

Practical Spiritual Methods

Dr. M.W. Lewis

San Diego, 7-25-54

Subject this morning: "Practical Spiritual Methods," "Practical Spiritual Methods."

The first thing we must remember in Practical Spirituality is that we conform to the two great Commandments. Unless you do that, your Spiritual method is not practical.

First Commandment is, as you know, that we must love God with all hearts, with all our Soul, and with all our strength. With all the power that He has put in us, as the Life Force, the Cosmic Energy, we must use that to love God. That must be the paramount thing in our life, if we are to be practical, and use "Practical Spiritual Methods" is that that goal be always kept in sight. That everything has come from Him, the One Great Source, God alone. Our allegiance must be solely to Him, with everything we've got, including His Great Power within us. That's the First Commandment.

And the second thing we must remember is that we love our neighbor as our self. In other words, that we play our part in the Drama of Life with the same enthusiasm, the same force and zeal, as we love God, because that's part of His Play. That's part of His Plan – this Drama of Life. And we have a part in it, and everyone, everyone's path that we cross, is our neighbor. And so, that's what the Second Commandment means – that we must play our part in the Drama of Life with full enthusiasm, full Power of God within us. Those are the first two things necessary, if we want to follow practical lines in Spirituality.

In playing our part in the Drama of Life we must use the greatest concentration. We must not try to escape from our obligations. That's the tendency. The tendency is to say, "Well, I want God," so, we let the obligations go. But that doesn't go. We cannot escape that way. But, if we use the greatest concentration we have by the control of the Life Force within us to carry out those obligations, and play our part to the best of our ability; then the other things which are necessary, the other Higher Mental and Spiritual things will be much easier, because we have learned to use the Life Force in concentration in carrying out our obligations, as the Second Great Commandment.

Now going on; there are several other things that are necessary in Practical Spirituality or "Practical Spiritual Methods." They are first, natural living. Natural living is very important. After natural living, when we've laid the groundwork of commonsense living, then we must use definite Spiritual methods, the right Spiritual methods. Finally, we must know the automatic pilot, so to speak, which will keep us on our course. And, finally, the last thing is to use those ways and means whereby we contact the Great Spiritual Pilot Itself, the One Transcendental Consciousness of God, from which all things have come.

So there you have an outline of "Practical Spiritual Methods" necessary to once more gain your birthright, oneness with the Omniscience of God, His Great Presence in all things.

So let us pass on now to the subject, so to speak, natural living. Natural living. It's very important. Unless you live naturally, we lay up things in the body as toxins, and undesirable effects, which keep us from following Spiritual methods to the best extent of our ability. We must live naturally, otherwise, we are, cannot go much further on the path back to God.

Now natural living is not just one phase of living – like housing, or food. No. It means this, these three things – natural living: food, housing, and company. Those are the three things to remember. Now they're all intermixed in natural living. We must have the right food; we must have the right environment where we live; but the greatest thing, is the company we keep, if we are to live naturally. If we live naturally, then when we take up the definite Spiritual methods, we'll have no trouble. It is much easier, if you live naturally.

So let us take up first, food – just a few words about each one of the three phases of natural living; food, for instance. Food must be what? Non-irritating, simple, containing the natural elements necessary for life without leaving those undesirable by-products floating around in us to gravitate down in the body, producing sickness, ill health, and premature death; and aggravating the passions, and appetites, which we are endowed with in this Play of Life. So, the food must be natural – non-irritating to your system, to my system. That's the important thing. We have to use our intelligence to eat the proper things, which are not irritating to us, which we can digest. Some persons can eat certain things; others, other things. We must find that out, and not do those things which irritate us in the matter of food. Because, if the food is not digested – it may be

good food – but it, if it is not digested, it gravitates in the system, producing all these troubles.

Now, in a few words, when we sum up the pros and cons about food, I think that Sri Yukteswarji's words in The Holy Science, his few words, hit the nail on the head, so to speak; go to the Fountainhead of the matter of food. Now, he notices that unless the mother is supplied by what? By grains, by fruits, by vegetables, and nuts, and milk, and clear water – unless the mother receives those things – the infant will not receive the milk necessary for life. So, you see right there, with those few simple things, we can build our diet around that. It must be natural food, and it must be, secondly, non-irritating to the system.

I'm just going to read a word from his Holy Science¹. As I have said, I think he sums it up in a much better way than I can. Bearing in mind that, unless the mother receives these simple foods – grains, nuts, fruits, vegetables, milk, and pure water – the baby will not receive the milk necessary; so he goes on to say this: "Hence the observations, the only conclusions that can be reasonably drawn are these, that various grains, fruits, vegetables, nuts and milk, and pure water are decidedly the best natural food for man. And which being congenial to the system when taken according to the power of his digestive organs." That's very important. Lotta people can eat nuts; others, they eat a lotta nuts, and they have all kinds of trouble. Why? Because they cannot assimilate that food, which is, has so much fat in it. So we must not use that, if that is the case. So he goes on to say: "When taken according to the power of the digestive organs, well chewed, and mixed with saliva, and this will always be easily assimilated."

If you pick out the foods that are non-irritating – this is very important to natural living, with a stomachache all the time, how can you do any Spiritual methods? It's impossible, unless you have a very strong will, like the Master had. So, let's start right there, and take care of this matter of food in natural living, so that we can apply "Practical Spiritual Methods." So, he goes on: "That is, if we use the things that are not natural foods," unnatural goods like fresh foods and so forth, "and they are not assimilated," they're not digested, "they leave the by-products," there he says this that: "When these attain access to the stomach, not being properly assimilated and mixed with the blood in a natural way, then in a few words we can say that they gravitate in the system according to the law of gravitation, ferment, producing diseases, mental and physical, and lead primarily to premature death."

¹ Chapter III, approximately Page 43.

So, those things must be taken into consideration – that the food must be natural. Everything is according to vibration. The natural way of living, the vibration must be right, because we are bundle of vibrations. According to the natural dwelling and environment – it must be right – according to the vibrations, and finally, to the company we keep. It must be the right vibration. Otherwise, it produces lack of peace, ill health, and all sorts of things.

So, let us remember that the food is right when the vibration is right. Just for instance, in the matter of protein, which I often speak of, and flesh protein, and dairy products. Perhaps, the chemical composition is the same, but there's a great difference. The flesh foods leave that residue, which ferment in within us, float around, producing disease, and all sorts of things. Why? Because the vibration is different; the vibration is entirely different. While the simple fruits, nuts, vegetables cooked in the right way – not just thrown together. Who wants to eat vegetables like that? But vegetables cooked in the right way. And milk, if you can take it, or goat's milk. And, if it does not, if it can be assimilated by taking small quantities at a time – not two or three glasses of milk – you can't digest it. Lots of people cannot. Take a small quantity. Those things produce harmony in the system, and those things, as far as food is concerned, lead to natural living.

And finally just another word from this wonderful book, The Holy Science, which you all should have. When the, Sri Yukteswarji says: "We find again that extraordinary means such as excessive fasting, scourging, monastic confinement, are resorted to for the purpose of suppressing the sexual passing, passions, but in vain, as these means seldom produce the desired result." You cannot do it that way. But, if you live naturally, then you'll be normal, and those things will be handled in the normal way. So, he finally ends with these words: "Experiment shows, however, that the man, that man can easily overcome these passions, the arch em, enemy of morality, by natural living alone, on a non-irritating diet above referred to, and thereby get great calmness of mind, which every psychologist knows is the most favorable to mental activity, and to a clear understanding, as well as a judicial way of thinking."

So, as far as natural living, remember those three, those simple things that Sri Yukteswarji speaks of: natural food, non-irritating – that's the greatest thing – non-irritating food, which does not lay up within your system these toxins, and by-products, which gravitate within us, and keep us in a stew all the time. How

can we expect to perform intelligently, Spiritual methods unless we live naturally?

Now, going on to the dwelling place; I think that we all know, especially in America, we're schooled in proper dwelling conditions, of fresh air, and room, and so forth. Sometimes the point of vibration is not taken care of. You may go into the best dwelling house, plenty of ventilation and air conditioning, and the vibrations may be terrible. That cannot be. There must be harmonious vibrations in your clean, wholesome, place of living. That's the second req, requisite to natural living.

Now, the third, and perhaps, the most important is company. As I have said, even in the best of housing conditions, you will not feel the right vibration. And so, we must mix with those people whose consciousness and magnetism has a beneficial effect on us. We must mix with those people who have a, a cooling effect on our system – not those who start us right up into a great big argument, a fight. We mustn't mix with those people. We must mix with those who have a cooling effect, because their vibration is right. Sri Yukteswarji has said it wonderfully when he says, "We must mix with those whose magnetism affects us, cooling down our system, invigorates us," because the power of God flows through them, "and develops," this is important, "our heart's natural love." That's the greatest thing.

You know you mix with some people, and you feel love welling up within you. You mix with others, and there's confusion. Mix with those who develop within you the heart's natural love. That's the greatest gift God has given us. And that's the greatest thing in natural living, is to mix with those people who keep your consciousness cool, who develop the force and zeal within it. And above all, those who develop within you the heart's natural love. As Sri Yukteswarji says, "If we do this, then those people administer peace unto us." So, remember, company is very important in natural living.

Now, going on, quickly, to definite practical methods; that is, this, these things are very important, if we are to use "Practical Spiritual Methods." We must use the right method. And the right method, as you know, of course, I cannot recommend any more with more vigor than the Master's techniques, or the techniques of Self-Realization. "Practical Spiritual Methods" are necessary. We should at least give one hour out of the 24 to God – at least, that much.

Now, first we must do the tension exercises, the Recharging Exercises. Why? Because, in those Recharging Exercises we are developing concentration by the control of Life Force. That's the greatest thing. If you will use your tension exercises, your Recharging Exercises, you will find that it will be much easier when you come to the Higher Spiritual methods, by gaining control of the Life Force through the Recharging Exercises. Remember that. Don't discard them.

Every day have a certain routine, even though you may not be able to do them all. Do a certain amount of them, a certain number. I have given them, you know them all. Do those regularly. Then you develop your concentration. Then you control Life Force. Then, when you come to the next definite methods for Spiritual advancement, as the Hong Sau, and the Om technique, and finally, Kriya Yoga, then you'll find it much easier, because you have learned to control, direct, the Life Force within you, which is the Power of God within you – the Cosmic Energy. That's not something foreign to your makeup. It is God's Presence as Cosmic Energy within you. Learn to get hold of that, because when you do, His Consciousness goes with it. That's the greatest thing.

Who'd want Force without the Love of the Infinite in it? It goes with it. That's why, when you learn to control the Life Force by the simple Recharging Exercises, you are doing the greatest service to yourselves. Because then, as you take the higher techniques – the Hong Sau, Om technique, and finally, Kriya Yoga – it'll be much easier, because you have controlled the matrix of the whole business – Life Force, Cosmic Energy – within each and every one of us.

I will not stop to speak about the technique of concentration, except the Hong Sau is one of the greatest techniques of concentration, because, as I have said, it controls, directs the Life Force. That produces the concentration. Not any breath control.

The Om technique is one of the greatest positive methods, practical methods, of Spiritual advancement. Why? Because it takes you into the Presence of the Holy Ghost within you; it gives you contact with the Holy Ghost as the Light; the Great Light of that Holy Vibration; the Sound of that Holy Vibration. But greater than all of those things, it gives you contact with the Love of God within you. What technique can be any better? Why? Because it was given by a man who was one with God, our own Master. So remember these methods are practical. If you want the practical methods, join Self-Realization. Get them, and then do them.

And finally, we come to the greatest, of course, which is the Kriya Yoga, because it's the fastest Spiritual accelerator known to man. Why? Because it controls, once more, the Life Force. It takes the Life Force; takes it out of the senses by control of the heart; takes it out of the internal organs. Finally, takes it out of the involuntary nerves, giving you a chance to rest. You do not ever rest the involuntary nerves, except when you do Kriya Yoga in a deep and concentrated way. Then you can take the Life Force out of that, out of those different phases of life – internal organs – even the involuntary nerves. And then, it naturally goes where it belongs – the Seat of the Soul, or the spine, and the Thousand-rayed Lotus. That's why it's the fastest Spiritual accelerator, because it scientifically does those things, which you will do anyway when you go back to God, and which you do every night, in a limited way. And when you pass away, you'll go there anyway. Why not know the way? Why not know the highest way, Kriya Yoga?

Now, we come to the last two points are these: the automatic pilot. We must know the Spiritual method of turning on that automatic pilot – and that is Kriya Yoga. Just like a ship crossing the ocean. When they get outside of the coastal waters, they put the vessel on the automatic pilot. Why? Because it keeps that vessel on its course; and so, the automatic pilot of Kriya, if you do it, will keep you on the course back to God. But you have to do it. That's why Lahiri Mahasaya said, these are the cause, this is the cause of his words, "Do a little Kriya each day," because he was the greatest exponent of Kriya that we have known. For hours, 18 hours a day he did Kriya. We all cannot do that. What we can do, as he has said, "...a few Kriyas each day," and we will be kept on the automatic pilot back home to God.

And, the last point is that we must know those Spiritual methods, or these Spiritual methods, which gives us oneness with the Great Real Spiritual Pilot. And what is the Real Spiritual Pilot. What is the Real Spiritual Pilot within you? What is that Force that's guiding you? The Force you want, somehow, to get hold of? You may not have a concrete idea of what it is, but you know you've got to get it. That's the Presence of God as the Transcendental Consciousness – the Christ Consciousness within. That's what the Real Pilot is. It is that Consciousness which manifested so wonderfully through all the saints: Jesus, Babaji, Lahiri Mahasaya, Sri Yukteswarji, our own beloved Master, Buddha, Krishna. That's the Consciousness which manifests through them. Now, if we get hold of that Consciousness, then we have the Real Pilot, the Real Spiritual Pilot, which is God within us – our own real nature.

We read in Isaiah, Isaiah, the 30th Chapter, the 20th and 21st Verses: "[And] though the Lord give you the bread of adversity," and He surely does sometimes, "...though the Lord give you the bread of adversity, and the water of affliction," yes, He does that, too, "yet shall not thy teachers be removed into a corner any more, but thine eye shall see thy teachers:"

That is, if you do the proper Spiritual techniques, given by one who knew God, as the Master did, and now who is one with that Transcendental Consciousness; if you do those techniques, especially the Kriya Yoga, and the other techniques I have mentioned, then that Transcendental Consciousness can operate within your spine. It cannot get in, unless you keep the spine open. That's why this technique is so wonderful, because it keeps the spinal area, or Region, open, so that the Presence of God, as the Transcendental Consciousness, can enter, and consciously guide you.

And so, we read that very thing here in Isaiah. And "...thy teachers..." shall not, "be removed into a corner anymore..." You can see the Light of the Transcendental Consciousness, if you do these techniques. It's not imagination. You can see it; a real thing. And so the...Isaiah says, your teachers "...shall not [thy teachers] be removed...anymore." Then, he finally says, and having this Transcendental Consciousness within you, having contacted the Real Spiritual Pilot, then he says: "And thine ears shall hear a word behind thee, saying, This is the way..." It is a Reality – not imagination. The contacting of the Real Spiritual Pilot is a Reality. You can see the Light of that Consciousness. You can hear the Voice of that Consciousness. And greatest of all, you can feel the Love of God, which is in that Consciousness. So, he finally ends, and says: "And ~~thy~~ [thine] ears shall hear a word behind thee, saying, This is the way," this is the way, "walk ye in it, when ye turn to the right hand, and when ye turn to the left." Now isn't that wonderful? Why should we be doubting all the time, because we haven't contacted that Real Spiritual Pilot.

And so, if you wanna know the right methods, the best methods, the practical methods for Spirituality, or proper Spiritual advancement, my advice, is from my own experience, that's the only thing I know. Follow; follow one who had that contact with God – the beloved Master. Follow his teachings – 100 percent; his techniques. They are, as far as I can testify, the greatest, the fastest, the best Spiritual methods known so far. Follow those. Know your oneness with the Infinite Father.