

# Yoga Explained 13

## How to Develop the Sense of Feeling – Love

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...a little bit about increasing the sensitiveness of hearing such to express Divinity. We are Divine. We are made in the Image of God. We can express Divinity. But we cannot, with these implements in the limited fashion, express Divinity. We have to sharpen up, so to speak, our faculties – the senses, the different parts of the body, the internal organs – so that instead of reflecting just outward, ordinary consciousness, they reflect the higher Spiritual Vibrations of the Presence of God.

Last time, you will remember, we talked about hearing, the recording, vibrations between 20 and 20,000, or somewhere near that. There are many other vibrations of infinite wave-lengths, so to speak, which we do not record through our limited vehicles. And that vehicle is made up of the different senses, and the tissues, and organs, and everything that constitutes this vehicle. But it can be spiritualized so that it will manifest Divinity.

And what will do that? What will help you do that? Yoga; yoga means union. Yoga will help you to increase the sensitivity of this bodily vehicle so that it manifests, not the limited variation of vibrations, but an unlimited variation of those vibrations – or Cosmic Consciousness.

So, just a word or two in review about the hearing, which we took up last time; and you will remember we talked about the fact that outward vibrations of hearing we hear through the limited application of the external organ of hearing – it only records so much. But deep within us is that, in the Sensorium, which is the spine and the brain, deep within us is the Seat of the Soul, wherein we find fulfillment of all the senses, including hearing.

Sight we took up before – hearing, we are talking about now. This is so, because in this Holy Vibration, or the Word of God, is His Infinite Consciousness. It manifests deep within us – the Seat of the Soul in the spine, and in the Supreme Center of the brain. That's why all things can be known, because in that Holy Vibration, the Word, spoken of in St. John, is God's Infinite Intelligence so that all

things can be known, because all things are in that Holy Vibration, of which Jesus spoke – the Comforter.

But we use just a little of it in listening to the organ, as we have been doing tonight. But, if you turn your attention within to the Sensorium, then you are not only hear the organ sounds, but you'll hear the sound of the Spiritual Vibration of God's Presence within. So, if we keep in His Presence, then we can sensitize not only the sense of sight, but the sense of hearing, and all other senses.

Tonight we're taking up the Sense of Feeling. So that's the way to do it. If you mix with a lower vibration, you get only that vibration. If you mix with the Presence of God within, which is the Superior Spiritual Vibration of His Presence, you get just what's in that vibration. And what's in the Holy Word? What's in the Cosmic Sound of Om? God Himself! "...the Word was with God, [and] the Word was God.<sup>1</sup>" The Vedas say, "He who knows Om," or the Word, "knows Brahma," or Brahmin, or God.<sup>2</sup>

So you see, that's, that's the secret. That's why we meditate. And those who say yoga is foolish, they are foolish, because by the science of yoga you can contact the Presence of God as the Word within you. Not in imagination; not in theory; but in actuality. You will hear the Cosmic Sound of Om; you will see the Great Light of the Infinite at this point [the Christ Center]; and you will feel, in that Holy Vibration, the fullest feeling possible, or God's Love. Don't forget that. And that'll take away all of your trouble. Nothing else will – nothing else, but His Love is such a simple thing. But it takes the place of everything. It replaces everything, because that's the, the Greatest Power there is in the universe. We will come to that in a moment.

So remember, as you practice your yoga, as the different Spiritual sounds come to you – those of you who practice know what I am speaking about – as those sounds come, merge in them, and then feel them. Not externally; but deep within yourself, in the Sensorium, or the Seat of the Soul, of which Sri Yukteswarji speaks, deep within your spine, and in the, the Thousand-petalled Lotus – those of you who are anatomically minded, in the region of the fourth ventricle.

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<sup>1</sup> St. John 1:1, "In the beginning was the Word, and the Word was with God, and the Word was God."

<sup>2</sup> [http://www.atmajyoti.org/med\\_om\\_in\\_upanishads.asp](http://www.atmajyoti.org/med_om_in_upanishads.asp)

But we do not have to know anatomy too much. All we have to do is to feel the Presence of God. He knows anatomy in all things, and He, He takes care of that for us. If you do know anatomy and such things, your mind requires that that be satisfied to bridge the gap. And meditation, as our Master has said: "Meditation is the bridge between outward consciousness and inward consciousness," between Soul and Spirit, between, between orthodoxy – going ahead a little bit to Sunday's talk between orthodoxy and realization, or True Religion. So, yoga is worthwhile. Anybody says it isn't – try it! Then you can talk to Him intelligently.

So much for hearing, which we talked about last time. One important thing is, just let me read, once more, from the Hindu scriptures, The Holy Science,<sup>3</sup> of which our Master's Master has written so wonderfully, and which takes us right to the Fountainhead of Spiritual knowledge. He says: "When man" by yoga... I've added the "by yoga," because that's the way to do it. "When man, [by yoga,] directs all his organs of sense toward their common center..."<sup>4</sup> the common center is the Soul located deep within us.

You can prove that - you can dream, and you can taste and smell and touch, and you can be chased and you can chase people. Why? Because everything is in the Soul, deep within, the common center, the Sensorium, or the door to the Internal World. When he does this by concentration, "...he perceives the presence of God in the form of his body of light," parts of which you see at the Spiritual Eye. There are many other parts which can be seen and many have seen them. And also he says, beside that: "...and the peculiar knocking sound, the word of God, through the same."<sup>5</sup> (*Sic*)

So, understand that the Word of God, that Cosmic Sound, like the knocking sound, that means that, as you hear the sound, there's an invitation to let, "Let Me in" the Intelligence of God says; "Receive Me." That's what it means. And receiving that, the Intelligence of God is in that. That's the important thing to remember about hearing.

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<sup>3</sup> The Holy Science by Swami Sri Yukteswar Giri, 1936

<sup>4</sup> Ibid, Chapter III, "The Procedure," Sloka 19-22, "When man directs all his organs of sense towards their common center the Sensorium or *Sushumnadwara*, the door of the internal world, he perceives his God-sent luminous body of *Radha* or John the Baptist, and hears the peculiar knocking sound, *Pranava Sabda*, the word of God."

<sup>5</sup> Ibid.

Now, tonight, we are speaking about how to develop the Sense of Feeling, or Love. Remember, in the Word, the first manifestation of God, is the Holy Vibration – the Word. That is made up of what? Three aspects: Light, Sound, or Sound and Light; and the greatest is Feeling. The greatest is Feeling. That gives it life. That gives it intelligence. That makes it real.

We have talked about the Sight, and we've talked about the Sound; tonight we're talking a little bit about the Feeling. Feeling, really, is the Greatest Attractive Force in the Universe. Feeling is that same Force that is holding the sun and its planets, and all galaxies in this great creation. It is that Force of Love, or Feeling, or the Attraction, which is holding everything together. That's why it's such a Great Force. Some of you saw last night, or the night before – I've forgotten which it was – how the planet was just buh...beneath the new moon – the most beautiful thing. That those, that planet and that moon, is held there by the Great Force of Attraction, the Feeling Power of the Great Word of God.

And that's why it's the Greatest Force in the Universe – the Strongest Force in the Universe. The Great Creative Force has made all those planets, made you, has made me, and all things. That's a Great Force – the Creative Force of God. That corresponds in us to "will." But, that Power, which is pulling all things back to God, must be greater, must it not? That's Love. So within us we have the same force as God has – the Force, the cra...Creative Force of will; and the Great Feeling Force of Love. So Love, you see, is a Great Force, if we can so sensitize our vehicle that we will express God's Love, and be a full channel, so to speak, for its expression.

There are two forces, as I have said: the Great Force of Repulsion, which has created all things, and the Great Attractive Force, which is pulling things back. That's greater, because all things must resolve into that from which they have come. And we have those two forces within us, that's the thing we must remember. We have God's Great Consciousness – Cosmic Consciousness – plus Cosmic Energy; and in us we have the same thing: God's Great Consciousness as our own consciousness, plus the Life Force, or His Energy.

Now, Love is the Greatest Force, as I have said. Everything is satisfied in God's Love – no other way. Nothing else will fully satisfy you. That Love makes you feel, the pulling power of that Love makes you feel that if you get something in this life, you're going to be satisfied. That's the pulling power of God's Love on your Soul, or God's Love in your Soul, drawing itself back to God. But you find when you attain that thing, in this worldly existence, it doesn't satisfy you,

because that is not the Truth – that is not the Reality. The Reality is it is God’s Love within you, not the object of sense, which will satisfy your Soul when your Soul goes back to God.

And so, “This heart’s natural love...” just to read from some of the Hindu scriptures, “This heart’s natural love is the principle thing to attain a holy life.”<sup>6</sup> Why? Because the heart’s natural love is a portion, so to speak, of the Great Attractive Force of God’s Pull – His Great Pull upon us. We see it in the material creation in the planets. On us, we feel the pull of God’s Love – when it strikes you, you know it is this Superior Force.

And so, that’s why Sri Yukteswarji has said that the heart’s natural love is the principle thing to attain a holy life. Master used to say it in this way: “The heart must be pure gold.” “The heart must be pure gold,” otherwise you cannot reflect – or God’s Great Love cannot flow through you – if there’s any dross in the heart, in the Feeling Aspect within you. If there are any things which prevent the free flow of the heart’s natural love, you cannot express Divinity. Therefore, we must increase our ability to *feel* the Presence of God within. We must increase our ability to feel our oneness with Him. We must remove the separation, or we must remove those things which make us feel we are apart from God. If we can do that, as God is Love, so we are Love. That’s why it is very important, through yoga, to attain the Presence of God. And that Presence of God within us is the heart’s natural love. Nothing more – nothing less. Yoga will give you oneness with that.

And so, “When this love, the heavenly gift of nature, appears in the heart, it removes all exciting causes in (*sic*) the system and allows you to live normally.”<sup>7</sup> (*Sic*) That’s putting it in plain words. You know, sometimes you’re upset, things do not go right. If you can just feel the Love of God, everything of an inharmonious nature disappears. Such is the Power of the Attractive Force of God’s Love. That is what we must increase within us.

“When this Love becomes developed in man, it makes him able to understand the real position of his own self as well as those surrounding him.”<sup>8</sup> When that

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<sup>6</sup> Op. cit., Sloka 5-6, “This heart’s natural love is the principal thing to attain a holy life.”

<sup>7</sup> Ibid, “When this love, the heavenly gift of nature, appears in the heart, it removes all exciting causes from the system and cools it down to a perfectly normal state, and invigorating the vital powers excretes all foreign matters – the germs of diseases – from it by natural way, perspiration, etc., and thereby makes man perfectly healthy in body and mind, and enables him to understand the proper guidance of nature.”

<sup>8</sup> Ibid, “When this love becomes developed in man, it makes him able to understand the real position of his own self as well as of others surrounding him.”

heart's natural love wells up within you, you know what you are; you know there's no difference between you and your Father; and you also know, that there's no difference between everyone you meet and your Father.

We try to do that in worldly living – squabbles come up, and all sorts of things. Why? Because that thing is not realized, that's all. So it is very important through yoga to realize the heart's natural love, not only in yourself, but, of course, with that will come the heart's natural love, which you feel, and which you can sense, and which you can touch in others. Our Master has said, "God loves us so wonderfully, silently, and through His devotees." Every one of us must be a true devotee. We must feel God's Love in everybody we meet.

Animosity and such things must go, if we are to attain the kingdom of Heaven. So says Sri Yukteswarji when he says: "The (*sic*) heart's natural love is the principle thing to obtain a holy life."<sup>9</sup> It's the greatest panacea, the greatest balm. Next time something comes up to upset you, get by yourself; look within at the Christ Center, deep within your Soul; feel God's Presence. I'll wager it will disappear. It must, because God is Love.

And so, "With the help of this developed Love, man becomes able, or rather fortunate to, fortunate enough to attain, or acquire the Godlike company of divine personages and is saved forever."<sup>10</sup> (*Sic*) Through the Grace of God, if we but struggle on, that heart's natural love will develop. Then we will be drawn, as I'm sure we all are drawn here, by God's Grace, to the channel, the true channel, which leads back to Him. And those who have followed many years, as I have, will attest to that.

You will not find satisfaction in other orthodox religion. That's a good starting point. But we have to go beyond that. We have to go, through realization, to the Universality of God underneath the orthodoxy. That's what yoga will give you. It'll take you from orthodoxy to Realization of the Universality of God's Presence. And that's what we're talking about tonight: how, through yoga, to increase our sensibility, or our sensitiveness to appreciate, or perceive God's Natural Love in our heart. If you have that, then all your feeling will be developed, of whatsoever nature you can think of, because all stems from the Presence of God within.

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<sup>9</sup> Ibid.

<sup>10</sup> Op.cit., Sloka 5-6, "When this loves becomes developed in man, it makes him able to understand the real position of his own self as well as of others surrounding him. With the help of this developed love, man becomes fortunate in getting the Godlike company of the divine personages and is saved forever."

And so, these are wonderful words which we attain from the scriptures, and which, I've given you just a few words of my own – which I hate to do, because God does not have to be explained – He is. But, sometimes, it helps if you hear someone else say it. I know it did help me.

And so, what is it that purifies the heart so that you can feel more, so to speak; so that you can perceive more, the Presence of God, is the being in that. That being in that as much as you can. And that's attained by the practice of yoga. You can attain the Presence of God, which is oneness with the Holy Vibration within you, the Comforter of which Jesus spoke, the Holy Spirit. The more you're in that, the more you are sensitive to its vibration, until, finally, you become it itself and you become God's Love itself.

So, that's the way to sensitize this feeling within us, is to be in the Presence of God as much as we can – more and more. That's why Self-Realization – Salvation Yoga, I like to call it – because yoga is not full and complete unless you attain Salvation from it. Yoga will take you into the Presence of God, but after that, through the inspiration of such great ones as our Gurus, and Jesus, and our Master, then we are persuaded to surrender fully to God. Then, then comes true freedom.

The Presence of God is necessary. But we will not find fulfillment until we fully surrender to Him. Then we can say, as Jesus said, "Thy will be done, O, Father."<sup>11</sup> (*Sic*) When they, when they crucified him, he said, "Forgive them, they know not what they do."<sup>12</sup> "...Thy will be done." He must have had something wonderful to be able to do that. He did; he had oneness with God. There is no other way, except by merging in the True Light at the Christ Center, and the True Feeling in the Sensorium, or the Soul within.

Now, I have a few references which I'll give you at this time. First, from the, the holy scriptures, the Hindu scriptures, from our Master's great Guru, Sri Yukteswarji. He says, to substantiate what I have been saying about the two forces – one of repulsion, and one of attraction, or one of will and one of feeling. You may have a tremendous will, but the Feeling of God's Love is greater than His Force of Will. And as you meditate you will feel that.

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<sup>11</sup> Matthew 26:42, "He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done."

<sup>12</sup> Luke 23:34, "Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots."

So he says, “The manifestation of the omnipotent force...<sup>13</sup>” that is the repulsion. God is a real force, not an idea. “...(in its complimentary portion the Omniscient Feeling and (sic) Love...),” they are one and the same. God’s Consciousness plus His Power are one and the same. One is the Force, and the others the Feeling. One is going out; the other is coming back to Him. God is One; realize Consciousness plus its Energy – that’s what God is. That’s what we are. When you look within yourself you will find yourself as will and feeling, that’s all. Analyze yourself, and you’ll find that’s true. And so he says, “The manifestation of this Force (sic) Omnipotent Force Repulsion (and its complimentary portion (sic) as the Omniscient Feeling or Love the Attraction) is a (sic) vibration which appears as a peculiar sound of the Word, or Amen.<sup>14</sup>” (Sic)

Now, you can see why it’s essential, through yoga, to merge in this Word; to merge in the “Lost Word,” which has been spoken of through the ages. And the Lost Word is the Holy Vibration, that’s all. And when you merge in that, then you become as God is; tremendous Will plus tremendous Love, which is the greatest thing.

“As man is the likeness of God,” he goes on to say, “directing his attention inwards he can comprehend within himself the said Force and Feeling, the sole properties of his self – the Force Almighty as his will...and the Feeling Omniscient, as his Consciousness...<sup>15</sup>” (Sic) or Love. Realize these simple words which Sri Yukteswarji has given. By merging in the Holy Vibration you will realize those things of which he has spoken of. That’s what we are, the sole properties of ourselves.

Now, you know you’ll say, “Well, my will is certainly isn’t God’s Will.” It’s simply because you haven’t united it with Him. You may feel inferior. You may feel insufficient. You may feel you can hardly stand on your own legs. Well, all right, you feel the Presence of God, and His Will will be your will, and then it’ll be a different story. That’s why we need yoga – to give us Union with God – nothing else.

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<sup>13</sup> Op.cit., Chapter I, Sloka 3, “The manifestation of Omnipotent Force the Repulsion (and in its complementary expression Omniscient Feeling or Love the Attraction) is vibration which appears as a peculiar sound, the Word, Amen, Aum.”

<sup>14</sup> Ibid.

<sup>15</sup> Op.cit., Sloka 2, “As man is the likeness of God, directing his attention inwards he can comprehend within him the said For and Feeling, the sole properties of his self – the Force Almighty a his will, *Vasana*, with enjoyment *Bhoga*; and the Feeling Omniscient as his Consciousness *Chetana* that enjoys *Bhokta*.”

And so much for Hindu scriptures. If we could but realize those few words, which I have given you from the Vedas, through the intermediary of Sri Yukteswarji, our Master's Guru, of which we have just celebrated his Mahasamadhi. All truth is the same; whether it's in Hinduism, or Christianity, Mohammedanism, Zoroastrianism. Gandhi says, "Behind the Vedas, behind Christianity, behind Mohammedanism is the same truth." God is Love. God is Love, and we are that Love.

Now, from our Bible, there are two references, first the 22<sup>nd</sup> Chapter of Matthew the 36<sup>th</sup> through 40<sup>th</sup> Verses. I am sure you have heard it many times. I'll just give you the gist of it. There are two great commandments. The first is, "Thou shalt love the Lord thy God with all thy strength, and thy heart and thy might."<sup>16</sup> (*Sic*) That shows what Sri Yukteswarji says, "We cannot take one step toward heaven without this first commandment, unless we feel the natural love in our heart."

And the second is, as I pointed out: "Thou shalt love thy neighbor as thyself."<sup>17</sup> How can you love your neighbor as yourself unless you feel God in him? Then you can. "On these two commandments hang all the law and the prophets."<sup>18</sup> On these two commandments hang the ability to increase the sensitivity of the Feeling of God's Presence within. So, if you want to increase the Feeling of Love within you, get into His Presence, and He will do the rest.

Now, one other reference from our Bible; Jeremiah...Jeremiah says a wonderful thing on the 31<sup>st</sup> Chapter, the 3<sup>rd</sup> Verse. And this shows what I have been trying to say, that the greatest drawing power in the universe is God's Love. And that's what we are – God's Love – but we've become separated from Him.

And so in, in Jeremiah the 31<sup>st</sup> Verse, 31<sup>st</sup> Chapter, the 3<sup>rd</sup> Verse: "God hath appeared of old unto me..."<sup>19</sup> The Lord hath appeared of old unto me. In other words, the Lord is Christ Consciousness; and where is it perceived? In the Holy Vibration within. It has always been there, and always will be. "...saying, Yea, I have loved ye (*sic*), loved thee with an everlasting love: therefore with loving kindness have I drawn thee." God's "...mercy endureth forever."<sup>20</sup> Jesus said

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<sup>16</sup> 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."

<sup>17</sup> Ibid, 22:39, "And the second is like unto it, Thou shalt love thy neighbour as thyself."

<sup>18</sup> Ibid, 22:40, "On these two commandments hang all the law and the prophets."

<sup>19</sup> Jeremiah 31:3, "The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee."

<sup>20</sup> Psalm 136 1:26 "...and his mercy endureth forever."

the same thing. “None can come unto thee, me unless the Heavenly Father draweth him.<sup>21</sup>” (*Sic*) And in Jeremiah we see the same thing: “...I have loved thee with everlasting love.” Why do we doubt God? Why are we side-tracked? Delusion; delusion is very strong. But thank the Lord that He has sent us the wonderful channels whose examples we can follow, especially as our beloved Master.

Now the Bhagavad Gita says, says it in this way, and this is a very practical reference: “In the midst of turmoil, the devotee must rest in the Lord of peace...”<sup>22</sup> No matter what your troubles are, I find the only salvation, the only solution is to get in God’s Presence and let the rest of it go by. It says, “In the midst of the turmoil, the devotee must rest in the Lord of peace, discharging every duty to the fullest.” You cannot run away from it. “...not because he seeks the result of his actions, but because it is his duty to perform them. His heart is an altar, love to the, his Lord, the flame burning upon that altar; all his acts, physical and mental are sacrificed are sacrifices offered on the altar, and once offered, he has with them no further concern.”<sup>23</sup> (*Sic*) It’s that concern that keeps us tied to this business here. Do it for God. Do it to please God. Sacrifice everything for Him, then, forget it. He is the One Giver. God is Love.

And so, in this, these few words tonight, we have a wonderful lesson to try to increase the heart’s natural love in our heart, which is a gift of God, by being more and more, through yoga, in His Holy Presence.

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<sup>21</sup> St. John 6:44, “No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.”

<sup>22</sup> The Bhagavad Gita or The Lord’s Song, Translated by Dr. Annie Besant, 1939, “Preface”, “In the midst of turmoil, he must rest in the Lord of Peace...”

<sup>23</sup> Ibid, “In the midst of turmoil, he must rest in the Lord of Peace, discharging every duty to the fullest, not because he seeks the results of his actions, but because it is his duty to perform them. His heart is an altar, love to his Lord, the flame burning upon it, all his acts, physical and mental, are sacrifices offered on the altar, and once offered, he has with them no further concern.”