

The Laws of Happy Marriage

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“Laws of Happy Marriage,” “Laws of Happy Marriage.”

I perhaps, have had some experience in marriage. And thanks to the Master's help, have gotten along, things have, are going fine, because, through his grace, we have been able to see, and contact, and feel that one Father of all; Father of all wives, all husbands, Heavenly Father, Friend, Beloved God.

But the Master had some hard times, as he said, "I had to live the lives of both of you." He came to our house, and we were about the same age, and I had my problems. But he hung on and helped us. And by his grace, I can realize, and I can tell you, that marriage can end in Union with God of both, if you so set your hearts and your minds to understand, and take Him with you in every action.

I remember one time, the Master said, "I had to live the lives of both of you," and that is right. A saint lives the lives. But I am trying to re, repay him somewhat in carrying out his work, his wishes, and, also, this morning, to point out a few things which I have found, which can make for a happy marriage.

Now first, let us, first how many are married here? Fine! Worthwhile coming up; I've got quite an audience. How many, how many are thinking of being married? Good, good, that's all right. Now, after I am through this morning, I'm sure you'll understand whether you want to or not. I hope so. And that's what I'm going to try to do: to make those of you who are married, be thankful that you are married, because you have the opportunity to know God with your loved one; and those who are not married, I'm going to try to make you stop and think, and then decide. That's the point.

So, the first thing we must discuss is the purpose of marriage. What is the purpose of marriage? The purpose of marriage, of course, is that your life companion was not given to you just for the sole purpose of creating on the physical plane. But, by creating through mind and Soul fusion – through mind and Soul fusion – Spiritual children, who express love, purity, and character, and all such fine qualities. Remember now, the only thing you have to remember: do not keep it on the physical plane wholly, but remember that you were brought

together with your loved one that your minds, and your hearts, and your Souls could come together, and in that fusion, produce better, more Spiritual, children.

The Master has written this, most wonderfully, and I feel that I should read his words, because all that I have, I have because of him. He has said, "Your life companion is given to you that you may create not only on the physical plane, but that you may create by mind and Soul fusion, Spiritual children expressing ideal love, friendship, purity, character, noble ambitions, and creative inventions." Now, if we do this, as I have been saying this morning, by this Union, both go to God. That's the important thing. By this Union, both return to God. And the ideal husband and wife, who are creating on a mental and Spiritual plane, both, both receive Emancipation in God.

Now you see what marriage can mean. And those of you who are married, and perhaps feel, "Well, if I give up this idea of physical marriage, and take it to a higher plane, then I am going to lose." No! You're not gonna lose. You're gonna gain the greatest thing you can gain, and that is, that that same Father that protects you as a husband, protects your wife, your loved one, and that by seeing her as a child of God, manifesting the aspects that she does of God's Great All-comprehensive Nature, seeing her as that, there's much greater respect will come. You'll realize what she is and also vice versa. The wives seeing the husband, the Father aspect of God: God, Heavenly Father, Friend, Beloved God, and Divine Mother. There you have the two aspects, the husband and wife. That's all you have to do, is lift it to that. Nothing is lost, everything is gained.

And so, remember the purpose of marriage. If you are married, remember that's how it should end. If you are contemplating marrying, go into it with that great wisdom in your Soul expressing itself. Then all must come out right. All will return to God.

Now, the first law – there are several laws of happy marriage – the first law is this: do not make, do not make the physical union in marriage paramount. Now, that's the first and important law. Do not make the physical aspect, union of marriage, paramount in your lives. If you do, in the end, you're going to have nothing, because marriage, on the physical plane, is made up of: outward consciousness, transient worldly consciousness, physical consciousness, and physical consciousness being born passes away. You can have nothing but that in the end; nothing in the end. And not only that, if it is kept too much on the physical plane, ill health results, unhappiness, or your happiness will go. Absolutely! All you have to do is think of God a little bit. That's all. But if you

do not, according to the laws of physical union only, you'll have nothing left, and the chances are you'll have ill health, and in the end, misery. Who wants it? So that's why this first law is so important: not to keep marriage wholly on the physical plane.

Now, the seriousness of your trouble is this. There are certain impulses within you and your mate which are strong, or weak, according to previous karma that has been laid up. And so, you can see that some people have a hard time to keep marriage above the physical plane. There's no sin. Point is, that the karma is there, and those latent impulses which have been brought over from a previous life, are stored up in early life here, keep coming up, and keep suggesting, and keep the marriage on the physical plane. That's the problem. That's the hard thing.

But we can always remember, by sincere effort, and I've seen it in thou – I was gonna say thousands of couples – hundreds of couples in Self-Realization. I have seen them exert sincere effort, plus Kriya Yoga, and that condition can be changed, and those latent impulses, the power of those latent impulses, which keep marriage on the physical plane, can be nullified, and the Presence of God come in. So, remember the first law. Do not make marriage on the physical plane paramount. Do not do that, because we're sensible beings. We should be. We're children of God. The end result is nothing, perhaps ill health, no happiness, and misery.

Now the second law is this. Learn to behave with one another. And, of course, that goes with all people, but especially married. Learn to behave. Learn to behave. Have that Divine carriage, which should be yours as a child of God. Learn to behave. The point is this; that people, who are married, of course, are brought in close contact, and familiarity is apt to take away your self-respect, or the respect for one another. You can see that, those of you who are married. It's very easy. Familiarity breeds, what is it, contempt. And sometimes it shows as contempt in certain marriages. So that's the thing we have to guard against. We have to know, learn how to behave with one another, as children of God.

The Master's Master told him, he said, "Yogananda, learn how to behave with people." And that certainly is applied to those who are married. And remember, familiarity, unless you are very watchful, will lead to the loss of respect for one another. This is a fact; it's a law. Why not face it, and not be caught in this net?

So, I remember, one little incident that comes to my mind, now. It's rather a funny little incident. I'll tell you. It's a fact, I saw it. These two people had been married quite a while. Both were good people, but diametrically opposed in makeup. But still, it could have been corrected, and it was corrected. So, I was trying to correct it, and I was talking to the lady in question, and I said to her, I said, "Don't you, don't you look forward to your husband returning after work?" "Naw," she said. I says, "You don't look forward?" "No!" Because, I certainly was glad to have Mrs. come home, and I'm quite sure she was happy when she heard my footsteps. She says, "No." She says, "When I, when I hear his car coming up the hill," they lived on a hill, "When I hear his car coming up the hill, I get all jittery inside. And when he comes up the back stairs, and I hear his feet, his footsteps from the back stairs, and he opens the door, I could take a chair, and just give it to him." And these are facts. I said, "You don't feel that way." "Yes, I do," she said.

Now with that misunderstanding, what are you going to do? But by the Grace of God, that I was able to bring them together, in understanding, for the sake of the boy they had. And just the other day, the gentleman passed away. They had been together ever since, and got along. They never were as they should be, but they got along. So that's...it can be done. But God has to step in, in many cases, and consummate it.

So these things, we might as well face them. Those who read the newspaper, you all know what's going on. Now, we must learn to behave with one another, and we must practice self-control. Now self-control comes only, only by living Self-Realization. Not just reading about it, and coming to Sunday meeting once in a while. No. You have to live it. You have to make it your own. Then when you learn self-control, then that respect for one another can be preserved, until, until your consciousness is lifted into the Higher Consciousness of God contact. You have to make the effort at first through self-control, to preserve the dignity of one Soul to another, and self-respect, and respect for each other. Self-control is necessary in the beginning, but you cannot do it sometimes, unless you follow the path God has sent, just for these particular cases, through Self-Realization.

A little story comes to my mind, now, about this matrimonial business. This gentleman had been married about ten years I believe, and his friends, they were talking about marriage and so forth, and his friend said, "Bill," he said, he said, "You've been sailing the sea of matrimony for about ten years I believe, ha, haven't you? He says, "Yes." "And uh," he said, "What do you think of it?" Well, Bill folded his hands, and he looked seriously around. He says, "Joe," he

says, he says, "Sometimes I think that it would have been better if I had missed the boat."

Now many feel that way. But it is not necessary to say that you wish you had missed the boat, because you have the opportunity, right there, to take the greater boat to God by the help of each one.

Now the third law, the third law is very important. Keep your marriage on the Spiritual plane. Keep your marriage on the Spiritual plane. When I first met the Master, I was beginning to wonder whether that would be good policy or not. And by the time went on, I realized that that's the only policy. Keep your marriage on the Spiritual plane.

I have a very good friend. We used to play together as children, and he now is the Dean of Chri, Christ Church Cathedral in Hartford, Connecticut. And the Very Reverend Louis M. Hershon, he was a little fella. And then he passed out of sight for a long time, and 1951 he wrote for this little paper, which some of you read, Guideposts. And he has written this about marriage, pertaining to keeping marriage on the Spiritual plane. He says, and this is quite significant, he says: "I have found, I have known of church people who became divorced. Yet in my quarter century in the ministry I have known not a single instance of those who have prayed and worshiped together habitually, to have been separated." Now, that's wonderful.

Now, the key is those who pray and worship together. What's the highest worship together? Following, following Self-Realization, which gives you the methods and the techniques of God contact. Those who do that, who live Self-Realization, and worship together, by following the techniques God has sent to us through the channel of Self-Realization, if you do that, without question of a doubt, you will receive God contact. Having that, having that, your marriage cannot but be successful, and the end cannot but be the highest – both go to God. So there you have the testimony of one clergyman; well-respected.

Now, Gandhi says some wonderful words about keeping marriage on the Spiritual plane – Gandhi, the Great Mahatma of India. And he has said these words, which I would like to read to you at this time. Someone asked Gandhi about why he was a Hindu, about why he believed in Hinduism, and he answered with these words: "I can no more describe my feelings for Hinduism than for my own wife. She moves me as no other woman in the world can. Not

that she has no faults, I daresay she has more, many more than I see myself, but there is an indissoluble bond between us." That's the point.

Now that indissoluble bond is what? It is God's Divine Love. Now, if you have that, if you have that, I know many couples, we all know, who have that trouble, and have their disagreements – sometimes serious – but there's an indissoluble bond, no matter how bad the conditions are. They never part, do they? That's God; and that's Divine Love. And as Gandhi says, "there's an indissoluble bond between us." Isn't that wonderful? That's what every marriage should have. If that is there, that marriage, no matter how difficult it is, because some people have a certain karma; some wives have a karma; some hub, husbands have a karma; they're diametrically opposed perhaps. But, if that indissoluble bond is there, if God is there, they never will part. "Forgive them," Jesus said, "seventy times seven times."¹ If that bond is there, and it should be there, that marriage must, must come out right.

I'll tell one, one little thing. I think it will be in order here. That one time, during the discipline the Master was giving us, Mrs. Lewis felt that perhaps she couldn't measure up to the path that she was following. The Master told her, he said, "Why don't you be like him, why don't you be to him like Mrs. Gandhi was to Gandhi." And I felt quite touched by the Master's words, and I know that it had its effect. That indissoluble bond is there, and that indissoluble bond should between, be between each and every one of us, married or unmarried, because that's God in each and every one of us.

So remember that one point in this law: keep, keep your marriage on a Spiritual plane. Let that indissoluble bond be there, that no force in the universe can shake your marriage, can spoil that which God has given you. That's the greatest thing. Keep the marriage on a Spiritual plane.

Now the fourth law, the fourth law that we must follow is this. We must live Self-Realization, and practice Kriya Yoga. Living Self-Realization and Kriya Yoga – this is a must in making the marriage happy. This is perhaps the greatest law of happy marriages, because some people can follow those three other laws that I have named. Some can't. Some do not have the will power to do these things. But, all can, if they will follow Self-Realization; live it; and do Kriya Yoga. Because, Kriya Yoga, and following Self-Realization withdraws the Life Force from the lower Centers of the spine, and those organs which produce the

¹ Matthew 18:22

trouble. It withdraws the Life Force from the lower Centers of the spine, and allows the consciousness to go to the Higher Centers where God can be contacted. That's why this law is so important, because it gives us the ways and the means to overcome those difficulties over which we have no control, or enough control, to consummate the marriage. It absolutely withdraws the Life Force from the senses, and from those organs which are keeping us attached to matter. It frees us that our consciousness can go up to the Higher Centers of the spine. Then, then we can see God in the wife, and in the husband.

That's why Self-Realization, friends, is so important. It gives the absolutely scientific way to overcome sex, especially, which is next to self-preservation. It cannot be done sometimes by will power. It cannot be done by will power. But the Grace of God and His Power, through the practice of Kriya Yoga, can do it – absolutely. So this law, this law of living Self-Realization, and making Kriya Yoga a must in your life, is very important, because it gives you the ways and means to offset those very strong forces, which are keeping your marriage on a lower plane. Remember that fourth law.

Now, in conclusion, I would like to just say, that this special dispensation of Self-Realization, wherein you receive Kriya Yoga, was sent by God, that all, irrespective of color, race or creed, married, or unmarried, can rise above outward worldly consciousness and contact God within. That's the greatest thing. That can be applied not only to the question this morning, "The Laws of Happy Marriage," but to the laws of living successfully, whether married or unmarried. A special dispensation sent by God. And all who have followed it, sincerely, all I have met, will testify to this same thing: that you can attain God contact, which is so essential in married life and unmarried life.

Now, in conclusion, I'd like to just point out that the greatest example that we have of happy marriage, or a successful marriage, is that given us by the great Lahiri Mahasaya, one of our saints; one of the Greatest Saints, because he gave Kriya Yoga to us. Ya know, Babaji told him to go back in the world, "Be in the world but not of it," and that's what he did. He lived in the world. He was married and had children. He carried out his worldly duties, which were necessary, but he practiced Kriya Yoga. He practiced Self-Realization techniques and attained what he is, a Great Saint.

Now his wife didn't appreciate it at first. She didn't realize how great he was. And, as usual, she began to complain about not giving more time to his family, and to her; not providing this, and providing that. Well, he stood it as long as a

good husband should, then he shook the room. "The whole room vibrated," she told the Master, by "with Spiritual power, and she looked up in the corner and there was Lahiri Mahasaya elevated, sitting there." Then she realized what he was; and then she knelt at his feet; and he gave her Kriya Yoga.

Now he lived in the world, but not of it. Like the lotus, blooming in the pond, with brackish water, and the beautiful lotus root there. It can be done. That attachment, non-attachment can be attained, if you will. Now, Lahiri Mahasaya did that. And then, when his wife saw what he was, then she realized and he said, "What's the use of bothering with those little things. They'll be taken care of. God who has made universe upon universe surely can take care of you when I'm gone." And that's just what happened. One of the disciples took care of Lahiri Mahasaya's wife after he had gone.

And so, in conclusion, I say, that husbands, let us so live, that we are worthy to have our wives feel as Lahiri Mahasaya's felt toward him. And we can do it, because Jesus said, "The things I do ye shall do and greater things²." We can, because we're children of God. We have that aspect of God the Father in us, children of God. We can, we can live, so that we will be worthy of the respect and the reverence of our wives.

And for wives, I say, live in such a way, be such a God-like example, that your husband will want to change, and be a real husband, and be worthy to have you kneel at his feet.

This can be done, because whether wife or husband, we all are made in the Image of God. If you do that, if you do that; both, both of you will go back to your Beloved, the One God, Father of all, Mother of all, Master of the Universe.

Through the Peace of the Infinite Father, Mother, Friend, Beloved God.

² St. John 14:12