

Discover God's Reality

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Everything is His Great Consciousness. The side we had spoken of last night, through His Laws of Nature, He blew His top, so to speak; shook us up a little bit. But underneath all the wind, and the rain, and the breaking off of limbs, and so forth, if you just sit down, and lift your consciousness to the Christ Center within you at this point [Doctor points to the point between the eyebrows], you would feel His Greatness and His Love, and no force can touch you. No force in the Cosmic Dream can touch you, if you know, if you are aware of the one Reality of God.

And so, the subject this morning, "Discover God's Reality," is very important, very necessary, for each and every one of us. And so we, we cannot remain satisfied with the testimony of the mind, senses, and intellect. We will not remain satisfied, because they do not give us that testimony. It does not give us fulfillment. The fulfillment is right within the Soul of each and every one of us as the Presence of God. That's where we find completeness and fulfillment. And because we came from our one Cosmic Home, there is an insatiable desire to return Home to God, and we will not be satisfied until we do just that. And the Soul will everlastingly prod us to return Home to where we belong, the Presence of God, right within each and every one of us.

And so, because life is as it is, through the testimony of the senses – unreal, senseless – because of that, we must turn, sometime or later, to the Presence of God within, to His Peace, and His Bliss, which is the real thing, and which can be realized. We are surely not wise, if we stay content with this outward living, and what it gives us. There is no security in it. . . security in it. It is not right it seems, with its paradoxes, and injustices. It is senseless. But, when we rise above this duality of consciousness, and in the inner peace within, of which we tasted just a little bit this morning in meditation, there we will find fulfillment, and security. There we will find Reality, because God's Reality is knowable, and realizable, right within each and every one of us.

And so, that's what we must do. We must not, any longer, be satisfied with the testimony of the senses, because we know it is not anything we want. It is not lasting, durable. It is changeable. But within us is that Unchanging Peace and Bliss of God, which we all must have, and will have. And we will keep at it until we do turn our attention within and become aware of the Presence of God, which is the One Reality. It is there. It is in each and every one of us, but we are not aware of it, that's all. We had that Great Realization one time. We knew the Reality of God, and that we were a part of it. There was no

separation between us, until we forgot it. Why? Because we became attached to this Dream, which God has made, and created. We liked it. We listened to the Force of Evil. And because of that, the Voice of God faded, and we've lost it.

Now we have a wonderful testimony of that right in our own Bible, which I'd like to give you at this time. Ezekiel, the 28th Chapter the 14th Verse to the 16th Verse; now, this refers to what we have lost. This refers to the One Reality, which we are trying to rediscover, so to speak – God's Reality. And we are a part of that, but we're not aware of it. This is what we were aware of it in the beginning. As Jesus said "...Before Abraham was, I am1." And that applies to every one of us.

"...thou wast upon the holy mountain of God..." that is, we had the Spiritual Consciousness of the Supreme Center of the brain, which is known as the "holy mountain." In Psalms, you find it referred to quite often. "...thou wast upon the holy mountain of God..." we had the Realization of our oneness with God, and "thou hast walked up and down in the midst of the stones of fire." Those refer to the spinal Centers, which are in each and every one of us. And because of their uniqueness, we can know God right within ourselves in the spinal region, and in the Supreme Center of the brain. We had that Consciousness of the Holy Mountain, and the "stones of fire," which means the Centers of Spiritual Consciousness in the spine of each and every one of us.

"Thou wast perfect in thy ways from the day thou wast created, till iniquity was found in thee." We had the Realization of our Perfection. We had the Realization of our Divinity, until delusion got hold of us. Until we began to think this outward consciousness was all right. And what happened? We lost the Realization of what we truly are, children of God.

"Thou wast perfect in thy ways" until, or "till iniquity was found in thee." And the greatest iniquity, which was found in us, was that we became separated from God. Now, we have to once more return Home to Him, and by the Grace of God, we can, because we are made in His Image and He is right within each and every one of us.

Then, it goes on, "By the multitude of thy merchandise..." That is, by the greater, and greater attachment to this outward way of living – by going deeper, and deeper into the sin, and delusion of world existence, the testimony of which you can read in the papers every day, locally, and worldly, that's what it means. "By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned:..." The only sin that is really sin is the fact that we're separated from God, and attached to this Cosmic Dream, which He didn't want us to do. He wanted us to enjoy the Cosmic

Dream, but not be attached so that we thought we were a part of it. We forgot God's Reality, the only Reality, and because of that, because of the increase of our attachment to this worldly living, "...thou hast sinned: " and, "therefore, I will cast thee as profane out of the mountain of God; and I will destroy thee, [O covering cherub,] from the midst of the stones of fire."

That is because we have done what we have done. We've forgotten God. We have lost that Great Consciousness which we had, the oneness with Him, and we've lost the Spiritual Consciousness of the stones of fire, where His Great Spiritual Consciousness and Energy direct all the functions of our body, and keep us alive, and, if harmony reigns, healthy and well. Now, that's what's happened to us. And that's the testimony in our own scripture.

Now, worldly living, in worldly living there is no peace. No real peace, nor satisfaction, is found in outward things, because the peace and satisfaction is right within the Soul itself – right within each and every one of us – right within the One Reality, God's Presence within us, the Presence of God within us. It is there; as your Soul, as my Soul, as a Ray of the One Great Reality, the Great Ocean of Spirit, God Himself, God's Consciousness.

Now there is no satisfaction, no peace in outward consciousness. I do not have to give you any authorities on that, you all know it. We've at least found that out. That's why we're here, to get out of it. But in the Soul within, in the Presence of God within, there we will find lasting Peace, because that does not pass away. And in the Peace and Bliss of God, in the Unity of His Consciousness, we find a million times greater Peace than in the multiplicity of outward things, which we can acquire, or want to acquire.

There's no end to what we want. There's no fulfillment. But in the Unity of God's Consciousness at this point, in His Great Light and Love, when you feel that, everything is fulfilled. Nothing is left out, because God is the One Reality. We must know that, we must realize that.

And so, doing that, we understand that we must bring God into daily living, that's all. How to do it? Be aware of Him first. How can you bring Him into your every action unless you're aware of His Presence first? And so, that's the problem. We must be aware of God's Presence first, and then bring Him with us in every action – great or small. We must feel His Great Love, and know He is with us – who can be against us. Of whom are we afraid? No one, if God is with us. That's the problem, and that's what the subject wants to point out to you. Discover, through awareness of the Presence of God within, that He is the One Reality. Having Him, you will have all other things.

Now I have, at this time, a reference from the Autobiography [of a Yogi] I'd like to give you, which clearly points out what we have just spoken of; Page 502 — the notes for those of you who would like to look it up sometime — showing that God is the only Reality. This is from some words of Emerson, the great student of Hindu philosophy, and a great prophet and a great devotee of God. He says this, "The universe is represented in every one of its particles..."

Just like the drop of the ocean. The Great Sea of God's consciousness is represented in every drop, in every wave of the ocean, because God is the only Reality. His One Consciousness has been made into all things. Everything is made of one, hidden stuff, and that Eternal Substance God — everything, everything. All this complicated world, with universe upon universe. Think of it. All the people here; all kinds and descriptions, made from the One Eternal Stuff of God — His Eternal Substance. His Own Consciousness moving, the Spirit of God moved; and from that, through the Great Light which He created, all things have come.

And so, in the Autobiography, words of Emerson: "...The world globes itself in a drop of dew...The true doctrine of omnipresence is that God appears with all His parts in every moss and cobweb."

So, God is the only Reality. In that Unity of Consciousness we find all things. It's strange, isn't it, that from God's Consciousness, this tremendous universe upon universe has come? And it is all complete; even in the dewdrop, and in the moss. Such is the Greatness of God. That's why He is the One Reality. But we are sidetracked by being taken up with outward consciousness, with duality, and we forget the Unity of God's Presence within us. We must once more reclaim that.

Now, going on a little bit; unless a man knows himself as one with this One Reality, his existence is useless; it is devoid of meaning, and yet the proof of the existence of God. The proof of the existence of God is right within each and every one of us. The proof of the existence that God is the Sole Reality can be known by each and every one of us, who will give the time to meditate a little — rise above this outward duality, and be one with the Unity of His Presence. Why? Because we're Rays of His Spirit. Because we're atoms of His Great Self, and because, as in the dewdrop, God is so, in each and every one of us, God is in His Fullness and Completeness.

Now don't depreciate yourself anymore. Realize that you are a child of God. Only you've got to increase your awareness that you know Him fully and completely as the Presence of God within you, and within each and every one of us. And so, underlying all teachings — all teachings, the different religions, Christianity, Hinduism, Mohammedanism, and all the religions — is the Universal Truth: the Presence of

God as the great Word, the Holy Vibration. That's the Reality of which we speak this morning. "Discover God's Reality."

God as Consciousness cannot be seen. But when He manifests as the Great Holy Vibration, the Word, spoken of in St. John: "In the beginning was the Word, the Word was with God, the Word was God<sup>3</sup>." When He manifests as that – the Holy Vibration, the Holy Ghost, the Comforter, of which Jesus spoke – that is realizable by everyone, irrespective of color, race, class, or religion, because that's God, that's Reality. Do you see the point?

God is Real. He's above this outward form of religion. He's above duality and religion. He is the One Eternal Universality, which we all must have, and will have, sometime. Why not now? God is Real. He is the One Thing, and He is known as the One Thing through His Word, the Holy Vibration. That's the manifestation of God, His Consciousness you cannot see. When it moves, then what do you do? You hear the Cosmic Sound; you see the Cosmic Light at this point [the point between the eyebrows]; and you feel His own Feeling in His Great Word, when you hear the Cosmic Sound, and become one with it.

So, that's the stepping stone between outward consciousness of insecurity, and security of God's Oneness, is through being one with the Great Holy Vibration – the Word – the Word of God, the Holy Vibration. Not the word read in the scripture, but that Holy Vibration, because in that is His Great Consciousness and His Love. And everyone can contact that. Everyone can discover God's Reality by knowing that first manifestation, the great Word, because that Vibration is in each and every one of us. And in that Vibration is God's Great Intelligence, all aspects, everything is in that. Imagine it. No wonder Jesus called it "the Comforter."

If you feel insecure, get out of outward consciousness. Get into the Internal Consciousness of God, the Presence within you. You will feel secure. There'll be no insecurity. If you feel alone in the world, meditate. Let the Great Love of God come into you, and you'll feel absolutely secure. There will be no apartness from Him. You will not feel alone. You cannot get that any other place except in God's Presence. God is worthwhile rediscovering, if we can speak of it that way.

Now, comes the question: how, how to discover God's Reality? How to do it? Well, instead of spending the greater part of our energy in this worldly living – providing a place to keep out of the rain and take care of ourselves; and I understand we spend about a third of our time doing that, making a living, and having a home, a place to stay – instead of spending that, plus sleeping, which takes another third of our time, resting – there's two-thirds gone already – poor God hasn't got a chance, yet.

All right, the rest of the time what do you spend in doing? Eating, eating takes quite a lot of time – not so much in America – I understand in Europe they spend hours eating, talking, eating, talking, eating, talking. . . And so, when you realize how much time you spend, two thirds is gone, and you're home taking care of your needs, and your body has to be taken care of, and sleeping, and then, if we knew how much time we spent in all these little things, which go on in our lives – trivialities, which go on, gossiping, little gossip, everybody gossips a little bit – but the thing is, when all this is taken care of, there's no time for God. That's the worst thing. That's the point I'm trying to bring out.

It's all right to talk. It's all right to eat. It's all right to sleep. It's all right to have a nice home. It is not all right to forget God. Therefore, if we can shorten all this time, this wasted time, and save at least some time during the day for God, and then everything will be all right. Everything will be all right, because then that's all He wants us to do, is not to forget Him anymore. We've done it long enough.

And so, we must not lose that time, which slips away from us. And, therefore, if we make up our mind we're going to meditate so much every day, and do it, and not miss – if you have to miss due to sickness, and so forth, make it up the next day – make it up the next day. If we do that, we'd be surprised. Instead of finding this life boredom, which we do, because we feel the boredom of life, that's why we talk, and waste time on trivialities, but in the Presence of God within, there'll be no boredom at all. That's the sad part. We do not have to be bored, if we will just turn our attention inward, and discover the Reality of God. There'll be no boredom; that I can assure you. And those who meditate in this room will also tell you the same thing. The boredom comes, because we run out of things to satisfy us in outward living. While, if we turn toward God, we will not be bored at all. Let us realize that.

Now, speaking about boredom; seems I'm bored now a little bit, because a little while ago we had a political campaign, and there was plenty going on. You couldn't get bored. But now, you know, there's a great let-down. A political rally was in progress, speaking about boredom, and a frenzied orator demanded, "Why are we all here – why are we all here?" He wanted them all to say, because we want to elect you. "Why are we all here?" And instantly a simple minded fellow spoke up, and suggested "because we're not all there."

So, boredom, perhaps, that will help you to remember when boredom comes; don't be taken up with it, turn toward God. They say that ministers, preachers, also are boring. I don't know [what] causes boredom. It is related, that one, one preacher, he took a tape recording of his sermon, so as to see the effect on others. A little later, his wife found him fast asleep. So, let's watch out for this boredom by turning...I take tape recordings, and I take it to see how it sounds. But I don't think I've been found asleep afterwards. Perhaps I have, I don't know.

So much for boredom, and we must realize the sad thing is this. That, if we would just realize how little time is left for God, after all these things are done, of which I have been speaking, and that the fact, if we would contact Him, there would be no boredom, which is true. God cannot be exhausted. You cannot exhaust His Greatness, His Goodness, and His Completeness, and His Great Love. You cannot exhaust it. And it is a sad thing that we, being made in His Image, do not understand that, and do something about it.

Now, Self-Realization Fellowship teachings, plus its meditations, and its techniques, being founded on the Science of Yoga, will give you the ways, and the means to prove, beyond question of a doubt, the Reality of God. It'll give you the ways and the means to prove the existence of God right within yourself as the One Reality. And to do that, you have to increase your awareness.

The subject this morning is on awareness, and that means that you have to elevate your own consciousness to the Presence of God within you. How can you receive it unless you can vibrate with the same Spiritual Vibration of God's Presence? Now Self-Realization Fellowship techniques will give you the ways and the means to do that, without question of a doubt. Then the awareness of God's Presence in you will be a fact, will be a reality, and you will not be alone. You will [feel] no separation between you, and the Infinite Father.

And so, attached, attached to this outward consciousness, worldly consciousness, goes on as long as we are in that state of consciousness where breath ties us to the body. It is the breath that ties us to the outward consciousness. It is the tying of breath to the outward consciousness which prevents us from realizing the Presence of God within. That's why the Science of Yoga is so wonderful, because that science will help you attain the breathless state, and God is not perceived except in the breathless state, because God is in the breathless state all the time – He doesn't have to breathe. But because we are breathing, we are attached to this vehicle. We cannot break the attachment. But by following the techniques of Self-Realization Fellowship, based on the Science of Yoga, that state of attachment to the body, by control of the breath in the body, will give you oneness with the Presence of God within, will take you to the breathless state.

Now, you will not die. You'll begin to live. There's nothing to be afraid of just because now you cannot live without breathing. But when you elevate your consciousness to the Consciousness of God, who lives without breath doesn't He? Then, you too, will be in the breathless state, and you'll be fully aware of God's Reality. The Science of Yoga has done that – especially Kriya Yoga, which is a branch of the Science of Yoga. It will give you the breathless state, and you will prove Immortality. You will prove that you

need not ever die consciously, because you will be sitting in that calm breathless state, fully aware of your existence, and the existence of God. Then you can know that you are Immortal. Otherwise, you're just guessing at it. Why not know? Why not realize it for sure?

I have a reference I must give you at this time, from the Autobiography [of a Yogi], speaking about this breathless state in which God exists. Fish exist in water – you take him out, he passes away. We exist in the breath, the state of breath – take us out, most of us die. But those who know that God is within them, and follow the ancient teachings given down from India, the Science of Yoga, which is the most sensible and scientific thing, those who follow that, will know that they can live without breath, and living without breath, they will know the Presence of God within. Every time you have, perhaps, an inspiration, deep inspiration – every time, perhaps, some intuitive flash comes upon you – you're not conscious, but your breath is absolutely stopped at that moment. Some have so mastered it that they can be buried alive, like the Great Hari Das, who was buried in India in the state of suspended animation. But the thing is, when you are one with God's breathless state, you're fully alive, and awake. You're not unconscious.

And so, from the Autobiography, at this time, one reference I'd like to read: "God lives without breath. The Soul," made in His Image, "becomes conscious of itself," for the first time, only, "only during the breathless state." Realize that. Do yoga. Perform yoga, right yoga, and you will realize these eternal truths of which our Master has spoken.

Now ordinary evolution is too slow. Ordinary evolution is too slow for us to reach – it takes a million years to reach, to reach the state where the ego consciousness is obliterated. Who wants to wait a million years? It's too long. In one lifetime, in one lifetime the ordinary person can attain this breathless state, and know that he is not separated from God. That's what Kriya Yoga will do for those who practice it. It will give them that state wherein they are one with God.

Now realize, as we just said, God is known – "the Soul knows itself is one with God only in the breathless state." Realize that. We must perform this great Science of Yoga, Raja Yoga, upon which Self-Realization Fellowship teachings are based. And so, even one short span of life – imagine it – we've been wasting our time. We could have all the things we need. Enjoy them all, if we just would give a little time for God and yoga. But we don't. We fool around; talk about this; waste our time; and miss the greatest thing in life.

And so, let us understand, that in one time we can attain, one lifetime – you can do it even in three years, if you have will, and strength, and perseverance enough, and determination. But most of us do not have it. We're satisfied to get it in one year. It can be done.

And so a reference about this, from the Autobiography again: "Kriya Yoga is an instrument," says the Master, "through which human evolution can be quickened...The ancient yogis discovered that the secret of cosmic consciousness is intimately linked with breath mastery. This is India's unique and deathless contribution to the world's treasury of knowledge. The Life Force, which is ordinarily absorbed in maintaining the heart [action], pump..." it pumps 18 tons of blood a day, "must be freed for higher activities by a method of calming and stilling the ceaseless demands of the breath4."

Think of all the energy that goes into breathing, especially, when you're excited, and the heart is pumping like anything. By practice of yoga, you can so calm yourself, and the breath, and pull out the Life Force from this wasteless use of it; you can place it so that it will return to the spine, and brain, and then, in that breathless state you'll know God exists; and that you are one with Him. There'll be no separation from Him. Such is what yoga can do for each and every one of us, who will give a little time for God.

And so, finally, whatever task you are performing, do it, or start it, in the awareness of God. We make mistakes. Why? Because we do not attain first the awareness of God – attain that first. After you practice yoga, follow Self- Realization techniques, you will hear the Cosmic Vibration, then you're in the awareness of God. Start that way. Get that first. Realize your oneness with Him first, before you do anything. And to do that, you can attain that, as I have pointed out, through the practice of the Science of Yoga, through the techniques of Self-Realization Fellowship.

Most of our trouble comes, because we start without the awareness of God to do things. If we can attain that, then we will be far along the road to success. And then, finally, work, and live – being in the Presence of God. It's not difficult at all. You simply first have to change your thought so that you want to meditate. Then, stilling thought, being in the Presence of God, then you can go ahead.

Realize that whatever you do, do to please God. Do to please Him. Be in His Consciousness. If you hear the Cosmic Sound of Om; if you see, as you close your eyes, the Light of the Spirit; if you feel in your being God's Love, you are in His Presence. You are aware that He Is, and there will come the time when there will be no separation between you and His Great Consciousness.