

What is the Holy Ghost?

Dr. M.W. Lewis

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The subject this morning: "What is the Holy Ghost?" "What is the Holy Ghost?"

This is a difficult subject for the simple reason that, as I have said, the Holy Ghost is perceived not with outward consciousness but through the intuition of the Soul. Jesus said very clearly, "My kingdom is not of this world."¹ In other words, the Forces of Heaven, which are found in the Holy Vibration, the Holy Ghost, cannot be perceived by outward consciousness through the intellect, mind, and reason, and so forth. They have to be known, experienced, realized, through the Soul, the intuition of the Soul. And so it is difficult. The Holy Ghost must be not only theorized, it must be realized, and experienced.

And so, as we said this morning in the beginning, that's why I asked you to feel, to feel the Presence of God as the Holy Vibration. What good is talking unless you feel it, and make it your own? Now it can be done. And so, remember, do not theorize only on the Holy Vibration, the Holy Ghost, but realize it. Merge in the Infinite Light within, feel the Presence of God, feel His Infinite Presence, see His Infinite Light. In that Light you will find the beloved Master, all prophets, all saints.

Speaking about theorizing about the Holy Ghost, it's like this. I say to you now, we have a wonderful restaurant here – the India House. They serve the most wonderful mushroom burgers. You should come and taste them. And then, I go on I say they're Calcutta Croquettes, they're wonderful, but the spaghetti – you never tasted anything like it. Pretty soon you're gonna say, "Now listen; stop talking about it. Stop theorizing. Let me taste it. Let me realize it. Let, take me to the restaurant. Let me have some of that myself." And so with the Holy Vibration, we must not theorize it, but feel it, realize it, make it your own. It can be done.

Perhaps you have heard, perhaps you have seen, some people sway, as it says in the Bible, that they were like men under the influence of new wine.² Yes those upon whom the Holy Ghost falls, they may act that way, because they're

¹ St. John 18:36

² Acts 2:1-21

consciousness then is lifted into an entirely different sphere – the sphere of the Finer Forces of Heaven – and so, they may sway a little bit. But remember, in that Holy Vibration is the Great Power and the Strength of the Master of the Universe. But greatest of all, you will find there, God’s Great Love. Now, is it any wonder that they act a little different? If you contact that Holy Ghost, you won’t care whether you sway, what you do, such is the Love of the Infinite. And that is what you will find, if you contact the Holy Vibration, and merge in Its Presence.

And so, this morning, as I tell you a few things, let us go beyond the words. Let us, with our united hearts, merge, merge in the Presence of the Infinite. I will not be satisfied unless you do and feel His Presence. My words are nothing. But, if the Power of God will come through them, and touch you, and lift you into His Great Light and His Love, then I will be satisfied, and that’s what I wanna do this morning. I want you to feel, by the Grace of God, and the efforts which the Master has given to make this applicable to every one of us. I want you to feel His Infinite Light. I want you to see it, at this point [Spiritual Eye], I want you to feel His Love and His Peace.

In discussing the Holy Vibration, let us begin with the words of the [Bhagavad] Gita: “Om, Tat, Sat” - Holy Ghost, Son, and Father, said in reverse – Father, Son, and Holy Ghost. Now the thing to remember is this, from the Infinite Consciousness of God the Father, we find when that Consciousness vibrates – the Spirit of God moved, as it says in Genesis.³ When His Consciousness vibrated, what happened? He created light, it says in Genesis.⁴ When the, God’s Consciousness vibrated, when the Spirit moved then there was a vibration of it. That’s all. So we have two parts to God’s Consciousness. Unmanifested and manifested. Now when His Consciousness moves, that’s the Holy Vibration, that’s all. Is there any difference between the fire and the burning power? Can you separate them? No. And so, it is the same Consciousness of God except it is moving it is vibrating. Now in that Holy Vibration, that part of His Consciousness, the manifested part, which is moving, what do you find? You find the Presence of God in it. That’s the Son, that’s all. That’s the Son, the reflected Consciousness of God. And so, that one Consciousness of God becomes the Father, the Son, or His Presence in His movement, in His Holy Vibration.

³ Genesis 1:1

⁴ Genesis 1:3

Now there you have in a few words, I wanna make it simple, what the Holy Vibration is. It is the movement of God's Consciousness. But, in that movement, in that Vibration is His Great Presence, His Love, His Power, His Strength – everything you need you will find in that Vibration. Every vibration gives off Light and Sound. And so, this Holy Vibration of God gives off Light and Sound. Those have two aspects: the Cosmic aspect – the Universal aspect; plus His Presence in us as the Light and Sound of the Holy Vibration. "Holy" simply means what? God's Consciousness; isn't that holy? He is the Sole Doer. Ghost means "unseen." So there you have a few simple words what the Holy Ghost is. But the thing is to feel it, merge in it. That's quite different.

In the beginning God said, "Let there be light." These are the Cosmic phases of the Holy Vibration. Remember, rather I'll begin with sound first. Sound and Light, but greatest of all is what: the Omniscience of God in it; His Consciousness in the Holy Vibration. So we have the Sound of His Great Motor running; His Consciousness moving. That gives off a Sound that's called the Holy Vibration, the Cosmic Sound of Om.

Now in different religions we have the Om spoken of in different ways – the Om of the Vedas, the Amen of Christians, the Amin of the Muhammadans, the Hum of the Tibetans. I used to know two or three others, Zoroastrians⁵, but they slipped my mind. Now there was a machine that took these vibrations and recorded on a tape the sound spoken of by the different languages, and the underlying pattern was the same, showing that there is a reality, an underlying reality in all those sounds, the Holy Vibration, the Om.

In Revelation, 1st Chapter, I believe it is the 10th Verse, it says: "I was in the spirit on the Lord's day and heard behind me a great voice as of a trumpet." There you have the Sound of the Cosmic aspect of the Holy Ghost. You notice it says, "I was in the *spirit* on the Lord's day." You cannot hear it with outward consciousness. "I was in the *spirit*." I was in the Spiritual consciousness within.

Now going on to the Light aspect of the Cosmic Vibration; in Genesis it said "God created light." That's the first Cosmic Light that was created. From that all other things have come. Everything has come from that Light. Science has proved that matter resolves into energy and energy finally into light. Jean, James Eddington, and another gentleman from Harvard, Dr. Oldenburg, has proved, has proven that light can be synthesized into matter. From the light atoms, from

⁵ The Ahunavar of the Zoroastrians

the light, the photons he can make the positrons – imagine it – showing definitely that everything comes from the Great Light of God. And the electron mag, uh, microscope you know of, wherein everything comes from light atoms.

And so you can see, from this Cosmic Light of the Holy Ghost, all things have come. But greatest of all, greatest aspect of the Holy Ghost, the Cosmic part, is the Omniscience of God that is in that Holy Vibration – All-pervading Presence of God; All-pervading Light; All-pervading Love – is in that Cosmic Vibration. His Great Consciousness is there. Otherwise, how, how could all things come from the Holy Vibration except God's Consciousness is there. That's why it is called Divine Mother. She gives us everything - The Virgin Mary. That's why it's called that, because everything comes from the womb of that Holy Ghost – everything – you, me, all things.

So remember, that Holy Vibration is the repository of everything that was ever created and ever will be created. So, you can see, if we can contact that, if we can contact that Holy Ghost, the Holy Vibration, in it is the Consciousness of God, His Power, His Strength, and His Love. That's the key, that's the key to salvation. That's what we must do.

Now let us go on to the Cosmic Vibration in us. That's what we're interested in, because this is the vehicle we're gonna contact God. We have no other vehicle, so let us discuss just for a minute or two the presence of the Holy Vibration in us.

Now how does that Cosmic Vibration enter into our being? It has entered and made our bodies through the Medulla Center, the door at this point, which I spoke of in the Bible reading. That is the Great Source of the Holy Ghost within us. That's why the saints look at this point, and that's why every devotee who wants to know God should look here. And so, that is where the Holy Ghost comes into us, at the door, the Medulla Center.

Now we find it accentuated where? In the Centers of the spine, and the Thousand-rayed Lotus. Now those are the places that we will find the Holy Ghost within us. So we have to know those places. We will find the same three aspects of the Holy Ghost in us as in the Cosmic Holy Ghost. What are they? Don't forget now: Sound – the Sound of the Holy Ghost within you; the Light of the Holy Ghost within you; but greatest of all, the Love of God, that is in that Holy Ghost you can *feel* within yourself. That is what we must remember.

Now remember, the Holy Vibration comes in through the Medulla Center. I'd like to read just one passage from the Bible at this time. The 45th Chapter of Isaiah, the first three verses. It is very interesting. Remember, I said that in the Holy Ghost is everything that you need – all Power, all Strength – because the Consciousness of God is there. Now it says: "Thus saith the Lord to his anointed..." Who are the anointed ones: Those who receive the Holy Vibration, those who receive the Holy Ghost. You have the method right with you. You have the techniques of Self-Realization. You have the Om Technique. That gives you contact with the Holy Ghost. If you contact the Holy Ghost, you are God's Anointed Ones. There's nothing mystical about it. They're not favored. They're just the ones who will do something to find God within them.

And so it says, "The Lord says to His anointed...whose right hand I have holden,..." If you have the contact of the Holy Ghost, doesn't God hold your hand? Yes. He more than holds it. He takes care of you in every possible way. "...I will loose the loins of kings to open before him the two leaved gates; and the gates shall not be shut;" Now, when it says the "loins of kings" it means "power," doesn't it? King is a symbol of power. And so, when you know the Medulla Center, spoken here of the "two leaved gates," there are two aspects to the Medulla Center – the outer vibratory aspect, the outer ring, and the center of Christ Consciousness. Now it says, when you have that, putting it in simple language, you have all the Power and Strength that you need, because remember, God is in that Holy Vibration.

"I will go before thee, and make the crooked places straight: I will break in pieces the gates of brass, and I will cut in sunder the bars of iron:" That simply means I will remove all obstruction that is in your way. These things refer to physical obstruction. And when you contact the Power of God within you, the Holy Vibration, what can stand in your way: nothing. When God is with us, who can be against us? Remember, this is important. I'm trying to point out to you that right within your own being, you have the Holy Ghost, which can be known, can be touched, can be merged into. And when you do that, you will have the Power spoken of in Isaiah – all the Power that you need. You'll have something else.

In the next verse it says this: "...I will give thee the treasures of darkness." When you first look within – dark; nothing there – keep on. You'll soon see a little Light. Keep on. Merge in that Light, and in that you will find the Treasures of Heaven – the Eternal Kingdom of God. "I will give thee the treasures of heaven,

the treasures of darkness, and the hidden riches of secret places, that thou mayest know that I, the Lord, which calls thee by thy name, am God."

The name of the Holy Vibration is the Sound which you hear. When you look at this point [Spiritual Eye], merge in the Light. You will hear the Sound of the Holy Vibration. That's the name, that's your name. You are then anointed and God has taken you by the hand. Do not forget that. The Holy Ghost is within us at this point. You can contact It, you can make It your own.

Also regarding the Sound, the Sound of the Holy Vibration in the body, remember we have the Sound, the Light, and the Omniscience of God, just the same as in the Universal Sea or Ocean of Spirit. Even in a, in our bodies, we have that. The Sound is heard at the different Centers of the spine, and the Thousand-rayed Lotus. The Bee Sound; the Coccygeal Sound, the Sound of the Cricket Sound; the Harp Sound; the Bell Sound; those are simply Sounds of the Holy Vibration within you. And in the Thousand-rayed Lotus we have the composite Sound – the symphony of all others. These are real. They can be known, if you practice Self-Realization Yoga. They can be yours.

We also have the Light within the body. Going over it quickly, says in Matthew, "If thine eye be single thy whole body'll [will] be filled with light."⁶ In Revelation, you also have a description of the spiritual body, the body of Light. It is all there, but greatest of all, greatest of all, we have within us, the minute we rise above outward consciousness into the Holy Vibration within, we have the Omniscience of God, we have His Great Love. There's nothing will equal that. When that comes, nothing, you will give that. You will replace that by nothing. Nothing can replace it, because that's God's Great Presence Himself. You will feel that.

When you contact the Light, or the Sound, you will feel that Omniscience begin to well up in your heart. There you have, right within you, the Presence of the Holy Ghost. Now that's the first point, that's the theory. Now what're you gonna do about it? What're we gonna do about this Holy Ghost within us? If we just theorize on it, you've heard me tell about, and you say, "That's fine, that's wonderful." Don't stop there. We must do something. What must we do? We must become one with it.

⁶ Matthew 6:22

I give you a nice piece of cake. You say, "Well, that's a fine cake. Nice frosting; wonderful cake." And you just keep it there. That isn't any good. You take and eat it, don't you? You make it your own. So the Holy Vibration, we have to make our own. We have to merge in it. How, you say, "How do you know that?" In St. John, the 1st Chapter, the 33rd Verse we read words to this effect: "On whom you see the spirit descending and remaining." That's it. That's the merging. Some see a little glimpse of the Light. Forget it. Some hear a sound, and we've got other things to do. We're too busy. But on those whom you see the Spirit descending and remaining, those who merge in the Holy Vibration, what are they, what do they do? They are the ones who are baptized by the Holy Ghost.

If you wanna help your friends, if you wanna help people, contact the Holy Ghost. Get something you can give them. Not just words; not theory; not reading out of books that somebody said. Find God yourself, right within you. Then when you come in contact with them, you will lift them up through the Power of God within you. Not through your own power at all. You have no power. You cannot make one cell of the body. Neither can I. God is the Sole Doer. When you contact His Presence as the Light, the Sound, or the, or His Omniscience within you, that's the beginning. Merging in that, having Him, then you can really help others. Now isn't that worthwhile?

That's why Self-Realization appealed to me, way back in Boston in 1920, when I met the Master, because as I practiced, I saw that it did something. It is valuable. I could help others in a real way – not theory. And gradually, as [tape skips]...God takes over, as God comes into your heart. Then you can give to others. Not until. So it is very important we do something about this Holy Ghost within us. We must merge in it. We must expand our consciousness from the little body to the Ocean of Spirit. That's why I sang that song this morning, "I am the Bubble," the little bubble of ego, "make me the Sea, make me the Sea." Feel Him now. *Feel*, begin right now. Feel the Presence of God. "I am the bubble, make me the Sea." We must expand our consciousness from this little limited body to the Great Ocean of God's Presence.

The Master has said these wonderful words: "When the wave feels itself isolated from the sea..." Do you feel the Sea of God's Presence? No. Not all the time at least. And so he says, "When the wave feels itself isolated from the sea, the boundaries of the waves must be expanded until they take on the shape of the sea." Isn't that beautiful? We must expand our consciousness, how? What is the

expanded consciousness, the Cosmic aspect of the Holy Ghost? Expand into it. How: by merging in the Holy Ghost that is within your body right now.

We have many references to this in the Bible. I will not go into it. I want to give you one reference from The Holy Science, one of Sri Yukteswarji's books, one of his greatest books – a book which you all should read. He says on page 31, the first four lines – this about what you should do about the Holy Ghost – what all of us should do. He says: The baptism, now listen carefully, “[Brahmanidhana] the Baptism or merging [of the self], in the [stream of the Holy Sound, *Pranava*, which is the]” Holy Ghost, “is the holy Work to attain salvation...” That's why this subject is so important. I'll read it once more. “[Brahmanidhana] the Baptism or merging [of the self], in the [stream of the Holy Sound, *Pranava*, which is the]” Holy Ghost, “is the holy Work to attain salvation, and the only way...” listen now! “...the only way by which man can repent,” or creep back, “to his Divinity [the Eternal Father, whence he had fallen].”⁷

You remember, in the beginning, I said, “God the Father beyond creation, His Son, His Consciousness in creation and the Holy Ghost.” What does “creeping back” mean? What does repenting mean? You remember how we thought repenting, what it meant years ago, “revival meetings.” Doesn't mean that – it means to step by step merge in the Holy Vibration within you, and go back through the Son – finally to Cosmic Consciousness. That's real repentance. That's the only way you can get back to God is by merging in the Holy Vibration.

Now isn't it important to you? Isn't it important to me? It's the thing we must do, unless you want to come here over, and over again, and go through this mess. No. I've had enough now. And thank God the Master waked me up and said “your life is finished.” I wondered what he meant. He said, “You'll find your life is finished.” I found it was, because when that other comes, then you realize that's the Eternal thing. This is the transient thing. And so, merging in the Holy Vibration is very, very important.

Outward consciousness give us things of the world, but inner consciousness, inner Spiritual consciousness within, gives us, as Jesus said, “The kingdom of heaven.” “My kingdom is not of this world,” but of the Heavenly Forces. We must know those.

⁷ The Holy Science, Chapter III, 1-4, Vide Rev. II, 19.

Finally, from the Bible, Titus, Chapter 3, the 5th Verse, one of the, my favorites, because it sums it all up, that we must merge in the Holy Vibration. It says: "Not by works of righteousness shall you be saved," no, "but by the washing and regeneration..." of merging in the Holy Vibration. There's no other way. Now, if you wanna be saved, which I know we all do, there's that longing within us, the Soul for something, is to go back to God, from whence we came, back to His Infinite Light – merge in that Infinite Light. If you want that, you must merge continually, over and over again. That's why the Master said, "Regularly, morning and night, do, do your techniques and meditations." Lahiri Mahasaya said, "Do a little Kriya each day." Why: because that's merging in the Holy Vibration. And only through that can we be saved, because we came from God down through that Vibration. We have to, step by step, go up to Him. I can go down on this platform, step to step, to there. How do I get back? Step by step up again. So we have to go to God the same way. How to do it: through the techniques of Self-Realization.

The Om technique, remember, of Self-Realization, gives you the contact of the Holy Vibration within your body. It gives you contact of the Presence of God within you. Now you pray to God, but you haven't His Presence. It doesn't do any good. But you lift your consciousness to this point [Spiritual Eye], you see His Light. You even don't have to pray, because you're in His Presence.

Lahiri Mahasaya wrote some letters. I have some of his words here. They were sent to me by his son, or rather his grandson, Ananda Lahiri. I'd like to read them to you just a bit, showing you what this Holy Vibration is and how important it is to you. He says this: "There is only, there is really only one eye, the very power of sight, the Universal Power of Sight that is in the Holy Vibration. But also in that Holy Vibration is the Omniscience of God beyond time and space."

So you can see, the minute you touch that, the minute you touch that Omniscience, there's no time or space. God knows it, and that's why, when we read in the Bible, He knows the sparrows fall. Why: because of His Omniscience everywhere. That's the Holy Ghost. That's the Holy Vibration. If we touch that, which we can by following Self-Realization, we touch God. We touch the hem of His garment. That's why He knows and answers you.

I was out in Plymouth Bay, I've told the story here many times, caught in a storm. And by the Grace of God, the Master's Grace, his help, I was able to look here and see the big Spiritual Eye. The Master knew it immediately, because he

told the lady, he was staying at this lady's house. He jumped up, and he said, "Sister, I tell you the Doctor's in trouble, serious trouble." How did he know? Because he was one, he had merged in the Holy Vibration, the Holy Ghost. And in that Vibration is the Omniscience of God and the All-seeing Power of God. The Single Eye is not the Medulla Center. That's the Medulla Center, the door. The Single Eye is the Universal Power of Sight that is in every atom. And if you contact the Omniscience of God, then you have that. You have the Universal Sight.

I asked the Master later; I didn't find out – for I think it was five years – that he had known that. When I did find out, I said, "Now sir, I want to know, how 'bout it, did you see it?" He said, "Yes." He hung his head a little and said, "Yes, I saw it." Why: because he was one with that Universal Power of Sight, the Omniscience of God.

Now going on just a little bit – this is the important part. It is through – now listen – it is through *rest* in the Holy Ghost. Many hymns say, "come unto me, and I will give thee rest." It is through rest in the Holy Ghost, merging in the Holy Ghost. These are Lahiri Mahasaya's words: "However small it may be that we contact God or all divine beings." Everything came from that One Light of God, the Holy Ghost. If you contact it, then you can see the saints – only then. And so, Lahiri Mahasaya says, of his grandson said – wrote to me – Lahiri said to me: "Thus we can see a Lahiri Mahasaya, or a Christ, in the Kutastha," or the Single Eye. Everything is there, or we can become Christ, or a Lahiri Mahasaya, by being constantly in touch with Kutastha, the Universal Single Eye and the Omniscience of God.

Jesus said that, didn't he? "These things I do ye shall do and greater things."⁸ We are made in the Image of God, but we have to merge in His Consciousness. We have to merge in His Omniscience, and then as He sees all, and is Omnipresent, All-pervading, so we, merging in His Presence, likewise have the same qualities, and can do the same thing as He does. We have to merge in His Presence. Jesus said, "These things I do ye shall do and greater things." That's why we have some business with the Holy Ghost – to know about.

Finally, the Holy Ghost is what? It was the Comforter. It is the Comforter spoken of by Jesus. It is the Comforter spoken of by Jesus to his disciples. Why is it the Comforter? I've told you, because in that Holy Vibration is the

⁸ St. John 14:12

Omniscience of God, His Great Love. There's no Comforter like that. There's nothing that'll satisfy you, I don't care who or what you are, except the Love of God that comes in through the Holy Vibration. Have that. That's what Jesus meant, and that's what each and every one of us can have. And in St. John, the 14th Chapter, the 24th, [2]5th and [2]6th Verses, we read this: "He that loveth me not, keepeth not my sayings: and the word ye hear is not mine, but the Father's which sent me." In other words, that Holy Vibration, in that is the Christ Consciousness. But Jesus said: "I and my Father are one." That's the Omniscience of God in all creation.

Then he goes on: "These things I have spoken [unto you being yet present with you] while I am yet with you. But the Comforter, which is the Holy Ghost, whom the Father will send in my name," the Holy Vibration, the Sound, "he shall teach you all things, and bring all things to your remembrance, what[so]ever I have said unto you." Isn't that answer enough for us? What is our highest, first and highest need is to contact the Holy Vibration. Because in that is, not only the Power of God, but His Omniscience, His Love, His wisdom. We must get that. Then we can be guided when to turn to the left, when to turn to the right. That's the Comforter. We must merge in that.

And so, in conclusion, we must know the Holy Ghost. We must know the Holy Ghost. If we are satisfied with outward consciousness – things of the senses, of the mind, and reason – we will have nothing, because that consciousness changes and passes away. But, if we seek rather the inner consciousness, the Holy Ghost within, then what will we have? We will have everything – Eternal Life. Things of outward consciousness die. If you follow the body, in outward consciousness, you will die, without doubt. You will pass into unconsciousness. Do you want it? No. But if you follow the inner consciousness, the Christ Consciousness within, the Holy Ghost, you will not die, you will live, because that is the Eternal Consciousness.

If you follow that, that Beam of the Infinite Light of God, the Light of the Holy Ghost will guide you, as it guided the children of Israel – "a cloud by day, a pillar of fire by night." Not in imagination, a real cloud of Light is there; always, and at night, a fire, a ring of fire. That Beacon Light will always guide you. But greatest of all, greatest of all, you will have the Comforter with you every moment of your life, which is the Omniscience, the Presence of God within you, His Great Love. That's what we want. That's what we must have.

So friends, its, I'm happy to be here with you this morning. As I have said, 'tisn't the words I just want to give you. I want you to feel, if possible, as I feel. In talking to you, and I know many of you feel – I can see by your faces – the Infinite Light of God. That's what we need. Nothing else will satisfy us. In that Infinite Light is everything. All saints came from it. Christ Jesus, greatest of all, the Beloved Master, who was so near to us; he is that Light. As he said in his poem: "When I am gone, when I have been forgotten, I will walk by your side silently, and take care of you." Why: because he's one with the Light of the Holy Ghost. Everything is there. Everything, everyone who has gone from you, you will find there in that Light, because they have all been made from that one Light of the Holy Ghost.

And so, let us from now on, realize the importance of doing something about the Holy Ghost. Do your exercises. Do your Kriya – those of you who have it – morning and night, because only by that, merging in the Holy Ghost, only by the continual washing and regeneration of contact with the Presence of God within you, shall you be saved.