

YOGA EXPLAINED 11  
The Physical Body:  
How Yoga Can Increase the Sensitivity of Our Sense of  
Hearing

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...series entitled "Yoga Explained." Yoga Explained.

Last time, you'll remember, we were talking about the, the use of yoga to spiritualize this bodily vehicle that it express divinity. Because through yoga, yoga means "union," and those who practice yoga sincerely, will unite their consciousness with the Presence of God within, and by so doing they will purify the bodily vehicle that will allow it to vibrate at a higher rate of speed by the being One with the Presence of God within, as the Great Word. Not saved by anything but that Presence of God within us as the Holy Vibration. So, we can be one with that, more and more, by merging in it through the techniques of yoga.

That's why yoga is so important. As we say over, and over, and over but to take it up, so to speak. It is very important.

Last time, we discussed about purifying the bodily vehicle as pertaining to the sense of sight – the sense of sight. Now, just as we allow the vibrations of the Presence of God within us to fall upon the retina, it will respond to the Great Light behind the solar light, or Astral Light, and by so doing, it will become more Spiritualized and will respond to the Presence of God in that Astral Light. And also, it responds to the images and the states of consciousness of that Astral Realm.

Just like, ordinarily, we can see only so much through these eyes. When you close your eyes, it's dark. But, if you meditate and do yoga, and keep your eyes concentrated on the, the Spiritual Eye, at this point, the Christ Center, then different vibrations will be perceived. All who do it find it so. But if you don't do it, you'll never know. You can read about it. You can know it theoretically, but not in reality.

And so, last time we talked about that. About keeping, as much as possible, the eyes at this point [the Christ Center] in meditation, and focused *steadily*. The

moment your gaze slips one way or the other, then you lose the focus and you do not receive as much Spiritual Light as will if you keep the eyes steady. That's why Master said, "Look steadily at the center of the Light, because there is, therein is the greatest power."

And so, we wonder what the greatest hindrance to our receiving this Spiritual Light of God. Last time, you remember, we talked about it as being the fact that restlessness, restlessness, before which comes many desires. Perhaps they're hidden. Perhaps they're not outward, so that you can realize them. But they're hidden deep within in your subtle nature, in the subtle consciousness. And so, restlessness is the worst hindrance to the focusing of God's Presence, at the Spiritual Eye. Just like, you'll remember, we talked about moving the camera. If you hold the camera still, and you take the picture, you get a clear picture. But if the camera's moving, you get a blurred picture. Same thing with the camera of the Spiritual Eye. So remember that illustration. I'm sure it will help you.

Now, tonight, we are taking up the, how yoga can be used to perfect the bodily vehicle in regards to hearing – hearing. In the Astral Vehicle, in the Astral Vehicle we find all the senses. They are not in the external organs like touch, and sight – and as with these eyes, or these ears – but they are deep within in what's called the "Sensorium." We'll take that up next time. But the Sensorium is where you see and see the beautiful flowers, and you think you see them right there. But they're not right there. They're right within your Soul and in the Sensorium. And when you smell something there; you think it smells good. You smell it deep within, in the Soul.

And so, all aspects of this bodily vehicle – through senses, and the different tissues of the body and its organs – can be spiritualized so that they respond. Not to worldly vibrations the most, but to heavenly vibrations, which are within and through us. We're living not just in this realm, we're living in heaven all the time, and we don't know it half the time. These are facts. Those who follow yoga will know these things. Sometimes, when the Grace of God comes, when His Love comes, we will see the whole Astral Plain. It's there, and you can record it. But you have to spiritualize the bodily vehicle, as such. Spiritualize it that it receive those things.

So tonight, how the sense of hearing develops to register the higher vibrations of Spiritual Consciousness. Now we know that we hear only certain vibrations from a very low level – I think it's 16,000 [MHz], I may not be right, but if I'm wrong, why correct me. But, anyway, it's a very low rate of vibration. Now,

even some animals respond to much higher vibrations than we do. Like the dog; dog whistles, you've heard of that, and other things, and other vibrations. Animals respond to much more than we do. But we can speed up our consciousness so that it will react, or respond, to a much more, or a much higher vibration than ordinary hearing. You can easily do that, if you will practice yoga. Especially, the Self-Realization Fellowship Yoga, because that, that is built around Raja Yoga, which is a little of the best of all of the yoga.

So, if you want to practice yoga, those who want to know about it, take the SRF Yoga. There are many in this room who have practiced, and can attest to that the results are there, if you will do it.

And so, this sense of hearing is deep within us, and we respond to certain vibrations only as we live on this plain. But, by merging in the Presence of God within us, at the Christ Center – by keeping your attention there – and, also, listening with your Soul...but you're so used to hearing in the ears that we have to listen with one ear first and then the two. Finally, you'll find that you're listening with your Soul. Now, if you keep your attention that way – at the Christ Center – then the Intelligence of God, which is at this point here, in the Light, and in the Sound, which you'll hear at times, that will sharpen your sense of hearing so that you will respond to not just this lower vibrations of ordinary living, but you will respond to Spiritual vibrations of the Presence of God within you. And that means the Kingdom of which Jesus spoke, the Kingdom of Heaven.

If you look there, you won't see it at first. After you've meditated, some time, you'll begin to see, see parts of Heaven, right in your consciousness, without question of a doubt. And so, realize that the agency by which you speed up your sense of hearing, so to speak, so that it registers these spinal vibrations of the Astral kingdom within, is God's Presence in the Holy Vibration, or The Word. In that is everything. Everything is in God's Word. The Holy Vibration; everything is there. Therefore, when you merge in it, even though it's just one aspect of Feeling, one aspect of Sound or Hearing, or all of them, you are receiving the Greatest Intelligence of God in that vibration. That's what changes you! And that's what makes your hearing able to register higher vibrations of Spirit.

That's what it means to "purify" and to "sensitize" this bodily vehicle that it manifests Divinity. One aspect of Divinity is Sound. That's why, when we play the organ, and you listen intently and you turn your attention within, that Sound takes you to the presence of the Holy Sound, the Holy Vibration, by your

oneness with it. Anything that concentrates you will take you to the Holy Vibration, because that's from which we have all come. We've all come from that. Vibration we are – products of vibration. I think I have a reference tonight, which will point that out.

And so, first, as we listen and try to Spiritualize our sense of hearing, we hear first only outward sounds (Doctor bangs his fist on the podium as illustration). And then, as you turn in, you hear the bodily sounds more present. But then, day after day by meditating with your attention inwards, then you will hear different sounds. Sounds which are of a higher vibration than the internal bodily sounds, or this outward sound (Doctor knocks on the podiums again), which you hear.

And as you keep merging in The Word, the Holy Vibration, then you will register those vibrations, you'll begin to hear the different sounds of the Astral Body, which is a member of the Heavenly Kingdom, if you wanna look at it that way. And so, hearing those Astral sounds, then you will know and be able to see more of the Presence of God within you as these more subtle vibrations – not just this external life with, in which we find ourselves.

So, remember, just behind the bodily sounds, we find these Astral, or Cosmic Sounds, according to the place of emanation – as the Chakras in the spine, or the Supreme Center of the brain, or the Medulla Center. They all have a higher rate of vibration than the ordinary worldly sense. But by merging within, in the Presence of God, as The Word; remember, His Intelligence is in that, the Intuition of God is in that. That's what sharpens up your vibration so that instead of hearing these gross sounds only, you begin to hear the other sounds. If you keep at it, finally you will be One with the Cosmic Sound, and from there on there is no end to God's Gift.

So, let us realize that, first as you try to be one with these different sounds – those of you who are practicing yoga, especially Self-Realization Fellowship Yoga - as the lesson says, first, we hear the sound of the body. Then, listen underneath, or, or concentrate more. It can be then you will begin to hear different sounds. Now, whatever sound comes, you be one with it. It's the concentration that allows The Word of God to come in and change you. If your mind is this way, it can't get in. If it's one-pointed, it gets in rather easily.

And so, whatever sound you hear, just beneath these outward sounds in your meditations and in your practice of yoga, or pranayama; whatever sound comes,

merge in it – with all your might. That’s what concentrates you. And that allows the Power of God to come in sharpen up those sense of hearing. And then, as you merge deeper and deeper, the sounds become more subtle, until, finally, the Great Cosmic Sound, as the trumpet sound, is heard. And then your consciousness, you will begin to come up and rise to great heights.

That’s why yoga is so important. It will give you the techniques to do these things. And realize, that if you...as you’re listening, trying to hear these inner sounds of the Subtle Body within you, try and keep your attention here [at the Christ Center]. “If thine eye be single, thy body will be filled with light.”<sup>1</sup> (*Sic*) That’s one aspect of The Word. The other aspect of The Word is the sound. And the greatest aspect is the Love, or the Feeling. If you keep your attention here [at the Christ Center], this is the Seat of Spiritual Vision, the Seat of the Presence of God in you. If you keep you can attention there, gradually you will hear, and feel, and see at this point. Because God’s Consciousness is One. It’s not dual like this outward consciousness.

And those who will practice will find it so. At first, you won’t be able to do it, because we’ve listened so long to outward things, and our attention is in the outward vehicle of hearing, which is the ear drum and so forth, and the sort of mechanism there. And if you keep on in going in, then, you will find the Sensorium, or the Presence of God within you, in the deep spine where all true Realization takes place. So, these few things we can remember in our meditations, and they will help you.

Remember Master’s words? I always remember them, because in outward living it’s so hard to keep concentrated on the One Eternal Truth. He said: “Remember, the light that you see,” and that applies to every one of us, “is the Presence of God.” That’s God Himself! Why do we doubt? Habit, that’s all. Habit of looking out seeing things and forgetting things; that’s why Master said: “Let not the song of the nightingale...” – and what’s the rest of it? “Let not the song of the nightingale...” – [audience response, “...lest the fragrance of the rose,”]. Ah, that’s it: “and the sent of the rose...detract my love from thee.”<sup>2</sup> (*Sic*)

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<sup>1</sup> Matthew 6:22, “The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.”

<sup>2</sup> *Whispers From Eternity*, by Paramhansa Yogananda, “Prayer at Night,” #14 First Paragraph, “With closed eyes I sit in the temple of night, and worship Thee. The sunlight, revealing a million alluring things, has vanished. One by one I have closed the doors of my senses lest the fragrance of the rose or the song of the nightingale distract my love from Thee. I am alone in this dark, dark temple. I have left everything—

That's because we're so used to "My, what a beautiful thing." "My, what beautiful flowers." How about God who made them? That's the key, right there. Enjoy the rose, but don't forget the Giver of all things.

And so, by focusing here [at the Christ Center], that's the Presence of God, or the Cosmic Sound is the Presence of God. The love which you feel is the Presence of God. Therefore, if you keep your attention there, in your meditations, you will receive more of His Presence as the High Vibrations of Love, or the Great Word, or the Comforter of which Jesus spoke. It is this – this high vibration which changes us! "Not by works of righteousness..."<sup>3</sup> are we changed, but by the washing and regeneration and of the Presence of God within us as The Word – the Holy Vibration, the Holy Ghost.

And so, that the most important thing is to, not to be side-tracked by manifestations of The Word, or of God's Presence, but to go, right direct, to Him. Otherwise, we may be side-tracked on visions and so forth. [Not] any of them will give your satisfaction – full satisfaction. When God's Love comes, then you'll be perfectly satisfied. Whatever He gives you.

So, Realization is the final point, if you remember this, Realization of The Word is not an idea. It's the Realization of an actual...of being one with the actual vibratory Reality. Everything is vibration. This pulpit is vibration (Doctor pounds on the pulpit again), the body, flowers, everything is vibration. Now, they come from one thing, and that's The Word. The Holy Vibration, the several...the Substance of God Himself, behind all things. So that's an actual vibratory Reality. He's not just an idea – God is this, God is that, He's wonderful, He gives us the flowers; whatever. If you don't know Him, it's of little value. But when you merge in The Word, you'll feel His actual Presence of the Holy Vibration, the Comforter of which Jesus spoke.

Now, we have a few references, which I think will fit in at this time. First from our Bible; these are references we use very much, or which it is known, but it will do no harm to repeat it. In Revelation the 1<sup>st</sup> Chapter 10<sup>th</sup> [through] 12<sup>th</sup> Verses: "I was in the Spirit on the Lord's day, and heard a voice behind me...a great

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but, where art Thou? Darkness is haunting; still, unafraid, I am groping, seeking, crying for Thee. Wilt Thou leave me alone? Come, show Thyself!"

<sup>3</sup> Titus 3:5, "Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;"

voice, as of a trumpet.<sup>4</sup> (Sic) "I was in the Spirit," means, I was in the realm of higher consciousness, or vibration. Otherwise, they could not have heard that sound of the trumpet. "Saying, I am the Alpha and the Omega, the first and the last:<sup>5</sup>" (Sic) That is, from that Holy Vibration, the Cosmic Sound, all things have come. Science has shown this, and it proves it everyday by their experiments. Well, from this one thing, this one Cosmic Sound, all things have come: "I am the Alpha and the Omega, the beginning and the ending:" (Sic)

And finally, in the 10<sup>th</sup> Verse – the 12<sup>th</sup> Verse – "And I turned to see the voice that spake with me..."<sup>6</sup> "...I turned to see the voice..." This is the sights and the sound are the same. You do not think that is so. But you keep on meditating and you will find, at the Christ Center, you'll find that everything is there – sight, sound, and the Love of the Infinite. "...I turned to see the voice that spake with me. And being turned I saw seven golden candlesticks."<sup>7</sup> That means he saw the seven Centers of the spine – not with physical vision – but with Spiritual vision; the Intuition of the Soul.

One more reference, now, another reference we have is in Acts...Acts the 28<sup>th</sup> Chapter of Acts, the 26<sup>th</sup> and 27<sup>th</sup> Verses. And it was St. Paul who said this, 26<sup>th</sup> and 27<sup>th</sup> Verses: "Going unto this people and saying, Hearing ye shall hear, and shall understand; and seeing ye shall see, and not perceive:<sup>8</sup>" (Sic) – "Hearing ye shall hear, and shall not understand; and seeing ye shall see, and not perceive:" In other words, seeing with these eyes you see, but you don't see Reality. Hearing with this ear, ordinarily, we hear lower vibrations. But when the sense of hearing is Spiritualized, or sensitized, then, we will really hear the Reality behind all things. That's Acts, 27<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> Verses.

Twenty-seventh: "For the heart of this people is waxed gross,<sup>9</sup>" – people are attached to outward vibrations – "and their ears are dull of hearing..." that

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<sup>4</sup> Revelation 1:10, "I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet,"

<sup>5</sup> Revelation 1:11, "Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea."

<sup>6</sup> Revelation 1:12, "And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks;"

<sup>7</sup> Ibid.

<sup>8</sup> Acts 28:26, "Saying, Go unto this people, and say, Hearing ye shall hear, and shall not understand; and seeing ye shall see, and not perceive:"

<sup>9</sup> Acts 28:27, "For the heart of this people is waxed gross, and their ears are dull of hearing, and their eyes have they closed; lest they should see with their eyes, and hear with their ears, and understand with their heart, and should be converted, and I should heal them."

means hearing without the vibrations of God's Vibrations within. "...and their eyes...and their eyes have they closed; lest they should see with their eyes, and hear with their ears, and understand with their hearts..." that is feel with the hearts the Love of God, "...they should be converted, and I should heal them."<sup>10</sup> (*Sic*) Just a little pointed remark by St. Paul. If they'd only look and see through the Spiritual Eye within, or hear through the Spiritual Sense of Hearing, or feel with the Love of God within, then I could heal them, is what he meant to say.

And then, finally, Romans...Romans the 10<sup>th</sup> Chapter the 17<sup>th</sup> Verse, as follows. And this is a very important reference. We have three...in this reference we have three factors, which we must not lose sight of: The Word of God, the Cosmic Sound, and Faith. And this is what we read: "So then faith cometh by hearing, and hearing by the word of God."<sup>11</sup> You see, underlying noumena is the Word of God. When, through The Word of God, you sensitize your sense of hearing so you hear the Cosmic Sound, then you will have faith, and not until then. You will have belief before that. But when you hear the Cosmic Sound, because God's Consciousness, His Intelligence is in it, then, you hear, through the different vibratory rate of hearing and ordinary hearing, and with that Cosmic Sound, comes Faith – because God's Presence is in it. These are wonderful passages in our Bible.

Now, and finally, from Hindu philosophy, a few references from the Autobiography of a Yogi<sup>12</sup> which is the epitome, to our way of thinking, of Hindu philosophy; first from page 245...245 [*This page refers to the 1952 Revision*]. Remember, we're talking about the Sense of Hearing – Spiritualizing it so that we can record the Spiritual Presence of God within us as vibration of sound. So, Patanjali, the Father of Yoga, says this: "Patanjali speaks of God as the actual Cosmic Sound of Aum..." The "actual," the actual Presence of God; the actual Sound is God. "Patanjali speaks of God as the actual Cosmic Sound of God (*sic*) heard in meditation. Aum is the Creative Word..." the Alpha and Omega – same thing, "the sound of the Vibratory Motor. Even the yoga-beginner soon inwardly hears the wondrous sound of Aum. Receiving this blissful spiritual encouragement..." We don't try enough. In the Cosmic Sound, that's God's Presence. All scriptures say, even Patanjali says the same thing. "...the yoga-beginner soon inwardly welcomes (*sic*) the wondrous Sound of Aum. Receiving this blissful spiritual encouragement, the devotee becomes assured that he is in

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<sup>10</sup> Ibid.

<sup>11</sup> Romans 10:17, "So then faith cometh by hearing, and hearing by the word of God."

<sup>12</sup> By Paramhansa Yogananda, 1946, First Release

actual touch with divine realms.<sup>13</sup> Let us make more of our meditations; and make them deeper.

Now, another reference, in page 165 [1952 Revision] as follows: "Because man himself is an expression of the Creative Word..." We talked a few moments ago that we came from Vibration. We are Vibration. Here we find this: "Because man himself is an expression of the Creative Word, sound has the most potent and immediate effect on him, offering a way to remembrance of his divine origin."<sup>14</sup> Now, you can see how important it is, even though you get nothing else but the sound, once in a while, how important it is to merge in it, because, as it says, we all come from this Creative Word, "...sound has the most potent and immediate effect on him." Why? Because it offers "...a way to remembrance of our (*sic*) divine origin." We came from that. These are wonderful truths we are listening to, tonight.

But then, we have one more on page 151 [1952 Revision], those who like to read more about it. We have here, in reference to the Holy Vibration, the Word spoken of in our scriptures, which is a valid opinion of philosophy. And so, the Comforter of which Jesus spoke, as the Holy Vibration within us, or the Om of the Hindus, the Amin of Muhammadans, the Holy Vibration, the Comforter, the Amen of our Bible, and the Comforter spoken of by Jesus. "Its outward manifestations," or this Om, "or witness is the Om or the Holy Ghost..."<sup>15</sup> The outward manifestations of the Presence of God within us, "...the divine, creative, invisible power which structures all creation through vibration. Aum the blissful Comforter is heard in meditation and reveals to the devotee the ultimate Truth." For those of you who think lightly of the Om Vibration that will reveal to you the "ultimate Truth," because we came from it, and because God's Consciousness and Intelligence is in it.

Finally, the last reference is page 275 [1952 Revision] where we read as follows. Just once more, to clear up the point, keep your attention at this point [the Christ Center] while your listening in the right ear, those of you who, who practice

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<sup>13</sup> Ibid, Chapter 26, "Patanjali speaks of God as the actual Cosmic Sound of Aum heard in meditation. Aum is the Creative Word, the sound of the Vibratory Motor. Even the yoga-beginner soon inwardly hears the wondrous sound of Aum. Receiving this blissful spiritual encouragement, the devotee becomes assured that he is in actual touch with divine realms."

<sup>14</sup> Ibid, Chapter 15, "Because man himself is an expression of the Creative Word, sound has the most potent and immediate effect on him, offering a way to remembrance of his divine origin."

<sup>15</sup> Ibid, Chapter 14, Footnote 14-2, "Its outward manifestation or "witness" is Aum or Holy Ghost, the divine, creative, invisible power which structures all creation through vibration. Aum the blissful Comforter is heard in meditation and reveals to the devotee the ultimate Truth."

yoga. Keep your attention here [the Christ Center]. Why? “Through the divine eye in the forehead,” that’s the East of the body, “the yogi sails his consciousness into omnipresence, hearing the Word or [the] Om, divine sound of many waters or vibrations which is the sole reality of creation.<sup>16</sup>” (*Sic*) So, keep your attention here, then, when you hear the Om, then, you’re in the Unity of God’s Presence. When there’s diversity, you may hear the sound outside. But, it’ll come to this point [the Christ Center], because God’s Consciousness is One, and His Power is One, and His Love is One.

So there you have a few references, very pertinent references to why we should practice yoga. Especially, the Yoga of Salvation, Self-Realization Fellowship Yoga.

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<sup>16</sup> Ibid, Chapter 30, “Through the divine eye in the forehead (east), the yogi sails his consciousness into omnipresence, hearing the Word or Aum, divine sound of many waters or vibrations which is the sole reality of creation.”