

Change Your Life as You Would Like

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Hollywood, 12-19-54

The subject this morning, "Change Your Life as You Would Like."

I think we might just change that subject a little bit to read this, "How to change your life and make your life what it should be, not what you want it to be, but it really should be." That's the thing. How to do that? In other words, how to perfect this instrument, which we have, that it may reflect the Spiritual Consciousness within – that it may reflect the divinity which is seated in the hearts of each one of us. That's the question. How to change ourselves to be what we should be? Another way to express it is as Jesus said, "Not my will, O Father, but Thy will be done."

And so we must change ourselves. We should want to change ourselves. We should want to know how to change ourselves, that we express the divinity within us – the great Spiritual Consciousness of God. As it says in Ezekiel, "He took me by the way of the east gate. . ." and what happened? ". . .the glory of God shone by the way of the east." Right within us is the Great Light of God, which you can give to others, if you are one with it. But you cannot give it to others until you are one with that Holy Ghost within.

Now we must know how to change ourselves that we may express and give to others that Holy Ghost. Now there are certain fundamentals which we must do in order to do that very thing.

First we must introspect ourselves. We must introspect daily, to see, if you are doing not what you want to do, but what you should do. We do not want to be just automatons – being guided by convention, habits, latent impulses, and such things. We want to act progressively, by independent action, action from the soul, not just being led on by the. . .with the tide, like sheep. We are children of God, we have the power to act from the soul, and we must do that. Therefore, the first thing is to introspect daily, to see, if we are acting as we should act.

Now our life is not what it should be, if that is the case, because – why? We are following the changing things of life – physical consciousness, outward consciousness. We have not merged in the unchanging part of us, the soul within. And that's why our lives do not satisfy us, because we have not made the

contact with God, and are not acting by being one with Him. If we have that contact with God, we cannot help but change to be as we should be. We must do that.

“How much time; how much have you been with God today?” the Master used to say. “Have you been with Him much today? Have you taken Him with you in every action?” You can do it, just by being in His Presence. Take Him with you. Then your life will change, because God is the Author of all things, the greatest Power, of course, in the Universe. And, if you're in His Environment, you cannot help but imbibe some of His great Qualities. And so, we must do that. We must see how much time we're giving to God each day. “How much time?” the Master used to say – “How long, how long have you been with God today?”

We have not changed, I have said, because we have relied on limited things – outward consciousness, worldly things, dependent on friends, business – we haven't depended on God. That's a fact. These are truths. But the delusion is strong, isn't it? And you think, “Oh, if I had only that. If I had this. When I get that things will be fine.” No they won't. They'll be just the same. You must have God, then things will change. And so we must know that we must limit our wants. We must, must not be attached to worldly things. We must limit our wants – not wanting this, not wanting that.

The Master used to tell a funny little story about the little dog who was pulling the cart industriously along behind him, and out in front was hung a sausage on a stick. And so he was going after the sausage. So we're like that. We say, “Oh, if I just had this; when I get this things will be fine; finished; when I get that things will be all right.” Can't you see that little dog going after that sausage? But things will be just the same. If you depend on that for happiness – “when I get this, when I get that, then I'll be happy” – you might just as well write it down now, you never will be happy, because happiness does not come that way.

Happiness comes by being one with God within. Change your life so that you depend not on outward things, and people, and conditions, but on God. Get hold of Him, and you can do it. That's why the Master came. To give us the way to contact God, to commune with Him, to be One with Him. Don't wait until you get this or that – be happy now. Right this moment, start. That's why I said in the beginning of the service – start now, do not wait, start now. You can feel in your heart right off, if you'll just look there. Put your attention there. You will feel that Peace of God. Grasp it. Don't let go of it. Take it with you in every action, then your life will change as you want it to change – not until.

And so to change, to change, we must learn to be a free man. That is, we must have the freedom of the soul. This world, and this universe, is a part of God's Dream, isn't it? And it passes away. Even universe upon universe passes away. And so, to be a free man we cannot afford to be tied to that Dream. We must break the attachment to the Dream, that the soul may be free. This body and earth, remember, this body is a gift of God, part of His Dream. So is the world. It will pass away. We cannot afford to be attached to it.

The Master used to tell me, he says, "Forget the body. Forget the body, it doesn't amount to anything anyway. It's all filmed and finished. Forget it, but hang on to God. Know God." And so we must do that. We must learn to be free, not attached to this outward consciousness – this Dream.

That's why Lord Krishna said what? "Get out of my delusion." Get out of this Dream. Jesus said the same thing when he said, "Seek first the kingdom of heaven." That is, seek the Reality, then all other things will be added unto you, because you'll understand them. Not only understand them, but have power over them. God is the Sole Doer. We must know God Alone.

And so, remember, we must learn to be a free man. And when you have that God contact, which is true freedom, then every obstacle can, and will, be overcome. There's nothing you cannot overcome when you have God. And so, when things are bad, and you're down, get up. Get up. Keep getting up, and when you're down, and can't get up, get up. That's what wins. If you never give up, God can never let you go. As a friend of mine told me when I first started to practice, a long time ago, things weren't so good, he says, "Remember, Doctor," he says, "when one door closes, another opens, if you don't give up."

And so when you're down, don't give up. Say, "God, I'm down, but here I am." And He will not let you go. That's one of the greatest things, because it is God who is down, isn't it? It is God in each and every one of us, and when He's down He's still the God Consciousness in you. And if you don't let go, you're bound to get up. So remember that. Never give up. The Master used to say. . . what was it? "Bite more than you can chew and then chew it." And so, when you're down, and can't get up, get up. That's what wins. Then your life will change as you want it to change.

Now going on just a little bit with another thought. Remember this. Remember that our goal in life is what? To express the divinity within us. To express the divinity within us. That's why we're here. To learn that we are not this body, not one with this delusion, but that we are one with God, and that's the goal of our life. Now we must do that, and to do that what must we do? The scripture's saying, the son of

man must be lifted until it is the Son of God. The son of man is man, or soul, engrossed in outward consciousness, in worldly consciousness. Living in the lower part of the spine, the three lower centers of sensation, attention, and consciousness going out to all things. That's the son of man.

The Son of God is the same consciousness transmuted – lifted, from the lower centers of the spine to the upper part, and finally to the Thousand-Rayed Lotus in the brain. Then what does the son of man become? Son of God. In other words, that limited duality of consciousness has been transmuted, superseded by duality of consciousness, or Son of God's Consciousness.

It says that right in the Bible. It says, most beautifully, in St. John, the 3rd Chapter, the 14th Verse, "As Moses lifted up the serpent in the wilderness, even so must the son of man be lifted up." What did Moses do? Moses meditated, and prayed to God, and must have done Self-Realization Fellowship techniques, because he lifted up the Serpent Power at the base of the spine. He lifted that up in the darkness within when he went through the darkness, and he aroused that Serpent Power. And as that Serpent Power is aroused, then it enlivens the Centers, the upper Centers of the spine, and we can perceive God's Presence within us. "As Moses lifted up the serpent in the wilderness. . ." so must each and every one of us lift our lower consciousness from the lower Centers of the spine to the upper Centers where God's Consciousness dwells, and then we can perceive God in us. Then we are Son's of God.

Remember, as Moses lifted up the Serpent in the wilderness – the "wilderness" is nothing but the darkness within. When you first close your eyes in meditation you see the darkness. But, if you persevere, you will arouse that Serpent Power of God within you, and that will enliven the upper Centers of the spine. Then you can perceive God in you. Then you are a Son of God. And I'm sure that each and every one of us wants to do that great thing. Think what a wonderful thing it is, if God will take hold of you, and let you express His Divinity within you. But, if you try to do it with the ego, you cannot do it. You can help people with words, you can give them an idea or two, but you've got to give them the Holy Ghost. You've got to give them a part of yourself, as I will explain in a minute. So remember, we all want to change ourselves. Why? That we can express the God within us. That's what we want to do.

Now comes the question: what is the God within us? What is the God within us? God within us is the Holy Vibration, the Holy Ghost. It says in St. John, the 1st Chapter, 1st Verse, which I repeat so often because it's so simple, "In the beginning was the Word, the Word was with God, the Word was God." And so, what is God in you? The Holy Vibration. Which, if you perform the techniques the Master has given us, you will not only hear that Holy Ghost within, you will see the Light of that Vibration around,

and you will feel, greatest of all, the Omniscience of God in that Holy Ghost in your heart. That's what God in you is.

Now that's what we must contact, and be one with it. If we can be one with that Holy Vibration, with the God within us, then we can truly help people. This is an important point this morning. We say we want to change, and do what we should do. To do that, we must know God within us, that we may give, give that Holy Ghost to others. You cannot do it unless you are one with it. The Scriptures say that. Jesus said, "Who touched, who touched the hem of my garment?" He meant, who took some of the Holy Ghost out of him. Now we can do that. And that's the only way you can help people, really, is to give them some of the Holy Ghost within.

Emerson said, Emerson said, "the only gift is a portion of thyself." Isn't that beautiful? Some people say many things, how they think of you, and all this, and that. How many give you a little of that Holy Ghost that's in them? Very few. So, if you want to help people, change yourselves that you may be one with the God within you, that you may give to others a portion of that Holy Ghost within you.

Now the Gita says that most beautifully in the 18th Discourse, 68th Line. It says as follows, "He who shall declare this supreme secret amongst My devotees, having shown the highest devotion for Me, without doubt, he shall come unto Me." Now that doesn't just mean, who shall say the Holy Ghost is within me, I give it to you. No. You have to be one with it, and then actually give that Holy Ghost to others. He who does that, he who can do that, has shown the highest devotion to God, because the Holy Ghost will not flow through you, from you, until you are one with God in you. You cannot just declare it. "Declare it" means to actually give it.

And it goes on to say, "Nor is there any dearer among men, none who perform dearer service to Me, than he who does that thing. Nor is anyone more beloved by Me on earth than he." Now remember, if you want to be, have God love you to the greatest degree: know Him, merge in Him, be one with Him, and give it to others. But get it first. How can you give it to others until you have it yourself? Merge in God. Change your life as you should do, and know God who is within. Then you can give to others.

Now going on just a bit. We all want to do this wonderful thing. No question of a doubt. But then comes the question, how? How, how, how, how to do it? How to do it? Well, it is sad but true; salvation comes, imagine, 25 percent by our own effort. Twenty-five percent is all we can do. Twenty-five percent by the effort of the Guru. Fifty percent by the Grace of God. But the point is, the point is, that 25 percent, which the Guru gives you, cannot be given to you until you do your 25 percent, 100 percent. In other

words, you must know God within you by following the right techniques – scientifically – techniques given by one who has known God, as the beloved Master. Then, if you do that, then you can do your 25 percent 100 percent.

Now when you do that, then when you come to the Guru, he can lift you. But how can he lift you until you've prepared yourself to be an instrument through which God can flow? And when the Guru does his part, after you having done your 25 percent, then the Grace of God cannot help but come to you. Such is Spiritual Law. God doesn't think any more of one or another. He thinks of us all just the same. As it says, most beautifully, in the Gita, when He says, "The same am I to all beings. There is none hateful to Me nor dear. They who, even most sinful, worship Me, they come unto Me. Know thou for certain, that My devotee perishes never."

And so when we do our little 25 percent fully, then the Grace of God cannot help but come, because God is a Just God. The Grace of God comes, as the Master explained many times to me, "When the Law has been fulfilled 100 percent." Then the Grace of God comes. You don't have to worry about the Grace of God. What you have to worry about is doing that 25 percent, 100 percent. That's the important thing. And so, remember, the Guru and God, they're ready. The Master was always ready. That's why he came. He came as his Master told him, "I came, sent by God, to take you back home." Isn't that wonderful?

So every channel is the same. They are sent by God to take us back home. But, if you don't come along with him, he can't take you. But you can come along, if

you do your 25 percent to the fullest degree. And God's Omniscience is there. God's Omniscience is always there. His All-Pervading Love and Consciousness is in us, but we cannot perceive it, that's all, because our consciousness is gross. It's down in the lower Centers of the spine. Now, we want to change in such a way that we can lift that consciousness, and then perceive God who is always with us. He isn't far off. Heaven is not far off. It's right in the Thousand-Rayed Lotus here [Doctor touches the top of his head]. But who can perceive it? Only those who change the son of man into the Son of God.

And then in conclusion, in the final analysis, to change our life, and become as we should, we must more, and more, be in the ideal consciousness within us. That's very important. We must be more, and more, said in plain words, One with God within us. I have read you many times – quoted the scripture from Titus – that we are not saved by works of righteousness, but by the washing and regeneration of the Holy Ghost within us. And so, if we are to change and be as we want to be, and should be, we have to be more, and more with God, because it is being with God that changes us. And I told you a few minutes ago, God in you is what? The Holy Ghost; the Holy Vibration. Therefore, we are not changed by works of righteousness, but by the continual washing and regeneration of the Holy Ghost within. And so,

what must we do? We must do those things which scientifically lift us from outward consciousness into the Presence of God within.

And that's why Self-Realization Fellowship technique is so important, because it will scientifically help you to do your 25 percent – without question of a doubt. Self-Realization Fellowship yoga takes you through the eight steps of yoga. The first two are the “does” and the “don'ts” whereby you have to be good. You must be an honorable, moral, person. Then, if you follow the techniques of Self- Realization, you will scientifically, without question of a doubt, lift the son of man to become a Son of God. You'll pass through the different stages, where you control the life force in the body, and in that life force is God's Consciousness, His Omniscience. You will pass through those states, until, finally, you will have lifted the son of man from outward consciousness, into the Great Spiritual Consciousness within. You'll be one with the Master of the Universe.

Now, we change. Why? Because of association and environment. If you came here every day, and we all gathered here, we'd all be much better at the end of the week. But, unfortunately, we cannot do that. Those who mix with worldly people become like worldly people. Those who mix with good people, ordinarily good people, will become ordinarily good people. But those who mix with God, become like Him. Those who mix with God within, as I have said, the Holy Vibration, you become like Him within through the Laws of Association and Environment, and, remember, environment is stronger than will power.

And be in the Presence of God, that's the greatest thing. And we can do it. And that surely will, without doubt, change your life. Do as it says in Isaiah, the 26th Verse. . .Chapter, the 3rd Verse. "Thou wilt keep him in perfect peace. . ." Imagine it. Perfect peace. Nothing can disturb you when you're in the Presence of God. As the Master used to say, "Let the universe fall apart." Let the earth crash; cities crash; nothing can disturb you when you're in the Presence of God. "Thou wilt keep him in perfect peace whose mind is stayed in Thee, because he trusteth in Thee."

Don't you think God must have the greatest Feeling and Emotion that there is in the Universe? How do you feel when a person trusts you? Don't you feel wonderful toward that person? That's all God asks, is that we trust Him. And when we trust Him, how can He let us down? He never will let us down. And so, if we do that, merge in God within as the Holy Vibration, then, without question of a doubt, we will have changed our life, and made it what it should be.

I'd like to just say a word at this time about Christmas. This is Christmastime, as we know, and at this time it is much easier to make a good start to know God within, because everyone is lifting their consciousness, as I have said, to the Christ Consciousness within. Jesus came as a great manifestation, perfect manifestation of the Presence of Christ in every one of us. He set the example. And so, that Christ Consciousness is within us. Now enjoy your Christmas, of course, have a good time with the presents, and all that goes with it. But don't forget the greatest thing – that this Christmastime is to have your greatest gift; the greatest present that you can have. . .gift is from God, and He is all ready there. All He wants is for you to be pleased with Him. Imagine it. He's so childlike. He is waiting for us. He wants us to trust Him, that's all.

So this Christmas, let us make it the greatest one. Enjoy the services at the church. Indulge in them. Take part in them. But the greatest thing in taking that part, not as a social event, but as an opportunity to receive your greatest gift that you can get, God's Love. And it is ready there for you, and He is waiting to give it to you.

And so at this time, if I do not see you anymore before Christmas, a Merry Christmas to you all. Happy New Year. Greatest of all, may God's Love surcharge you, fill your heart with His Great Presence. God bless you.

Let us sit upright just a moment.

Heavenly Father, our hearts are satisfied, for Thou hast come into us. We thank Thee, for this wonderful communion, on this Christmas Sunday. It's the greatest gift, O Father, that we can have. And we thank Thee, and offer, on the altar of our hearts, our love. Receive us, and bless us. Om, Peace, Bliss, Amen.

Take this peace with you. Let nothing disturb you. And let us rise and sing our closing song.

Everyone sings "Glory Hallelujah" – with enthusiasm as Doctor plays it on his harmonium.