

Heaven Lies Within

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So, our subject this morning, "Heaven Lies Within," Heaven, or Spiritual Blessedness lies within.

That's what heaven is, Spiritual Blessedness, which is right within us,<sup>1</sup> if we can but contact it. Now when you have a restless mind, you cannot do that. And yet, this place of Spiritual Blessedness is the nearest of the near to those who seek it out; the farthest of the far to those who seek it not.<sup>2</sup> Nearest of the near; and those who have tasted it, will testify to this fact. It's right there. And yet, if you do not attempt to find it, it's the farthest of the far; and that applies to, I think, the majority of people. As the Gita<sup>3</sup> says, "Out of a thousand that hear, one follows, and out of a thousand of those that follow, one gets it."<sup>4</sup> (Sic) Why? Because they do not want it enough, they do not desire it enough.

And so, if you can still, if you can still the waves of the mind, there you will contact the Finer Forces of Heaven, and if you water it, it'll, like a plant, it will grow. It will grow until it's all-consuming. So, "Heaven Lies Within" is true. It is right within us. The kingdom of God is with men.

Now, an uncontrollable mind leads us to Hades, that's all. There's no peace, there's trouble, and there's delusion. And the greatest sin, the greatest sickness, is ignorance of the Soul. Ignorance of what we truly are – children of God, made in His Image, and with a Divine Heritage of a Conscious Oneness with God in heaven. That's what we are, that's our birthright; we should claim it.

"Be still," as it says in Psalms, "and know that I am God...<sup>5</sup>" You cannot know it except in the stillness within. In the restless mind, you know pain and trouble and delusion. Still that restlessness, and you know the Peace and the Bliss of heaven, right now, here on earth – not someplace we go to after we're through. Why not now? Be sure of it. Gain it now. You will have it after you're through with this place. If you do not gain it now, you will go to heaven, but unconsciously. Who wants that? Gain it now, in this life. Gain the Presence of God. Know heaven. You'll know it after you're through. And it can be knowable here on earth; it can be knowable; it is knowable. Realize that's the testimony of the great saints.

As Master used to say, "Never lose your calmness. Saints never lose their calmness." Well, perhaps, we all cannot be saints, but we can all attempt not to lose our calmness, for in that calmness we find the

Peace and Presence of God – we find heaven. We do not find it except there, because, as a, as I explained in our meditation, in duality of consciousness, time and space exist. They're relative. The Unity of God's Consciousness is beyond that, in the kingdom of which Jesus spoke: "My kingdom is not of this world."<sup>6</sup> My kingdom is not of this outward consciousness of frustration, uncertainty; and lack of security. My kingdom is in heaven, where God's Consciousness dwells. Those are the words of Jesus; and that heaven lies right within each and every one of us, if we will but claim it.

Now, it says in the scripture and John the 3rd Chapter, the 3rd Verse: "...Except a man be born again, he cannot see the kingdom of God,"<sup>7</sup> or the kingdom of heaven. But, if you are born again – born into the Christ Consciousness, which is within each and every one of us – you can see heaven; you can see heaven and realize it as something tangible and something definite, not a will-o-the-wisp place, but something real, something tangible, if you're born again. That means if you're born into the Spiritual Consciousness within, or through the Soul Consciousness of Intuition, then you can perceive heaven. But you cannot know heaven with the mind or intellect or sensation. It's impossible, because those are relative, the outer consciousness is relative. The kingdom of heaven's Consciousness is the Unity of God's Consciousness.

So, cast aside the idea that you're gonna reason your way into heaven, ya won't get there. But when you put that great faculty of reason aside, and become humble like children, the Soul's Power will say, "There it is." That's why Jesus said, unless you become like little children you cannot enter the kingdom of heaven.<sup>8</sup> Or another place he says, the pure in heart shall see God<sup>9</sup>; those who are simple. That is, not simple in the ordinary sense, but who simply, with humbleness, rely upon God, and know He is the Doer. Let Him do His Will through you, they are the ones that know about heaven. And so, we must be born again. And heaven is discernable through the Intuition of the Soul. Man has the power within him. Because we're made in the Image of God, we have the Power of the Soul's Intuition to know God, to know the Unity of God's Presence.

Every day a miracle is being performed by the followers of Self-Realization Fellowship: the followers, the sincere followers. They are contacting heaven. They are contacting the Unity of Consciousness which we do not see in this outward consciousness. They are seeing some of the Forces of Heaven at the Spiritual Eye. They are hearing the Cosmic Heavenly Sound, and they are feeling God's Presence, which is in the Region of Heaven. That's a miracle. Because with outward eyes, you cannot see the Spiritual Eye; with these ears you cannot hear the Cosmic Sound; and with ordinary human love, you cannot contain God's Love.

But when you turn your attention within, into the Christ Center, there you see the Light of Heaven. When you turn your attention within, and you hear the Cosmic Sound, no matter what you're doing, it's a wonderful thing. But when His Love over, overwhelms you, then, you know God is; and that's what you want, and nothing else. That's what Self-Realization Fellowship devotees, sincere ones, are doing every day. And that's what every one of us can do, if we will. Heaven lies within.

I have a reference here I'd like to give you at this time, from the Bible. I have my references on a piece of paper somewhere. That's the worst of this outward consciousness. You get mixed up in duality. I put those here somewhere. Oh yes, here they are.

Revelation, 21st Chapter, the 3rd Verse. I was speaking about the miracles performed by the simple, humble devotees of God in Self-Realization, and they are doing that every day. There was a man last Thursday night, down to Encinitas at our prayer service. As customary, the minister goes up first, and I went up first, and I was just about to start down, and this gentleman came and stood beside me. Well, that's the first time that had happened, but that's all right. But I felt a great peace with him, a great calmness. So, I put my hand on him, and he stayed there. I went back, he stayed there. Others came, he stayed there. Finally, after a little while, he came back. I talked to him the next day. He said, "What I felt there, the Peace and Presence of God which I felt there, I was transfixed. I wouldn't leave it," he says. And he stayed there. So, you see, God's Power is there. It's Supreme. It was so wonderful. A very humble fellow, and there he stood – transfixed in God's Love. Not in imagination, but in the Peace and Presence of God. It was a most wonderful thing. I tell you that to show you it is real.

And so, speaking about this miracle, we find here in the Bible, in Revelation the 21st Chapter 3rd Verse: "And I heard a great voice out of heaven saying, "Behold, the tabernacle of God," in heaven, "is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.10" Heaven is with us, right within. And so, understand that. The Peace of God which comes, the Bliss is overwhelming. You will not give it up for anything.

As we read in the AY,11 Master's speaking about his being one with the Presence of God in heaven. He says, "An oceanic joy broke upon the calm endless shores of my Soul. The Spirit of God, I realized, is exhaustless Bliss; His body is countless tissues of light.12" God is Light; God is a Unity of Consciousness. God's Consciousness is the only Eternal Substance. It manifests as light and in that Light is God's Intelligence plus His Bliss. That's what Master means when he wrote this: "...exhaustless bliss; His body is countless tissues of light."

And so we, when we meditate deeply, what do we do? We expand our consciousness from this gross vibration of outward consciousness until it assumes the speed of light, and it becomes one with God's Body, which is a Universal Light. That's what meditation will do for you; that's the miracle of light. God's Light has produced all things. All things come from that. We come from that. Our consciousness is that. When it's attached to matter, it vibrates at a lower rate.

When you elevate it, through meditation, it becomes one with God's Great Light, it assumes a tremendous speed of Spiritual Light, and you are one with Him, and your body is His Body. That is why the great saint, Shankara, said, "I am He, I am He, blessed Spirit I am He." That's what he meant, not the body. He had expanded his consciousness to heaven, to the Finer Forces of Heaven. Light is the substance of all things, yes, the Substance of Heaven.

Now, we have the tendency to seek happiness in outward things, because we've been born that way, and we've carried it over from incarnation to incarnation. If we reverse the tendency, and seek the happiness, not in outward things, but in the Presence of God within, then we have something permanent, something lasting, something that will never be taken away from us. If we put our dependence on outward things, we know it's gonna pass away.

Many people come to me – young people who are married – and I say, "Follow the path to God together, and you will not lose one another. But if you do not, you're bound to lose each other, because that which is born will pass away, and you were born, each one of you. But the consciousness which is behind this body in each of you is the same. It's God's Presence, merge in it. You will never be separated." And is that the best advice I can give them. And when they realize that, both go to God. Isn't that wonderful?

That's what Self-Realization is. It's for all of us. Many people are married. Many people do not have to be married. They live in a monastery, or live in our Order. Wonderful! Self-Realization is Universal; it can be applied to each and every one of us. God is not partial. God is Supreme. He Loves every one of us – married or single, rich or poor, intelligent or without intelligence. God loves us just the same. That's the beauty of knowing God. He doesn't differentiate. He's not partial, except to those who want Him. That's why Master said, "Love God." "Love God; love Him more than anything else and He will come to you."

And so, if we put our efforts to internal things, then we will contact the lasting thing, and God will be with us, always. There's a saying, if I can remember it, "an empty sack can't stand up alone," or something like that – you know, it falls over; just nothing to it. Why? They haven't impregnated, or we haven't impregnated our lives with the Presence of God. Fill the sack up, this "bag of bones," as it's called. Fill it up with God's Presence, then, it'll stand alone. Then you'll stand alone, erect, secure in the

Presence of God. Heaven is within us, if we put the effort to stand in God's Presence. And then we can stand and enjoy life as we should, with the Power of God backing us, His Zeal behind us, His Great Love solacing us. Then, we can surely know heaven is right within us.

I see I have a, a reference here, which is, that must be used this time. It shows that we must not depend on outward things; we must turn our attention inward. Instead of looking for satisfaction and fulfillment in this outward, worldly consciousness, let us look for those things in the Presence of God. And I found a few words which Master has written, which are wonderful, in which he says, "Human..." or Sri Yukteswarji wrote this, pardon. "Human conduct is ever unreliable until anchored in the Divine.<sup>13</sup>" How wonderful that is. Look around you. Isn't that so? I've had some of the best friends, I thought. Many of them are gone away. Don't put your faith in anything but God. That's the lesson. That's why, what I had to learn. Don't put it in people, except as you see God in them. And so Master says that... Sri Yukteswarji says, "Everything in the future..." this is the most wonderful part, "Everything in the future will improve if you are making a Spiritual effort now."<sup>14</sup> Isn't that wonderful? People say, "Oh, I don't seem to be getting anywhere." They are getting somewhere, if they're making the Spiritual effort. These are Sri Yukteswarji's words. "Everything in the future will improve if you are making Spiritual effort now."

And as Daniel has said, this should forever put away the idea you're not progressing, if you're honest with God and truly seeking heaven. It says in Daniel, 10th Chapter, 12th Verse: "...Fear not, Daniel:" fear not, Daniel – we might say, "Fear not, devotees: the moment you "...set your heart to understand..." somewhat you are fair with God, so to speak, really want Him, and then discipline yourself, "chasten" yourself – that means meditate and give the effort – "thy words are heard, and I am come for those words."<sup>15</sup> (Sic)

That doesn't mean you're coming next week. The minute you do those things, God hears you, because His Omniscience is All-pervading and He comes immediately. That's what Sri Yukteswarji means. He says, "Everything in the future will improve..." when you are making a Spiritual effort for God. Isn't that wonderful? So, don't be discouraged. I know how it is. I've been all through it. When the Master was behind me, pushing me to the limit, I knew discouragement in all things. But God doesn't ever leave you. The moment you set your heart to understand, He will show you heaven and all things. He will never leave you. That's the beauty of knowing God. Don't be satisfied with anything less than that. Know Him. That's your birthright, that's my birthright.

And so, we come now to a practical question: what can we do, what can we do in a practical way to know heaven? Well, first we have to know something about heaven. We have to realize that heaven is

not in this Region of consciousness. Heaven is in the Region of the Finer Forces, the Finer Forces where things originate, so to speak. The Underlying Noumena is the Region of Heaven. We have to know something about that. But understand this one thing; it is not knowable through the ordinary senses, mind, and intellect. It is knowable through the Soul's Power, through the Intuition within; and that, you cannot attain that, except you meditate and get above this outward, worldly consciousness of duality. In that there's no security. You will not contact the Heavenly Forces through the intellect. But you will contact them through the Power of the Soul, the Intuition of the Soul.

As we say, "it came down from heaven." In other words, that suggests that the Heavenly Region is made of Finer Forces. They're not perceivable in this Realm here. But in this Realm, we have other things which are of a gross nature. Therefore, the vibration of Heaven is of a Finer Nature than this worldly existence in which we find ourselves.

In this worldly existence we know what we have. We have wa, worries and troubles, and all sorts of things, don't we? But in the Unity of God's Presence, they cannot exist, because the vibration's different; the vibration in God's Heavenly Realm is Spiritual vibration. These worldly worries, and so forth, cannot exist there. Now, if you wanna get rid of them, know Heaven, know heaven right within yourself. How? Meditate regularly. Meditate regularly, and the moment you start to meditate, and carry it out regularly every day, you are making, as Sri Yukteswarji says, "Spiritual progress." Never doubt that.

And if you like the Bible reference, "...Fear not, Daniel: the moment you set your heart to understand..." that's doing something about it. Do it! Do it every day. Don't let a day go by without your meditation. Don't do it; and someday, although in the beginning it seems useless – as we talked about in the Bible there

– in the end you'll be supremely happy, because that's God. God's Presence will be with you.

And I say, in this worldly existence, we find things which give us worry and cause us lots of trouble. I found a little something about the worry. I wanna read it to you, just to give you a little break now, at this time. Master said, you know he says, you tell 'em a story once in awhile, and it kinds of breaks things up, see.

In this worldly existence we have, we find worry. I think you all know about it. But this little point, I know some of you have read it, but it'll, it'll go once more.

It says here: "Why worry? There are only two reasons for worry. Either you're successful, or you're not successful. And if you're successful, there's nothing to worry about. If you're not successful," it says, "there's only two things to worry about." This is the way the worries go. "Your health is either good or you're sick. And if your health is good there's nothing to worry about. And if you're sick there are only two things to worry about. You're either going to get well, or you're going to die. And if you're going to get well there's nothing to worry about. And if you're not going to get well," that's right, "there are only two things you have to worry about. You're either going to heaven, or you're not going to heaven. And if you are going to heaven, there's nothing to worry about. And if you are going to the other place, you'll be so doggone busy shaking hands with old friends you won't have time to worry. So why worry?" I think that's all right. There's a little break.

So, going on, now, about heaven; saints lead their disciples back to heaven. Why? Because they have experienced it. Saints lead their disciples back to heaven – saints and their teachings. If you follow them, just as sure as the day follows the night you will find heaven, if you follow a true saint or his teachings. That's why the channel of Self-Realization is so important. That's what Jesus did to his disciples, for his disciples. As you read the different sermons, how he felt toward them: Father, I want them to feel the same love that I feel. Master used to say, first time he met me, "Doctor, will you always love me as I love you?" Imagine it. Because he had tasted heaven and God's Love. And many times he used to say to me – he used to give it to me in good shape, discipline me, and I'd begin to squirm – he'd say, "You know, I want you to be the best." Imagine. "I want you to be the best." Well, you couldn't resist anymore after that. Anyone who wants your highest good, especially to go to God and to find heaven, certainly must be followed, must be respected, must be loved.

And so humbleness, humbleness, lack of ego is necessary to find the heavenly kingdom. That's why Jesus said about Nathaniel: "Here comes Nathaniel...who is without guile.<sup>16</sup>" Here comes Nathaniel, who is humble, without ego, and because he is that way, Jesus said, he shall see angels ascending and descending from heaven.<sup>17</sup> He shall see the Finer Forces of Heaven. If you allow God's Consciousness to come into you, if you rise above this worldly consciousness and feel the Christ Consciousness within, the Superconscious Presence of God, then the heavenly rays are visible to you. Then the obstructions have been removed, because heaven lies within us. Here comes Nathaniel, who is without guile, without ego, who is humble of heart, pure in heart; they're the ones that shall see God and see heaven.

And so, meditation is the answer. Meditation is the answer and concentration, that we contact the Presence of God, as we did this morning for a little bit. Meditation means concentration on God. If we can but feel His Presence within, there'll be no question but you will follow. As Master said, "Let them taste the Peace of God; they will follow." That's why I'm interested so much in meetings such as we have Friday night, and also other places, because it helps the people to taste the Peace of God. Tasting that,

they come. Why? Because they want it, that's all. They feel the necessity of it. And if they persist, they will see heaven right within them.

So, these things are true. Meditation is the answer, as Master said. Meditate regularly – regularly. Don't let a day go by. If you should happen, due to sickness or some unforeseen event, make it up the next day. That's the way to beat this idea of duality in which we live. Make it up the next day. Do twice as much, if you miss one day. God likes that very much. If you wanna please Him, do that. And whatever you do, if you wanna know heaven and its Finer Forces, work to please God. That's the simplest thing. That's the easiest thing.

If you try to correct all your habits, you're swept away – there's so many. But, if you just try to correct them as you can, to please God, then He likes that, because He's the One, He has everything, universe upon universe, world upon world He has. What can you give Him, what can I give Him? One thing: please Him through your love for Him. He doesn't have that.

And so, if you wanna know heaven and all things, work only to please God. Love God. He is your life, "Thou art my life, Thou art the sweetness which I do seek.<sup>18</sup>" God alone is. Realize that.

And meditation is the way. The science of yoga is the way. Yoga means union. Union with what? With heaven; with God. Practice the yoga which Self- Realization gives you. It gives you the highest form of yoga – Raja Yoga. And if you follow it, as he who gave it to us knew Heaven and the Finer Forces, and knew God, so will each one of us, because God is not mocked. He didn't send the channel of the Master here just for the fun of it. He sent him for you, and for me, to give us hope, and to show us that He Loves us just the same.

Master used to say to me, "God loves us more than we can imagine; silently and through His devotees." He is crying for us. Are we crying for Him? Good! Someone said "Yes." I'm glad to hear that. That's wonderful. That's all He asks. And whatever you do, meditation of any kind – sometimes, if the body is well, and you meditate, and you feel, "Well what's the use of all this business?" But, if you do it to please Him in spite of the pain and trouble, in a few days you will see an advancement in your consciousness, showing you that God knows all things. Work to please Him. Even meditate to please Him, if you don't enjoy it. Meditate to please Him. There'll come a time when you will enjoy it.

And so, finally, heaven truly lies within.<sup>19</sup> Heaven truly lies within – but prove it. Prove it. Prove it through your meditations. You have the power to prove it. Being made in the Image of God, we have to prove it through the Intuition of our Soul. Proving it, you will know, with great satisfaction that God, that heaven, lies within. But you have to prove it. You can listen to me talk, or someone else talk, you can read books – they’ll inspire you. But until you prove it, until you prove heaven lies within – which you can do – you will not be satisfied. And you can prove the finer forces of heaven easily, with a little effort, that’s all. As I told you about the Self-Realization Fellowship devotees who prove it every day; they meditate; they see the Spiritual Eye at this point; they see the Light of Christ at this point; and they feel the Love of God.

And so, we can prove this thing, if we will just give a little time. We can prove the miracle of Light, which is the greatest miracle there is. That God’s Light has made all things, and that Power is right within us through the Power of Intuition.

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1 Luke 17:21, “Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.”

2 The Master Said, Self-Realization Fellowship, 1952, Page 41, “What must I do to find God, Master?” asked one of the new disciples. And the Master said, “You must love God as the drowning man loves breath, as the miser loves his money, as the lover loves the beloved, as the devotee loves his religion. When you love God that way He will come to you. Every little leisure from activity plunge yourself into God; talk to Him. He is the nearest of the near – the dearest of the dear.”

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

4 Ibid, 7th Discourse, 3rd Line, “Among thousand of men scarce one striveth for perfection; of the successful strivers scarce one knoweth Me in essence.”

5 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.”

6 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."

7 Ibid, 3:3, "Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God."

8 Matthew 8:13, "And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven."

9 Matthew 5:8, "Blessed are the pure in heart: for they shall see God."

10 Revelation 21:3, "And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God."

11 Autobiography of a Yogi, by Paramhansa Yogananda, First Release 1946, (May be downloaded Free from the Internet), "AY" is a common nickname used to refer to this book.

12 Ibid, Chapter 14, "An oceanic joy broke upon calm endless shores of my soul. The Spirit of God, I realized, is exhaustless Bliss; His body is countless tissues of light."

13 Ibid, Chapter 12, "Forget the past," Sri Yukteswar would console him. "The vanished lives of all men are dark with many shames. Human conduct is ever unreliable until anchored in the Divine. Everything in future will improve if you are making a spiritual effort now."

14 Ibid.

15 Daniel 10:12, "Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words."

16 St. John 1:47, "Jesus saw Nathanael coming to him, and saith of him, Behold an Israelite indeed, in whom is no guile!"

17 Ibid Verse 51, "And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man."

18 Cosmic Chants, by Paramhansa Yogananda, "Thou Art My Life" 19 See Footnote 1