and the mind have been subdued and controlled, “...the Sage...” or, we can say, the loyal devotee of God – you know a sage is simply a sinner who didn’t give up, so we can all say that we’re not gonna give up, and so – “the Sage, having for ever cast away desire, fear and passion, verily is liberated.”<sup>18</sup> (Sic)

Why should we have any fear? Because we’re in duality. In the Presence of God at the Seat of Virtue there is no fear. It cannot exist, because there’s only one consciousness, and that’s God’s Consciousness. Fear is in duality, not in the Unity of His Presence. So there you have a reference from the Bhagavad Gita.

Also from Master’s Autobiography of a Yogi,<sup>19</sup> page 286, those of you who’d like to read about it. Here he describes the Seat of Virtue, which was exhibited when he [Lahiri Mahasaya] initiated his wife into Kriya Yoga. He touched her at that place. “He touched my forehead. and (sic) Masses of whirling light appeared...” that’s the Seat of God’s Presence, “...the radiance gradually formed itself into an opal-blue spiritual eye, ringed in gold and centered with a white pentagonal star.” That’s the, the Spiritual Eye of which I have spoken, the Medulla Center, which is reflected there, and which everyone can see, if you’ll keep trying.

Then he said, “‘Penetrate your consciousness through the star into the kingdom of the Infinite.’ My guru’s voice had a new note, soft like distant music.” That’s the Cosmic Sound. “Vision after vision broke as oceanic surf on the shores of my soul. The panoramic spheres melted into the sea of bliss.”<sup>20</sup> Just as our Master has said, the Light loses its grossness and becomes the Sea of Bliss itself. “I lost

---

<sup>17</sup> The Bhagavad Gita or The Lord’s Song, Translated by Dr. Annie Besant, 1939.

<sup>18</sup> 5<sup>th</sup> Discourse, 27<sup>th</sup> to 29<sup>th</sup> Line, “Having external contacts excluded, and with gaze fixed between the eyebrows; having made equal the outgoing and ingoing breaths moving with in the nostrils, with sense, mind, and Reason ever controlled, solely pursuing liberation, the Sage, having for ever cast away desire, fear and passion, verily is liberated.”

<sup>19</sup> 1951 Release, Chapter 31

<sup>20</sup> Ibid, Page 287

myself in ever-surging blessedness." And so, there's no question the Seat of Virtue is the Kingdom of God, right within us. We cannot afford to overlook it.

And finally, one more from one of the great saints Master used to quote. From Kabir, a medieval saint; and he said most wonderfully. Kabir said: "I am a lover of the Word which has shown me the unseen God."

So, there you have the Seat of Virtue, in a few words. We'll take up a few more aspects of it next time. But the Word is most wonderful. Why? It's not just a vibration; it's not just a Cosmic Vibration; it's because God's Love is in it; His Feeling is there. And surely He feels for us, His children, and we doubt Him. We don't have that faith necessary to make Him, make Him show us His Grace in response to us.