

Yoga Explained 1

What Yoga Means

Dr. M.W. Lewis
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Going on this evening with our subject "Yoga Explained." I have been asked by several if I would repeat some of this series, which I am very happy to do. I will try and repeat it in such a way that, you will not be burdened with repetition. I'll try and make it so that it does not seem to be repeated, because there is so much to yoga, and the explanation of yoga, that surely it can be once more gone over, and, I think, you'll hardly realize it as the same group of lectures.

Of course, you must remember, that from the time we started, back in March [1958], that your perception, my perception, has changed, since then, and you will understand, and see much more in it this time than you did before, because that's natural. And, if there are no objections, I will try and pick out the different subjects which we have taken up, and repeat them, because I know many have asked me, and I'm sure that it'll be interesting.

And so, let us take up first, "What Yoga Means." Yoga means union, as I have said many times. Union, union with what? Union, union with what we truly are: the Presence of God, His Great Consciousness, plus that Consciousness moving – His Great Light, and His Love. That is what we are, but we have forgotten it, and, therefore, now we feel separated from Him. And that is the whole delusion. It is the idea that we are separated from God. We have to do away with that. And the way to do away with it is through the Science of Yoga.

So, there are many kinds of yoga – different kinds of yoga, as is: Karma Yoga, Hatha Yoga, Bhakti Yoga, Gyana Yoga, Kriya Yoga. And taking the best of all these things constitutes Raja Yoga, which in Self-Realization Fellowship, you receive Raja Yoga.

So Yoga means "union," and the key to Union is Consciousness. There can be only One Consciousness throughout creation. World upon world is made from One Consciousness – God's Consciousness. And that same Consciousness is in you, and is in me, and is in all things. But, there's a break in the continuity of it, because from "waking consciousness" we pass into "subconsciousness," and we forget all about waking consciousness. In the "dream state" we forget this

waking consciousness, which you are utilizing now, and in the “deep-sleep state,” of “superconsciousness state,” we forget everything – waking consciousness, subconsciousness – and yet our consciousness is one with God at that time.

So, you can see that the key, the key to union *is* consciousness – Uninterrupted Consciousness – and that can be done and it is accomplished by yoga. For instance, waking consciousness, as Master used to point out, the eyes are looking ahead, as yours, as yours are now. This is waking consciousness. When you close your eyes, or drop your eyes, that’s the state of subconsciousness, the state of dreams. And when you elevate your eyes and focus them, as the dog did I was telling you about, at this point [gesturing toward the Spiritual Eye] that’s superconsciousness, or the state of deep sleep.

But there’s a break in the continuity between waking consciousness and these other two states. Of course, in subconsciousness there is a, you are, you are aware of your dreams, but it’s entirely different. You will not, you are a subject of your dreams, but you do not realize that at that time. And so, as you elevate your consciousness so that you gaze at this point, the point of superconsciousness, in sleep, deep sleep, you are not aware of it at all. There’s a break in the continuity of consciousness.

Now all yoga does, is that it enables you to consciously pass between this waking state and the state of dreams and the superconscious state, and, if there is no break in continuity, if you expand that superconscious state, when you gaze at this point [the Spiritual Eye], if you expand it, then it becomes the Cosmic Consciousness or God the Father. So you can see that consciousness is very important – Uninterrupted Consciousness.

There you have the three states. Just remember them by the position of your eyes: looking straight ahead is waking consciousness; and when you hit the pillow, and you drop your eyes, that’s subconsciousness, or sleep; and when you elevate your eyes and look here [at the Spiritual Eye], that’s the Superconscious state of Soul Consciousness; and then, when you expand that state into the Great Cosmic Consciousness, then you are one with God the Father – there is no break in the continuity of consciousness. But there are many things that interfere with that final expansion: like thoughts which come upon us, and frustrations, and different psychoses, restlessness of the mind. Those things have to be done away with. How? By Raja Yoga!

There is nothing greater than Raja Yoga for the control of Life Force in the body. Because as you control that, and withdraw it from the bodily sensations, and from the muscles, and from the mind, and from the internal organs – when you withdraw that Life Force, which is God’s Consciousness moving, that’s all – and keep in contact with it, and do not lose the continuity; then, as that consciousness retires to the spine, and the different chakras of the spine, and to the Supreme Center, finally, it will expand into the Omniscience of God’s Presence. Then you, there is no break in the continuity of your consciousness, and Yoga, or Union, is accomplished.

And so, you can see, readily, that the key to Union is consciousness. All we have is our consciousness, our experience. You may have a million beliefs, but until you transfer, or transmute, rather, those beliefs into experience, realization, they’re of no value. And let us realize that as we study “Yoga Explained.” Everything comes from consciousness. Therefore, the goal of life is to restore that Whole Consciousness of God the Father, which is within us.

And we have an illustration of it as we perceive at this point, the Spiritual Eye, with its three parts: the outer ring of vibrating energy, which is the Holy Vibration, the Word; in the dark center is the Christ Consciousness; and the little star is the epitome of Cosmic Consciousness, God the Father. All those things are one, aren’t they? They’re all in the Spiritual Eye. They’re all in the Unity of God’s Presence. And so, in us, His Consciousness is there. We have to know it through yoga.

And so, the key to the universe is not in books. It is *not* in books. You can go so far with intellectuality. It is not in activity. Activity is good. But the key to the universe is in silence; in the silence within, where Omnipresence is perceivable. At first, it will not seem so. As you start to meditate and raise your eyes to the Spiritual Center, it’s all black there. The wilderness is there. But, if you keep at it, finally, your Soul Consciousness will bore into that void, and that void will become tangible and real. Everything is in that void, which at the first, seems so dense, and so deep, and something which you cannot penetrate. Everything is in silence – even God’s Omniscience.

And so, Master has said, “Silence is not a waste of time at all.” Silence is not a waste of time, because in that silence infinite awareness will come. Everything will come from that; everything that you can think of, because Consciousness is God. God is Consciousness, plus Consciousness moving, or Cosmic Energy. That’s what God is, those two things: Consciousness plus His Consciousness moving,

in, according to His Laws, as Cosmic Energy. And so in this silence, in this silence, we find the key to everything, or the Omniscience of God. So do not think it's a waste of time. It is not.

But the key is this: that as you keep your gaze, or your concentration, at this point [pointing to the Spiritual Eye], you will get little manifestations of the Consciousness of God. But do not stop there; go deeper. You cannot exhaust it. You cannot know God through thought. You cannot know Him through thought. But you can know Him through Love. That's why you have to stop with thought. God is not knowable by senses, mind, or intellect. He is not knowable by thought, but through affection – through affection – which is far above thought. You'll know, as Lord Shankara said, "God Is." And so, we *can* know His Love. We may not know Him, fully, because, I think, Jesus said, "No one knows God."¹ But we can know Him, His Love, through affection.

So, that's why we must rise above thought, finally, and in the silence within, we can feel God's Presence. We can know Him through Love. That's why Love is the greatest thing; the greatest of the commandments, you know, "Thou shalt love God with all thy heart, soul, and strength,"² (*sic*) "...and thy neighbor...³", (*sic*) because God's Love and His Presence and Consciousness is in your neighbor. "On these two commandments hang all the law and the prophets."⁴ So, realize, you cannot know God through thought. But you can, through affection, be one with Him. That's why God is not knowable. But you can be with Him, one with Him, through Love.

These are most wonderful things. These Eternal Truths of God, which are knowable, perceivable, through the practice of yoga. Yoga helps you to rise above senses, mind, and intellect. It helps you to still the waves of the thoughts on the lake of the mind. When the lake of the mind is calm, there are no ripples on it. Then you can feel God's Great Affection for you and you for Him, because God is Love.

The Master says, "When you have gone deep, go deeper." Then he goes on to speak of most people, as you know, satisfied with lunch, and dinner: breakfast,

¹ Matthew 11:27, "All things are delivered unto me of my Father: and no man knoweth the Son, but the Father; neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal him."

² Matthew 22:37, "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."

³ Matthew 22:39, "And the second is like unto it, Thou shalt love thy neighbour as thyself."

⁴ Matthew 22:40, "On these two commandments hang all the law and the prophets."

lunch, and dinner; go to work, come back; go to sleep; do a little, few things on the side; then do it all over again; day in and day out. But we must not stop there. We must, as the Master says, “We must be explorers in the kingdom of God,” which is within each and every one of us. Let us understand that. As he says, “You should be explorers in God’s Kingdom, which is in the silence within.” You cannot exhaust it. And I will give you references to that effect in just a minute. That’s why it is legitimate that we meditate every day, and explore this Kingdom, because we are not only physical beings, but we are Spiritual beings. That side of us must be fed, so to speak, must be nurtured – not only the physical side.

And so, “Why not know,” the Master says, “the conscious Power that is just in the silence within?” Behind this kingdom, of which we are familiar, with which we are familiar, that’s the outward kingdom of duality. In the silence within, is an Infinite Kingdom, far greater than this kingdom. Why not know that? It *can* be known, by utilizing yoga to take you to the point wherein you have to surrender to God’s Love and be one with Him.

And so, that the, the passport to this Infinite Kingdom within – far greater than this outward kingdom – the passport is Consciousness. Consciousness is the passport – Uninterrupted Consciousness. So, the next time you meditate and you begin to fall asleep, realize, that’s not the way. It takes effort and determination to keep awake. Yoga will help you. Especially Raja Yoga of Self-Realization will help you to know God by a state of Uninterrupted Consciousness. Realize that!

And so, follow, follow Self-Realization Yoga. Follow that. And through the Sixth Sense, which we all have, of Intuition, know the Infinite Kingdom of God. Jesus said, “My kingdom is not of this world.”⁵ That’s all he meant. St. Paul said, “I die daily.”⁶ He died to this outward kingdom of duality. He proved it when he said, “I protest,” which means declare, “by the rejoicing I feel in Christ, I die daily.”⁷ (*Sic*) He felt the Bliss of God’s Internal Kingdom. So, he died daily to outward consciousness. But he didn’t sleep to the Inner Consciousness. It’s easy to die to outward consciousness, if you are not troubled with insomnia. But to be awake to the inner things, that’s where the trouble comes, and that’s where

⁵ 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.”

⁶ I Corinthians 15:31, “I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.”

⁷ Ibid.

the great effort must be placed to keep your consciousness, as you start from waking consciousness, as you go inward, upward to superconsciousness, no interruption of consciousness; until, finally, by God's Grace, it expands in the Great Omniscience of God's Presence. Then you can explore that Kingdom, as the scripture tells us to do.

And so, so much for this first lesson on Consciousness, which is very important. If we will just step-by-step follow back, putting our effort into it, then we can pass from one state of consciousness to the other, without losing Consciousness. And, as God is Consciousness, so *we* must be; and that separation must be removed. That's the delusion.

I have a few references at this time. First, from the Bible is first, the 46th Psalm, 46th Psalm, 10th verse; 46th Psalm, 10th verse. This you've heard many times. If you want to keep your consciousness uninterrupted, follow this: "Be still, be still and know that I am God."⁸ (*Sic*) If you could keep still, and lift your eyes to this place [pointing to the Spiritual Eye], and not lose the continuity of consciousness, you will know God Is, without question of a doubt. "Be still and know that I am God." And then, another reference; and that stillness, of course, comes in the silence within. Silence is the important thing. Silence is the important thing. First, there'll be darkness. But, "...as Moses lifted up the serpent in the wilderness,"⁹ so you will feel the power come up your spine; the serpent power. And then, you will realize the expanded state of Consciousness, of God the Father's Consciousness.

Another reference from Isaiah, Isaiah 30th Chapter the 15th Verse; and this cannot be any clearer than what we read here in Isaiah: "For thus sayeth the Lord God..."¹⁰ "The Lord" is Christ Consciousness; "the Lord God," they're one and the same thing; God in creation is the Lord, that's all. In us is the Lord. When we expand it, it's God the Father – Cosmic Consciousness. So there we read, "For thus sayeth the Lord God, the Holy One...; in returning and rest shall ye be saved..."¹¹ In returning into the silence within, where we perceive the Word of God, the Holy Vibration. "...in returning and rest, shall ye be saved; in quietness

⁸ Psalm 46:10, "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

⁹ St. John 3:14, "And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:"

¹⁰ Isaiah 30:15, "For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not."

¹¹ Ibid.

and in confidence shall be your strength: and you would not.¹²” (Sic) “In quietness and in confidence...” in the stillness, stillness within – when you still the mind, and all its functions, in that stillness within, in that quietness – you will find the greatest confidence, because that’s God. And when you’re aware of it, then you will know that He Is. Lord Shankara said, “I am He, I am He. Blessed Spirit, I am He.” That’s Isaiah, the 30th Chapter the 15th line.

Once more in Psalms, the 27th Psalm, 4th Verse; this follows out Master’s admonitions that we be explorers in the Kingdom of God, for here we read: “One thing have I desired of the Lord, and that will I seek after; that I may dwell in the house of the Lord all the days of my life...” not only this little life here, but Eternal Life. Then it goes on to say: “... that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in His temple.¹³” Where is the temple of the Lord? It is the kingdom of which Jesus spoke: “My kingdom is not of this world.¹⁴” It is that Inner Kingdom in the silence within. In that we must dwell. That we must explore. We must stay in it, and it cannot be exhausted, say the Great Ones.

Finally, I have one more reference from Zechariah, Zechariah the 2nd Chapter the 13th Verse. And this shows that in the silence within we will perceive, after we have stilled the body and stilled the mind. Silence will not come until we still the flesh, and still the mental processes: “Be silent, O all flesh, before the Lord...¹⁵” In other words we might interpret it; when the body is still, and there is complete silence in the body, then the Lord will come; His Consciousness will be perceived; “...for he is raised up out of his holy habitation.” That is, we perceive God in the silence within – not in the body, not in outward consciousness – but in the Spinal Chakras and the Supreme Center of the brain. As it says, “...he is raised up out of his holy habitation.” That’s where God’s Consciousness is, and that’s perceivable through the Sixth Sense of Intuition of the Soul.

And, finally, from the, another one from the Bhagavad Gita¹⁶; a reference from the 3rd Discourse, 7th Line. This has to do with the Karma Yoga, of which I spoke in the first place, the Yoga of Action. Action is all right. We have to act. Those who

¹² Ibid.

¹³ Psalm 27:4, “One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.”

¹⁴ 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.”

¹⁵ Zechariah 2:13, “Be silent, O all flesh, before the Lord: for he is raised up out of his holy habitation.”

¹⁶ The Bhagavad Gita or the Lord’s Song, Translated by Dr. Annie Besant, 1939

do not act, sometimes we don't like them, because everybody should do their part to sustain this world. But action is all right, if there's no attachment, that's all, because attachment ties the Soul to the body.

So here we read, "But who controlling the senses by the mind, O Arjuna, with the organs of action without attachment, performeth yoga by action, he is worthy." That is, in all action you do, if you do it to please God, that's yoga. That's yoga of action. Yoga means union. If you act to please God, you have no attachment; that action will take you to Him, because the attachment is what keeps you from Him. "Perform thou right action, for action is superior to inaction, and, inactive, even the maintenance of thy body would not be possible.¹⁷" That is, "inactive, even the maintenance of thy body would not be possible."

And how about the society? We're here. We have to sustain it. We have to help. We have to work. Master worked sixteen hours out of the twenty-four, because he knew this to be truth. "The world is bound by action, unless performed for the sake of sacrifice;" that is, to please God "for that sake, free from attachment, O Arjuna, perform thou action."¹⁸ (*Sic*)

One other reference from the 6th Discourse, 46th Line, which is the standard reference with Self-Realizationists, "The yogi is greater than the ascetics; he is greater, thought greater than those who are wise; the yogi is greater than the man of action; therefore, O thou Arjuna, become thou a yogi."¹⁹ (*Sic*) Yoga is good, because it gives Union with God.

And, finally, from the Hindu philosophy, from Master's teachings, from one of our Praecepta,²⁰ which is most wonderful: "The Key to the Land of Luminosity," which is the Great Light of God, "The key to that, is through consciousness. So by lifting his eyes, the devotee...by lifting his eyes upward, and concentrating his vision between the eyebrows, the devotee can switch off, at will, these pictures of this outward existence, the motor pictures, motion pictures, of this existence, and of the subconsciousness and physical sensations, and launch His Consciousness into the Land of Luminosity where electronic Life Forces, peace, and joy reign. This is the kingdom of Spirit." So yoga is worthwhile. Let us do Yoga.

¹⁷ 3rd Discourse, 8th Line

¹⁸ 3rd Discourse, 9th Line, "The world is bound by action, unless performed for the sake of sacrifice; for that sake, free from attachment, O son of Kuntī, perform thou action."

¹⁹ 6th Discourse 46th Line, "The Yogi is greater than the ascetics; he is thought to be great than even the wise; the Yogi is greater than the men of action; therefore become thou a Yogi, O Arjuna!"

²⁰ Self-Realization Fellowship weekly lessons